

Cedar Rapids Invitational 2013

I was delighted with the way we competed tonight. Nearly everyone explored the discomfort zone and embraced it and the results are there below. Yes, the course was fast and the conditions near ideal. But it does no good to have great conditions if you don't take advantage of them and you did. The fresh/soph started us, bringing home the trophy. Fanta led the race from start to finish and started a parade of PRs. The Varsity followed with an outstanding effort of their own and was just 2 points behind Muscatine who beat us by 25 in a smaller field just 5 days earlier. The JV will struggle with smaller numbers this year but, if we get the kind of effort I saw last night in our hard workouts the rest of the season, our team placement will only improve. We also displayed excellent sportsmanship with Morgan back out on the course immediately after her race cheering in her mates, Miranda greeting every athlete coming through the chute and Celeste and Charlotte helping a disabled JV runner around the course through the whole JV race. Lets have a whole season of nights like this no matter what the conditions are!

Varsity					Junior Varsity				
	2013	2012	2011	2010		2013	2012	2011	2010
Carman, Ellen	14:39*		15:50	16:00	3	Sammons, Morgan	16:22SB	16:09	
Shepherd, Mollie	14:55*	16:01	17:24		31	Rethwisch, Mary	17:30SB	17:24	18:07 18:56
Arch, Mary	15:07*				42	Cabbage, Micah	17:42SB		18:54
Peterson, Olivia	16:14*	17:53	18:30		53	Langenfeld, Hannah	18:04*		
Traore, Soumba	16:22SB	16:53	16:50	19:58	59	Hoelscher, Leah	18:09SB	18:42	20:46 19:35
Crew, Hazel	16:51*				67	Sashay, Carroll	18:21*	25:32	
Thompson, Stella	16:53SB	16:45	19:19		72	Alderson, Lauryn	18:27*	20:22	21:14 20:55
					76	Lyons-Macatee, Emma	18:45*		
Fresh/Soph					83	Greimann, Emma	18:52SB	19:19	19:12 19:55
Traore, Fanta	16:07*	16:47			85	Milefchek, Taylor	18:54SB	85	
Parrot, Olivia	16:38*	18:17			100	Apolonio, Blanca	19:12SB	19:58	22:24
Chadwick, Celeste	16:52*				101	Juon, Seraina	19:15*		
Deninger, Maddie	17:07*				109	Andersen, Anya	19:31*		
Appleby, Gina	17:14*				117	Reyes, Miranda	19:44SB	20:58	25:22
Hansen, Mollie	17:23*				130	Carey, Hannah	19:55*	22:26	
O'Hara, Emma	17:25*				143	Benson, Ellie	20:10SB	19:40	21:27 19:37
Cornell, Laura	17:32SB	17:56			162	Kelly, Mary	20:51SB	20:36	22:05 20:55
Shutt, Izzy	17:33SB	17:18			175	Goodman, Lucy	21:08SB	21:08	21:38
Bywater, Emily	18:09*				193	Schumm, Lexine	21:43SB		
Traore, Aminata	18:10*	20:18							
McDonough, Mae	18:22*								
Canin, Ayla	18:30*								
Rutherford, Claire	18:52SB	20:02							
Jennings, Michelle	18:53*								
Sadawasser, Rose	19:25*								
Lusala, Julia	20:14*								
McDonough, Abby	20:16*								
Thomas, Charlotte	20:52*								
Noack, Claire	21:10*								
Goss, Mackenzie	21:35*								
Meurice, Nova	21:35*								
Ntihebuwayo, Dancile	21:52*								
Lyons-Macatee, Elena	21:53*								
Kealey, Emma	22:08SB								
Bouska, Katherine	22:32*								
Barrett, Grace	22:38SB								

Junior Varsity (16-10)				
West	47	Linn-Mar	57	
Bettendorf	62	PV	96	
Kennedy	137	Muscatine	162	
CHS 183				
8 others up to 472 pts				
228 Runners				

Fresh/Soph (16-4)				
City	49	Linn-Mar	62	
Ames	67	West	109	
PV	118	Xavier	163	
5 others up to 334 pts				
203 Runners				