

# CITY HIGH BOYS XC MVC SUPER MEET @ DUB SOCCER PARK –OCT 10, 2013

PL	VAR TEAM SCORES	2013 SCORE (12/11/10)		PL	FS TEAM SCORES	2013 SCORE (12/11/10)	
1	Linn-Mar	42(115/93/133)	<b>94</b>	1	Cedar Falls	30(101/40/79)	
2	CR Prairie	58(203/162/36)	<b>Runners</b>	2	<b>CITY HIGH</b>	74(61/287/146)	<b>206</b>
3	Cedar Falls	72(111/86/50)		3	Linn-Mar	80(96/93/72)	<b>Runners</b>
4	DUB Hempstead	118(213/182/329)		4	DUB Senior	103(136/115/186)	
5	IC West	137(84/100/151)	<b>*VAR</b>	5	DUB Hempstead	108(130/56/291)	
6	DUB Senior	141(100/168/163)	<b>CREDIT</b>	6	CR Prairie	109(257/111/52)	
7	<b>CITY HIGH</b>	162(86/153/131)		7	IC West	151(58/145/179)	
8	CR Xavier	230(309/323/305)		8	DUB Wahlert	264(205/217/295)	
9	CR Washington	242(145/93/74)		9	CR Kennedy	299(245/317/266)	
10	DUB Wahlert	256(267/220/202)		10	CR Washington	286(261/167/135)	
11	Waterloo West	281(158/243/216)		11	CR Xavier	361(307/353/301)	
12	CR Kennedy	306(275/248/DNS)			Waterloo East	INC(INC/INC/INC)	
13	CR Jefferson	392(363/315/315)			CR Jefferson	DNC(370/303/320)	
14	Waterloo East	454(465/460/DNS)			Waterloo West	DNC(222/271/170)	
PL	VAR 2013 TIME(12/11/10) PR	NAME/GRADE	SPLITS	PL	FS 2013 TIME(12/11/10) PR	NAME/GRADE	SPLITS
15	16:16(16:07/17:04/17:38) <b>15:53</b>	Dorman, Ryan <b>SR</b>	4:57/5:14	8	17:38(17:46) <b>17:25</b>	McDowell, Tom <b>SO</b>	5:14/5:52
20	16:26(16:32/17:25/INJ) <b>16:01</b>	Ohrt, Chris <b>SR</b>	5:05/5:19	9	17:39 <b>17:07</b>	Dodge, Matthew <b>FR</b>	5:32/5:52
33	16:46(17:53) <b>16:49</b>	Purdy, Jarrett <b>JR</b>	5:13/5:31	13	17:53(17:15) <b>16:52</b>	Bwayo, Adam <b>SO</b>	5:39/5:46
42	16:52(17:47/ILL) <b>17:08</b>	Shivers, Rasheem <b>SR</b>	5:13/5:31	16	17:57 <b>18:02</b>	Berg, Michael <b>FR</b>	5:33/5:55
52	17:02(17:51/20:38) <b>16:31</b>	Bender, Joel <b>JR</b>	5:13/5:31	28	18:22(19:46) <b>18:24</b>	Seabold, Harris <b>SO</b>	5:33/6:07
58	17:09 <b>17:17</b>	Cyubahiro, Patrick <b>SR</b>	5:12/5:30	29	18:23(20:36) <b>18:46</b>	Opitz, Hagen <b>SO</b>	5:33/6:11
67	17:36(18:23/19:45) <b>17:20</b>	Dancer, Jens <b>JR</b>	5:13/5:45	31	18:26 <b>18:06</b>	Bergman-Corbet, Emi <b>FR</b>	5:40/6:00
				41	18:40(19:35) <b>18:43</b>	McNabb, Nick <b>SO</b>	5:39/6:06
				47	18:47(19:53) <b>19:04</b>	Parandkar, Anirudh <b>SO</b>	5:51/6:07
