

## 2012 Little Hawk Invitational

The course and conditions were very similar to last year so comparisons are fair. We ran well last night and for the most part those who ran last year ran faster. As expected in ideal conditions and a fast course there were a huge number of PRs and Season's Bests and that is fun. The bigger picture is that the time between the top 7 on the team has diminished thanks to each of those runners pushing the person ahead of them and pulling the person behind. That is true for the vast majority on the team. Still some are allowing those ahead to pull them along without doing their best to push. We are improving and getting better. But we can do even better if everyone does her part. Right now we are ranked as the second best team in Iowa City. By season's end I would like us to be the best in town and noisy at State. How about you?

Place	Name	2012	2011	2010	2009
<b>Varsity</b>					
1	<b>Carman, Ellen</b>	15:03SB	15:18	15:45	17:45
2	<b>Bruns, Lindsay</b>	15:06SB	15:11	16:14	17:19
4	<b>Shepherd, Molly</b>	15:25*	16:47		
5	<b>Taffa, Sonora</b>	15:27*	17:16		
6	<b>Siglin, Allison</b>	15:34SB	15:14	15:45	17:45
7	<b>Danielson, Erin</b>	15:42SB	15:30	14:38	14:48
9	<b>Perez, Terra</b>	15:43SB	15:38	16:57	18:06
11	<b>Mendenhall, Kate</b>	15:46*	16:07	16:46	20:07
13	<b>Sammons, Morgan</b>	15:52*			
15	<b>Perret, Daniela</b>	15:58*	16:25	17:20	
15	<b>Traore, Soumba</b>	16:12SB	16:09	16:23	
19	<b>Thompson, Stella</b>	16:13*	18:31		
24	<b>Shutt, Isabelle</b>	16:25*			
32	<b>Traore, Fanta</b>	16:59			

Place	Name	Times	2011	2010	2009
<b>Junior Varsity</b>					
72	Rutherford, Claire	19:39*			
77	Traore, Aminata	19:53*			
80	Hartley, Kara	19:59*	20:21		
84	Kelly, Mary	20:22SB	20:15	19:56	
85	Reyes, Miranda	20:26*	23:41	26:31	
94	Waikel, Hannah	21:03*			
97	Kealey, Emma	21:12			
100	Carey, Hannah	21:17*	22:38		
102	Brown, Mandy	21:26*			
103	Gallegos, Rosie	21:30*			
104	Cox, Erin	21:34*			
110	Langenfeld, Hannah	21:58*			
112	Heath, Mikayla	22:26SB	20:24		
113	Nadareyshvili, Alexa	22:51SB	22:00		
115	Kaldjian, Anna	23:51*			
117	Camus, Leia	26:02*			
118	Noack, Claire	26:17			

	Junior Varsity	2012	2011	2010	2009
1	<b>Peterson, Sophie</b>	16:56SB	16:57		
2	Rethwisch, Mary	17:04*	17:14		
3	Abbate, Sara	17:12*			
5	Lewers, Riley	17:16*			
6	Cornell, Laura	17:16*			
7	Peterson, Olivia	17:26*	17:39		
10	Parrott, Olivia	17:29*			
12	Verdick, Hailey	17:37*			
14	Wang, Juju	17:44*			
17	Greimann, Emma	17:59SB	17:50		
26	Holman, Nora	18:16SB	18:19	18:02	18:58
32	Hoelscher, Leah	18:24*	19:04	18:35	
36	DeBoeck, Cecilia	18:33SB	18:30		
42	O'Hara, Emma	18:43*			
44	Peters, Oli	18:47	17:58	19:22	
47	Alderson, Lauryn	18:52*	19:07	59	
48	Pujol, Sarah	18:53SB	18:43		
54	Benson, Ellie	19:07SB	19:06		
58	Goodman, Lucy	19:17*	20:03		
62	Coelho, Liliana	19:20*	19:28	19:58	
64	Apolonio, Blanca	19:23*	20:48		
70	Clemons, Ana	19:37*	21:16		

**Varsity**  
**City High 15**           **30-7**  
 Hempstead 58  
 SE Polk 82  
 Marshalltown 115  
 Davenport Cent 131  
 48 runners

**JV**  
**City High 17**           **26-1**  
 Hempstead 76  
 Bettendorf 41  
 SE Polk 106  
 Dav. Central 120  
 Marshalltown 126  
 118 runners  
**BoldName=V.Credit**  
**\*=PR SB=S. Best**