

2014 Super Meet

Tonight was especially gratifying because we have come a long way in a year. A year ago our Varsity finished a distant 5th, last night we were 10 points from 2nd place with our fourth runner home sick. The JV, which I consider a great indicator of the health of the program, was also a distant 5th a year ago, last night we won handily. The Fresh/Soph placed fourth despite six of our better runners either running varsity or being ill. We continue to head in the right direction. At the same time, great challenges remain. Cedar Falls was only 13 points behind us and they will be at our district meet in 2 weeks, along with West and Hempstead so we need to continue to improve if we want to advance to State. If we have the kind of efforts we saw in all three races last night, we will prevail. A special shout out to anyone who managed a PR or SB on this course which was not short unlike Solon and Noelridge where most of our PRs have come from this year.

PI	Varsity	2014	2013 Super	2012 Super	PI	Junior Varsity	2014	2013 Super	2012 Super
4	Arch, Mary	14:52	15:03		2	Traore, Fanta	16:25SB	16:04	17:52
6	Shepherd, Molly	15:13	14:57	15:34	4	Parrott, Olivia	16:43SB	16:36	17:52
19	Bywater, Emily	15:38	17:25		5	Verdick, Hailey	16:44	17:23	18:20
37	Crew, Hazel	16:00*	16:54		16	Cornell, Laura	17:14	17:48	18:14
39	Brown, Bridget	16:02*			22	Peterson, Olivia	17:32	16:15	
53	McCormick, Gabriel	16:30			24	O'Hara, Emma	17:33	17:38	19:13
62	Morrow, Amelia	16:44			41	Burns, Sarah	18:05		18:20
					42	Shutt, Izzy	18:05	17:57	18:09
	Fresh/Soph				56	Noack, Claire	18:37	20:48	23:02
2	Chadwick, Celeste	16:16	16:21		77	Hubbard, Olivia	19:08*		
5	Hansen, Mollie	16:44	16:57		88	Goss, Mackenzie	19:22	21:25	
21	Parrott, Lindsey	17:07*			96	Carey, Hannah	19:43	20:59	17:06
34	Denniston, Anna	17:40*			104	Brown, Mandy	19:54*		20:32
46	Sadewasser, Rose	18:16*	19:33		120	Dickson, Abby	20:29		20:46
53	Canin, Ayla	18:57	17:56		138	Bouska, Katherine	21:00	23:12	
54	McGehee, Lucy	18:57			140	Sanderfelt, Amanda	21:08		
82	Meurice, Nova	19:21	20:32		160	Durham, Sonali	22:01	20:54	20:24
92	Thomas, Charlotte	19:49	20:52		191	Flateby, Malin	27:36		
104	McDonough, Abby	20:23							
119	Jennings, Michelle	21:04	19:09						
130	Lyons-Macatee, El.	22:10	21:05						
139	Ntihebuwayo, Dancile	23:27	22:47						
143	Hudson, Allie	24:16							
144	Hartwig, Grace	26:50							
145	Hartwig, Emma	27:57							
146	Kelly, Claire	28:59							

Varsity (54-15) West 38, Linn-Mar 95, Hempstead 98, **CHS 105**, Cedar Falls 118, Prairie 175, Senior 182, Kennedy 232, CR Jeff 235, Wahlert 263, Xavier 292, Washington 305, W West 408, W East 418 (96 runners)

Jun. Varsity (62-7) **CHS 49**, Hempstead 77, Cedar Falls 117, Senior 120, West 122, Prairie 170, Linn-Mar 175, Xavier 175, Wahlert 186, Kennedy 229, Jefferson 318, W West 356, Washington 428 (192 runners)

Fresh/Soph (14-14) Senior 53, Linn-Mar 69, Hempstead 94, **CHS 108**, West 125, Cedar Falls 130, Prairie 152, Kennedy 174, Wahlert 278, CR Wash 303, Xavier 341 (146 runners)