

2012 Super Meet

Super Meet certainly lived up to its title yesterday. It wasn't a day or a course made for PRs (although there were a few) but champions are not defined by their times, but by their effort. On a windy autumn day in Cedar Falls we competed like champions. A year ago our Fresh/Soph finished a distant 5th more than 100 points out of first. Yesterday we were a close third without one of our top freshman runners. Our Junior Varsity defended their title as expected, and the Varsity gave a demonstration of what team work can do—everyone making great contributions as the race progressed and in the end packing the five scorers in a narrow 8 second spread. We gained confidence at Birdsall Park. Enjoy the moment while understanding more championship efforts will be required as the competition will be just as fierce next three weeks. Keep up the good work girls!

PI	Varsity	2012 Super	2011 Super	2010 Super	PI	Junior Varsity	2012 Super	2011 Super	2010 Super
13	Carman, Ellen	15:28	16:05	15:29	3	Mendenhall, Kate	16:29	16:47	17:08
14	Bruns, Lindsey	15:29	15:25	16:34	4	Perez, Terra	16:35	16:10	17:06
15	Shepherd, Molly	15:34	18:02		6	Perret, Daniela	16:37	17:33	17:58
16	Bruns, Courtney	15:36		15:40	10	Traore, Soumba	16:44	17:31	18:22
17	Sammons, Morgan	15:36			16	Abatte, Sara	17:12		
34	Taffa, Sonora	16:06	17:41		21	Rethwisch, Mary	17:20	17:40	18:17
53	Siglin, Allison	16:38	15:57	16:47	30	Peterson, Sophie	17:36	16:55	
	Fresh/Soph				48	Hoelscher, Leah	18:09	20:07	19:36
2	Thompson, Stella	16:13	17:42		54	Holman, Nora	18:18	18:46	19:20
5	Traore, Fanta	16:56			57	Greimann, Emma	18:22	18:34	19:34
11	Shutt, Izzy	17:06			69	Cabbage, Micah	18:58	17:49	
21	Peterson, Olivia	17:28	18:04		93	DeBoeck, Cecilia	19:25		
31	Lewers, Riley	17:49			94	Benson, Ellie	19:25	19:45	19:33
33	Parrott, Olivia	17:52			105	Alderson, Lauryn	19:38		
43	Cornell, Laura	18:14			107	Coelho, Liliana	19:41	20:44	21:06
47	Verdick, Hailey	18:20			120	Miller, Aspen	19:59	22:00	
52	Rutherford, Claire	18:31*			125	Apolonio, Blanca	20:06	23:26	
71	Traore, Aminata	19:13*			128	Reyes, Miranda	20:15	24:49	25:45
73	O'Hara, Emma	19:13	18:58		131	Hartley, Kara	20:19	22:15	22:58
94	Goodman, Lucy	20:19	20:19		135	Waikel, Hannah	20:26*		
95	Carroll, Sashay	20:20*			138	Clemons, Ana	20:32	23:18	
96	Carey, Hannah	20:24	24:36		150	Kelly, Mary	20:57	23:21	21:20
99	Brown, Mandy	20:32			155	Nosted, Anette	21:14		
107	Dickson, Abby	20:46			171	Nadareyshvili, Sasha	21:55*	24:29	
112	Kealey, Emma	21:09			176	Heath, Mikayla	22:20		
120	Cox, Erin	21:39			178	Gore, Brianna	22:40SB	22:07	
121	Gallegos, Rosie	21:40	23:12		180	Langenfeld, Hannah	23:02		
123	Noack, Claire	21:51							
126	Barrett, Grace	22:02							
131	Durham, Sanoli	23:45*							
133	Kaldjian, Anna	24:36							

Bold Name= VarsityCredit

***=Personal Record**

SB=Season's Best

Varsity (57-10) Linn-Mar 65, **CHS 75**, Kennedy 77, West 79, Cedar Falls 107, Senior 139, CR Jeff 256, Wahlert 258, Xavier 258 Waterloo West 260, Hempstead 289, Washington 301, Prairie 333, W East 450 (96 runners)

Jun. Varsity (49-1) **CHS 39**, Senior 50, Kennedy 66, Linn-Mar 124, West 129, Xavier 186, Cedar Falls 197, Wahlert 31, CR Wash 260, Waterloo West 266, Hempstead 351, Prairie 365, CR Jeff 369 (184 runners)

Fresh/Soph (27-3) Senior 53, Cedar Falls 66, **CHS 70**, Linn-Mar 88, West 114, Wahlert 134, Prairie 191, Xavier 209, Hempstead 221, Kennedy 305, CR Wash 332 (136 runners)