

Cedar Rapids Invitational 2009

It was a faster newly mown Noelridge and all three squads sped to victory. There was plenty of competition in all the races but you were prepared and ran strong, smart races. Congratulations to Anna for her individual triumph in the JV race. Had two Varsity girls from other teams not competed in the F/S race Jordan would also had a crown. You can see the comparison to a year ago. We can be very proud of the Varsity's hard fought win over West but you can count on the Trojans to come back at Super with fire in their eyes. More hard preparation lays ahead girls if the best is yet to come!!

Varsity				2009	2008	2007	2006	Junior Varsity				2009	2008	2007	2006
4	Rethwisch, Rebecca	14:53	15:53	16:16		1	Bruns, Anna	16:23SB	16:41						
6	Danielson, Erin	15:15				3	Fuller, Ashley	16:31							
9	Fagan, Emily	15:22	16:00	16:04	16:31	5	Hudachek, Danielle	16:52SB	17:31	19:02					
10	Richardson, Meg	15:22	18:25			8	Opheim, Britney	17:14SB	17:58	18:19					
12	Holman, Melanie	15:25	16:13	16:54		11	Mahaffa, Maggie	17:17	18:58	26:47					
11	Stephenson, Jill	15:27*	17:11			16	Shinnick-Gordon, Izzy	17:31	17:43	17:50	19:37				
24	Cassie White	15:54	16:27	16:16	16:19	21	Lines, Lori	17:45SB	18:34						
Fresh/Soph															
3	Sullivan, Jordan	16:28SB	17:34			26	Aggassandian, Alice	18:06SB	18:41	20:43					
5	Bruns, Courtney	16:43				31	Wolf, Taylor	18:16SB	18:30						
6	Beasley, Harper	16:51	17:37			34	Bodnarek, Kennedy	18:18SB	18:54						
7	Langenfeld, Katie	16:55SB	16:47			35	Peterson, Breanne	18:18*	19:16						
10	Tamerius, Alexandra	17:00*				36	Sharp, Mary	18:19*							
15	Bruns, Lindsey	17:19				46	Wilkinson, Ashley	18:34SB	19:25	19:40	20:56				
32	Aguilar-Rosales, Yorik	17:59*	18:54			47	Sotelo, Emily	18:34SB	18:57						
37	Baker, Sarah	18:03*				49	Howard, Susana	18:37SB	19:15	18:52					
43	Siglin, Allison	18:11*				64	Laughlin, Erin	18:57							
50	Klabo, Hailey	18:46	19:48			75	Abrams, Abby	19:12SB	16:51	18:48					
55	Holman, Nora	18:49				115	Mead, Mackenzie	20:08	19:21	23:12					
66	Pantel, Cassie	19:06	18:15			145	Myers, Claire	20:45	25:04						
103	Powell-Littler, Molly	20:15*				161	Kroeze, Chelsea	21:08*							
115	Mendenhall, Kate	20:30*				177	Razavi, Nadia	21:17	23:19						
120	Hollander, Ana	20:38*				171	Graves, Susan	21:15	22:32	23:02					
123	Lubecki-Wilde, Francesca	20:43				165	Mendoza, Emily	21:10*							
125	Kealy, Ellen	20:44SB	21:33			167	Heasley, Elizabeth	21:12SB	22:27						
126	Schumm, Magill	20:46	22:15			174	Titus, Katie	21:16SB	21:57	22:25					
134	Peterson, Sophia	21:05*				217	Sierra, Coady	22:53SB		22:18	22:42				
154	Vanderwoude, Katie	22:00	20:40			221	Triplett, Elizabeth	23:10SB	23:20	20:18	20:35				
175	Hartley, Kara	23:16SB				222	Siegfried, Hannah	23:13SB	25:03	26:47					
197	Gerard, Amanda	26:39*				223	Grueskin, Zoe	23:16*							
						243	Reyes, Stephanie	25:15*	27:54						

Bold Red=Varsity Credit

***=PR SB=SeasonBest**

Varsity (30-0)

CHS 40

West 69

LinnMar 115 PV 133

13 others, 126 runners

Junior Varsity (26-0)

CHS 28

PV 74 West 75

CR Prairie 112

12 others, 257 runners

Fresh/Soph (24-1)

CHS 32

Bett81 West 94

Xavier 142 Wahlert 156

10 others, 199 runners

