

MISSOURI RIVER CONFERENCE

FOOTBALL

HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>COACH</u>
2000	Sioux City Heelan	5-0	Roger Jansen
2001	Sioux City East	4-1	Walt Fiegel
	Sioux City Heelan	4-1	Roger Jansen
	Sioux City North	4-1	Phil Karpuk
2002	Sioux City Heelan	5-0	Roger Jansen
2003	Sioux City Heelan	5-0	Roger Jansen
2004	Sioux City Heelan	5-0	Roger Jansen
2005	Sioux City Heelan	5-0	Roger Jansen
2006	Sioux City East	4-0	Steve Zediker
2007	Sioux City North	4-0	Keith Hanks Sr.
2008	C.B. Thomas Jefferson	4-0	Steve Cozad
2009	Sioux City East	4-0	Bob Goodvin
2010	C.B. Abraham Lincoln	4-0	Justin Kammrad
2011	Sioux City East	4-0	Bob Goodvin

NOTE: IAHSAA did away with conference championships prior to the 2012-13 school year

MISSOURI RIVER CONFERENCE

FOOTBALL STANDINGS

2000	CONF	OVERALL
Heelan	5-0	8-2
East	4-1	8-3
North	3-2	5-4
Abraham Lincoln	2-3	2-7
West	1-4	1-8
Thomas Jefferson	0-5	0-9

2001	CONF	OVERALL
East	4-1	7-3
Heelan	4-1	7-4
North	4-1	6-3
Abraham Lincoln	2-3	3-6
Thomas Jefferson	1-4	2-7
West	0-5	0-9

2002	CONF	OVERALL
Heelan	5-0	9-1
East	3-2	4-5
Thomas Jefferson	3-2	4-5
North	2-3	4-5
West	1-4	2-7
Abraham Lincoln	1-4	1-8

2003	CONF	OVERALL
Heelan	5-0	9-2
Abraham Lincoln	4-1	5-4
North	2-3	5-4
East	2-3	3-6
Thomas Jefferson	2-3	5-4
West	0-5	0-9

2004	CONF	OVERALL
Heelan	5-0	9-2
Abraham Lincoln	4-1	6-4
Thomas Jefferson	3-2	3-6
East	2-3	5-4
West	1-4	3-6
North	0-5	0-9

2005	CONF	OVERALL
Heelan	5-0	7-4
East	4-1	8-2
Abraham Lincoln	3-2	5-4
North	2-3	3-6
West	1-4	3-6
Thomas Jefferson	0-5	0-9

2006	CONF	OVERALL
East	4-0	6-5
North	3-1	6-3
West	2-2	2-7
Thomas Jefferson	1-3	2-7
Abraham Lincoln	0-4	1-8

2007	CONF	OVERALL
North	4-0	7-3
Abraham Lincoln	3-1	4-5
East	2-2	3-6
Thomas Jefferson	1-3	1-8
West	0-4	0-9

2008	CONF	OVERALL
Thomas Jefferson	4-0	6-3
North	3-1	4-5
Abraham Lincoln	2-2	5-4
East	1-3	2-7
West	0-4	0-9

2009	CONF	OVERALL
East	4-0	5-5
Abraham Lincoln	3-1	6-4
North	2-2	3-6
West	1-3	1-8
Thomas Jefferson	0-4	1-8

2010	CONF	OVERALL
Abraham Lincoln	4-0	9-1
East	3-1	8-3
North	2-2	2-7
West	1-3	1-8
Thomas Jefferson	0-4	1-8

2011	CONF	OVERALL
East	4-0	5-6
Abraham Lincoln	3-1	5-5
North	1-3	4-7
West	1-3	3-7
Thomas Jefferson	1-3	2-6

MISSOURI RIVER CONFERENCE

VOLLEYBALL (season) HISTORY OF CHAMPIONS

YEAR	SCHOOL	RECORD	COACH
2000	Sioux City Heelan	5-0	Lori Schaal
2001	Sioux City Heelan	5-0	Lori Schaal
2002	Sioux City Heelan	5-0	Lori Schaal
2003	Sioux City Heelan	5-0	Gabe Baumann
2004	Sioux City Heelan	5-0	Gabe Baumann
2005	Sioux City Heelan	5-0	Gabe Baumann
2006	Sioux City Heelan	5-0	Julie Jansen
2007	C.B. Abraham Lincoln	5-0	Yvonne Carson
2008	Sioux City Heelan	5-0	Lori Slight
2009	Sioux City Heelan	5-0	Lori Slight
2010	Sioux City Heelan	6-0	Mary Miller
2011	Sioux City Heelan	6-0	Mary Miller
2012	Sioux City Heelan	6-0	Mary Miller
2013	C.B. Abraham Lincoln	6-0	Brittany Ridenour
2014	C.B. Abraham Lincoln	6-0	Brittany Ridenour
2015	Sergeant Bluff-Luton	6-0	Renee Winkel
2016	Bishop Heelan	6-0	Mary Miller
2017	Sergeant Bluff-Luton	6-0	Renee Winkel
2018	Sergeant Bluff-Luton	6-0	Renee Winkel

MISSOURI RIVER CONFERENCE

VOLLEYBALL (tournament) HISTORY OF CHAMPIONS

YEAR	CHAMPION	RUNNER-UP	SCORE	COACH
2000	Sioux City Heelan	Abraham Lincoln	8-15, 13-15, 15-8, 15-7, 15-8	Lori Schaal
2001	Sioux City Heelan	Abraham Lincoln	17-15, 15-4, 15-10	Lori Schaal
2002	Abraham Lincoln	Sioux City Heelan	21-13, 17-21, 21-18	Chuck May
2003	Sioux City Heelan	Sioux City North	25-23, 25-16, 25-15	Gabe Baumann
2004	Sioux City Heelan	Sioux City North	25-9, 25-12, 25-16	Gabe Baumann
2005	Sioux City Heelan	Abraham Lincoln	25-18, 25-15, 25-13	Gabe Baumann
2006	Sioux City Heelan	Abraham Lincoln	25-11, 20-25, 25-13, 25-15	Julie Jansen
2007	Sioux City Heelan	Abraham Lincoln	25-18, 25-18, 25-23	Lori Slight
2008	Sioux City Heelan	Sioux City East	17-25, 25-16, 25-20, 25-14	Lori Slight
2009	Sioux City Heelan	Abraham Lincoln	24-23, 24-12, 22-25, 26-24	Lori Slight
2010	Sioux City East	Sioux City Heelan	25-21, 16-25, 18-25, 25-14, 15-6	Kim Mounts
2011	Sioux City Heelan	Sioux City East	23-25, 25-11, 25-17, 25-15	Mary Miller
2012	Sioux City Heelan	Sergeant Bluff-Luton	25-18, 25-21, 25-18	Mary Miller
2013	Sioux City Heelan	Sioux City East	25-13, 25-11, 20-25, 25-14	Mary Miller
2014	Abraham Lincoln	Sergeant Bluff-Luton	25-15, 25-15, 13-25, 25-20	Brittany Ridenour
2015	Sergeant Bluff-Luton	Sioux City East	25-19, 25-17, 25-18	Renee Winkel
2016	Bishop Heelan	Sioux City East	25-16, 25-21, 25-15	Mary Miller
2017	Sergeant Bluff-Luton	Bishop Heelan	23-25, 25-19, 25-22, 26-24	Renee Winkel

MISSOURI RIVER CONFERENCE

VOLLEYBALL STANDINGS

<u>2000</u>	<u>CONF</u>	<u>OVE RALL</u>
**Heelan	5-0	43-4
Abraham Lincoln	4-1	30-15
East	3-2	9-19-5
North	2-3	12-17-4
Thomas Jefferson	1-4	18-16
West	0-5	3-32-1

<u>2001</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	43-6-4
**Abraham Lincoln	4-1	39-9
North	3-2	16-12-4
East	2-3	10-19-2
Thomas Jefferson	1-4	14-10
West	0-5	2-24

<u>2002</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	36-12-6
Abraham Lincoln	4-1	34-10-3
East	3-2	19-11-4
North	1-4	11-18-5
West	1-4	12-18-2
Thomas Jefferson	0-5	6-22-0

<u>2003</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	42-11
North	3-2	20-12
Abraham Lincoln	3-2	16-29
Thomas Jefferson	2-3	24-23
East	2-3	12-23
West	0-5	9-23

<u>2004</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	49-7
**North	4-1	31-8
East	3-2	20-21
Thomas Jefferson	2-3	14-23
Abraham Lincoln	1-4	10-32
West	0-5	8-24

<u>2005</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	49-7
North	3-2	17-22
Abraham Lincoln	3-2	21-20
East	2-3	21-19
Thomas Jefferson	2-3	14-22
West	0-5	9-20

<u>2006</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	48-8
Abraham Lincoln	4-1	30-18
North	3-2	22-17
East	2-3	16-27
Thomas Jefferson	1-4	5-29
West	0-5	5-23

<u>2007</u>	<u>CONF</u>	<u>OVERALL</u>
**Abraham Lincoln	5-0	36-13
**Heelan	4-1	39-16
North	3-2	24-18
East	2-3	15-25
West	1-4	6-27
Thomas Jefferson	0-5	8-24

<u>2008</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	4-1	40-12
Abraham Lincoln	3-2	30-23
North	3-2	21-17
East	3-2	23-18
Thomas Jefferson	1-4	8-28
West	0-5	2-30

<u>2009</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	52-6
**Abraham Lincoln	4-1	37-12
East	3-2	27-17
North	2-3	20-18
Thomas Jefferson	1-4	12-26
West	0-5	2-22

<u>2010</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	6-0	46-10
East	5-1	29-16
North	4-2	26-15
**Abraham Lincoln	3-3	29-21
Sergeant Bluff-Luton	2-4	20-19
West	1-5	4-22
Thomas Jefferson	0-6	7-28

<u>2011</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	6-0	46-12
East	5-1	25-21
**Abraham Lincoln	4-2	25-22
North	3-3	18-21
Sergeant Bluff-Luton	2-4	13-22
Thomas Jefferson	1-5	12-23
West	0-6	4-23

<u>2012</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	6-0	34-10
Abraham Lincoln	5-1	31-17
Sergeant Bluff-Luton	4-2	22-17
East	3-3	13-27
North	2-4	22-24
Thomas Jefferson	1-5	14-23
West	0-6	3-24

<u>2013</u>	<u>CONF</u>	<u>OVERALL</u>
Abraham Lincoln	6-0	38-12

Heelan	5-1	32-20
Sergeant Bluff-Luton	3-3	21-17
East	3-3	19-24
North	3-3	18-26
Thomas Jefferson	1-5	13-21
West	0-6	3-28

<u>2014</u>	<u>CONF</u>	<u>OVERALL</u>
**Abraham Lincoln	6-0	40-14
**Heelan	5-1	31-14
Sergeant Bluff-Luton	4-2	23-21
East	3-3	24-18
North	1-5	5-37
Thomas Jefferson	1-5	15-21
West	1-5	3-27

<u>2015</u>	<u>CONF</u>	<u>OVERALL</u>
**Sergeant Bluff-Luton	6-0	35-12
**Heelan	5-1	31-14
East	4-2	30-11
Abraham Lincoln	3-3	11-36
Thomas Jefferson	2-4	14-23
West	1-5	5-26
North	0-6	6-37

<u>2016</u>	<u>CONF</u>	<u>OVERALL</u>
*Heelan	6-0	35-9
Sergeant Bluff-Luton	5-1	29-15
East	4-2	27-15
North	3-3	14-29
Abraham Lincoln	2-4	14-29
Thomas Jefferson	1-5	13-26
West	0-6	3-24

<u>2017</u>	<u>CONF</u>	<u>OVERALL</u>
**Sergeant Bluff-Luton	6-0	42-4
**Heelan	5-1	33-11
Abraham Lincoln	4-2	23-23
North	3-3	19-23
East	2-4	17-28
Thomas Jefferson	1-5	20-19
West	0-6	4-30

<u>2018</u>	<u>CONF</u>	<u>OVERALL</u>
**Sergeant Bluff-Luton	6-0	35-7
Abraham Lincoln	5-1	31-10
Heelan	4-2	24-13
East	3-3	20-21
North	2-4	15-23
Thomas Jefferson	1-5	17-18
West	0-6	1-29

**State Qualifiers

MISSOURI RIVER CONFERENCE

BOYS CROSS COUNTRY HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>SCHOOL</u>	<u>SCORE</u>	<u>COACH</u>
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

MISSOURI RIVER CONFERENCE

BOYS CROSS COUNTRY STANDINGS

2000 At Council Bluffs (IWCC) SCORE

**West	35
Abraham Lincoln	66
Thomas Jefferson	69
North	107
East	119
Heelan	129
Medalist: Graham McGaffin, West, 17:07.08	

2001 At SYA Complex SCORE

**West	33
Thomas Jefferson	52
North	83
Abraham Lincoln	85
East	INC
Heelan	INC
Medalist: Graham McGaffin, West, 15:58.0	

2002 At Council Bluffs (IWCC) SCORE

**North (won tiebreaker)	55
**Thomas Jefferson	55
West	58
East	94
Abraham Lincoln	105
Heelan	148
Medalist: Nick Murphy, Heelan, 16:28.63	

2003 At S.C. Country Club SCORE

**West	36
**Heelan	55
Abraham Lincoln	64
North	69
East	105
Thomas Jefferson	152
Medalist: Nick Murphy, Heelan, 15:31.74	

2004 At CBTJ (West Fair) SCORE

**North	36
Thomas Jefferson	70
Abraham Lincoln	81
East	94
Heelan	99
West	112
Medalist: Josh Lewis, West, 16:48.23	

2005 At Adams Nature SCORE

North	44
Thomas Jefferson	69
**Heelan	79
East	80
West	114
Abraham Lincoln	117
Medalist: Josh Lewis, West, 15:55.97	

2006 At Council Bluffs (IWCC) SCORE

**Heelan	47
North	60
Abraham Lincoln	71
Thomas Jefferson	82
East	105
West	139

Medalist: Anthony Oberle, Heelan, 16:26.46

2007 At Adams Nature SCORE

Heelan	56
Abraham Lincoln	61
North	62
Thomas Jefferson	66
West	129
East	147
Medalist: Nate McKewon, Heelan, 16:34.31	

2008 At SYA Complex SCORE

Heelan	28
Abraham Lincoln	54
North	69
Thomas Jefferson	88
West	145
East	156
Medalist: Nate McKewon, Heelan, 16:14.73	

