

2013 Super Meet

The Dubuque Soccer complex rarely treats us to such ideal conditions for a meet. A fast course and favorable conditions made for a lot of good times but more importantly, I thought we competed quite well. I have put last years times in this course from the Eastern Iowa Classic for comparison. The Fresh/Soph started us well with an aggressive but not polhardy race and racked up a boatload of PRs on the way. Celeste will join the varsity for Sterling as a result of her outstanding race. Our undermanned JV really gave their all. Stella led the way and ran her best race of the year. Mary, Leah, Hannah and Sashay all stepped up to score for us. Finally, Molly, Mary and Fanta all went out fast and hung in well in a packed field. They may have paid a little in their overall placing but their leadership was needed to set the tone for our varsity squad. Olivia also probably had her best race missing a pr by only one second. The climb to State is a steep one this year. We haven't made the peak yet but we are progressing. Keep the faith and bring the beast in the next two meets!

PI	Varsity	2013	2012 EIC	2012 Super	PI	Fresh/Soph(cont'd)	2013	2012 EIC	2012 Super
6	Shepherd, Molly	14:57	15:09	15:34	139	Goss, Mackenzie	21:25*		
9	Arch, Mary	15:03*			142	Kealey, Emma	21:33SB	20:44	21:09
36	Traore, Fanta	16:04*	16:43	16:56	151	Ntihebuwayo, Dancile	22:47		
45	Peterson, Olivia	16:15	18:04	17:28	152	Bouska, Katherine	23:12		
61	Traore, Soumba	16:30	16:17	16:44					
68	Sammons, Morgan	16:50	15:33	15:36					
74	Crew, Hazel	16:54							
						Junior Varsity			
					4	Thompson, Stella	16:29SB	16:07	16:13
					16	Rethwisch, Mary	17:09SB	17:00	17:20
					30	Hoelscher, Leah	17:27*	17:50	18:09
2	Chadwick, Celeste	16:21*			38	Langenfeld, Hannah	17:55*	21:24	23:02
5	Parrott, Olivia	16:36*	17:13	17:52	49	Carroll, Sashay	18:15*	23:51	18:58
9	Deninger, Maddie	16:50*			55	Cabbage, Micah	18:31		18:58
11	Hansen, Mollie	16:57*			58	Lyons-Macatee, Em.	18:38*		
21	Traore, Aminata	17:13*	19:42	19:13	71	Greimann, Emma	18:57	18:25	
28	Verdick, Hailey	17:23*	17:45	18:20	94	Milefchek, Taylor	19:24		
29	McDonough, Mae	17:24*			109	Goodman, Lucy	19:45SB	20:53	20:19
31	Bywater, Emily	17:25*			117	Reyes, Miranda	19:49SB	19:59	20:15
39	O'Hara, Emma	17:38	19:14	19:13	126	Andersen, Anya	20:09		
46	Cornell, Laura	17:48*	17:36	18:14	129	Clemons, Ana	20:12	19:41	20:32
49	Canin, Ayla	17:56*			135	Juon, Seraina	20:20		
50	Shutt, Izzy	17:57	16:19	17:06	140	Alderson, Lauryn	20:31	20:16	19:38
61	Appleby, Gina	18:22			152	Carey, Hannah	20:59	20:19	20:24
84	Jennings, Michelle	19:09			163	Waikel, Hannah	21:33SB	21:48	20:26
93	McDonough, Abby	19:21*			165	Kelly, Mary	21:36	20:03	20:57
98	Sadewasser, Rose	19:33			168	Schumm, Lexine	21:40*		
116	Meurice, Nova	20:32*							
119	Lusala, Julia	20:40							
122	Noack, Claire	20:48*	21:20	21:51					
123	Thomas, Charlotte	20:52*							
125	Durham, Sonali	20:54	24:09	23:45					
127	Smith, Sarah	20:59*							
128	Traore, Tabara	21:00*							
133	Lyons-Macatee, El.	21:05							

Bold Name= VarsityCredit

***=Personal Record**

SB=Season's Best

Varsity (82-35) Linn-Mar 52, West 69, Kennedy 84, Senior 138, **CHS 157**, Xavier 197, Cedar Falls 206, Hempstead 211, Prairie 229, Washington 258, Waterloo West 279, Wahlert 287, CR Jeff 295, W East 452 (96 runners)

Jun. Varsity (36-13) Senior 36, Linn-Mar 56, West 97, Cedar Falls 100, **CHS 137**, Hempstead 177, Kennedy 179, Xavier 190, Wahlert 226, Prairie 276, CR Wash 355, Waterloo West 379, Waterloo East 383, CR Jeff 401 (188 runners)

Fresh/Soph (25-5) Linn-Mar 31, **CHS 48**, Senior 95, Cedar Falls 107, West 108, Kennedy 175, Hempstead 181, Prairie 185, Wahlert 268, CR Wash 299, Xavier 321 (167 runners)