

2014 Little Hawk Invitational

We can evaluate this meet in many ways. We can compare with last year. Then we similarly ran after 2 hard workouts on Monday and Tuesday but the weather was warm and humid and we combined the races as a storm was on the way. Most of you ran faster than a year ago, many by a lot. I again applaud the way that many of you have embraced the process of making yourself into competitors this year as opposed to being “along for the ride”. You are pushing forward rather than being pulled. We also know that we need to continue to improve in order to improve on last year's finish. We also compare how we did with other teams that ran at Cedar Rapids last week. In this case, that is Bettendorf. Our varsity times were slower than at Cedar Rapids, which undoubtedly ran short. On the other hand Bettendorf ran the same or better. While this may reflect harder workouts this week on our part it also demonstrates that we have our work cut out for us. In the end, this has been a good week for us. We got in two quality workouts and ran against good competition in our meet. This will make us better in weeks to come. If we embrace the challenges that we faced this week as opportunities to make ourselves the best we can be, we will see great rewards in October and an opportunity to race and race well November 1st at State.

Place	Name					Place	Name	Times			
	Varsity	2014	2013	2012	2011		Junior Varsity	2014	2013	2012	2011
1	Arch, Mary	15:12	15:43			70	Dickson, Abby	21:30	22:05		
5	Shepherd, Molly	15:32	15:37	15:25	16:47	71	Lie, Sophie	21:31*			
12	Deninger, Maddie	15:41	17:41			72	Plock, Megan	21:32*			
15	Bywater, Emily	16:09	18:53			74	Bouska, Katherine	22:07	24:10		
22	Crew, Hazel	16:39	17:23			75	Durham, Sonali	22:09	24:02		
28	Cornell, Laura	16:57	18:51	17:16		78	Jennings, Michelle	22:30	19:18		
29	Hansen, Mollie	17:07				83	Hudson, Allie	22:43			
32	Peterson, Olivia	17:11	16:52	17:26	17:39	85	Lyons-Macatee, Elena	22:52	24:44		
35	McCormick, Gabriel	17:20				94	Cox, Erin	24:02	24:24	21:34	
36	Verdick, Hailey	17:21	18:06	17:37		95	Ntihebuwayo, Dancile	24:24	23:04		
46	O'Hara, Emma	18:22		18:43		97	Hartwig, Grace	29:12			
						98	Flateby, Malin	29:16			
	Junior Varsity					99	Kelly, Claire	29:53			
1	Chadwick, Celeste	16:30	18:46								
2	Brown, Bridget	17:19*									
4	Traore, Fanta	17:42SB	16:22	16:59							
5	Burns, Sarah	17:43SB									
10	Olivia, Parrott	18:11SB	17:26	17:29							
11	Parrott, Lindsey	18:12*									
15	Shutt, Izzy	18:31	18:01	16:25							
44	Canin, Ayla	19:22	19:58								
25	McDonough, Abby	19:34	20:59								
26	Strang, Rachel	19:42									
28	Noack, Claire	19:49									
34	Deniston, Anna	19:50*									
35	Carey, Hannah	19:51	22:20	21:17	22:38						
36	Sadewasser, Rose	19:56	21:04								
41	Thomas, Charlotte	20:03	21:52								
48	McGehee, Lucy	20:17									
51	Brown, Mandy	20:21		21:26							
54	Meurice, Nova	20:25	23:13								
56	Goss, Mackenzie	20:34	23:30								
67	Hubbard, Olivia	21:08									
BoldName=V.Credit		*=PR	SB=S. Best								