2009 At North High SCORE

Heelan	39
Thomas Jefferson	52
North	72
Abraham Lincoln	90
West	111
East	130
Medalist: Matt Samuelson, North, 17:55.26	

2010 At Council Bluffs (IWCC) SCORE

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	

2011 At West High SCORE

**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.	

2012 At Council Bluffs (IWCC) SCORE

**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	

2013 At Council Bluffs (IWCC) SCORE

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	

2014 At Council Bluffs (IWCC) SCORE

**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.	

2015 At Council Bluffs (IWCC) SCORE

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	

2016 At Council Bluffs (IWCC) SCORE

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	

2017 At Council Bluffs (IWCC) SCORE

**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	

2018 At Council Bluffs (IWCC) SCORE

**North	26
Thomas Jefferson	64
**Sergeant Bluff-Luton	68
West	118
East	140
Abraham Lincoln	144
Heelan	173
Medalist: Jaysen Bouwers, North, 16:32	

**State Team Qualifiers

MISSOURI RIVER CONFERENCE

GIRLS CROSS COUNTRY HISTORY OF CHAMPIONS

YEAR	SCHOOL	SCORE	COACH
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

MISSOURI RIVER CONFERENCE

GIRLS CROSS COUNTRY STANDINGS

2000 At Council Bluffs (IWCC) SCORE

**Heelan	19
West	57
Abraham Lincoln	84
North	124
East	132
Thomas Jefferson	133
Medalist: Jessica Pape, Heelan, 12:06.51	

2001 At SYA Complex SCORE

Heelan	33
Abraham Lincoln	77
West	81
North	87
East	109
Thomas Jefferson	129
Medalist: Jessica Pape, Heelan, 12:47.0	

2002 At Council Bluffs (IWCC) SCORE

**Heelan	20
Abraham Lincoln	59
West	95
East	107
Thomas Jefferson	126
North	132
Medalist: Jessica Pape, Heelan, 15:39.26	

2003 SCORE

Heelan	40
**Abraham Lincoln	47
North	59
West	102
Thomas Jefferson	119
East	150
Medalist: Jessica Pape, Heelan, 15:02.74	

2004 At CBTJ (West Fair) SCORE

**North	27
**Heelan	50
Abraham Lincoln	67
West	105
Thomas Jefferson	128
East	142
Medalist: Sierra McCauley, Heelan, 14:45.66	

2005 At Adams Nature SCORE

**North	20
Abraham Lincoln	59
Heelan	62
Thomas Jefferson	101
West	133
East	152
Medalist: Sarah Nelson, North, 14:38.89	

2006 At Council Bluffs (IWCC) SCORE

Heelan	40
North	48
East	62
Abraham Lincoln	117
Thomas Jefferson	118

West	130
Medalist: Amy Roder, Heelan, 16:19.48	

2007 At Adams Nature SCORE

North	39
**Heelan	44
East	61
Abraham Lincoln	118
Thomas Jefferson	125
West	172
Medalist: Shelby Houlihan, East, 13:58.03	

2008 At SYA Complex SCORE

East	31
**Heelan	46
North	67
Thomas Jefferson	103
Abraham Lincoln	125
West	142
Medalist: Shelby Houlihan, East, 14:22.48	

2009 At North High SCORE

**East (won tiebreaker)	39
**Heelan	39
North	64
Abraham Lincoln	114
Thomas Jefferson	114
West	153
Medalist: Shelby Houlihan, East, 15:54.65	

2010 At Council Bluffs (IWCC) SCORE

**Heelan	42
East	51
North	70
Abraham Lincoln	90
West	129
Thomas Jefferson	157
Sergeant Bluff-Luton	INC
Medalist: Shelby Houlihan, East, 14:36.41	

2011 At West High SCORE

**Heelan	19
North	81
Abraham Lincoln	84
East	109
West	128
Sergeant Bluff-Luton	139
Thomas Jefferson	150
Medalist: Lindsay Joyce, Heelan, 16:08.49	

2012 At Council Bluffs (IWCC) SCORE

**Heelan	18
Abraham Lincoln	59
West	101
Thomas Jefferson	123
North	130
East	151
Sergeant Bluff-Luton	155
Medalist: Lindsay Joyce, Heelan, 16:24.7	

2013 At Council Bluffs (IWCC) SCORE

**Heelan	46
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Abraham Lincoln	61
East	90
North	103
West	111
Thomas Jefferson	119
Sergeant Bluff-Luton	142
Medalist: Bre Waugh, CBAL, 16:23.72	

2014 At Council Bluffs (IWCC) SCORE

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	

2015 At Council Bluffs (IWCC) SCORE

**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	

2016 At Council Bluffs (IWCC) SCORE

**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	

2017 At Council Bluffs (IWCC) SCORE

**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	

2018 At Council Bluffs (IWCC) SCORE

**Heelan	22
East	74
Thomas Jefferson	81
Abraham Lincoln	84
North	97
Sergeant Bluff-Luton	144
West	213
Medalist: Amber Aesoph, Heelan, 19:35.	

**State Team Qualifiers

MISSOURI RIVER CONFERENCE

GIRLS SWIMMING HISTORY OF CHAMPIONS

YEAR	SCHOOL	SCORE	COACH
2000	Metro	156	Chris Stemwedel
2001	Metro	436	Chris Stemwedel
2002	Metro	171	Chris Stemwedel
2003	Metro	178	Chris Stemwedel
2004	Metro	158	Dan Patterson
2005	Metro	187	Micky Carlson
2006	East	178	Bryan Farris
2007	Metro	183	Nicole Nelson-Thomason
2008	Metro	199	Nicole Nelson-Thomason
2009	Metro	201	Amanda (Den Beste) Beyer
2010	Metro	190	Amanda (Den Beste) Beyer
2011	Metro	213	Amanda (Den Beste) Beyer
2012	Metro	180	Amanda (Den Beste) Beyer
2013	Metro	221	Amanda (Den Beste) Beyer
2014	Metro	118	Amanda (Den Beste) Beyer
2015	Metro	114	Gina Erickson
2016	Metro	111	Gina Erickson
2017	Metro	137	Molly Hegarty
2018	Metro	137	Molly Hegarty

MISSOURI RIVER CONFERENCE

GIRLS SWIMMING STANDINGS

<u>2000</u>	<u>SCORE</u>
Metro	156
Abraham Lincoln	146
East	142

<u>2001</u>	<u>SCORE</u>
Metro	436
Abraham Lincoln	369
East	369

<u>2002</u>	<u>SCORE</u>
Metro	171
Abraham Lincoln	156
East	114

<u>2003</u>	<u>SCORE</u>
Metro	178
East	169
Abraham Lincoln	103

<u>2004</u>	<u>SCORE</u>
Metro	158
East	153
Abraham Lincoln	147

<u>2005</u>	<u>SCORE</u>
Metro	187
Abraham Lincoln	140
East	128

<u>2006</u>	<u>SCORE</u>
East	178
Metro	165
Abraham Lincoln	111

<u>2007</u>	<u>SCORE</u>
Metro	183
East	156
Abraham Lincoln	110

<u>2008</u>	<u>SCORE</u>
Metro	199
East	137
Abraham Lincoln	105

<u>2009</u>	<u>SCORE</u>
Metro	201
East	148
Abraham Lincoln	87

<u>2010</u>	<u>SCORE</u>
Metro	190
Council Bluffs	173
East	87

<u>2011</u>	<u>SCORE</u>
Metro	213
Council Bluffs	
East	

<u>2012</u>	<u>SCORE</u>
Metro	180
Council Bluffs	50

<u>2013</u>	<u>SCORE</u>
Metro	221
Council Bluffs	130

<u>2014</u>	<u>SCORE</u>
Metro	118
Council Bluffs	48

<u>2015</u>	<u>SCORE</u>
Metro	114
Council Bluffs	56

<u>2016</u>	<u>SCORE</u>
Metro	111
Council Bluffs	58

<u>2017</u>	<u>SCORE</u>
Metro	137
Council Bluffs	18

<u>2018</u>	<u>SCORE</u>
Metro	137
Council Bluffs	26

MISSOURI RIVER CONFERENCE

BOYS GOLF HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>SCHOOL</u>	<u>SCORE</u>	<u>COACH</u>
2000	Sioux City East	317	Jeff Vanderloo
2001	Sioux City North	317	Chuck Dickens
2002	Sioux City Heelan	330	Judy Johnson
2003	Sioux City East	319	Jeff Vanderloo
2004	Sioux City East	312	Jeff Vanderloo
2005	Sioux City North	329	Chuck Dickens
2006	Sioux City West	336	Bill Lyle
2007	Sioux City North	313	Chuck Dickens
2008	Sioux City North	338	Chuck Dickens
2009	Sioux City East	326	Jeff Vanderloo
2010	Sioux City Heelan	324	Andy Foster
2011	Sioux City Heelan	324	Andy Foster
2012	Sioux City Heelan	322	Andy Foster
2013	Sergeant Bluff-Luton	325	Rick Admire
2014	Sergeant Bluff-Luton	324	Rick Admire
2015	Sergeant Bluff-Luton	327	Rick Admire
2016	Bishop Heelan	327	Andy Foster
2017	Bishop Heelan	334	Andy Foster
2018	Bishop Heelan	326	Andy Foster

MISSOURI RIVER CONFERENCE

BOYS GOLF STANDINGS

2000 SCORE

East	317
North	317
Heelan	320
Abraham Lincoln	329
West	350
Thomas Jefferson	372
Medalist: Kurt Bonstead, East (75)	
Note: East wins 6-hole playoff	

2001 SCORE

North	317
East	325
Heelan	325
West	348
Abraham Lincoln	348
Thomas Jefferson	383
Medalist: Colin Mitchell, North (37-39—76)	

2002 SCORE

Heelan	330
East	333
North	335
Abraham Lincoln	359
West	368
Thomas Jefferson	396
Medalist: Mike Rickord, Heelan (40-36—76).	

2003 SCORE

East	319
Heelan	327
North	337
Abraham Lincoln	347
West	380
Thomas Jefferson	385
Medalist: Brandon Morehead, East (37-78—75)	

2004 SCORE

East	312
Heelan	325
North	340
Abraham Lincoln	357
West	366
Thomas Jefferson	367
Medalist: Brandon Morehead, East (37-36—73).	

2005 SCORE

North	329
East	330
Heelan	340
West	344
Abraham Lincoln	369
Thomas Jefferson	423
Medalist: Ragnar Thorisson, North (40-37—77)	

2006 SCORE

West	336
East	340
Heelan	345
North	348
Abraham Lincoln	369
Thomas Jefferson	375
Medalist: Cody Diehm, CBAL (42-35—77)	

2007 SCORE

North	313
East	323
West	331
Heelan	342
Thomas Jefferson	370
Abraham Lincoln	389
Medalist: Dane Larson, East (36-38—74)	

2008 SCORE

North	338
Heelan	346
East	349
Thomas Jefferson	369
West	384
Abraham Lincoln	392
Medalist: Brett Lacey, North (40-43—83)	

2009 Green Valley SCORE

East	326
Heelan	329
North	349
West	362
Thomas Jefferson	388
Abraham Lincoln	403
Medalist: Tim Keane, Heelan (38-41-79)	

2010 Whispering Creek SCORE

Heelan	324
East	338
North	340
West	357
Thomas Jefferson	369
Abraham Lincoln	388
Sergeant Bluff-Luton	429
Medalist: Madison Moss, East (39-39—78)	

2011 Green Valley SCORE

Heelan	324
East	336
North	346
West	360
Sergeant Bluff-Luton	361
Abraham Lincoln	363
Thomas Jefferson	423
Medalist: Cameron Farrell, Heelan (40-38—78)	

2012 Whispering Creek SCORE

Heelan	322
East	325
Sergeant Bluff-Luton	327
North	341
West	359
Abraham Lincoln	361
Thomas Jefferson	434
Medalist: Joe Protexter, East (40-37—77)	

2013 Green Valley SCORE

Sergeant Bluff-Luton	325
North	333
East	335
Abraham Lincoln	346
Heelan	347
West	373
Thomas Jefferson	393
Medalist: David Throne, North (39-36—75)	

2014 Whispering Creek SCORE

Sergeant Bluff-Luton	324
East	336
North	346
West	360
Bishop Heelan	361
Abraham Lincoln	363
Thomas Jefferson	423
Medalist: Cameron Farrell, Heelan (40-38—78)	

2015 Two Rivers SCORE

Sergeant Bluff-Luton	327
East	334
Heelan	341
North	343
Abraham Lincoln	355
West	463
Thomas Jefferson	INC
Medalist: Tyler Danke, East (74)	

2016 Green Valley SCORE

Heelan	327
Sergeant Bluff-Luton	336
East	345
Abraham Lincoln	361
North	365
West	437
Thomas Jefferson	INC
Medalist: Nick Opsahl, North (71)	

2017 Whispering Creek SCORE

Heelan	334
East	357
North	368
Abraham Lincoln	375
Thomas Jefferson	445
West	450
Sergeant Bluff-Luton	INC
Medalist: John Koch, Heelan (81).	

