

Divisional 2013

Near perfect conditions and a well-groomed course made for a whole lot of prs and a nice way to end the season for non-varsity competitors. The Fresh/Soph got us started well, short staffed and all (due to some being in the JV run-off race) and we were just nipped by Senior. We returned the favor in the JV race and Morgan earned a spot on the Varsity for District and Hazel the first alternate spot. The Varsity finished the action with a strong effort and everyone running her best race of the year. They will now gear up for District in Marshalltown next week and hopefully a trip to Ft. Dodge on Nov. 2nd. Please continue to lend your support to our team at District and State. Thanks to all of you who finished your season last night. Especially the seniors whom I wish the best of luck on the competition that comes your way in life.

<i>Varsity</i>					<i>Fresh/Soph</i>					2013	BW	EIC	LHInv
4	Shepherd, Molly	14:47*	14:58	15:37	7	Bywater, Emily	16:56*	17:48	18:05	18:53			
5	Arch, Mary	14:49*	15:31	15:43	9	O'Hara, Emma	16:59*	18:03	18:47				
21	Traore, Fanta	15:48*	16:36	16:22	12	Appleby, Gina	17:14*	17:39	17:57	18:29			
26	Chadwick, Celeste	15:58*	16:46	17:11	13	McDonough, Mae	17:15*	18:06	18:24				
29	Peterson, Olivia	16:07*	16:31	16:52	16	Cornell, Laura	17:18SB	17:57	17:58	18:51			
35	Rethwisch, Mary	16:57SB	17:30	18:01	17	Shutt, Izzy	17:25SB	17:33	18:00	18:01			
39	Hoelscher, Leah	17:24*	18:19	18:44	19:05	24	Canin, Ayla	17:46*	18:47	19:24	19:58		
						28	Jennings, Michelle	17:58*	18:37	19:55			
	Junior Varsity	2013	BW	EIC	LHInv	33	Traore, Aminata	18:28	17:26	20:00	19:53		
3	Sammons, Morgan	16:07SB	16:42	17:21	17:21	35	Sadewasser, Rose	18:36*	19:58	20:45	21:04		
6	Crew, Hazel	16:13*	16:42	17:23	17:23	42	Lewers, Riley	18:47					
7	Deninger, Maddie	16:15*	16:57	17:24	17:41	48	Lusala, Julia	19:00*	20:35	21:25	21:45		
8	Thompson, Stella	16:19SB	16:43	18:25	18:25	54	McDonough, Abby	19:38	19:51	21:41			
10	Traore, Soumba	16:27	16:36	16:40	16:40	57	Durham, Sonali	19:49*	21:39	22:31	24:02		
12	Hansen, Mollie	16:34*	17:00	17:03	17:03	58	Kealey, Emma	19:57*		22:40	21:48		
13	Parrott, Olivia	16:41		17:33	17:33	60	Meurice, Nova	20:14*	21:41	21:52	23:13		
22	Verdick, Hailey	17:13*	17:25	17:44	18:06	62	LyonsMacatee, Elena	20:18*	21:02	21:56	24:44		
31	Lyons-Macatee, Emma	17:34*	19:09	19:19	19:19	66	Noack, Claire	20:25*	21:14	21:51	22:56		
35	Langenfeld, Hannah	17:45*	18:42	18:27	19:06	76	Traore, Tabara	21:14	22:21		23:44		
41	Cabbage, Micah	18:17	18:58	19:50	18:39	77	Goss, Mackenzie	21:16	22:06	22:33	23:30		
46	Greimann, Emma	18:28SB	20:00	20:22	18:25	78	Smith, Sarah	21:16	21:31	22:56	23:46		
52	Alderson, Lauryn	18:52	21:09	19:42	20:36	80	Bouska, Katherine	21:28*	22:17	24:35	24:10		
54	Goodman, Lucy	18:55*	20:40	20:57	21:06	81	Thomas, Charlotte	21:36	21:28	21:54	21:52		
55	Clemons, Ana	18:56*	20:00	20:08	21:04	84	Dickson, Abby	22:07			22:05		
67	Reyes, Miranda	19:36*	20:17	20:17	20:38	85	Cox, Erin	22:15	22:59	23:04	24:24		
71	Carey, Hannah	19:46*		22:26	21:24	87	Ntihebuwayo, Dancile	22:30	23:15	22:44	23:04		
76	Vezquez, Monique	19:56*											
77	Benson, Ellie	19:59SB	21:00		21:16								
80	Juon, Seraina	20:03	20:33	20:12	21:05								
82	Andersen, Anya	20:06	19:26	20:05	20:40								
87	Waikel, Hannah	20:49SB	22:43	22:36									
90	Kelly, Mary	21:12	22:10	22:10	23:06								
92	Schumm, Lexine	21:44	22:05	22:14	25:27								

Bold Name= Varsity Credit *= Personal record SB= Season's Best

Varsity (103-38): West 34, Kennedy 42, Senior 72, **CHS 85**, Jefferson 139, Hempstead 140, Waterloo East 212

JV (49-15): **CHS 34**, Senior 37, West 59, Hempstead 129, Kennedy 149, CR Jefferson 181, Waterloo East 187

Fresh/Soph(40-9): Senior 56, **CHS 57**, West 60, Kennedy 90, Hempstead 92