

## District State Qualifying Meet

University of Iowa Ashton XC Course

10/19/19

72 degrees, sunny, light breeze

5k

<b>10</b>	<b>Amelia Morrow</b>	<b>19:59</b>
<b>16</b>	<b>Esti Brady</b>	<b>20:22</b>
<b>17</b>	<b>Kinsee Brands</b>	<b>20:23</b>
<b>19</b>	<b>Annalise Rummelhart</b>	<b>20:34</b>
<b>20</b>	<b>Bridget Brown</b>	<b>20:42</b>
<b>23</b>	<b>Aly Hecker</b>	<b>20:47</b>
<b>24</b>	<b>Anna Lindower</b>	<b>20:52</b>

### Team Scores

- |   |                      |                          |
|---|----------------------|--------------------------|
| 1. IC West - 29                         | 4. North Scott - 106 | 7. CR Washington - 174   |
| 2. Cedar Falls - 64                     | 5. CR Prairie - 117  | 8. Western Dubuque - 228 |
| 3. <b>City High - 82</b> (record 73-26) | 6. Muscatine - 146   | 9. Waterloo - 283        |

TICKETS. PUNCHED. TO. STATE.

This was a true team effort. All seven runners finished before every team's sixth and seventh runner, that placed ahead of us as a team. We had been beaten by Prairie last week and North Scott could have easily been right there in the mix last week. All seven runners were before NS's fourth runner and Prairie's third runner. Every single runner on this team, made important pushes in the race, and patient decisions.

It's 30 years of continuing a tradition that the many young women of City High teams have been a part of. It was also a special team of girls on this 2017 squad that made commitments to themselves and their teammates to carry out a race that started controlled, allowed them to engulf other runners and team packs and then make decisive, passionate actions.

Your weary bodies and big smiles on the other side of the finish line were as memorable, as the hugs and tears from your teammates from our entire Freshmen through Senior squad that came to cheer you on. Thank you to all the families, friends, teammates and community members that made this night so special.

City High Women's XC Team, Congratulations. You are going to State. Your continued focus, passion and synergy with each other will be important in continuing your training before an exciting race in Fort Dodge next Saturday.

*- On Your Wind, Do I Fly -*