2018 Dodge Riverside SCORE

Heelan	326
East	340
Sergeant Bluff-Luton	345
North	361
Thomas Jefferson	380
Abraham Lincoln	390
West	420
Medalist: Jackson Thompson, Heelan (40-38-78)	

MISSOURI RIVER CONFERENCE

BOYS BASKETBALL HISTORY OF CHAMPIONS

YEAR	SCHOOL	RECORD	COACH
2000-01	Abraham Lincoln	9-0	Dick Wettengel
2001-02	Sioux City East	9-1	Jeff Vanderloo
	Sioux City Heelan	9-1	Tom Betz
2002-03	Sioux City East	8-2	Jeff Vanderloo
2003-04	Sioux City Heelan	8-2	Tom Betz
2004-05	Sioux City East	9-1	Jeff Vanderloo
2005-06	Sioux City East	8-2	Jeff Vanderloo
	Sioux City North	8-2	John Vanderloo
2006-07	Sioux City Heelan	9-1	Tom Betz
2007-08	Sioux City Heelan	10-0	Tom Betz
2008-09	Sioux City Heelan	9-1	Tom Betz
2009-10	Sioux City East	8-2	Jeff Vanderloo
	Sioux City North	8-2	Joe Burkhart
2010-11	Sioux City East	11-1	Jeff Vanderloo
	Sioux City Heelan	11-1	Tom Betz
2011-12	Sioux City East	12-0	Ras Vanderloo
2012-13	Sioux City East	12-0	Ras Vanderloo
2013-14	Sioux City North	11-1	Cody Fisher
2014-15	Abraham Lincoln	10-2	Jason Isaacson
2015-16	Abraham Lincoln	12-0	Jason Isaacson
2016-17	Sioux City East	11-1	Ras Vanderloo
2017-18	Sioux City East	10-2	Ras Vanderloo
2018-19	Sioux City East	11-1	Ras Vanderloo

MISSOURI RIVER CONFERENCE

BOYS BASKETBALL STANDINGS

<u>2000-01</u>	<u>CONF</u>	<u>OVERALL</u>
Abraham Lincoln	9-0	19-1
**Heelan	6-3	19-7
**East	7-3	16-7
West	4-6	9-12
Thomas Jefferson	2-8	8-14
North	1-9	8-14

<u>2001-02</u>	<u>CONF</u>	<u>OVERALL</u>
**East	9-1	25-1
**Heelan	9-1	22-4
Abraham Lincoln	4-6	7-15
North	4-6	8-13
Thomas Jefferson	2-8	14-9
West	2-8	6-14

<u>2002-03</u>	<u>CONF</u>	<u>OVERALL</u>
**East	8-2	17-6
Heelan	7-3	15-6
West	6-4	11-10
Abraham Lincoln	4-6	10-13
Thomas Jefferson	3-7	10-12
North	2-8	7-15

<u>2003-04</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	8-2	19-5
**North	7-3	17-7
Abraham Lincoln	7-3	12-10
East	5-5	13-10
West	3-7	5-17
Thomas Jefferson	0-10	4-18

<u>2004-05</u>	<u>CONF</u>	<u>OVERALL</u>
**East	9-1	21-4
Heelan	8-2	20-4
Thomas Jefferson	6-4	15-8
Abraham Lincoln	4-6	10-13
West	2-8	6-17
North	1-9	6-16

<u>2005-06</u>	<u>CONF</u>	<u>OVERALL</u>
**East	8-2	18-7
North	8-2	14-9
Heelan	6-4	16-8
Thomas Jefferson	5-5	14-9
West	2-8	5-17
Abraham Lincoln	1-9	3-19

<u>2006-07</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	9-1	22-5
**North	8-2	17-7
East	5-5	9-13
Thomas Jefferson	4-6	8-13
Abraham Lincoln	3-7	10-13
West	1-9	4-17

<u>2007-08</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	10-0	20-5
**North	7-2	17-7
East	6-3	17-6
Abraham Lincoln	4-6	7-15
West	1-9	5-15
Thomas Jefferson	1-9	2-20

<u>2008-09</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	9-1	25-2
**East	8-2	17-7
West	5-5	13-10
North	4-6	11-11
Abraham Lincoln	4-6	9-14
Thomas Jefferson	0-10	3-19

<u>2009-10</u>	<u>CONF</u>	<u>OVERALL</u>
**East	8-2	21-5
North	8-2	14-9
**Heelan	7-3	22-4
Abraham Lincoln	4-6	7-15
Thomas Jefferson	2-8	5-19
West	1-9	4-17

<u>2010-11</u>	<u>CONF</u>	<u>OVERALL</u>
**East	11-1	19-5
**Heelan	11-1	25-2
Abraham Lincoln	7-5	12-10
North	6-6	8-15
Sergeant Bluff-Luton	5-7	10-12
Thomas Jefferson	1-11	1-21
West	1-11	1-21

<u>2011-12</u>	<u>CONF</u>	<u>OVERALL</u>
**East	12-0	21-4
**Heelan	10-2	18-7
North	8-4	10-12
Sergeant Bluff-Luton	6-6	14-8
West	3-9	6-17
Thomas Jefferson	2-10	3-19
Abraham Lincoln	1-11	1-21

<u>2012-13</u>	<u>CONF</u>	<u>OVERALL</u>
East	11-1	22-2
**North	10-2	21-3
Heelan	8-4	16-8
Sergeant Bluff-Luton	6-6	12-10
West	3-9	8-14
Abraham Lincoln	3-9	5-17
Thomas Jefferson	1-11	1-20

<u>2013-14</u>	<u>CONF</u>	<u>OVERALL</u>
**North	11-1	22-5
East	9-3	17-5

Heelan	7-5	14-10
Sergeant Bluff-Luton	6-6	14-9
Abraham Lincoln	6-6	12-11
West	2-10	5-16
Thomas Jefferson	1-11	4-18

<u>2014-15</u>	<u>CONF</u>	<u>OVERALL</u>
Abraham Lincoln	10-2	19-4
**North	9-3	14-10
East	8-4	16-7
Heelan	7-5	9-13
West	4-8	8-14
Sergeant Bluff-Luton	4-8	12-11
Thomas Jefferson	0-12	1-21

<u>2015-16</u>	<u>CONF</u>	<u>OVERALL</u>
**Abraham Lincoln	12-0	22-2
East	10-2	18-5
Sergeant Bluff-Luton	7-5	12-9
Heelan	7-5	14-9
North	4-8	10-13
West	2-10	6-16
Thomas Jefferson	0-12	1-21

<u>2016-17</u>	<u>CONF</u>	<u>OVERALL</u>
**East	11-1	23-2
Abraham Lincoln	10-2	18-4
Heelan	8-4	17-7
**Sergeant Bluff-Luton	6-6	17-10
West	5-7	12-10
North	2-10	6-16
Thomas Jefferson	0-12	3-19

<u>2017-18</u>	<u>CONF</u>	<u>OVERALL</u>
**East	10-2	19-4
Abraham Lincoln	10-2	13-10
Heelan	8-4	14-10
**Sergeant Bluff-Luton	6-6	15-10
West	5-7	12-11
North	2-10	4-18
Thomas Jefferson	0-12	4-18

<u>2018-19</u>	<u>CONF</u>	<u>OVERALL</u>
**East	11-1	21-2
West	10-2	17-5
**Sergeant Bluff-Luton	9-3	20-4
Abraham Lincoln	5-7	14-9
North	4-8	6-16
Heelan	3-9	8-14
Thomas Jefferson	0-12	2-20

**State team qualifiers

MISSOURI RIVER CONFERENCE
GIRLS BASKETBALL
HISTORY OF CHAMPIONS

YEAR	SCHOOL	RECORD	COACH
2000-01	Sioux City East	10-0	Dan Pomeranke
2001-02	Sioux City North	9-1	Kirk Walker
2002-03	Abraham Lincoln	10-0	Chuck May
2003-04	Sioux City North	9-1	Kirk Walker
2004-05	Sioux City North	9-1	Kirk Walker
2005-06	Sioux City North	10-0	Kirk Walker
2006-07	Sioux City North	10-0	Kirk Walker
2007-08	Sioux City Heelan	10-0	Doug Moody
2008-09	Sioux City North	10-0	Kirk Walker
2009-10	Sioux City Heelan	10-0	Darron Koolstra
2010-11	Sioux City North	11-1	Kirk Walker
	Sergeant Bluff-Luton	11-1	Miranda (Boekhout) Riediger
2011-12	Sioux City Heelan	12-0	Darron Koolstra
2012-13	Sioux City Heelan	12-0	Darron Koolstra
2013-14	Sioux City Heelan	11-1	Darron Koolstra
2014-15	Sioux City Heelan	12-0	Darron Koolstra
2015-16	Sioux City West	12-0	Betsy Boetger
2016-17	Sergeant Bluff-Luton	10-2	Miranda Riediger
2017-18	Sergeant Bluff-Luton	9-3	Miranda Riediger
	Bishop Heelan	9-3	Darron Koolstra
2018-19	Bishop Heelan	8-4	Darron Koolstra
	Sioux City East	8-4	Brian Drent

MISSOURI RIVER CONFERENCE

GIRLS BASKETBALL STANDINGS

<u>2000-01</u>	<u>CONF</u>	<u>OVERALL</u>
**East	10-0	23-2
Heelan	7-3	12-10
Abraham Lincoln	6-4	15-8
North	5-5	13-8
West	1-9	2-19
Thomas Jefferson	1-9	4-18

<u>2001-02</u>	<u>CONF</u>	<u>OVERALL</u>
**North	9-1	19-4
Abraham Lincoln	8-2	16-6
East	6-4	13-8
Heelan	5-5	12-11
West	1-9	4-17
Thomas Jefferson	1-9	8-12

<u>2002-03</u>	<u>CONF</u>	<u>OVERALL</u>
**Abraham Lincoln	10-0	22-2
North	6-4	16-7
West	5-5	12-9
Heelan	5-5	13-9
East	4-6	12-11
Thomas Jefferson	0-10	6-16

<u>2003-04</u>	<u>CONF</u>	<u>OVERALL</u>
North	9-1	13-8
East	8-2	15-8
Abraham Lincoln	6-4	13-10
West	4-6	6-16
Heelan	2-8	6-16
Thomas Jefferson	1-9	6-16

<u>2004-05</u>	<u>CONF</u>	<u>OVERALL</u>
North	9-1	16-6
East	8-2	18-5
West	6-4	12-10
Heelan	5-5	13-8
Abraham Lincoln	1-9	2-20
Thomas Jefferson	1-9	8-15

<u>2005-06</u>	<u>CONF</u>	<u>OVERALL</u>
**North	10-0	22-2
Heelan	6-4	15-10
East	5-5	10-13
West	5-5	11-11
Thomas Jefferson	3-7	9-13
Abraham Lincoln	1-9	7-16

<u>2006-07</u>	<u>CONF</u>	<u>OVERALL</u>
**North	10-0	25-2
**Heelan	7-2	19-4
East	5-5	10-12
Thomas Jefferson	4-5	11-10
Abraham Lincoln	3-6	7-14

West 0-9 0-21

<u>2007-08</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	10-0	25-2
**North	8-2	20-5
East	6-4	16-8
Abraham Lincoln	3-7	10-12
West	1-9	3-19
Thomas Jefferson	1-9	4-18

<u>2008-09</u>	<u>CONF</u>	<u>OVERALL</u>
**North	10-0	25-1
**Heelan	8-2	20-5
East	5-5	11-12
West	4-6	6-14
Thomas Jefferson	3-7	6-18
Abraham Lincoln	0-10	1-22

<u>2009-10</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	10-0	26-1
North	8-2	15-8
East	5-5	9-14
Abraham Lincoln	4-6	10-12
West	3-7	6-15
Thomas Jefferson	0-10	0-22

<u>2010-11</u>	<u>CONF</u>	<u>OVERALL</u>
North	11-1	17-6
**Sergeant Bluff-Luton	11-1	23-3
Heelan	8-4	15-9
East	5-7	8-15
Abraham Lincoln	5-7	12-12
West	1-11	4-18
Thomas Jefferson	1-11	3-19

<u>2011-12</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	12-0	24-2
Sergeant Bluff-Luton	10-2	16-7
West	7-5	11-12
East	6-6	8-15
Abraham Lincoln	5-7	9-13
North	2-10	4-18
Thomas Jefferson	0-12	0-21

<u>2012-13</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	12-0	21-4
Abraham Lincoln	9-3	16-8
West	9-3	18-5
Sergeant Bluff-Luton	5-7	9-13
East	5-7	9-14
North	2-10	2-20
Thomas Jefferson	0-12	0-22

<u>2013-14</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	11-1	20-4
West	10-2	15-7
Sergeant Bluff-Luton	7-5	13-9
Abraham Lincoln	7-5	10-13
East	5-7	8-16
North	2-10	3-19
Thomas Jefferson	0-12	1-21

<u>2014-15</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	12-0	21-4
West	9-3	13-9
East	8-4	11-13
Sergeant Bluff-Luton	7-5	10-12
North	3-9	6-15
Abraham Lincoln	3-9	4-19
Thomas Jefferson	0-12	2-20

<u>2015-16</u>	<u>CONF</u>	<u>OVERALL</u>
West	12-0	18-5
Heelan	9-3	12-11
Sergeant Bluff-Luton	9-3	13-9
North	5-7	5-15
East	4-8	5-18
Abraham Lincoln	3-9	6-17
Thomas Jefferson	0-12	2-20

<u>2016-17</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	10-2	14-9
Heelan	9-3	12-10
West	9-3	11-10
Abraham Lincoln	5-7	11-12
North	5-7	5-13
East	4-8	8-16
Thomas Jefferson	0-12	4-18

<u>2017-18</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	9-3	14-9
Heelan	9-3	14-9
West	8-4	16-7
Abraham Lincoln	7-5	13-9
Thomas Jefferson	6-6	14-9
East	3-9	3-18
North	0-12	1-21

<u>2018-19</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	8-4	19-6
East	8-4	14-9
Thomas Jefferson	7-5	12-10
Abraham Lincoln	6-5	12-10
Sergeant Bluff-Luton	6-6	11-11
West	6-6	10-14
North	0-11	0-21

**State team qualifiers

MISSOURI RIVER CONFERENCE

WRESTLING (duals) HISTORY OF CHAMPIONS

YEAR	SCHOOL	RECORD	COACH
2000-01	Sioux City East	5-0	Phil Hamman
2001-02	Sioux City Heelan	5-0	Matt LaFleur
2002-03	C.B. Abraham Lincoln	5-0	Clark Allen
2003-04	Sioux City North	4-1	Rich Touney
	Sioux City East	4-1	Phil Hamman
2004-05	Sioux City North	4-1	Rich Touney
2005-06	Sioux City North	5-0	Rich Touney
2006-07	Sioux City North	5-0	John Torno
2007-08	Sioux City North	5-0	John Torno
2008-09	Sioux City North	5-0	John Torno
2009-10	Sioux City East	5-0	Vince Pederson
2010-11	Sioux City North	6-0	John Torno
2011-12	Sergeant Bluff-Luton	6-0	Clint Koedam
2012-13	Sioux City North	6-0	John Torno
2013-14	Sergeant Bluff-Luton	6-0	Clint Koedam
2014-15	Sioux City North	6-0	John Torno
2015-16	Sergeant Bluff-Luton	6-0	Clint Koedam
2016-17	Sergeant Bluff-Luton	6-0	Clint Koedam
2017-18	Bishop Heelan	6-0	Matt Pugh/Jordan Langley
2018-19	Sergeant Bluff-Luton	6-0	Clint Koedam

