

2013 IMS Early Bird

Yesterday brought home what we already knew. We have work to do and we will need everyone to step up this year to fill the gaps from graduation, injury and the loss of those who have moved. Muscatine ran well and we ran without several of our varsity runners and letter winners but we were out performed. I liked our effort today and if we train with the same intensity our performances will improve. There are no secret ingredients other than hard work, enthusiasm and confidence. The first two of those will provide the last. Together they will lead us to faster times and better places.

Varsity			2012	2011	2010	Jr Varsity(cont'd)			2013	2012	2011	2010
4	Arch, Mary	16:34				44	Greimann, Emma	21:19	20:20	19:36	21:16	
10	Traore, Fanta	17:16	17:16			46	Milefchik, Taylor	21:35				
16	Sammons, Morgan	17:49	17:14			47	Sadewasser, Rose	21:38*				
20	Chadwick, Celeste	17:59*				49	Benson, Ellie	21:42		21:02		
21	Parrott, Olivia	18:14	19:05			50	Clemons, Ana	21:45	22:35	23:02		
23	Crew, Hazel	18:22				51	Vesquez, Monique	21:47*				
27	Verdick, Hailey	18:48	19:27			53	Alderson, Lauryn	21:58	21:34	22:44		
						54	McDonough, Abby	22:00*				
	Junior Varsity					55	Carey, Hannah	22:00	24:55	24:23		
1	Thompson, Stella	17:58	18:18	20:39		57	Reyes, Miranda	22:11	23:11	26:00		
2	Shutt, Isabelle	18:30	18:01			59	Kelly, Mary	22:28	24:52	21:39	22:25	
4	Rethwisch, Mary	18:39	18:42	18:31	19:36	61	Dickson, Abby	22:37	23:08			
5	Deninger, Maddie	18:48*				64	Noack, Claire	22:44	27:52			
6	O'Hara, Emma	18:59	20:47			69	Andersen, Anya	22:55*				
7	Hansen, Mollie	19:01*				71	Gallegos, Rosie	23:07	25:56	23:44		
8	Cornell, Laura	19:02	19:52			72	Lusala, Julia	23:07*				
10	Appleby, Gina	19:17				73	Thomas, Charlotte	23:15*				
14	Cabbage, Micah	19:28				74	Gralnek, Rachel	23:19*				
16	Jennings, Michelle	19:41*				75	Bouska, Katherine	23:22*				
17	Hoelscher, Leah	19:44	20:27	20:51	21:17	76	Durham, Sonali	23:27				
18	McDonough, Mae	19:51*				78	Kealey, Emma	23:45	22:31			
19	Bywater, Emily	19:58*				79	Goss, Mackenzie	23:53*				
21	Traore, Aminata	20:00	23:58			80	Meurice, Nova	23:54*				
22	Rutherford, Claire	20:07	21:08			63	Lyons,-Macatee, Elena	24:02*				
29	Lyons-Macatee, Emma	20:29	21:07			84	Goodman, Lucy	24:06	23:07	22:19		
34	Apolonio, Blanca	20:51	25:34	23:44		85	Cox, Erin	24:18	25:10			
35	Langenfeld, Hannah	20:53*	23:58			91	Smith, Sarah	25:04*				
40	Canin, Ayla	21:08*				92	Ntihebuwayo, Dancil	25:46*				
43	Juon, Seraina	21:11*				95	Schumm, Lexine	26:07		21:53		

Varsity Results (10-1): Muscatine 17, **CHS 71**, CR Jeff 102, Wapello 123, Mediapolis 126, Lynnville-Sully 136, Lone Tree 159, Washington 231, English Valley 234, Highland 256, Cardinal of Eldon 309, Keota 332

JV (2-0): **CHS 17**, Muscatine 46, CR Jefferson 85

Bold Name=Varsity Credit

*=Personal Record