

## Cedar Rapids Invitational 2015

It was a great evening to be a Little Hawk girls as we continue to progress at all levels. Comparing to where we were a year ago our Varsity moved from 7th to 5th (and beat 2 teams ranked ahead of us), the Fresh/Soph improved from 7th to 2nd and JV from 4th to 1st. Clearly to compete with the next level of varsity squads we need to close the gap between our 4th-7th with our 1st-3rd runners. The good news is that other than PV we were by far the deepest team in the field and the push from the girls in the JV and FS teams is going to help us close that gap!

<b>Varsity</b>					<b>Junior Varsity</b>					
	<b>2015</b>	2014	2013		<b>2015</b>	2014	2013	2012		
4	<b>Arch, Mary</b>	18:55*	14:44	15:07	1	<b>Chadwick, Celeste</b>	20:51*	16:00	16:52	
18	<b>Bywater, Emily</b>	19:46*	15:45	18:09	4	<b>Verdick, Hailey</b>	21:34*	16:53	18:24	
22	<b>Lindower, Anna</b>	19:50*			9	<b>Parrot, Olivia</b>	21:58*	19:06	16:38	18:17
51	<b>Muckler, Clare</b>	20:50*			10	<b>Shutt, Izzy</b>	22:00*	17:46	17:33	17:18
52	<b>Morrow, Amelia</b>	20:51*			12	O'Hara, Emma	22:23*	17:04	17:25	
72	<b>Hansen, Mollie</b>	21:30*	16:26	17:23	17	Cornell, Laura	22:32*	16:49	17:32	17:56
91	<b>Jones, Izzy</b>	22:09			22	Traore, Fanta	22:40*	17:56	16:07	16:47
	<b>Fresh/Soph</b>				23	Lewers, Riley	22:41*			17:48
4	<b>Hecker, Aly</b>	21:29*			73	Noack, Claire	24:37*	18:22	21:10	17:46
15	Rummelhart, Annie	23:04*			76	Thomas, Charlotte	24:37*	19:34	20:52	
25	Parrott, Lindsey	23:24*	18:13		80	McGehee, Lucy	24:52*	19:35		
31	Strang, Rachel	23:30*			99	Chapnick-Sorokin, S	25:15*			
32	Carey, Morgan	23:32*			107	Sadawasser, Rose	25:25*	19:02	19:25	
35	Gidal, Lottie	23:37*			111	teDuits, Izzi	25:31*			
37	Pugh, Madeline	23:39*			116	Swanson, Anna	25:36*			
56	Miller, Zoe	24:44*			120	Meurice, Nova	25:41*	19:35	21:35	
57	McMahon, Delaney	24:47*			133	Hubbard, Olivia	26:00*			
68	O'Malley, Shawna	25:12*			145	Lie, Sofie	26:22*			
73	Robertson, Amaya	25:22*			151	Dickson, Abby	26:28*	20:19		
78	Damhorst, Drew	25:29*			152	Canin, Ayla	26:29*	18:54	18:30	
82	Denniston, Anna	25:38*			169	Bouska, Katherine	26:54*	21:58	22:32	
94	Green, Merryl	26:27*			170	Lyons-Macatee, Elena	26:54*	21:30	21:53	
95	Hennager, Ella	26:29*			181	Goss, Mackenzie	27:19*	20:09	21:35	
107	Bender, Lilly	26:43*			216	Durham, Sonali	29:22*	21:53		
110	Chapnick-Sorokin, P	26:52*			233	Ntihebuwayo, Dancile	30:31*	22:49	21:52	
165	Coelho, Julia	29:59*			234	Hudachek, Lauren	30:32*			
191	Collins, Serena	33:10*			256	Hartwig, Grace	33:36*			
195	Durham, Maya	34:28*								
107	Kelly, Claire	38:05	27:21							
203	Hartwig, Emma	39:18*								
204	Hefley, Kayla	40:02*								

**Bold Name=Varsity Credit    \*=Personal Record    SB=Season's Best**

**Varsity (26-11):** PV 81, Muscatine 84, Bettendorf 85, IC West 114, **CHS 147**, Ames 169, Linn-Mar 210, 11 other teams scoring up to 530 points. 128 runners

**FS (25-3):** PV 39, **CHS 101**, Ames 104, CR Prairie 141, Bett. 143, IC West 181, 11 other teams up to 547 points. 205 runners

**JV (21-4):** **CHS 33**, Linn-Mar 50, Prairie 92, Ames 136, PV 172, Wahlert 181, West 207, 7 others up to 397pts, other teams scoring up to 383 points. 264 runners