MISSOURI RIVER CONFERENCE

WRESTLING (tournament) HISTORY OF CHAMPIONS

YEAR	SCHOOL	SCORE	COACH
2000-01	Sioux City East	225	Phil Hamman
2001-02	Sioux City Heelan	211.5	Matt LaFleur
2002-03	C.B. Abraham Lincoln	271	Clark Allen
2003-04	C.B. Abraham Lincoln	300	Clark Allen
2004-05	Sioux City North	296.5	Rich Touney
2005-06	Sioux City North	340.5	Rich Touney
2006-07	Sioux City North	384.5	John Torno
2007-08	Sioux City North	329.5	John Torno
2008-09	Sioux City North		John Torno
2009-10	Sioux City East	396.5	Vince Pederson
2010-11	Sioux City North	233.5	John Torno
2011-12	Sergeant Bluff-Luton	248.5	Clint Koedam
2012-13	Sioux City North	234.5	John Torno
2013-14	Sergeant Bluff-Luton	226	Clint Koedam
2014-15	C.B. Thomas Jefferson	226	August Manz
2015-16	Sergeant Bluff-Luton	213.5	Clint Koedam
2016-17	Sergeant Bluff-Luton	233	Clint Koedam
2017-18	Sergeant Bluff-Luton	242.5	Clint Koedam
2018-19	Sergeant Bluff-Luton	235	Clint Koedam

MISSOURI RIVER CONFERENCE

WRESTLING STANDINGS

<u>2000-01</u>	<u>CONF</u>	<u>OVERALL</u>
East	5-0	14-2
Heelan	4-1	13-6
West	3-2	8-11
Abraham Lincoln	2-3	
North	1-4	5-10
Thomas Jefferson	0-5	

<u>2001-02</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	5-0	18-5
East	4-1	14-8
Abraham Lincoln	3-2	9-9
North	2-3	8-8
West	1-4	9-17
Thomas Jefferson	0-5	5-16

<u>2002-03</u>	<u>CONF</u>	<u>OVERALL</u>
Abraham Lincoln	5-0	12-5
East	4-1	12-8
West	3-2	10-20
Heelan	2-3	7-16
North	1-4	6-10
Thomas Jefferson	0-5	1-11

<u>2003-04</u>	<u>CONF</u>	<u>OVERALL</u>
North	4-1	6-10
East	4-1	15-7
West	3-2	7-18
Abraham Lincoln	3-2	
Heelan	1-4	6-20
Thomas Jefferson	0-5	

<u>2004-05</u>	<u>CONF</u>	<u>OVERALL</u>
North	4-1	13-9
Thomas Jefferson	3-2	
Abraham Lincoln	3-2	
West	2-3	13-15
East	2-3	4-17
Heelan	1-4	4-22

<u>2005-06</u>	<u>CONF</u>	<u>OVERALL</u>
North	5-0	24-0
West	4-1	16-13
East	3-2	
Thomas Jefferson	2-3	
Heelan	1-4	
Abraham Lincoln	0-5	

<u>2006-07</u>	<u>CONF</u>	<u>OVERALL</u>
North	5-0	30-1
West	4-1	18-11
East	3-2	
Thomas Jefferson	1-4	
Heelan	0-5	

Abraham Lincoln 2-3

<u>2007-08</u>	<u>CONF</u>	<u>OVERALL</u>
North	5-0	
East	4-1	12-10
West	3-2	7-15
Abraham Lincoln	2-3	
Heelan	1-4	
Thomas Jefferson	0-5	

<u>2008-09</u>	<u>CONF</u>	<u>OVERALL</u>
North	5-0	10-6
East		20
West		
Abraham Lincoln		
Heelan		
Thomas Jefferson		

<u>2009-10</u>	<u>CONF</u>	<u>OVERALL</u>
East	5-0	20-1
North	4-1	18-4
West		
Abraham Lincoln		
Heelan		
Thomas Jefferson		

<u>2010-11</u>	<u>CONF</u>	<u>OVERALL</u>
North	6-0	
Sergeant Bluff-Luton	5-1	21-4
East	3-3	9-5
West		
Abraham Lincoln		
Heelan		
Thomas Jefferson		

<u>2011-12</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	6-0	18-2
North	5-1	
East		
West		
Abraham Lincoln		
Heelan		
Thomas Jefferson		

<u>2012-13</u>	<u>CONF</u>	<u>OVERALL</u>
North	6-0	28-3
Sergeant Bluff-Luton	5-1	16-2
Thomas Jefferson	4-2	18-5
East	3-3	9-12
Abraham Lincoln	2-4	7-14
Heelan	1-5	9-22
West	0-6	7-21

<u>2013-14</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	6-0	20-2
North	5-1	24-5
Thomas Jefferson	4-2	18-10
Abraham Lincoln	3-3	14-14
East	2-4	17-11
Heelan	1-5	10-17
West	0-6	2-37

<u>2014-15</u>	<u>CONF</u>	<u>OVERALL</u>
North	6-0	29-3
Thomas Jefferson	5-1	14-3
Sergeant Bluff-Luton	4-2	16-7
East	3-3	10-6
Abraham Lincoln	2-4	8-16
Heelan	1-5	9-22
West	0-6	3-31

<u>2015-16</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	6-0	15-3
Thomas Jefferson	5-1	
Heelan	4-2	
North	3-3	
East	2-4	
West	1-5	
Abraham Lincoln	0-6	

<u>2016-17</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	6-0	21-3
Thomas Jefferson		
Heelan		
North		
East		
West		
Abraham Lincoln		

<u>2017-18</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	6-0	
Sergeant Bluff-Luton	5-1	17-2
Thomas Jefferson		
North		
East		
West		
Abraham Lincoln		

<u>2018-19</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	6-0	
Heelan	4-2	
Thomas Jefferson	4-2	
East	3-3	
North	2-4	
Abraham Lincoln	2-4	
West	0-6	

MISSOURI RIVER CONFERENCE

WRESTLING (tournament) HISTORY OF CHAMPIONS

2000-01 SCORE

East	225
Heelan	190
Abraham Lincoln	167
West	142
North	135
Thomas Jefferson	135

2001-02 SCORE

Heelan	211.5
East	197
Abraham Lincoln	193.5
North	159
Thomas Jefferson	121
West	109

2002-03 SCORE

Abraham Lincoln	271
West	269
East	264
North	247
Heelan	226.5
Thomas Jefferson	154.5

2003-04 SCORE

Abraham Lincoln	300
East	280.5
Heelan	245.5
North	215.5
Thomas Jefferson	213
West	178.5

2004-05 SCORE

North	296.5
Abraham Lincoln	291.5
Heelan	230.5
Thomas Jefferson	222
West	216
East	185

2005-06 SCORE

North	340.5
East	270
West	266.5
Thomas Jefferson	234
Abraham Lincoln	183
Heelan	149.5

2006-07 SCORE

North	384.5
East	303
West	269
Heelan	193.5

Abraham Lincoln	171
Thomas Jefferson	139

2007-08 SCORE

North	329.5
East	255
Abraham Lincoln	254.5
West	220
Heelan	208.5
Thomas Jefferson	161

2008-09 SCORE

North	
East	
Abraham Lincoln	
West	
Heelan	
Thomas Jefferson	

2009-10 SCORE

East	396.5
North	297
Abraham Lincoln	
West	
Heelan	
Thomas Jefferson	

2010-11 SCORE

North	233.5
Sergeant Bluff-Luton	229.5
East	166
Thomas Jefferson	145.5
West	118.5
Abraham Lincoln	101
Heelan	64.5

2011-12 SCORE

Sergeant Bluff-Luton	248.5
Thomas Jefferson	195
North	180.5
East	174.5
Abraham Lincoln	119.5
West	102
Heelan	89

2012-13 SCORE

North	234.5
Sergeant Bluff-Luton	214
Thomas Jefferson	145
East	134
Abraham Lincoln	110
Heelan	100
West	69.5

2013-14 SCORE

Sergeant Bluff-Luton	226
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East	206.5
North	199
Thomas Jefferson	140
Heelan	103
Abraham Lincoln	91
West	51.5

2014-15 SCORE

Thomas Jefferson	226
North	217.5
Sergeant Bluff-Luton	208
East	169
Abraham Lincoln	92
Heelan	85
West	46

2015-16 SCORE

Sergeant Bluff-Luton	213.5
Thomas Jefferson	201
East	178
Heelan	164
North	125.5
Abraham Lincoln	106
West	60

2016-17 SCORE

Sergeant Bluff-Luton	233
Heelan	186
Thomas Jefferson	193
East	151
North	142.5
Abraham Lincoln	104
West	53

2017-18 SCORE

Sergeant Bluff-Luton	242.5
Heelan	225.5
North	168
East	141
Thomas Jefferson	141
Abraham Lincoln	98
West	27

2018-10 SCORE

Sergeant Bluff-Luton	235
Heelan	225.5
Thomas Jefferson	144
East	143
North	131
Abraham Lincoln	92
West	38

MISSOURI RIVER CONFERENCE

BOYS SWIMMING HISTORY OF CHAMPIONS

YEAR	SCHOOL	SCORE	COACH
2000-01	Metro	192	Don Copas
2001-02	Metro	149	Don Copas
2002-03	C.B. Abraham Lincoln	170	Mike Hale
2003-04	Sioux City East	169	Bryan Ferris
2004-05	Sioux City East	189	Bryan Ferris
2005-06	Sioux City East	163	Bryan Ferris
2006-07	Metro	157.5	Dan Patterson
2007-08	Metro	173	Dan Patterson
2008-09	Sioux City	118	Dan Patterson
2009-10	Sioux City		
2010-11	Sioux City		
2011-12	Sioux City	121	Bryan Ferris
2012-13	Sioux City	123	Erik Hoak
2013-14	Sioux City	133	Erik Hoak
2014-15	Sioux City	124	Erik Hoak
2015-16	Sioux City	129	Erik Hoak
2016-17	Sioux City	125	Erik Hoak
2017-18	Sioux City	130	Erik Hoak
2018-19	Sioux City	136	Erik Hoak

MISSOURI RIVER CONFERENCE

BOYS SWIMMING STANDINGS

2000-01 SCORE

Metro	192
Abraham Lincoln	159
East	62

2001-02 SCORE

Metro	149
Abraham Lincoln	145
East	134

2002-03 SCORE

Abraham Lincoln	170
East	134
Metro	113

2003-04 SCORE

East	169
Abraham Lincoln	138
Metro	110

2004-05 SCORE

East	189
Metro	135
Abraham Lincoln	103

2005-06 SCORE

East	163
Metro	132.5
Abraham Lincoln	132.5

2006-07 SCORE

Metro	157.5
East	143
Abraham Lincoln	127.5

2007-08 SCORE

Metro	173
Abraham Lincoln	132
East	25

2008-09 SCORE

Sioux City	118
Council Bluffs	52

2009-10 SCORE

Sioux City	
Council Bluffs	

2010-11 SCORE

Sioux City	
Council Bluffs	

2011-12 SCORE

Sioux City	121
Council Bluffs	49

2012-13 SCORE

Sioux City	123
Council Bluffs	65

2013-14 SCORE

Sioux City	133
Council Bluffs	37

2014-15 SCORE

Sioux City	124
Council Bluffs	56

2015-16 SCORE

Sioux City	129
Council Bluffs	41

2016-17 SCORE

Sioux City	125
Council Bluffs	45

2017-18 SCORE

Sioux City	130
Council Bluffs	38

2018-19 SCORE

Sioux City	136
Council Bluffs	25

MISSOURI RIVER CONFERENCE

BOYS TRACK HISTORY OF CHAMPIONS

YEAR	SCHOOL	SCORE	COACH
2001	C.B. Abraham Lincoln	102.5	Jeff Novotny
2002	Sioux City Heelan	151	Terry Comstock
2003	Sioux City West	88	Rick Berthelsen
2004	C.B. Abraham Lincoln	119	Bart Witte
2005	C.B. Abraham Lincoln	141	Bart Witte
2006	C.B. Abraham Lincoln	155	Bart Witte
2007	Sioux City Heelan	145	Don Oberle
2008	Sioux City Heelan	151	Don Oberle
2009	Sioux City Heelan	152	Don Oberle
2010	C.B. Abraham Lincoln	119	Bart Witte
2011	Sioux City Heelan	119	Don Oberle
2012	Sioux City Heelan	155	Don Oberle
2013	Sioux City Heelan	152	Don Oberle
2014	Sioux City Heelan	146	Don Oberle
2015	Sioux City Heelan	118	Don Oberle
2016	Sergeant Bluff-Luton	120	Terry Pomeranke
2017	Sergeant Bluff-Luton	168	Terry Pomeranke
2018	Sergeant Bluff-Luton	178	Monte Larsen
2019	Sergeant Bluff-Luton	171	Monte Larsen

MISSOURI RIVER CONFERENCE

BOYS TRACK STANDINGS

2001 At Memorial SCORE

Abraham Lincoln	102.5
Heelan	92
West	78
Thomas Jefferson	68
North	56.5
East	40

2002 At Roberts SCORE

Heelan	151
East	105
Abraham Lincoln	73.5
Thomas Jefferson	69
North	64
West	59.5

2003 At C.B. Stadium SCORE

West	88
Thomas Jefferson	87
Heelan	82
North	69
Abraham Lincoln	54
East	34

2004 At C.B. Stadium SCORE

Abraham Lincoln	119
Heelan	88.5
North	80.5
West	66.5
East	47
Thomas Jefferson	41.5

2005 At Memorial SCORE

Abraham Lincoln	141
Thomas Jefferson	77
West	76.5
North	57.5
East	57
Heelan	33

2006 At C.B. Stadium SCORE

Abraham Lincoln	155
Thomas Jefferson	127
Heelan	95
East	55
North	48
West	41

2007 At Olsen SCORE

Heelan	145
Thomas Jefferson	134
North	98
Abraham Lincoln	70
East	65

West 40

2008 At Olsen SCORE

Heelan	151
Thomas Jefferson	124
North	80
Abraham Lincoln	80
East	77
West	39

2009 At Olsen SCORE

Heelan	152
Abraham Lincoln	135
Thomas Jefferson	87.5
West	73
East	61
North	41.5

2010 At Glenwood SCORE

Abraham Lincoln	119
Thomas Jefferson	106
Heelan	103
East	99
West	76
North	49

2011 At Olsen SCORE

Heelan	119
West	88
Thomas Jefferson	86
North	86
Abraham Lincoln	77
East	53
Sergeant Bluff-Luton	47

