

Cedar Rapids Invitational 2016

Seminole Valley was hot, flooded and full of competition, which made for an awesome event. The only disappointment I had was that some had to stand on the sidelines with injury. The Fresh/Soph ran in the worst heat and competed without 2 great runners but others stepped up to fill the void and won by 36 points. The Varsity narrowed the gap on West from last Saturday. They placed a close second and ran well ahead of the rest of the field. By the time the JV ran it was cooler but the course was even sloppier having had 700 athletes run on it before them. They celebrated by scoring 20 points in a field of 19 teams—impressive indeed. Great workouts on Monday and Tuesday morning, and unfavorable conditions yesterday didn't stem the onslaught of PRs and SBs. It just made them all the more enjoyable. Congratulations on a great team effort.

Varsity			2015	<i>place</i>	Fresh/Soph(cont'd)		
9	Arch, Mary	19:36SB	18:55	146	McMahon, Delaney	29:58	24:47
10	Bywater, Emily	19:41SB	19:46	151	Bender, Lilly	30:28	
12	Lindower, Anna	19:53	19:50	157	Cooper, Emma	31:17	
19	Brady, Esti	20:16*		170	Hansen, Emma	32:40	26:43
20	Brown, Bridget	20:19SB	23:04	174	Taylor-Butcher, Nyah	33:03*	
29	Rummelhart, Annie	20:43*		179	Durham, Maya	33:25	34:28
31	Brands, Kinsee	20:47*		189	Hefley, Kayla	35:53	40:02
Fresh/Soph					Junior Varsity		
			2015			2015	2015
2	Chapnick-Sorokin, P	22:32*	26:52	1	Morrow, Amelia	21:13	20:51
8	Veit, Julie	22:54		2	Hansen, Mollie	21:13SB	21:30
15	Muckler, Clare	23:27	20:50	3	McCormick, Gabriel	21:33SB	
16	Carey, Morgan	23:28	23:32	4	Chadwick, Celeste	21:47	20:51
17	Meurice, Naomi	23:32SB		10	Smith, Addy	22:24*	
23	Parrott, Grace	23:51		22	Strang, Rachel	23:24SB	23:30
24	Bounds, Mary	23:52*		26	Parrott, Lindsey	23:39	23:24
28	Fellows, Sydney	24:20*		38	Swanson, Anna	24:08*	25:36
34	Pugh, Madeline	24:27SB	23:39	46	Denniston, Anna	24:16SB	25:38
39	Gidal, Lottie	24:44	23:37	74	James, Bihotza	25:34*	
43	Trom, Sophia	24:53*		81	Jennings, Michelle	25:44*	
53	Sartini-Rideout, Izzurra	25:38		113	Nunez, Sarah	26:40*	
59	Hoang, Mai	25:55		114	Meurice, Nova	26:43SB	33:10
62	Brown, Muriel	26:00*		125	Marsh, Alex	26:58	
65	Gidal, Sylvia	26:04*		147	Lyons-Macatee, Elena	27:39SB	26:54
68	Damhorst, Drew	26:11	25:29	148	McGehee, Lucy	27:41SB	24:52
78	Hennager, Ella	26:52SB	26:29	157	Ntihebuwayo, Dancile	27:46*	30:31
95	Chadwick, Maya	27:18		185	Lie, Sofie	28:38SB	26:22
98	Sarsfield, Liza	27:20		244	Reineke, Jameson	30:51*	
100	Kaine, Aubryn	27:21*		270	McDonough, Abby	33:08SB	
105	Corbin, Georgia	27:42*		272	Hartwig, Grace	33:53SB	33:36
107	O'Malley, Shawna	27:46SB	25:12	275	Hartwig, Emma	34:34SB	39:18
136	Traore, Saye	29:14*		277	Kelly, Claire	35:53	38:05

Varsity (35-5): West 55, **CHS 65**, PV123, Bettendorf 128, Linn-Mar 137, Muscatine 143

12 other teams scoring up to 545 points, 128 runners

FS (20-1): **CHS 52**, Bettendorf 84, Linn-Mar 152, PV 152, N Scott 162, Wahlert 185

6 other teams up to 208 points, 191 runners

JV (29-3): **CHS 20**, PV 62, Ames 128, Muscatine 141, CR Prairie 152, West 185

14 others other teams scoring up to 587 points. 289 runners