

2016 Heartland Classic

Although the course went through multiple revisions due to recent rains, the surface was fast and the friendliest temperatures led to many PRs and SBs. I based these on converted times as the course was short of 3k. We also showed that we are one of the deepest teams in the state competing at a high level in both races. This completes 3 weeks of very intense competition and now we have a fortnight (that's for your ACTs) to prepare for the big meets of October. We are competing well but I have no doubt that our best lies ahead.

	Varsity	4.835k	5k	2015					2015
9	Arch, Mary	18:30	19:12SB	19:34	250	Jennings, Michelle	24:17	25:12*	
20	Lindower, Anna	18:49	19:31SB	20:21	268	Brown, Muriel	24:31	25:26*	
22	Bywater, Emily	18:56	19:39SB	20:22	272	Hoang, Mai	24:34	25:30*	
44	Brands, Kinsee	19:25	20:09*		278	Mwenemkamba, A	24:39	25:35*	
88	Rummelhart, Annie	20:10	20:56	23:02	303	Chadwick, Maya	24:54	25:50	
108	Brady, Estie	20:34	21:20		309	Marsh, Alex	24:58	25:54*	
170	Hansen, Mollie	22:12	23:02	21:09	314	Sarsfield, Liza	25:01	25:58*	
					318	Hennager, Ella	25:05	25:58SB	
	Junior Varsity				339	Damhorst, Drew	25:19	26:16	27:35
15	McCormick, Gabriel	20:14	21:00*	22:38	348	Corbin, Georgia	25:23	26:20*	
21	Jones, Izzy	20:26	21:12SB	21:42	359	Meurice, Nova	25:28	26:26SB	26:33
34	Hecker, Aly	20:59	21:46SB	21:57	363	Kaine, Aubryn	25:31	26:29*	
40	Chadwick, Celeste	21:08	21:56	22:38	380	Cooper, Emma	25:48	26:46*	26:36
41	Chapnick-Sorokin, P	21:09	21:57*	26:37	389	Traore, Saye	25:53	26:52*	
42	Morrow, Amelia	21:13	22:01	23:16	393	McMahon, Delaney	25:57	26:56SB	28:57
47	Smith, Addy	21:23	22:11*		398	McGehee, Lucy	25:58	26:57SB	26:23
67	Veit, Julia	21:38	22:27*		417	Hansen, Isabel	26:31	27:31*	
80	Strang, Rachel	21:59	22:49*	24:07	467	Lie, Sofie	27:34	28:36SB	26:22
84	Parrott, Lindsey	22:03	22:53SB	23:21	468	Ntihebuwayo, Dancile	27:34	28:36	34:28
85	Carey, Morgan	22:04	22:54SB	23:24	474	Lyons-Macatee, Elena	27:44	28:37	
89	Meurice, Naomi	22:06	22:56SB	24:27	488	Hansen, Emma	28:24	29:28*	
90	Trom, Sophie	22:06	22:56*		499	Chen, Yan	28:55	30:00*	
91	Bounds, Mary	22:07	22:57*		510	Durham, Maya	29:16	30:22SB	32:54
100	Parrott, Grace	22:16	23:06*		514	Taylor-Butcher, Nyah	29:38	30:45*	
107	Denniston, Anna	22:24	23:15SB	24:26	519	Reineke, Jameson	29:51	30:59	
143	Muckler, Clair	22:54	23:46		538	Collins, Serena	30:54	32:04SB	33:19
145	Gidal, Lottie	22:55	23:47SB	23:47	549	Hartwig, Emma	32:37	33:51SB	38:06
156	Swanson, Anna	23:06	23:58*	25:36	552	Hartwig, Grace	33:17	34:32	37:42
176	Gidal, Sylvia	23:23	24:16*		556	Hefley, Kayla	34:48	36:07	
229	Sartini-Rideout, A	23:55	24:49		557	Kelly, Claire	35:04	36:24	38:06
244	James, Bihotza	24:12	25:07*		564	Nguyen, Binh	43:31	45:10SB	
249	Fellows, Sydney	24:17	25:12						

Bold Name=Varsity Credit *=Personal Record

Varsity (57-10): Johnston 38, Wayzata (MN) 81, West 104, Millard West (NE) 126, PV 164, **CHS 184**, Ankeny Centennial 244, Linn-Mar 258, Dowling 269 and 19 others upto 909 points (191 runners)
Junior Varsity (46-8): Sioux Falls, SD 58, Wayzata 62, Shawnee Mission 93, Dowling 94, Johnston 130, **CHS 151**, Waukee 199, Ank. Centennial 284, Bettendorf 334, WD Valley 343, 14 others up to 719 pts (564 ran)

Conversions made through <http://calculators.hillrunner.com/raceconversion.php>