2012 At Olsen SCORE

Heelan	155
Abraham Lincoln	113
West	78
East	66
Thomas Jefferson	53
North	48
Sergeant Bluff-Luton	40

2013 At Olsen SCORE

Heelan	152
Abraham Lincoln	124
East	80
Thomas Jefferson	67
West	66
North	48
Sergeant Bluff-Luton	18

2014 At Olsen SCORE

Heelan	146
East	105
Thomas Jefferson	98
Sergeant Bluff-Luton	70
North	54
Abraham Lincoln	48
West	32

2015 At Olsen SCORE

Heelan	118
North	114
East	84
Thomas Jefferson	83
Sergeant Bluff-Luton	81
Abraham Lincoln	48
West	25

2016 At Olsen SCORE

Sergeant Bluff-Luton	120
North	118
East	116
Thomas Jefferson	101
Heelan	49
West	37
Abraham Lincoln	10

2017 At Council Bluffs SCORE

Sergeant Bluff-Luton	168
North	105
East	96
Heelan	79
Thomas Jefferson	77
West	50
Abraham Lincoln	14

2018 At Memorial SCORE

Sergeant Bluff-Luton	178
East	81
Abraham Lincoln	76
Thomas Jefferson	70
North	68
Heelan	66
West	47

2019 At SBL SCORE

Sergeant Bluff-Luton	171
Heelan	105
East	102
North	93
Abraham Lincoln	54
Thomas Jefferson	42
West	19

MISSOURI RIVER CONFERENCE

GIRLS TRACK

HISTORY OF CHAMPIONS

YEAR	SCHOOL	SCORE	COACH
2001	Sioux City Heelan	151	Dan O'Brien
2002	Sioux City Heelan	129	Dan O'Brien
2003	Sioux City East	110	Ken Steuve
2004	Sioux City North	127	Tunisia Billings
2005	Sioux City North	159	Tunisia Billings
2006	Sioux City North	154	Tunisia Billings
2007	Sioux City North	133	Chad Fengel
2008	Sioux City East	149	Nick Gaul
2009	Sioux City East	144	Rick Clarahan
2010	Sioux City East	147	Rick Clarahan
2011	Sioux City Heelan	148	Terry Sudrla
2012	Sioux City Heelan	180	Terry Sudrla
2013	Sioux City Heelan	175	Terry Sudrla
2014	Sioux City Heelan	153	Terry Sudrla
2015	Sioux City Heelan	150	Gina Cougill/Dan O'Brien
2016	Sioux City Heelan	127	Gina Cougill/Dan O'Brien
2017	Sioux City Heelan	166	Gina Cougill
2018	C.B. Abraham Lincoln	135	Don Schwartz
2019	Sioux City East	171	Rick Clarahan

MISSOURI RIVER CONFERENCE

GIRLS TRACK STANDINGS

2001 At Memorial SCORE

Heelan	151
Abraham Lincoln	117
East	80
West	68
North	59
Thomas Jefferson	21

2002 At Roberts SCORE

Heelan	129
East	94
Abraham Lincoln	93
North	81
West	69
Thomas Jefferson	30

2003 At C.B. Stadium SCORE

East	110
Heelan	109
Abraham Lincoln	105
North	81
West	72
Thomas Jefferson	16

2004 At C.B. Stadium SCORE

North	127
East	111
Heelan	104
Abraham Lincoln	80
West	45
Thomas Jefferson	35

2005 At Memorial SCORE

North	159
Heelan	89
West	70
East	65
Abraham Lincoln	64
Thomas Jefferson	54

2006 At C.B. Stadium SCORE

North	159
Heelan	129
Abraham Lincoln	104
West	74
Thomas Jefferson	58
East	57

2007 At Olsen SCORE

North	133
Heelan	116
Abraham Lincoln	96
East	86

West	85
Thomas Jefferson	63

2008 At Olsen SCORE

East	149
North	119.5
Heelan	104
Abraham Lincoln	98
West	69.5
Thomas Jefferson	42

2009 At Olsen SCORE

East	144
Heelan	107
West	86
Abraham Lincoln	86
Thomas Jefferson	77
North	76

2010 At Glenwood SCORE

East	147
Abraham Lincoln	115
Heelan	109
Thomas Jefferson	93
West	58
North	58

2011 At Olsen SCORE

Heelan	148
Thomas Jefferson	145
East	126
Abraham Lincoln	76
North	42
West	27
Sergeant Bluff-Luton	16

2012 At Olsen SCORE

Heelan	180
Thomas Jefferson	99.6
East	91.3
Sergeant Bluff-Luton	72
Abraham Lincoln	53
North	46
West	43

2013 At Olsen SCORE

Heelan	175
East	112
Thomas Jefferson	73
Abraham Lincoln	69
North	62
Sergeant Bluff-Luton	57
West	39

2014 At Olsen SCORE

Heelan	153
East	96
Abraham Lincoln	76
North	76
Thomas Jefferson	74
West	51
Sergeant Bluff-Luton	47

2015 At Olsen SCORE

Heelan	150
East	109
North	81
Abraham Lincoln	74
Thomas Jefferson	68
West	59
Sergeant Bluff-Luton	46

2016 At Olsen SCORE

Heelan	127
Abraham Lincoln	118
East	110
North	78
Thomas Jefferson	70
West	55
Sergeant Bluff-Luton	29

2017 At Council Bluffs SCORE

Heelan	166
Abraham Lincoln	118
East	102
North	69
Thomas Jefferson	66
West	40
Sergeant Bluff-Luton	27

2018 At Memorial SCORE

Abraham Lincoln	135
East	132
Heelan	127
Thomas Jefferson	79
Sergeant Bluff-Luton	57
North	44
West	12

2019 At Memorial SCORE

East	171
Abraham Lincoln	144
Sergeant Bluff-Luton	72
North	60
West	56
Heelan	55
Thomas Jefferson	30

MISSOURI RIVER CONFERENCE

BOYS SOCCER (season) HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>COACH</u>
2001	Sioux City North Abraham Lincoln	4-0-1 4-0-1	George Tsiobanos
2002	Sioux City North	5-0	George Tsiobanos
2003	Sioux City North	5-0	George Tsiobanos
2004	Sioux City North	5-0	Costa Tsiobanos
2005	Sioux City North Abraham Lincoln Thomas Jefferson	4-1 4-1 4-1	Costa Tsiobanos Todd Devereaux Gail Anderson
2006	Sioux City Heelan	4-1	Chad Lang
2007	Sioux City West Thomas Jefferson	4-1 4-1	David Olson Gail Anderson
2008	Sioux City East	5-0	Scott Clauson/Tyler Mogensen
2009	Sioux City Heelan	5-0	Chad Lang
2010	Sioux City Heelan	5-0	Chris Conley
2011	Sioux City West Sioux City North	5-0-1 5-0-1	Gary Fuentes Costa Tsiobanos
2012	Sioux City North	6-0	Costa Tsiobanos
2013	Sioux City West	6-0	Gary Fuentes
2014	Sioux City West	6-0	Gary Fuentes
2015	Sioux City West	6-0	Gary Fuentes
2016	Sioux City Heelan	6-0	George Tsiobanos
2017	Sioux City Heelan	6-0	George Tsiobanos
2018	Sioux City East	6-0	Mike Borrall
2019	C.B. Abraham Lincoln	5-1	Jamison Parkhill

MISSOURI RIVER CONFERENCE

BOYS SOCCER (tournament) HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>CHAMPION</u>	<u>RUNNER-UP</u>	<u>SCORE</u>	<u>COACH</u>
2001	Sioux City North			George Tsiobanos
2002	Sioux City North	Abraham Lincoln	2-1	George Tsiobanos

MISSOURI RIVER CONFERENCE

BOYS SOCCER STANDINGS

<u>2001</u>	<u>CONF</u>	<u>OVERALL</u>
**North	4-0-1	14-0-2
**Abraham Lincoln	4-0-1	10-4-1
Thomas Jefferson	3-2	8-6
Heelan	2-3	8-7
West	1-4	6-9
East	0-5	2-11

<u>2002</u>	<u>CONF</u>	<u>OVERALL</u>
**North	5-0	17-3
Thomas Jefferson	4-1	
Heelan	2-3	7-9-1
Abraham Lincoln	2-3	
West	1-4	6-11
East	1-4	7-10

<u>2003</u>	<u>CONF</u>	<u>OVERALL</u>
**North	5-0	20-1
Thomas Jefferson	4-1	12-5
East	2-3	
West	2-3	
Abraham Lincoln	1-4	4-11
**Heelan	1-4	10-7-1

<u>2004</u>	<u>CONF</u>	<u>OVERALL</u>
**North	5-0	16-2
Abraham Lincoln	4-1	6-8
West	2-3	7-7
Thomas Jefferson	2-3	6-8
East	1-4	5-10
Heelan	1-4	4-11-1

<u>2005</u>	<u>CONF</u>	<u>OVERALL</u>
**North	4-1	15-2
Abraham Lincoln	4-1	6-10
Thomas Jefferson	4-1	10-6
Heelan	2-3	12-6
West	1-4	4-10
East	0-5	2-12

<u>2006</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	4-1	15-3
**North	4-1	15-3
Thomas Jefferson	3-2	
East	3-2	
Abraham Lincoln	1-4	
West	0-5	2-14

<u>2007</u>	<u>CONF</u>	<u>OVERALL</u>
West	4-1	11-5
Thomas Jefferson	4-1	12-5
East	3-2	9-4
North	2-3	8-6
Heelan	1-4	4-12-1

Abraham Lincoln 1-4 4-11-1

<u>2008</u>	<u>CONF</u>	<u>OVERALL</u>
**East	5-0	14-2
Abraham Lincoln	4-1	8-10
North	3-2	9-5
Heelan	2-3	7-7
West	1-4	1-12
Thomas Jefferson	0-5	

<u>2009</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	5-0	
North	3-2	8-10
Thomas Jefferson	3-2	9-7
West	2-3	
Abraham Lincoln	1-4	4-12
East	0-5	

<u>2010</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	5-0	15-5-1
Thomas Jefferson	4-1	12-5
North	2-3	9-10
**East	2-3	8-8
Abraham Lincoln	1-4	3-12
West	1-4	7-9

<u>2011</u>	<u>CONF</u>	<u>OVERALL</u>
**West	5-0-1	14-4
North	5-0-1	12-3
East	4-2	6-11
Thomas Jefferson	3-3	8-9
Heelan	2-4	4-12
Abraham Lincoln	1-5	5-12
Sergeant Bluff-Luton	0-6	0-15

<u>2012</u>	<u>CONF</u>	<u>OVERALL</u>
North	6-0	13-2
**West	4-2	12-8
East	4-2	11-9
Heelan	4-2	9-7
Thomas Jefferson	2-4	5-13
Abraham Lincoln	0-5	4-12
Sergeant Bluff-Luton	0-5	0-14

<u>2013</u>	<u>CONF</u>	<u>OVERALL</u>
**West	6-0	16-3
North	5-1	8-7
Heelan	3-3	3-7
Thomas Jefferson	3-3	8-13
East	2-4	10-6
Abraham Lincoln	2-4	6-10
Sergeant Bluff-Luton	0-6	5-9

<u>2014</u>	<u>CONF</u>	<u>OVERALL</u>
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**West	6-0	18-2
**Heelan	4-2	12-4
North	3-3	8-8
Thomas Jefferson	3-3	15-5
East	2-4	4-12
Sergeant Bluff-Luton	1-5	5-10
Abraham Lincoln	0-6	0-17

<u>2015</u>	<u>CONF</u>	<u>OVERALL</u>
**West	6-0	20-2
**Heelan	5-1	15-2
East	4-2	8-10
North	3-3	8-7
Thomas Jefferson	2-4	6-11
Abraham Lincoln	1-5	5-12
Sergeant Bluff-Luton	0-6	3-12

<u>2016</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	6-0	15-2
West	5-1	14-4
North	4-2	11-7
East	3-3	6-6
Thomas Jefferson	2-4	6-13
Sergeant Bluff-Luton	1-5	3-13
Abraham Lincoln	0-6	4-13

<u>2017</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	6-0	14-1
North	5-1	11-6
Abraham Lincoln	3-3	11-5
East	4-2	6-9
Thomas Jefferson	1-5	4-11
Sergeant Bluff-Luton	1-5	6-9
West	1-5	2-13

<u>2018</u>	<u>CONF</u>	<u>OVERALL</u>
East	6-0	13-3
Abraham Lincoln	5-1	14-4
Sergeant Bluff-Luton	4-2	10-5
North	3-3	8-8
West	2-4	6-10
Heelan	1-5	4-9
Thomas Jefferson	0-6	1-17

<u>2019</u>	<u>CONF</u>	<u>OVERALL</u>
Abraham Lincoln	5-1	13-6
Sergeant Bluff-Luton	4-2	11-5
West	4-2	9-8
North	2-4	10-10
Heelan	2-4	7-11
Thomas Jefferson	2-4	6-13
East	2-4	4-9

**State Qualifiers

MISSOURI RIVER CONFERENCE

GIRLS SOCCER (season) HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>COACH</u>
2001	Sioux City Heelan	4-1	Shawn Mansfield
2002	Sioux City North	4-1	Steve Schaeffer
2003	C.B. Abraham Lincoln	5-0	Andy Ruff
2004	Sioux City West	4-1	Jen Gengler
2005	Sioux City East	4-1	John Dolphin
2006	Sioux City East	5-0	John Dolphin
2007	C.B. Thomas Jefferson	4-1	Mark Royer
	Sioux City North	4-1	Kalie Gaskill
2008	Sioux City North	5-0	Adam Kolbo
2009	Sioux City North	4-1	Adam Kolbo
	Sioux City Heelan	4-1	Shawn Mansfield
2010	Sioux City Heelan	5-0	Shawn Mansfield
2011	Sioux City Heelan	6-0	Shawn Mansfield
2012	Sioux City East	6-0	Ashley Hugel
2013	Sioux City Heelan	6-0	Shawn Mansfield
2014	Sioux City Heelan	6-0	Jared Bodammer
2015	Sioux City Heelan	6-0	Jared Bodammer
2016	Sioux City East	6-0	Tyler Mogensen
2017	Sioux City East	5-1	Tyler Mogensen
	C.B. Abraham Lincoln	5-1	Robbie Miller
2018	Sioux City East	5-1	Tyler Mogensen
	Bishop Heelan	5-1	Clark Charlestin
2019	C.B. Abraham Lincoln	6-0	Robbie Miller

