2012 Cedar Rapids Invitational

The Little Hawks ran 3 great races yesterday. It began with the fresh/soph winning by a convincing 30 points and finished with a JV victory. In between, our Varsity competed valiantly with a team one wouldn't have dreamed of towing the line a few months ago. But running in a field with 3 of the top five ranked teams in the State and a very strong Bettendorf team, the Bearhawks can be proud of their efforts. The course runs slower than PV (especially for the Fresh/Soph who endure the most heat with their earlier start) but we still had many run their best race of the year if not lives. 21 of 25 JV, half the Fresh/Soph and 5 of 7 Varsity runners ran PRs or Season's Bests. I would argue that the Soumba also ran her best race by getting out and pushing the first 3 km of the race. Morgan followed in her foot steps and had a strong finish from there to run her PR. In other words, from the start of the F/S race until the Hannah crossed the line with her PR in the JV race it was a great day to be a Little Hawk.

	Varsity	2012	2011	2010	2009
9	**Bruns, Lindsey**	15:22SB	15:45	16:52	17:19
22	**Shepherd, Mollie**	16:01	17:24		
29	**Sammons, Morgan**	16:09*			
30	**Perez, Terra**	16:09SB	16:04	17:37	
31	**Taffa, Sonora**	16:10*	18:37		
42	**Daniela, Perret**	16:38	17:13	18:44	
49	**Traore, Soumba**	16:53	16:50	19:58	
	Fresh/Soph				
4	**Thompson, Stella**	16:45*	19:19		
5	**Traore, Fanta**	16:47*			
8	Shutt, Izzy	17:18*			
16	Burns, Sarah	17:46*			
20	Lewers, Riley	17:48*			
22	Peterson, Olivia	17:53SB			
23	Cornell, Laura	17:56			
32	Parrot, Olivia	18:17*			
34	Verdick, Hailey	18:24			
64	Pujol, Sarah	19:18SB	20:19		
82	O'Hara, Emma	20:02			
83	Rutherford, Claire	20:02			
91	Traore, Aminata	20:18			
108	Goodman, Lucy	21:08	21:38		
120	Dickson, Abby	21:53			
124	Kealey, Emma	22:09			
130	Carey, Hannah	22:26			
133	Gallegos, Rosie	22:47SB	24:30		
134	Cox, Erin	22:51*			
142	Brown, Mandy	23:20			
155	Sashay, Carroll	25:32			
156	Kaldjian, Anna	26:22			
159	Noack, Claire	27:09			
160	Leia, Camus	27:09*			

Varsity (26-7)

CR Kennedy 54

Linn-Mar 59 West 68

Bett 97 **CHS 121**

10 others, 105 ran

	Junior Varsity	2012	2011	2010	2009
1	**Siglin, Allison**	16:04SB	15:50	16:23	18:11
2	**Danielson, Erin**	16:29SB	15:32	14:59	15:15
4	**Mendenhall, Kate**	16:36SB	17:20	17:32	20:30
18	Rethwisch, Mary	17:24SB	18:07	18:56	
27	Abbate, Sara	17:47*			
28	Peterson, Sophia	17:52	17:47	18:33	21:05
29	Wang, Juju	17:54*			
59	Holman, Nora	18:35SB	19:37	17:47	18:46
61	Hoelscher, Leah	18:42SB	20:46	19:35	
62	Peters, Oli	18:43SB	18:36	19:57	
79	DeBoeck, Cecilia	19:14SB	19:37	19:35	
83	Miller, Aspen	19:18*	22:05		
85	Greimann, Emma	19:19	19:12	19:55	
95	Benson, Ellie	19:40SB	21:27	19:37	
112	Howard, Lily	19:57	19:56	20:03	
113	Apolonio, Blanca	19:58*	22:24	20:03	
125	Alderson, Lauryn	20:22	21:14	20:55	
139	Coelho, Liliana	20:30	20:06		
141	Kelly, Mary	20:36	22:05	20:55	
142	Nosted, Anette	20:37			
149	Reyes, Miranda	20:58*	25:22		
158	Schwager, Laura	21:23	20:05		
163	Hartley, Kara	21:31SB	21:52	22:39	23:16
171	Clemons, Ana	21:43SB	21:55		
191	Waikel, Hannah	21:47*			

Junior Varsity (21-1)

CHS 52

Linn-Mar 61

PV 78

Bett 111

8 others up to 451

213 Runners

Fresh/Soph (19-1)

CHS 53

PV83 Linn-Mar 95

10 others upto 380

160 runners

Bold Red=Varsity Credit

*=PersonalRecord

SB= Season's Best