

Cedar Rapids Invitational 2014

Conditions are rarely much better than what we enjoyed last night. For the most part we took advantage of a fast course and ran very well despite being down to only 38 runners due to illness, injury and kids out of town. The course seemed to run about 40- 45 seconds faster than PV. I base this on results of Muscatine, Bettendorf, PV and ourselves on both courses. Our FS score is misleading as we were missing 2 of our fastest runners with illness—with them in the line up we were likely 2nd. Nonetheless everyone in the FS race ran their best of the year and my hat is off to you. The JV had a great showing as well. The varsity field featured the 1st, 2nd, 3rd, and 7th ranked teams in addition to Bettendorf and Muscatine. This competition will serve to strengthen us in the future. We will see Bettendorf again next week along with a visit from SE Polk which gave us a run at District last year. Learn from this meet and rededicate yourselves to consistency in training. And, of course, utilize sound practices to prevent the spread of the virus that has plagued us recently ☺

Varsity					Junior Varsity				
	2014	2013	2012	2011		2014	2013	2012	2011
7	Arch, Mary	14:44*	15:07		13	Cornell, Laura	16:49*	17:32	17:56
15	Shepherd, Molly	15:05SB	14:55	16:01	17:24	16	O'Hara, Emma	17:04SB	17:25
31	Deninger, Maddie	15:28*	17:07		19	Peterson, Olivia	17:10SB	16:14	17:53
42	Bywater, Emily	15:45*	18:09		35	Shutt, Izzy	17:46SB	17:33	17:18
48	Chadwick, Celeste	16:00SB	16:52		38	Traore, Fanta	17:56SB	16:07	16:47
66	Crew, Hazel	16:33SB	16:51		39	Burns, Sarah	17:56SB		17:46
78	Verdick, Hailey	16:53*		18:24	59	Noack, Claire	18:22*	21:10	
					96	Parrot, Olivia	19:06	16:38	18:17
	Fresh/Soph				114	Sashay, Carroll	19:30	18:21	25:32
5	Hansen, Mollie	16:26*	17:23		125	Carey, Hannah	19:46*	19:55	22:26
16	McCormick, Gabriel	17:06*			132	Brown, Mandy	20:07*		23:20
46	Parrott, Lindsey	18:13*			134	Goss, Mackenzie	20:09*	21:35	
64	McDonough, Abby	18:45*	20:16		140	Dickson, Abby	20:19SB		
68	Canin, Ayla	18:54SB	18:30		203	Durham, Sonali	21:53SB		
72	Sadawasser, Rose	19:02SB	19:25		208	Bouska, Katherine	21:58SB	22:32	
91	Thomas, Charlotte	19:34*	20:52		210	Plock, Megan	22:00*		
94	Meurice, Nova	19:35*	21:35		226	Cox, Erin	22:39SB		22:51
96	McGehee, Lucy	19:35*							
153	Jennings, Michelle	21:15SB	18:53						
160	Lyons-Macatee, Elena	21:30SB	21:53						
182	Ntihebuwayo, Dancile	22:49SB	21:52						
184	Hudson, Allie	23:29*							
201	Kelly, Claire	27:21*							

Varsity (28-10): Ames 55, West 66, PV 85, Linn-Mar 115, Muscatine 136, Bett 139, **City 143** with 12 other teams scoring up to 564 points. 127 runners

JV (28-6): PV 50, West 85, Ames 105, **CHS 115**, Bett. 154, Linn-Mar 163, 12 other teams with upto 547 points. 249 runners

Fresh/Soph (8-11): Linn-Mar 62, West 109, PV 118, Bett. 134, Muscatine 144, Ames 154, City 172 with 6 other teams scoring up to 383 points. 201 runners