MISSOURI RIVER CONFERENCE

GIRLS SOCCER (tournament) HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>CHAMPION</u>	<u>RUNNER-UP</u>	<u>SCORE</u>	<u>COACH</u>
2001	Sioux City North			Steve Schaeffer
2002	Sioux City North	Abraham Lincoln	3-1	Steve Schaeffer

MISSOURI RIVER CONFERENCE

GIRLS SOCCER STANDINGS

<u>2001</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	4-1	15-6
North	4-1	16-3
West	3-2	9-9
Abraham Lincoln	3-2	
Thomas Jefferson	1-4	
East	0-5	7-11

<u>2002</u>	<u>CONF</u>	<u>OVERALL</u>
North	4-1	12-5
Heelan	3-2	12-4
West	3-2	9-6
East	2-3	8-9
Abraham Lincoln	2-3	8-4
Thomas Jefferson	0-5	

<u>2003</u>	<u>CONF</u>	<u>OVERALL</u>
Abraham Lincoln	5-0	11-4
Heelan	4-1	17-3
Thomas Jefferson	3-2	11-7
West	2-3	9-7
East	1-4	8-11
North	0-5	7-9

<u>2004</u>	<u>CONF</u>	<u>OVERALL</u>
West	4-1	14-4
East	3-2	11-6
North	2-3	12-8
Heelan	2-3	11-8
Abraham Lincoln	2-3	9-9
Thomas Jefferson	2-3	5-6

<u>2005</u>	<u>CONF</u>	<u>OVERALL</u>
East	4-1	16-2
North	4-1	10-6
Thomas Jefferson	3-2	12-7
Heelan	2-3	10-6
West	1-4	3-15*
Abraham Lincoln	0-5	2-13

*West forfeits seven wins for using ineligible player

<u>2006</u>	<u>CONF</u>	<u>OVERALL</u>
East	5-0	10-4-2
North	4-1	12-2
Thomas Jefferson	3-2	13-7
Heelan	2-3	11-6
West	1-4	5-12
Abraham Lincoln	0-5	2-13

<u>2007</u>	<u>CONF</u>	<u>OVERALL</u>
Thomas Jefferson	4-1	14-5
North	4-1	13-3
East	3-2	11-4
Heelan	3-2	15-5

Abraham Lincoln	1-4	6-11
West	0-5	1-12

<u>2008</u>	<u>CONF</u>	<u>OVERALL</u>
North	5-0	12-1
Heelan	4-1	13-4
Thomas Jefferson		8-9
East		7-7
Abraham Lincoln		
West	0-5	1-13

<u>2009</u>	<u>CONF</u>	<u>OVERALL</u>
North	4-1	13-5
Heelan	4-1	18-2
East	3-2	7-10
Thomas Jefferson	2-3	11-9
Abraham Lincoln	2-3	4-11
West	0-5	4-11

<u>2010</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	5-0	18-4
North	4-1	14-5
East	2-3	5-10
Thomas Jefferson		8-9
Abraham Lincoln		
West		9-6

<u>2011</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	6-0	14-5
East	5-1	15-4
Abraham Lincoln	4-2	8-9
North	3-3	7-9
West	2-4	5-10
Thomas Jefferson	1-5	7-11
Sergeant Bluff-Luton	0-6	5-10

<u>2012</u>	<u>CONF</u>	<u>OVERALL</u>
East	6-0	19-3
Heelan	5-1	17-2
North	3-3	7-8
Thomas Jefferson	3-3	10-10
Abraham Lincoln	3-3	8-10
Sergeant Bluff-Luton	1-5	7-9
West	0-6	4-11

<u>2013</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	6-0	17-1
East	5-1	18-3
Thomas Jefferson	3-2	9-11
Abraham Lincoln	3-3	11-9
North	2-3	3-9
West	1-5	5-7
Sergeant Bluff-Luton	0-6	6-8

<u>2014</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	6-0	19-2
East	5-1	15-4
Thomas Jefferson	4-2	12-7
Abraham Lincoln	3-3	12-6
West	2-4	7-10
Sergeant Bluff-Luton	1-5	7-7
North		0-6

<u>2015</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	6-0	20-2
Abraham Lincoln	5-1	12-5
East	4-2	12-6
Thomas Jefferson	3-3	9-11
North	1-5	5-8
West	1-5	5-10
Sergeant Bluff-Luton	1-5	6-9

<u>2016</u>	<u>CONF</u>	<u>OVERALL</u>
East	6-0	15-3
Heelan	5-1	15-5
Abraham Lincoln	3-3	10-8
Thomas Jefferson	3-3	7-10
North	2-4	6-9
West	1-5	10-7
Sergeant Bluff-Luton	1-5	5-9

<u>2017</u>	<u>CONF</u>	<u>OVERALL</u>
East	5-1	13-5
Abraham Lincoln	5-1	15-5
Heelan	4-2	9-8
Thomas Jefferson	4-2	13-5
Sergeant Bluff-Luton	2-4	7-7
North	1-5	6-9
West	0-6	3-15

<u>2018</u>	<u>CONF</u>	<u>OVERALL</u>
East	5-1	11-5-1
Heelan	5-1	9-7
Abraham Lincoln	4-2	12-6
Thomas Jefferson	4-2	12-6
North	2-4	9-7
Sergeant Bluff-Luton	1-5	9-8
West	0-6	4-11

<u>2019</u>	<u>CONF</u>	<u>OVERALL</u>
Abraham Lincoln	6-0	16-3
Heelan	5-1	14-4
East	3-3	9-9
Thomas Jefferson	3-3	11-8
North	2-4	9-7
Sergeant Bluff-Luton	2-4	9-8
West	0-6	4-13

**State Qualifiers

MISSOURI RIVER CONFERENCE

GIRLS GOLF

HISTORY OF CHAMPIONS

YEAR	SCHOOL	SCORE	COACH
2001	Sioux City North	388	Chuck Dickens
2002	Sioux City North	364	Chuck Dickens
2003	Sioux City North	366	Chuck Dickens
2004	Sioux City Heelan	417	Judy Johnson
2005	Sioux City North	397	Chuck Dickens
2006	Sioux City Heelan	426	Carla Johnson
2007	Sioux City North	338	Chuck Dickens
2008	Sioux City North	383	Chuck Dickens
2009	Sioux City North	362	Chuck Dickens
2010	Sioux City East	394	
	Sioux City Heelan	394	Andy Foster
2011	Sioux City Heelan	404	Andy Foster
2012	Sioux City Heelan	406	Andy Foster
2013	Sioux City Heelan	392	Andy Foster
2014	Sioux City West	398	Troy Worden
2015	Sioux City East	418	Dave Schipper
2016	Sioux City East	401	Dave Schipper
2017	Sioux City East	341	Dave Schipper
2018	Sioux City East	355	Dave Schipper
2019	Sioux City East	406	Mike Winklepleck

MISSOURI RIVER CONFERENCE

GIRLS GOLF STANDINGS

<u>2001</u>	<u>SCORE</u>
North	388
East	405
Abraham Lincoln	409
Heelan	422
West	349
Thomas Jefferson	552
Medalist: Melissa DeRoos, Abraham Lincoln, 87	

<u>2002</u>	<u>SCORE</u>
North	364
East	380
Abraham Lincoln	384
Heelan	393
West	444
Thomas Jefferson	543
Medalist: Dena DeStigter, North (43-42—85)	

<u>2003</u>	<u>SCORE</u>
North	366
East	399
Heelan	405
Thomas Jefferson	455
Abraham Lincoln	462
West	479
Medalist: Cara DeStigter, North (43-39—82)	

<u>2004</u>	<u>SCORE</u>
Heelan	417
North	427
Thomas Jefferson	438
East	443
West	514
Abraham Lincoln	No score
Medalist: Cara DeStigter, North (46-44—90)	

<u>2005</u>	<u>SCORE</u>
North	397
East	404
Heelan	413
Thomas Jefferson	426
West	456
Abraham Lincoln	475
Medalist: Cara DeStigter, North (43-40—83)	

<u>2006</u>	<u>SCORE</u>
Heelan	426
East	432
Thomas Jefferson	436
North	447
West	455
Abraham Lincoln	456
Medalist: Ashtyn Neill, Thomas Jefferson, 90	

<u>2007</u>	<u>SCORE</u>
North	338
West	394
Abraham Lincoln	430
Heelan	431
East	433

Thomas Jefferson	435
Medalist: Cameron Oakley, North (43-44—87)	

<u>2008</u>	<u>SCORE</u>
North	383
Heelan	394
East	405
West	419
Abraham Lincoln	446
Thomas Jefferson	478
Medalist: Cameron Oakley, North (42-43—85)	

<u>2009</u>	<u>SCORE</u>
North	362
Heelan	388
East	402
West	455
Abraham Lincoln	456
Thomas Jefferson	479
Medalist: Cameron Oakley, North (39-40—79)	

<u>2010 Green Valley</u>	<u>SCORE</u>
East	394
Heelan	394
North	432
Abraham Lincoln	451
Thomas Jefferson	454
West	527
Medalist: Carlee Oakley, North (87)	

<u>2011 Whispering Creek</u>	<u>SCORE</u>
Heelan	404
East	406
Abraham Lincoln	441
North	446
Sergeant Bluff-Luton	500
West	547
Thomas Jefferson	INC
Medalist: Micayla Weaver, East (40-47—87)	

<u>2012 Green Valley</u>	<u>SCORE</u>
Heelan	406
Abraham Lincoln	424
East	432
Sergeant Bluff-Luton	444
Thomas Jefferson	536
North	INC
West	INC
Medalist: Carlee Oakley, North (41-42—83)	

<u>2013 Whispering Creek</u>	<u>SCORE</u>
Heelan	392
Abraham Lincoln	408
West	411
East	448
Thomas Jefferson	514
Sergeant Bluff-Luton	INC
North	INC
Medalist: Bridget Blair, Heelan (49-41—90)	

<u>2014 Whispering Creek</u>	<u>SCORE</u>
West	398
Heelan	438
Abraham Lincoln	468
Thomas Jefferson	600
North	INC
East	INC
Sergeant Bluff-Luton	INC
Medalist: Hannah Rens, East (47-40—87)	

<u>2015 Green Valley</u>	<u>SCORE</u>
East	418
Abraham Lincoln	453
North	506
West	554
Thomas Jefferson	577
Heelan	INC
Sergeant Bluff-Luton	INC
Medalist: Hannah Rens, East (93)	

<u>2016 Green Valley</u>	<u>SCORE</u>
East	401
Abraham Lincoln	450
Heelan	461
North	516
West	INC
Thomas Jefferson	INC
Sergeant Bluff-Luton	INC
Medalist: Hannah Rens, East (86)	

<u>2017 Sun Valley</u>	<u>SCORE</u>
East	341
Heelan	380
Abraham Lincoln	400
Thomas Jefferson	420
North	440
West	INC
Sergeant Bluff-Luton	INC
Medalist: Kennedy Franko, East (76)	

<u>2018 Floyd Park</u>	<u>SCORE</u>
East	355
Abraham Lincoln	367
Heelan	387
North	441
Thomas Jefferson	442
Sergeant Bluff-Luton	457
West	INC
Medalist: Kirstin Sykes, East (83)	

<u>2019 Whispering Creek</u>	<u>SCORE</u>
East	406
Heelan	436
North	442
Abraham Lincoln	452
Sergeant Bluff-Luton	493
Thomas Jefferson	537
West	INC
Medalist: Anna Fenton, Heelan (92) Playoff	

MISSOURI RIVER CONFERENCE

GIRLS TENNIS (tournament) HISTORY OF CHAMPIONS

YEAR	CHAMPION	RUNNER-UP	SCORE	COACH
2001	Sioux City Heelan	Sioux City East	26	Linda Guy
2002	Sioux City Heelan	Sioux City North	27	Linda Guy
2003	Sioux City Heelan	Thomas Jefferson	26	Linda Guy
2004	Sioux City Heelan	Sioux City North	22	Linda Guy
2005	Sioux City North	East, Heelan	21	Bob Dible
2006	Sioux City North	Thomas Jefferson	26	Bob Dible
2007	Sioux City North	Thomas Jefferson	30	Bob Dible
2008	Sioux City North		22	Bob Dible
	Thomas Jefferson		22	Matt Connor
2009	Sioux City North	Sioux City West	22	Bob Dible
2010	Sioux City Heelan	Thomas Jefferson	24	Joan Moore
2011	Abraham Lincoln	Sioux City North	19	
2012	Sioux City North	Sioux City Heelan	28	Bob Dible
2013	Sioux City North	Sioux City Heelan	28	Bob Dible
2014	Sioux City North	Abraham Lincoln	30	Bob Dible
2015	Sioux City North	Abraham Lincoln	30	Bob Dible
2016	Abraham Lincoln	Sioux City North	25	Bryan Pregon
2017	Abraham Lincoln	Sioux City North	25	Bryan Pregon
2018	Abraham Lincoln	Sioux City North	26	Bryan Pregon
2019	Sioux City East	Thomas Jefferson	26	Dan Pomeranke

MISSOURI RIVER CONFERENCE

GIRLS TENNIS STANDINGS

2001 SCORE

Heelan	26
East	20
North	18
Abraham Lincoln	12
Thomas Jefferson	8
West	6
No. 1 singles – Kayla Tott, Heelan	
No. 2 singles – Stacia Swanson, East	
No. 1 doubles – Jenni Riggenberg-Lauren Shook, North	
No. 2 doubles – Kelsey Gaskill-Mariah Grupp, North	

2002 SCORE

Heelan	27
North	18
Thomas Jefferson	16
Abraham Lincoln	15
East	11
West	3
No. 1 singles – Kara Mathey, Heelan	
No. 2 singles – Jenny Twidwell, Heelan	
No. 1 doubles – Jessica Lalk-Minette Ridenour, Abraham Lincoln	
No. 2 doubles – Ashley Custer-Allison McCuddin, North	

2003 SCORE

Heelan	26
Thomas Jefferson	20
North	19
Abraham Lincoln	12
West	8
East	5
No. 1 singles – Na Wongsukkasern, Thomas Jefferson	
No. 2 singles – Jenny Twidwell, Heelan	
No. 1 doubles – Madison Davis-Allison McCuddin, North & Jessica Lalk-Minette Ridenour, Abraham Lincoln	
No. 2 doubles – Kaitlyn Meyer-Kristy Calvert, Heelan	

