

## 2012 Solon Invitational

Last night provided us with strong 3A competition for our second seven and JV. I would estimate the course ran 15- 30 seconds slower (depending on how long you are out on the course) compared to our course. I thought we competed well. Morgan, Daniela, Stella's times would have been PRs a week ago and Kate's close to it which shows second seven is progressing. Similarly, Mary ran the best race of her life if not the best time and several JV girls ran and SBs. However, we need to improve our pre meet preparation and focus during the warm up—especially from the JV group. These things can detract from performance and will need to be corrected before we face Linn-Mar and Kennedy on Thursday at the Eastern Iowa Classic.

Plac	Varsity	2012	LHawk	Place	Junior Varsity	2012	LHawk
7	<b>Sammons, Morgan</b>	16:00	15:52	75	Waikel, Hannah	21:04	21:03
12	<b>Mendenhall, Kate</b>	16:15	15:46	80	Kelly, Mary	21:15	20:22
13	<b>Perret, Daniela</b>	16:19	15:58	81	Carey, Hannah	21:15*	21:17
14	<b>Thompson, Stella</b>	16:20	16:13	84	Nosted, Anette	21:18	
17	<b>Traore, Soumba</b>	16:34	16:12	86	Brown, Mandy	21:38	21:26
31	<b>Shutt, Isabelle</b>	17:02	16:25	87	Langenfeld, Hannah	21:43*	21:58
35	<b>Traore, Fanta</b>	17:32	16:59	88	Cox, Erin	21:43	21:34
				89	Dickson, Abby	21:48	
				90	Barrett, Grace	21:49	
				92	Carroll, Sashay	22:12*	
				93	Heath, Mikayla	22:15	22:26
				95	Gallegos, Rosie	22:18	21:30
				106	Nadareyshvili, Alexa	23:28	22:51
				108	Noack, Claire	24:13	26:17
				109	Kaldjian, Anna	24:43	23:51
				110	Durham, Sanoli	25:09*	
<b>Junior Varsity 2012</b>				LHawk			
3	<b>Rethwisch, Mary</b>	17:12	17:04				
4	Peterson, Sophie	17:39	16:56				
5	Abbate, Sara	17:40	17:12				
8	Burns, Sarah	17:43*					
10	Lewers, Riley	17:44	17:16				
11	Cornell, Laura	17:49	17:16				
12	Peterson, Olivia	17:51	17:26				
17	Wang, Juju	18:09	17:44				
18	Holman, Nora	18:09SB	18:16				
19	Verdick, Hailey	18:22	17:37				
21	Greimann, Emma	18:27	17:59				
28	Hoelscher, Leah	18:38	18:24				
29	Pujol, Sarah	18:42SB	18:53				
34	DeBoeck, Cecilia	18:59	18:33				
35	Benson, Ellie	19:02SB	19:07				
43	Peters, Oli	19:16	18:47				
47	Rutherford, Claire	19:26*	19:39				
48	O'Hara, Emma	19:31	18:43				
57	Apolonio, Blanca	20:08	19:23				
60	Traore, Aminata	20:17	19:53				
63	Alderson, Lauryn	20:26	18:52				
65	Hartley, Kara	20:35	19:59				
66	Reyes, Miranda	20:38	20:26				
73	Kealey, Emma	21:00*	21:12				

**BoldName=V.Credit**

**\*=PR SB=S. Best**

**Varsity**  
Solon 49  
**City High 63 35-8**  
NE Gooselake 70\*  
Williamsburg 70  
Mt. Vernon/Lisbon 104  
Clear Creek-Amana 161  
Cent Clinton-DeWitt 175

**51 runners**

**JV**  
**City High 30 26-1**  
Williamsburg 47  
Solon 55  
Cent. Clinton-DeWitt 121  
Mt. Vernon/Lisbon 150  
Clear Creek/Amana 164  
112 runners