

## 2014 Spartan Invitational

Yesterday was a great day to be a Little Hawk as we completed our first week of the competitive season. We learned from our experience on Tuesday at IMS, and used it in an even better effort as a team at PV. Many of you have definitely "taken it up a notch" since last year. For some it is reflected in a dramatic improvement in time while in others it simply showed in your determination to run as hard as possible throughout the race. We also continue to show great support of each other as we sought to leave that comfort zone. Keep up the good work girls. This week we will run against #1 ranked Ames who will join West High, PV, Muscatine and Bettendorf in a field of 18 teams at the CR Invitational. It provides us another great opportunity to continue our striding toward being the best we can be.

<b>Varsity</b>			2013	2012	2011	<b>Junior Varsity</b>			2013	2012	2011
9	<b>Shepherd, Molly</b>	15:27SB	15:38	15:55	17:43	19	<b>Verdick, Hailey</b>	17:12*	17:50	17:57	
11	<b>Arch, Mary</b>	15:29SB	15:54			25	<b>Cornell, Laura</b>	17:37SB	19:02	17:54	
16	<b>Deninger, Maddy</b>	16:10*	17:54			33	Peterson, Olivia	18:10	17:11	18:00	18:10
38	<b>Chadwick, Celeste</b>	16:31SB	17:49			36	O'Hara, Emma	18:15SB		19:10	
39	<b>Bywater, Emily</b>	16:32*	18:44			43	Burns, Sarah	18:44SB		17:46	
55	<b>Crew, Hazel</b>	17:19SB	17:28			46	Shutt, Isabelle	18:50SB	18:25	17:29	
64	<b>Hansen, Mollie</b>	17:41SB	18:50			66	Noack, Claire	19:48*	23:43	23:32	
						100	Carey, Hannah	20:52SB	22:31		21:13
						103	Hubbard, Oliva	20:58*			
15	<b>Morrow, Amelia</b>	17:07*				110	Traore, Aminata	21:09SB	21:25	20:43	
16	<b>McCormick, Gabriel</b>	17:16*				114	Brown, Mandy	21:21SB		22:29	
51	Parrott, Lindsey	18:56*				129	Goss, Mackenzie	21:48SB	23:06		
60	Strang, Rachel	19:12*				140	Dickson, Abby	22:35	21:49	21:44	
80	McDonough, Abby	19:40SB				160	Kealey, Emma	24:12SB	25:27	21:01	
89	Denniston, Anna	20:10*				162	Hudachek, Lauren	24:51*			
90	Sadewasser, Rose	20:11SB	23:11			166	Cox, Erin	25:27SB	24:18	23:11	
91	McGehee, Lucy	20:12*				168	Flateby, Malin	28:48*			
98	Canin, Ayla	20:25SB	19:12								
100	Meurice, Nova	20:30SB	22:46								
112	Thomas, Charlotte	21:02SB	22:13								
131	Lie, Sofie	21:44*									
134	LyonsMacatee, Elena	21:47SB	22:39								
145	Jennings, Michelle	22:12SB	20:03								
146	Dillard, Estie	22:14*									
164	Ntihebuwayo, Dancile	24:15	22:33								
165	Hudson, Allie	24:20									
174	Kelly, Claire	30:08									

Bold Name=Varsity Credit

\* = Personal Record

SB= Season's Best

**Varsity:** Naperville N 29, Edina 58, PV 92, **CHS 126**, Muscatine 136, Bettendorf 138, 9 others (103 ran)

**JV:** Naperville N 15, Edina 42, PV 91, **CHS 116**, Dub. Senior 153, Muscatine 166, Prairie 208 7 others (170 ran)

**JS:** Naperville N 15, Bettendorf 82, Dub Senior 90, PV 118, Muscatine 125, **CHS 146**, Prairie 189, Moline 215 (174