2004 SCORE

Heelan	22
North	18
East	17
Thomas Jefferson	13
West	11
Abraham Lincoln	9
No. 1 singles – Madison Davis, North	
No. 2 singles – Jenny Twidwell, Heelan	
No. 1 doubles – Laura Gildemeister-Kristin Koebel, East	
No. 2 doubles – Hoda Sana-Jessica Erickson, North	

2005 SCORE

North	21
East	21
Heelan	21
West	10
Abraham Lincoln	9
Thomas Jefferson	8
No. 1 singles – Regan Roat, North	
No. 2 singles – Brittany Hiers, Thomas Jefferson	

No. 1 doubles – Jenny Twidwell-Ann Wetz, Heelan	
No. 2 doubles – Hoda Sana-Jessica Erickson, North	

2006 SCORE

North	26
Thomas Jefferson	25
Abraham Lincoln	16
Heelan	11
East	10
West	2
No. 1 singles – Jessica Erickson, North	
No. 2 singles – Brittany Hiers, Thomas Jefferson	
No. 1 doubles – Lacie Dietz-Stephanie Wade, Thomas Jefferson	
No. 2 doubles – Samantha Meis-Sara Bennett, North	

2007 SCORE

North	30
Thomas Jefferson	19
Abraham Lincoln	14
West	13
Heelan	8
East	6
No. 1 singles – Audrey Erickson, North	
No. 2 singles – Katherine Merritt, North	
No. 1 doubles – Samantha Meis-Sara Bennett, North	
No. 2 doubles – Andrea Uhl-Kacie Jensen, North	

2008 SCORE

North	22
Thomas Jefferson	22
West	18
Abraham Lincoln	16
Heelan	6
East	6
No. 1 singles – Crystal Dierckx, Abraham Lincoln	
No. 2 singles – Sara Bennett, North	
No. 1 doubles – Kaylea Williams-Chelsey Stotts, Thomas Jefferson	
No. 2 doubles – Jenn Gieselman-Kacie Jensen, North	

2009 SCORE

North	22
West	20
Thomas Jefferson	19
Heelan	18
Abraham Lincoln	10
East	1
No. 1 singles – Madison Warder, West	
No. 2 singles – Alexis Gerheart, West	
No. 1 doubles – Michelle Davids-Kara Neumann, Thomas Jefferson	
No. 2 doubles – Katy Youngblade-Elizabeth Heffernan, Heelan	

2010 SCORE

Heelan	24
Thomas Jefferson	20
Abraham Lincoln	17
North	15
West	10

East	4
No. 1 singles – Madison Warder, West	
No. 2 singles – Sam Dailey, Heelan	
No. 1 doubles – Michelle Davids-Kara Neumann, TJ	
No. 2 doubles – Maggie McDevitt-Cassie Stanek, Heelan	

2011 SCORE

Abraham Lincoln	19
North	18
Thomas Jefferson	17
Heelan	15
East	13
West	4
No. 1 singles – Cassie Stanek, Heelan	
No. 2 singles – Eva Soria, West	
No. 1 doubles – Amber Michael-Emily Koontz, Abraham Lincoln	
No. 2 doubles – Abby Berenstein-Alexa Wolfe, North	

2012 SCORE

North	28
Heelan	24
Abraham Lincoln	14
Thomas Jefferson	13
East	9
West	0
No. 1 singles – Cassie Stanek, Heelan	
No. 2 singles – Rae Hattan, North	
No. 1 doubles – Abby Berenstein-Alexa Wolfe, North	
No. 2 doubles – Brooke Longtin-Kamryn Kletschke, North	

2013 SCORE

North	28
Heelan	24
Abraham Lincoln	19
Thomas Jefferson	13
West	3
East	3
No. 1 singles – Cassie Stanek, Heelan	
No. 2 singles – Rae Hattan, North	
No. 1 doubles – Abby Berenstein-Alexa Wolfe, North	
No. 2 doubles – Brooke Longtin-Trina Swanson, North	

2014 SCORE

North	30
Abraham Lincoln	19
Thomas Jefferson	15
Heelan	15
East	7
West	4
No. 1 singles – Becca Aleynik, North	
No. 2 singles – Rae Hattan, North	
No. 1 doubles – Trina Swanson-Gayle Hattan, North	
No. 2 doubles – Megan Jensen-MoNique Baker, North	

2015 SCORE

North	30
Thomas Jefferson	
Abraham Lincoln	
Heelan	

East	
West	
No. 1 singles – Becca Aleynik, North	
No. 2 singles – MoNique Baker, North	
No. 1 doubles – Trina Swanson-Kari Swanson, North	
No. 2 doubles – Gayle Hattan-Anna Marie Dotzler, North	

2016 SCORE

Abraham Lincoln	25
North	23
Heelan	19
Thomas Jefferson	12
East	11
West	0
No. 1 singles – Trina Swanson, North	
No. 2 singles – Beth Olson, Thomas Jefferson	
No. 1 doubles – Sydney Schilling-Claire Wilder, Abraham Lincoln	
No. 2 doubles – Juliana Keane-Mary Volz, Heelan	

2017 SCORE

Abraham Lincoln	25
North	23
Heelan	20
Thomas Jefferson	9
East	8
West	5
No. 1 singles – Claire Wilder, Abraham Lincoln	
No. 2 singles – Jessica Dix, Abraham Lincoln	
No. 1 doubles – Abby McCarthy-Emma Liewer, Bishop Heelan	
No. 2 doubles – Kay Anne Bryant-Maddy Sapienza, CBAL	

2018 SCORE

Abraham Lincoln	26
North	24
Thomas Jefferson	16
East	12
Heelan	6
West	6
No. 1 singles – Claire Wilder, Abraham Lincoln	
No. 2 singles – Schilling, Abraham Lincoln	
No. 1 doubles – Swanson/Nguyen, North	
No. 2 doubles – Sneller/Sneller, East	

2019 SCORE

East	26
Thomas Jefferson	19
North	15
Heelan	12
Abraham Lincoln	9
West	8
No. 1 singles – Kate Parry, Heelan	
No. 2 singles – Alissa Schubert, TJ	
No. 1 doubles – Alyssa Sitzman/Elle Sneller, East	
No. 2 doubles – Kate Vermilyea/Makenna Stulich, East	

MISSOURI RIVER CONFERENCE

BOYS TENNIS (tournament) HISTORY OF CHAMPIONS

YEAR	CHAMPION	RUNNER-UP	SCORE	COACH
2001	Sioux City North	East, Heelan	23	Larry Mason
2002	Sioux City North	Sioux City East	27	Scott Davidson
2003	Sioux City East	Sioux City North	23	Tim West
2004	Sioux City North	Sioux City Heelan	28	Scott Davidson
2005	Sioux City North	Sioux City Heelan	25	Scott Davidson
2006	Sioux City Heelan	Abraham Lincoln	27	Bill Dotzler
2007	Sioux City Heelan	Abraham Lincoln	24	Bill Dotzler
2008	Sioux City North	Abraham Lincoln	25	Scott Davidson
2009	Sioux City North	Abraham Lincoln	26	Scott Davidson
2010	Abraham Lincoln	Sioux City North	27	Myron Wilder
2011	Abraham Lincoln	Sioux City North	28	Myron Wilder
2012	Abraham Lincoln	Sioux City North	26	Myron Wilder
2013	Abraham Lincoln	Sioux City West	23	Myron Wilder
2014	Abraham Lincoln	Sioux City North	25	Myron Wilder
2015	Abraham Lincoln	Sioux City North	27	Myron Wilder
2016	Abraham Lincoln	Sioux City Heelan	24	Myron Wilder
2017	Sioux City North	Heelan, East	26	Scott Davidson
2018	Sioux City Heelan	North, Abraham Lincoln	24	Doug Tudehope
2019	Sioux City North	Abraham Lincoln	24	Scott Davidson

MISSOURI RIVER CONFERENCE

BOYS TENNIS STANDINGS

2001 SCORE

North	23
East	20
Heelan	20
Abraham Lincoln	15
Thomas Jefferson	11
West	1
No. 1 singles – Justin Junck, East	
No. 2 singles – Ed Griesel, Heelan	
No. 1 doubles – Casey Mills-Nabil Sorathia, North	
No. 2 doubles – Ryan Stuck-Mike Kalin, North	

2002 SCORE

North	27
East	23
Heelan	14
Abraham Lincoln	12
Thomas Jefferson	9
West	5
No. 1 singles – Justin Junck, East	
No. 2 singles – Keaton Raymond, East	
No. 1 doubles – Casey Mills-Ryan Stuck, North	
No. 2 doubles – Jordan Hart-Tim Fredregill, North	

2003 SCORE

East	23
North	20
Abraham Lincoln	18
Heelan	15
Thomas Jefferson	10
West	4
No. 1 singles – Justin Junck, East	
No. 2 singles – Keaton Raymond, East	
No. 1 doubles – Ryan Stuck-Zach Van Buskirk, North	
No. 2 doubles – Steve Kuehl-Jeff Jansen, Heelan	

2004 SCORE

North	28
Heelan	21
Abraham Lincoln	20
East	13
Thomas Jefferson	8
West	0
No. 1 singles – Nabil Sorathia, North	
No. 2 singles – David Stoops, Heelan	
No. 1 doubles – Zach Van Buskirk-Cameron Knepper, North	
No. 2 doubles – Josh Miller-Nuhan Hains, North	

2005 SCORE

North	25
Heelan	23
Thomas Jefferson	22
Abraham Lincoln	14
East	4
West	2
No. 1 singles – Cameron Knepper, North	
No. 2 singles – Quin Knepper, North	

No. 1 doubles – David Stoops-Jacob Martin, Heelan	
No. 2 doubles – Jake Braunger-Patrick Hartley, Heelan	

2006 SCORE

Heelan	27
Abraham Lincoln	22
North	17
Thomas Jefferson	12
East	12
West	0
No. 1 singles –	
No. 2 singles –	
No. 1 doubles –	
No. 2 doubles –	

2007 SCORE

Heelan	24
Abraham Lincoln	23
North	21
Thomas Jefferson	17
East	5
West	1
No. 1 singles – Collin Crowl, Abraham Lincoln	
No. 2 singles – Austin Grundy, North	
No. 1 doubles – Brandon Froehlich-Marty McDevitt, Heelan	
No. 2 doubles – Rich Matheson-P.J. Tekippe, Abraham Lincoln	

2008 SCORE

North	25
Abraham Lincoln	22
Heelan	19
East	11
Thomas Jefferson	9
West	4
No. 1 singles – Austin Grundy, North	
No. 2 singles – Tyler Alitz, Abraham Lincoln	
No. 1 doubles – Chad Piersma-Clayton Oakley, North	
No. 2 doubles – Paul Schroeder-Shane Rooney, Abraham Lincoln	

2009 SCORE

North	26
Abraham Lincoln	24
Heelan	17
Thomas Jefferson	9
East	7
West	6
No. 1 singles – Austin Grundy, North	
No. 2 singles – Adam Erickson, North	
No. 1 doubles – Collin Crowl-Jordan Zimmerman, Abraham Lincoln	
No. 2 doubles – Matt Samuelson-Danny Rudeen, North	

2010 SCORE

Abraham Lincoln	27
North	26
Heelan	16
East	14
Thomas Jefferson	5

West	2
No. 1 singles – Austin Grundy, North	
No. 2 singles – Dan Hopper, Abraham Lincoln	
No. 1 doubles – Collin Crowl-Conner Thomas, Abraham Lincoln	
No. 2 doubles – Matt Samuelson-Cory Bauer, North	

2011 SCORE

Abraham Lincoln	28
North	24
Heelan	12
Thomas Jefferson	11
East	8
West	7
No. 1 singles – Alex Crowl, Abraham Lincoln	
No. 2 singles – Chris Haberman, North	
No. 1 doubles – Nate Stuart-Dan Hopper, Abraham Lincoln	
No. 2 doubles – Jordan Peterson-Jacob Rogland, Abraham Lincoln	

2012 SCORE

Abraham Lincoln	26
North	18
Heelan	17
Thomas Jefferson	10
West	10
East	9
No. 1 singles – Alex Crowl, Abraham Lincoln	
No. 2 singles – Jordan Betts, East	
No. 1 doubles – David Breiner-Kolby Jones, Heelan	
No. 2 doubles – Danny Graves-JT Tripp, West	

2013 SCORE

Abraham Lincoln	23
West	20
North	19
Heelan	16
East	10
Thomas Jefferson	2
No. 1 singles – Danny Graves, West	
No. 2 singles – JT Tripp, West	
No. 1 doubles – Jacob Rogland-Ryan Koontz, Abraham Lincoln	
No. 2 doubles – Sam Leiber-Hunter Stone, Heelan	

2014 SCORE

Abraham Lincoln	25
North	20
Heelan	18
West	13
East	13
Thomas Jefferson	1
No. 1 singles – Kyle Crowl, Abraham Lincoln	
No. 2 singles – Joe Keane, Heelan	
No. 1 doubles – Alex Huge-Liam Bald, North	
No. 2 doubles – Chase Bonar-Greg Teer, Abraham Lincoln	

2015 SCORE

Abraham Lincoln	27
North	26

Heelan	13
East	11
West	8
Thomas Jefferson	
No. 1 singles – Kyle Crowl, Abraham Lincoln	
No. 2 singles –	
No. 1 doubles – Nguyen Huynh-Chuong Le, North	
No. 2 doubles – Issaiah Ryes-David Throne, North	

2016 SCORE

Abraham Lincoln	24
Heelan	23
North	21
Thomas Jefferson	11
West	7
East	4
No. 1 singles – Kyle Crowl, Abraham Lincoln	
No. 2 singles – Duy Nguyen, North	
No. 1 doubles – Jason Stoniker-Brenden Frey, Heelan	
No. 2 doubles – Devon Logan-Caleb Snead, Abraham Lincoln	

2017 SCORE

North	26
Heelan	18
East	18
Abraham Lincoln	16
West	7
Thomas Jefferson	5
No. 1 singles – Nguyen Huynh, North	
No. 2 singles – Anthony Jurado, North	
No. 1 doubles – Alex Tillo-Tom Marino, North	
No. 2 doubles – xxxx	

