

2013 Spartan Invitational

The results below illustrate the challenge ahead. Can we narrow the gap between our first three and the rest of us? I certainly believe so. We are making our workouts and performances. We competed better against Muscatine than we did at IMS and the gap between PV and us is actually less than a year ago. Success for other teams returning runners, and from talking to Naperville North Coach Iverson, it seems clear that the course ran slower than a year ago. So if you run faster should be quite pleased indeed. *The formula for success remains the same. Work hard in practice, help each other, do the little things and gain success that those things will bring. Keep up the good work girls!*

Varsity						Junior Varsity					
	2013	2012	2011	2010		2013	2012	2011	2010		
8	Carman, Ellen	15:24SB	15:54*	16:19	15:48	12	Traore, Soumba	17:26SB	16:22	17:10	
12	Shepherd, Molly	15:38SB	15:55	17:43		13	Crew, Hazel	17:28*			
15	Arch, Mary	15:54*				30	Rethwisch, Mary	18:29SB	17:44	18:01	18:33
44	Thompson, Stella	17:05SB	16:48	18:35		36	Hoelscher, Leah	19:03SB	18:54		19:24
46	Peterson, Olivia	17:11*	18:00	18:10		39	Cabbage, Micah	19:05SB			
67	Sammons, Morgan	18:09	16:15			48	Langenfeld, Hannah	19:42*			
43	Traore, Fanta		17:18			56	Juon, Seraina	20:14*			
	Fresh/Soph					82	Vezquez, Monique	20:20*			
20	Parrott, Olivia	17:34				83	Carroll, Sashay	20:23*	23:18		20:13
24	Chadwick, Celeste	17:49*				84	Alderson, Lauryn	20:25SB	20:03	21:42	
25	Verdick, Hailey	17:50	17:57			86	Apolonio, Blance	20:30SB			
26	Deninger, Maddie	17:54*				92	Milefchek, Taylor	20:38SB			
28	Appleby, Gina	18:13*				99	Reyes, Miranda	21:03SB	21:02	25:53	
30	Shutt, Isabelle	18:25	17:29			101	LyonsMacatee,Emma	21:05SB	23:15		
49	McDonough, Mae	18:43*				103	Griemann, Emma	21:12SB	19:03	20:35	19:36
50	Bywater, Emily	18:44*				114	Benson, Ellie	21:42SB	19:49		20:15
52	Hansen, Mollie	18:50*				119	Andersen, Anya	21:50*			
54	Cornell, Laura	19:02SB	17:54			122	Goodman, Lucy	22:00SB	23:32		20:21
59	Canin, Ayla	19:12*				123	Gallegos, Rosie	22:02SB	20:33	21:27	20:42
71	Rutherford, Claire	19:33SB	19:55			127	Kelly, Mary	22:38SB	22:22		
87	Jennings, Michelle	20:03				129	Carey, Hannah	22:31		21:13	
128	Traore, Aminata	21:25	20:43			148	Schumm, Lexine	24:29SB			
135	Dickson, Abby	21:49	21:44								
146	Thomas, Charlotte	22:13*									
150	Ntihebuwayo, Dancile	22:33*									
153	Lyons-Macatee,Elena	22:39*									
155	Meurice, Nova	22:46*									
158	Lusala, Julia	22:52*									
161	Gralnek, Rachel	22:57*									
162	Goss, Mackenzie	23:06*									
163	Sadewasser, Rose	23:11									
165	Smith, Sarah	23:31*									
166	Durham, Sonali	23:36									
167	Noack, Claire	23:43	23:32								
171	Bouska,Katherine	23:56									
175	Cox, Erin	24:18	23:11								
180	Kealey, Emma	25:27	21:01								
185	Traore, Tabara	27:16*									

Varsity (18-5)		Junior Varsity (8-4)	
Naperville North 31		Naperville North 31	
Edina 74		Senior 73	
Pleasant Valley 85		Pleasant Valley 86	
Muscatine 97		Edina 100	
City 125		City 126	
Senior 150		Muscatine 151	
7 others upto 393 (89 ran)		5 others upto 327 (162 ran)	

Fresh/Soph (6-4)	
Naperville North 18	
Edina 45	
Dixon 108	
Senior 113	
City 123	
Pleasant Valley 149	
5 others upto 324 (188 ran)	