PL	JV TEAM SCORES	2013 SCORE (12/11/10)		PL	FS 2013 TIME(12/11/10) PR	NAME/GRADE	SPLITS
1	DUB Hempstead	55(122/182/259)	<b>173</b>	49	18:52 <b>19:04</b>	Meardon, Grant <b>SO</b>	5:50/6:06
2	Linn-Mar	59(189/32/247)	<b>Runners</b>	60	19:04 <b>19:03</b>	Taylor, Michael <b>FR</b>	5:49/6:13
3	IC West	93(76/95/70)		72	19:18 <b>20:14</b>	Opitz, Torben <b>SO</b>	6:02/6:18
4	DUB Senior	115(65/245/269)		76	19:24 <b>19:30</b>	McMillan, Jim <b>FR</b>	5:57/6:24
5	<b>CITY HIGH</b>	119(52/61/55)		77	19:24(20:43) <b>19:40</b>	Clemons, Kai <b>SO</b>	6:11/6:17
6	Cedar Falls	152(69/83/28)		79	19:28 <b>19:03</b>	Martin, Ben <b>SO</b>	6:00/6:21
7	CR Prairie	161(313/155/249)		95	19:49 <b>20:24</b>	Donahue, Cole <b>SO</b>	6:11/6:27
8	CR Washington	252(177/242/158)		96	19:49(20:32) <b>19:36</b>	Kelly, Daniel <b>SO</b>	6:17/6:27
9	Waterloo West	262(264/286/183)		109	20:22(21:35) <b>20:41</b>	Kenyon, Zack <b>SO</b>	6:10/6:46
10	DUB Wahlert	295(303/184/108)		104	20:10 <b>20:32</b>	Trana, Tim <b>FR</b>	6:16/6:31
11	CR Kennedy	307(285/344/299)		133	21:09 <b>21:29</b>	Young, Myles <b>SO</b>	6:27/6:58
12	CR Xavier	318(247/327/214)		140	21:27 <b>21:05</b>	Berg, Bryan <b>FR</b>	6:38/7:06
13	CR Jefferson	323(344/410/384)		143	21:35 <b>21:25</b>	Gibbens, Gabe <b>FR</b>	6:39/7:08
	Waterloo East	INC(DNC/INC/INC)		144	21:36 <b>22:05</b>	Stoltz, Joseph <b>FR</b>	6:47/7:10
				160	22:08 <b>21:37</b>	Wolfe, Sean <b>FR</b>	6:45/7:20
				166	22:23 <b>22:15</b>	Finley, Dekard <b>FR</b>	7:04/7:19
8	17:16(19:07/20:14/ILL) <b>17:04</b>	Coleman, Zach <b>SR</b>	5:12/5:49	167	22:23 <b>22:25</b>	Schnoebelen, John <b>SO</b>	7:01/7:12
15	17:49(18:13/19:15/20:25) <b>17:23</b>	Peterson, Andy <b>SR</b>	5:18/5:53	170	22:37(21:41) <b>21:19</b>	Winegarten, Chris <b>SO</b>	6:53/7:23
24	18:04(18:26) <b>17:47</b>	Arch, Joseph <b>SR</b>	5:21/5:56	178	22:59 <b>22:12</b>	Tomek, Sam <b>FR</b>	7:18/7:34
30	18:16(18:26/21:00/24:18) <b>17:49</b>	Abrams, Drew <b>SR</b>	5:40/6:04	185	23:25 <b>21:27</b>	Turnbough, Keegan <b>FR</b>	6:54/7:52
50	18:57(19:44/ILL) <b>18:58</b>	Froeschner, Lucas <b>JR</b>	5:50/6:11	187	23:38(23:50) <b>23:14</b>	Crooks, Jack <b>SO</b>	7:19/7:43
65	19:16(19:30) <b>19:03</b>	Rangel, Luis <b>SR</b>	5:45/6:17	188	23:38 <b>24:03</b>	Cremers, Nathan <b>FR</b>	7:18/7:44
