

2009 Hawkeye Invite

On Wednesday you had a team meeting where you established laudable team goals. Tonight you ran on a fast course and used the competition from an ever improving Bettendorf team and some other individuals to take another step toward attaining those goals. The numbers below reflect your improvement but don't tell the whole story. You had to be there to enjoy the enthusiasm and appreciate the support you provided each other as you competed.

We continue our midseason push with more intense workouts and preparatory meets that will prepare us for the big meets of October. Keep up the good work and let's continue to improve the little things (that really aren't little) like lifting, cool downs and core to make you and your team the best it can be.

Place	Name	Times	2008	2007	2006
	Varsity	2009			
1	Rethwisch, Rebecca	14:40*	15:29	15:45	
2	Danielson, Erin	14:48*			
5	Fagan, Emily	15:09SB	15:23	15:13	15:52
7	Richardson, Meg	15:12	17:19		
8	Stephenson, Jill	15:13*	16:36		
10	Holman, Melanie	15:18SB	15:49	16:14	
11	White, Cassidy	15:33SB	15:53	15:49	15:38
17	Bruns, Anna	15:53*	16:17		
19	Fuller, Ashley	16:02*			
21	Bruns, Courtney	16:07			
22	Sullivan, Jordan	16:13SB	16:40		
23	Langenfeld, Katie	16:14SB	15:47		
25	Hudachek, Danielle	16:16*	16:44	17:44	
30	Beasley, Harper	16:29	17:23		

	Junior Varsity	2009	2008	2007	2006
1	Mahaffa, Maggie	16:38*	18:21	23:38	
2	Tamerius, Alexandra	16:54*	17:44		
3	Opheim, Britney	16:56SB	17:26	17:45	
4	Schinnick-Gordon, Izzy	17:03SB	17:16	17:42	18:52
6	Bruns, Lindsay	17:19			
7	Lines, Lori	17:36SB	18:19		
8	Agassandian, Alice	17:36*	17:50	19:23	
11	Aguilar-Rosales, Yorik	17:44*	19:03		
12	Singlin, Allison	17:45*			
14	Peterson, Breanne	17:46*	19:00		
15	Klabo, Haily	17:48*	19:14		
19	Sotelo, Emily	18:02SB	18:41		
20	Wolf, Taylor	18:03SB	17:54		
21	Baker, Sarah	18:06			
22	Perez, Terra	18:06			
23	Bodnarek, Kennedy	18:08SB	18:30		
27	Wilkinson, Ashley	18:23SB	19:10	19:06	20:14
28	Howard, Susanna	18:29SB	19:00		
29	Laughlin, Erin	18:31*			
30	Sharp, Mary	18:32			
33	Holman, Nora	18:58			

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

Place	Name	Times	2008	2007	2006
	Junior Varsity	2009			
35	Pantel, Cassie	19:09			
37	Wang, Juju	19:18*			
38	Abrams, Abby	19:19	16:32	17:34	
39	Powell-Littler, Molly	19:28*			
42	Lubecki-Wilde, Francesca	20:00*			
44	Kroeze, Chelsea	20:03*			
47	Mendenhall, Kate	20:07*			
48	Peterson, Sophia	20:23*			
51	Schumm, Magill	20:32	21:46		
54	Vanderwoude, Katherine	20:37SB	19:57		
55	Graves, Susan	20:41SB			
56	Razavi, Nadia	20:42SB	21:58		
58	Myers, Claire	20:55	24:57		
59	Titus, Katie	20:58SB	21:23	21:22	
61	Heasley, Elizabeth	21:10SB	21:58		
67	Carman, Isabel	22:00*			
68	Hollander, Ana	22:00			
71	Sierra, Coady	22:18SB		20:32	22:05
72	Triplett, Elizabeth	22:21SB	23:38	19:36	20:30
76	Grueskin, Zoe	22:56*			
78	Siegfried, Hannah	22:59SB	24:56	25:47	
80	Hartley, Kara	23:12*			
81	Ringgen, Megan	23:37	23:19		
82	Neems, Sophie	24:00*			
83	Reyes, Stephanie	25:32		27:21	
84	Behlke, Elizabeth	31:06*			

Varsity Team Scores

City High 23

Bettendorf 55
 Regina 91
 Marshalltown 108
 Dav. Central 152
 Tipton 153
 Lone Tree 155

JV Team Scores

City High 16

Bettendorf 53
 Marshalltown 79
 Dav. Central 121
 Regina 145