

2013 Solon Invitational

Today we took care of business. The Varsity ran their run as prescribed with pack running early. We still have v to do to build confidence in our ability to sustain the effort through the whole race so this was a good exercise. I dominated as you should against smaller schools. Several of our younger runners had PRs or SBs despite the cool running a little longer than last year for reasons that are unclear but apparent by evaluating times of returning v runners from other schools. Our JV has a chance to run again on our course on Thursday at Eastern Iowa and Va plus our first 3 JV runners will go to Griak for a challenge on Saturday. Learn and challenge each other with each and workout and we will get the running education and fitness we need to excel in October and November.

Plac	Varsity	2013	2012	Place	Junior Varsity	2013	2012
1	Carman, Ellen	15:48		86	Juon, Seraina	21:05	
2	Shepherd, Molly	15:59		87	Clemons, Ana	21:05	
3	Arch, Mary	16:03		88	Goodman, Lucy	21:06SB	
9	Traore, Fanta	16:45	17:32	97	Meurice, Nova	21:22*	
24	Traore, Soumba	17:10	16:34	100	Carey, Hannah	21:24	21:15
25	Peterson, Olivia	17:12	17:51	101	Thomas, Charlotte	21:25	
29	Sammons, Morgan	17:21	16:00	105	Smith, Sarah	21:31*	
				111	Lyons-Macatee, Elena	21:35*	
	Junior Varsity		2012	112	Dickson, Abby	21:40SB	21:48
1	Crew, Hazel	17:12		115	Kelly, Mary	21:46	21:15
2	Parrott, Olivia	17:13		116	Kealey, Emma	21:48SB	21:00
3	Thompson, Stella	17:14	16:20	121	Goss, Mackenzie	22:07	
4	Deninger, Maddie	17:25		122	Durham, Sonali	22:07SB	25:09
5	Hansen, Mollie	17:32		124	Ntihebuwayo, Dancile	22:10	
6	Verdick, Hailey	17:42	18:22	129	Traore, Tabara	22:46*	
7	Appleby, Gina	17:42		130	Noack, Claire	22:46	24:13
9	Rethwisch, Mary	17:47	17:12	131	Schumm, Lexine	22:56	
10	Chadwick, Celeste	17:51		134	Bouska, Katherine	23:11	
14	Cornell, Laura	18:09	17:49	135	Gralnek, Rachel	23:14	
15	Shutt, Izzy	18:10	17:02	139	Cox, Erin	23:28SB	21:43
16	O'Hara, Emma	18:13	19:31				
21	Bywater, Emily	18:28					
22	Canin, Ayla	18:37					
25	McDonough, Mae	18:42					
29	Langenfeld, Hannah	18:49	21:43				
31	Hoelscher, Leah	18:50	18:38				
33	Jennings, Michelle	18:52*					
40	Lyons-Macatee, Emma	19:14					
44	Traore, Aminata	19:20	20:17				
45	Apolonio, Blanca	19:30	20:08				
46	Greimann, Emma	19:32	18:27				
49	Rutherford, Claire	19:45	19:26				
51	Andersen, Anya	19:50					
64	McDonough, Abby	20:11*					
67	Reyes, Miranda	20:20	20:38				
68	Lusala, Julia	20:22					
70	Sadewasser, Rose	20:23					
85	Alderson, Lauryn	21:00	20:26				
					Varsity (41-10)		
					City High 38		
					Williamsburg 70		
					Solon 72		
					Mt. Vernon/Lisbon 104		
					North Scott 137		
					NE Gooselake 70*		
					Cent Clinton-DeWitt 175		
					Clear Creek-Amana 161		
					63 runners		
					JV (26-10)		
					City High 15		
					Williamsburg 76		
					Mount Vernon-Lisbon 77		
					Solon 99		
					North Scott 122		
					Cent Clinton-Dewitt 144		
					N Cedar 225		

BoldName=V.Credit
***=PR SB=S. Best**