69	19:19 <b>19:16</b>	Nguyen, Sonny <b>SR</b>	5:51/6:24	189	23:41 <b>24:09</b>	Lopes-Round, Antonio <b>FR</b>	7:18/7:44
75	19:29(19:25/19:53/19:35) <b>18:40</b>	Harte, Neil <b>SR</b>	6:05/6:29	199	24:42(21:47) <b>21:04</b>	Bradford, Kyle <b>SO</b>	7:37/7:55
76	19:30 <b>19:28</b>	Whitlow, Harrison <b>SR</b>	6:06/6:19	202	25:10 <b>25:31</b>	Nguyen, Corbin <b>FR</b>	7:36/8:21
88	19:41(20:44/21:39/22:11) <b>20:07</b>	Greazel, Peyton <b>SR</b>	6:00/6:25	203	25:12 <b>26:20</b>	Friton, Max <b>SO</b>	7:37/8:20
95	19:56(22:42/24:39/24:14) <b>19:23</b>	English, Sam <b>SR</b>	6:05/6:36				
97	19:56(21:15/ILL) <b>20:12</b>	Milefchik, Luke <b>JR</b>	6:17/6:33		<b>DID NOT RUN</b>		
106	20:17(ILL/23:45) <b>20:30</b>	Hightshoe, Evan <b>JR</b>	6:18/6:38		(18:43/20:18/22:14) <b>17:54</b>	Morris-Downing, Talbot <b>SR</b>	
114	20:33(22:56) <b>21:32</b>	Gibbens, Nicolai <b>SR</b>	6:22/6:44		<b>18:08</b>	Verhoef, Ian <b>SR</b>	
115	20:35(23:17/25:12) <b>20:58</b>	Ward, Joseph <b>JR</b>	6:18/6:43		(INJ/ILL) <b>19:37</b>	Villhauer, Isaac <b>JR</b>	
130	21:02 <b>22:58</b>	James, Alec <b>JR</b>	6:24/7:00		(21:05) <b>19:59</b>	Mendoza, Nick <b>SO</b>	
131	21:03(21:48/33:09) <b>21:28</b>	Crooks, Joe <b>JR</b>	6:27/6:57		INJ <b>21:09</b>	Morgan, Caleb <b>FR</b>	
134	21:07(22:55) <b>22:08</b>	Lui, Isaac <b>SR</b>	6:11/6:55		INJ <b>17:52</b>	Martin, Russell <b>SO</b>	
	DNF <b>26:46</b>	Soberanis, Tony <b>JR</b>	7:24/8:33		ILL(22:22) <b>21:44</b>	Green, Eric <b>SO</b>	
	DNF(22:20/23:01) <b>21:18</b>	Torres, Christain <b>SR</b>	8:14/10:02		ILL(20:45) <b>19:54</b>	Engelbrecht, Josh <b>SO</b>	
					INJ <b>19:25</b>	Romano, Aaron <b>FR</b>	
					<b>23:56</b>	Withrow, Austin <b>SR</b>	
AVE TIMES		TIME SPREAD					
<b>2013(12/11/10)</b>		<b>2013(12/11/10)</b>					
V 1-5 is 16:41 & 1-7 is 16:53		V 1-5 is 46(92/66/70)					
16:41(16:24/16:55/16:47)		1-7 is 80(100/75/88)					
JV 1-5 is 18:07 & 1-7 is 18:27		JV 1-5 is 88(48/25/20)			<b>2012 race @ CF</b>		
18:07(17:45/17:57/17:49)		1-7 is 110(66/38/44)			<b>29 PR's SET!</b>		
FS 1-5 is 17:54 & 1-7 is 18:02		FS 1-5 is 44(37/59/102)					
17:54(17:58/19:45/18:52)		1-7 is 48(111/67/123)			<b>13-12 TIMES 27 OF 32</b>	<b>RUNNERS IMPROVED!</b>	