

2016 Super Meet

Last night revealed that the program is on solid footing as a whole but we have work to do at the Varsity level. The Fresh/Soph competed well digging out of a hole early in the race and finishing strong taking the title. The JV had the most dominant effort of the night, from a team standpoint, scoring winning their race with only 33 points. The Varsity competed well but got caught back in the pack early in the race and had to use too much energy to get back and was beaten by two very good teams in Cedar Falls and Hempstead. The good news for the Varsity is that we will see the top 6 opponents (except West High) again at MVC next Thursday. We will need to be focused and prepared if we want to improve our standing there. The course last night, as in the Eastern Iowa Classic, ran fast. It was warmer for the Fresh/Soph race and the relative times were a bit slower but still filled with PRs and SBs.

PI	Varsity	2016	2015	EIC		Fresh Soph	2016	2015	EIC
10	Arch, Mary	18:51SB	18:52		4	Jones, Izzy	21:04SB	21:48	
14	Bywater, Emily	19:02*	19:40		5	Veit, Julia	21:06*		21:44
20	Lindower, Anna	19:13SB	19:35		7	Trom, Sophie	21:09*		21:59
24	Rummelhart, Annie	19:26*	22:20		9	Chapnick-Sorokin, P	21:18*	24:37	20:38
26	Brown, Bridget	19:27*	21:01		16	Carey, Morgan	21:25*	22:32	21:51
27	Brady, Esti	19:28*			19	Meurice, Naomi	21:44*	22:54	22:16
28	Brands, Kinzee	19:29*			30	Gidal, Lottie	22:02SB		22:38
PI	Junior Varsity	2016	2015	EIC	33	Parrott, Grace	22:25*		22:28
1	Morrow, Amelia	19:59*	20:10	21:21	47	Bounds, Mary	22:53		22:29
5	Hansen, Mollie	20:28SB	20:00	20:54	53	Pugh, Madeline	23:09*	24:13	23:31
8	Smith, Addy	20:39*		21:16	58	Gidal, Sylvia	23:20*		23:31
9	McCormick, Gabriel	20:44	21:09	20:07	64	Brown, Muriel	23:40*		24:12
10	Chadwick, Celeste	20:48	20:28	20:50	65	Sartini-Rideout, A	23:43*		24:27
17	Strang, Rachel	21:42*	23:13	22:08	69	Chadwick, Maya	23:57*		24:22
21	Denniston, Anna	21:52*	23:26	22:26	71	Hennager, Ella	24:01SB	24:31	25:16
38	Parrott, Lindsey	22:28	22:28	22:15	75	Marsh, Alex	24:17*		25:38
47	Swanson, Anna	22:52*			79	Traore, Saye	24:25*		24:58
70	Jennings, Michelle	23:25*		24:15	87	Mwenemkamba, A	24:52*		25:55
75	James, Bihotza	23:50*		24:36	88	Hansen, Isabel	24:57*		25:33
100	Meurice, Nova	24:46SB		25:31	96	Sarsfield, Liza	25:46		24:32
106	McGehee, Lucy	24:59SB	24:12	25:31	98	Damhorst, Drew	25:49	25:31	25:09
108	Lie, Sophie	25:08*	26:01	27:18	99	Corbin, Georgia	25:56		25:38
122	Ntihebuwayo, D	26:00*	30:52	27:31	100	Kaine, Aubryn	26:13		26:29
130	Bender, Lily	26:23SB	27:55	27:02	113	Hansen, Emma	28:36*		29:00
138	Lyons-Macatee, E	26:38SB	27:12	29:01	114	Taylor-Butcher, Nya	28:46*		31:10
148	Reineke, Jameson	27:01*		29:33					
157	Chen, Yan	28:19*		29:09					
158	Cooper, Emma	28:26							
127	Hartwig, Grace	31:14SB	30:58						
134	Kelly, Claire	32:31	31:44	32:02					
137	Hefley, Kayla	35:11	34:41	33:45					
172	Nguyen, Binh	41:37*							

Bold Print=Varsity Credit, *=personal record SB=Season's Best

Varsity: (67-12)

Cedar Falls 59, Hempstead 89, **CHS 94**, West 104, Senior 119, (8 other teams, 88 runners)

Junior Varsity: (53-8)

CHS 33, Cedar Falls 63, Hempstead 76, Senior 107, Kennedy 145, (8 other teams, 186 runners)

Fresh/Soph (28-1)

CHS 41, Hempstead 55, Cedar Falls 57, Senior 67, Linn-Mar 167, (4 other teams, 125 runners)