2018 SCORE

Heelan	24
North	17
Abraham Lincoln	17
East	16
Thomas Jefferson	11
West	5
No. 1 singles – Frey, Heelan; McClintock, East; Weber, North	
No. 2 singles – Koby Bork, Heelan	
No. 1 doubles – Reiss/Pregon, AL	
No. 2 doubles – Beaman/Haase, AL	

2019 SCORE

North	24
Abraham Lincoln	23
Heelan	18
East	14
Thomas Jefferson	11
West	0
No. 1 singles – Caleb Weber, North	
No. 2 singles – Koby Bork, Heelan	
No. 1 doubles – Tyler Reiss/Seth Bearman, AL	
No. 2 doubles – Trevor Welp/Keller Newton, SCN	

MISSOURI RIVER CONFERENCE

BASEBALL (season) HISTORY OF CHAMPIONS

YEAR	SCHOOL	RECORD	COACH
2001	Sioux City West	17-3	Kevin Dicus
2002	Sioux City North	14-5	Brian Atchison
2003	Sioux City West	18-2	B.J. Koch
2004	Sioux City North	18-2	Brian Atchison
2005	Sioux City Heelan	20-0	Chris Bork
2006	Sioux City Heelan	17-3	Brian Atchison
2007	Sioux City North	16-4	Brian Drent
2008	Sioux City North	18-2	Brian Drent
2009	Sioux City North	19-1	Brian Drent
2010	Sioux City North	17-3	Brian Drent
2011	Sioux City East	21-3	Jared Ocker
2012	Sioux City Heelan	20-4	Andy Osborne
2013	Sioux City Heelan	21-3	Andy Osborne
2014	Sioux City Heelan	21-3	Andy Osborne
2015	Sioux City North	20-4	Rory Jackson
2016	Sergeant Bluff-Luton	19-5	Matt Nelson
2017	Sergeant Bluff-Luton	19-5	Matt Nelson
2018	Sioux City East	17-7	Kevin Dicus
2019	Sioux City East	18-6	Kevin Dicus
	Sioux City Heelan	18-6	Andy Osborne

MISSOURI RIVER CONFERENCE

BASEBALL STANDINGS

<u>2001</u>	<u>CONF</u>	<u>OVERALL</u>
West	17-3	34-7
Thomas Jefferson	15-5	23-11
**Heelan	13-7	32-14
East	9-11	19-17
North	4-16	15-28
Abraham Lincoln	3-17	4-22

<u>2002</u>	<u>CONF</u>	<u>OVERALL</u>
North	14-5	30-12
Heelan	14-6	28-14
East	10-10	19-20
West	10-10	24-18
Thomas Jefferson	7-12	25-17
Abraham Lincoln	4-16	14-26

<u>2003</u>	<u>CONF</u>	<u>OVERALL</u>
West	18-2	28-8
**East	16-4	29-11
North	12-8	28-11
**Heelan	9-11	24-21
Abraham Lincoln	4-16	8-26
Thomas Jefferson	1-19	4-28

<u>2004</u>	<u>CONF</u>	<u>OVERALL</u>
**North	18-2	37-6
West	14-6	26-13
**Heelan	14-6	29-13
East	8-12	15-22
Abraham Lincoln	5-15	10-26
Thomas Jefferson	1-19	5-28

<u>2005</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	20-0	42-4
West	12-8	22-15-1
North	12-8	24-15-2
Thomas Jefferson	8-12	21-16
East	5-15	11-23
Abraham Lincoln	3-17	12-23

<u>2006</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	17-3	37-4
East	12-8	24-17
West	10-10	16-23
North	9-11	24-18
Thomas Jefferson	7-13	18-21
Abraham Lincoln	5-15	12-23

<u>2007</u>	<u>CONF</u>	<u>OVERALL</u>
North	16-4	31-7-1
East	14-6	26-14
**Heelan	12-8	25-14
West	11-9	20-17
Thomas Jefferson	6-14	9-24
Abraham Lincoln	1-19	8-32

<u>2008</u>	<u>CONF</u>	<u>OVERALL</u>
**North	18-2	37-5
East	15-5	26-10
Heelan	12-6	23-14
West	9-11	15-23
Thomas Jefferson	2-17	6-29
Abraham Lincoln	1-16	5-29

<u>2009</u>	<u>CONF</u>	<u>OVERALL</u>
**North	19-1	36-7
East	13-7	31-8
Heelan	10-10	19-21
West	10-10	18-21
Abraham Lincoln	6-14	12-28
Thomas Jefferson	2-18	3-29

<u>2010</u>	<u>CONF</u>	<u>OVERALL</u>
**North	17-3	29-11
East	13-7	26-12
Heelan	12-8	23-11
Abraham Lincoln	10-10	19-17
West	5-15	10-28
Thomas Jefferson	3-17	7-26

<u>2011</u>	<u>CONF</u>	<u>OVERALL</u>
East	21-3	32-10
Heelan	17-7	27-14
Sergeant Bluff-Luton	17-7	28-13
North	12-12	15-21
Abraham Lincoln	11-13	24-16
West	6-18	8-29
Thomas Jefferson	0-24	0-34

<u>2012</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	20-4	35-11
East	18-6	34-9
North	15-9	22-19
Abraham Lincoln	13-11	20-15
Sergeant Bluff-Luton	12-11	27-13
West	3-20	4-30
Thomas Jefferson	2-22	3-32

<u>2013</u>	<u>CONF</u>	<u>OVERALL</u>
**Heelan	21-3	35-5
**East	18-6	32-10
North	17-7	24-13
Sergeant Bluff-Luton	12-12	21-16
Abraham Lincoln	7-17	12-25
Thomas Jefferson	6-18	8-29
West	3-12	13-27

<u>2014</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	21-3	31-8
East	16-8	23-16
Sergeant Bluff-Luton	15-9	25-12
North	14-10	25-15
West	8-15	15-25

Thomas Jefferson	7-17	15-25
Abraham Lincoln	3-21	5-28

<u>2015</u>	<u>CONF</u>	<u>OVERALL</u>
North	20-4	33-10
**East	18-6	29-11
Sergeant Bluff-Luton	13-11	26-15
West	11-13	18-22
Heelan	10-14	18-24
Abraham Lincoln	9-15	14-23
Thomas Jefferson	3-21	8-27

<u>2016</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	19-5	31-8
Abraham Lincoln	16-8	22-15
**Heelan	15-9	27-16
North	11-13	15-26
Thomas Jefferson	9-15	17-21
East	9-15	13-25
West	5-19	13-27

<u>2017</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	19-5	29-9
**Heelan	17-7	32-13
Abraham Lincoln	13-11	21-18
East	13-11	21-22
North	13-11	20-21
West	8-16	16-22
Thomas Jefferson	1-23	4-32

<u>2018</u>	<u>CONF</u>	<u>OVERALL</u>
East	17-7	25-14
Sergeant Bluff-Luton	15-9	26-13
**Heelan	15-9	32-11
North	14-10	19-15
Abraham Lincoln	10-14	15-23
West	10-14	16-24
Thomas Jefferson	3-21	8-27

<u>2019</u>	<u>CONF</u>	<u>OVERALL</u>
East	18-6	26-15
**Heelan	18-6	29-11
North	14-10	22-13
Sergeant Bluff-Luton	13-11	27-14
West	8-16	18-21
Abraham Lincoln	7-17	13-26
Thomas Jefferson	6-18	8-26

**State Qualifiers

MISSOURI RIVER CONFERENCE

SOFTBALL (season) HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>COACH</u>
2001	Sioux City North	10-0	John Vanderloo
2002	Sioux City North	9-0	John Vanderloo
2003	Sioux City North	9-1	Kevin Dicus
2004	Sioux City Heelan	9-1	Jim Prevail
2005	Sioux City East	10-0	Bob Michaelson
2006	Sioux City North	7-3	Kevin Dicus
	C.B. Abraham Lincoln	7-3	Pat Kroll
	Sioux City East	7-3	Bob Michaelson
2007	Sioux City North	10-0	Kevin Dicus
2008	Sioux City North	10-0	Kevin Dicus
2009	Sioux City Heelan	10-0	Todd Vlaanderen
2010	Sioux City Heelan	10-0	Todd Vlaanderen
2011	Sioux City East	12-0	Mike Crawford
2012	Sergeant Bluff-Luton	11-1	Tom Prince
2013	Sergeant Bluff-Luton	10-1	Tom Prince
2014	Sergeant Bluff-Luton	11-1	Tom Prince
2015	C.B. Abraham Lincoln	11-1	Val Hallagan
2016	Sergeant Bluff-Luton	10-2	Tom Prince
2017	Sioux City Heelan	11-0	Stacia Barker
2018	Sioux City Heelan	10-2	Stacia Barker
2019	Sergeant Bluff-Luton	12-0	Jared Ocker

MISSOURI RIVER CONFERENCE

SOFTBALL (tournament) HISTORY OF CHAMPIONS

<u>YEAR</u>	<u>CHAMPION</u>	<u>RUNNER-UP</u>	<u>SCORE</u>	<u>COACH</u>
2001	Sioux City North	Sioux City East	4-2	John Vanderloo

MISSOURI RIVER CONFERENCE

SOFTBALL STANDINGS

<u>2001</u>	<u>CONF</u>	<u>OVERALL</u>
*North	10-0	45-5
East	6-4	33-12
West	6-4	18-19
Heelan	5-5	19-20
Thomas Jefferson	2-8	10-24
Abraham Lincoln	1-9	2-29

<u>2002</u>	<u>CONF</u>	<u>OVERALL</u>
North	9-0	33-4
East	8-2	34-8
*Heelan	6-4	29-18
West	3-7	13-21
Thomas Jefferson	2-8	16-20
Abraham Lincoln	1-8	

<u>2003</u>	<u>CONF</u>	<u>OVERALL</u>
North	9-1	28-8
East	7-3	37-10
Heelan	6-4	25-14
West	4-6	16-16
Thomas Jefferson	3-7	10-25
Abraham Lincoln	2-8	12-23

<u>2004</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	9-1	27-13
*East	8-2	38-8
North	6-4	26-15
Abraham Lincoln	5-5	24-12
West	2-8	13-25
Thomas Jefferson	0-10	13-16

<u>2005</u>	<u>CONF</u>	<u>OVERALL</u>
East	10-0	28-9
North	8-2	30-10
Abraham Lincoln	4-6	20-17
West	3-7	17-19
Thomas Jefferson	3-7	19-15
Heelan	2-8	10-27

<u>2006</u>	<u>CONF</u>	<u>OVERALL</u>
East	7-3	29-14
North	7-3	29-16
Abraham Lincoln	7-3	22-14
Thomas Jefferson	4-6	22-17
West	4-6	21-19
Heelan	1-9	11-25

<u>2007</u>	<u>CONF</u>	<u>OVERALL</u>
*North	10-0	35-12
East	7-3	25-15
Heelan	5-5	21-16
Abraham Lincoln	4-6	14-26
West	4-6	15-22
Thomas Jefferson	0-10	10-27

<u>2008</u>	<u>CONF</u>	<u>OVERALL</u>
*North	10-0	34-10
East	8-2	28-11
Heelan	6-4	21-15
Thomas Jefferson	4-6	14-15
Abraham Lincoln	2-8	9-25
West	0-10	3-29

<u>2009</u>	<u>CONF</u>	<u>OVERALL</u>
*Heelan	10-0	38-1
*East	8-2	29-11
North	6-4	21-18
Abraham Lincoln	4-6	16-18
West	2-8	10-24
Thomas Jefferson	0-10	1-25

<u>2010</u>	<u>CONF</u>	<u>OVERALL</u>
*Heelan	10-0	34-5
*East	8-2	26-13
North	6-4	16-18
Abraham Lincoln	4-6	15-20
West	1-9	8-26
Thomas Jefferson	1-9	10-22

<u>2011</u>	<u>CONF</u>	<u>OVERALL</u>
East	12-0	31-7
*Heelan	8-4	27-10
Abraham Lincoln	7-5	22-16
Sergeant Bluff-Luton	7-5	24-10
North	6-6	13-24
West	1-11	7-28
Thomas Jefferson	1-11	9-26

<u>2012</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	11-1	29-11
*Heelan	10-2	31-9
Abraham Lincoln	8-4	19-16
Thomas Jefferson	5-7	12-21
East	4-8	18-24
North	2-10	13-24
West	2-10	10-22

<u>2013</u>	<u>CONF</u>	<u>OVERALL</u>
*Sergeant Bluff-Luton	10-1	35-4
Heelan	9-3	19-17
Abraham Lincoln	9-3	28-10
East	7-5	15-24
Thomas Jefferson	3-9	10-20
North	1-10	4-22*
West	1-11	2-22

NOTE: North forfeits six wins for ineligible player (2 MRAC wins)

<u>2014</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	11-1	21-9
Heelan	9-3	22-14
Abraham Lincoln	9-3	24-6
East	7-5	22-14
West	3-9	5-23
North	2-10	5-18
Thomas Jefferson	1-11	2-26

<u>2015</u>	<u>CONF</u>	<u>OVERALL</u>
Abraham Lincoln	11-1	27-10
Heelan	9-3	26-12
Sergeant Bluff-Luton	8-4	22-15
East	6-6	21-13
North	5-7	16-19
West	2-10	8-23
Thomas Jefferson	1-11	4-22

<u>2016</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	10-2	28-11
East	9-3	26-14
*Heelan	9-3	26-13
North	8-4	19-15
Abraham Lincoln	4-8	12-26
Thomas Jefferson	2-10	9-26
West	0-12	1-33

<u>2017</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	11-0	28-7
*Sergeant Bluff-Luton	9-3	28-13
East	8-4	23-16
West	4-7	5-26
North	4-8	14-19
Thomas Jefferson	3-8	18-19
Abraham Lincoln	1-10	5-31

<u>2018</u>	<u>CONF</u>	<u>OVERALL</u>
Heelan	10-2	20-15
*Sergeant Bluff-Luton	9-3	24-15
East	9-3	13-22
North	7-5	14-15
Thomas Jefferson	5-7	19-16
West	2-10	4-21
Abraham Lincoln	0-12	6-28

<u>2019</u>	<u>CONF</u>	<u>OVERALL</u>
Sergeant Bluff-Luton	12-0	27-7
North	9-3	21-13
East	8-4	19-15
Heelan	6-6	16-14
Abraham Lincoln	4-8	7-22
West	2-10	7-26
Thomas Jefferson	1-11	4-27

*State qualifier