

Heartland Classic
 Central College XC Course
 5000m
 9/16/23
 75 degrees, sunny, 80% humidity

Place	VARSITY	Time	Grade
3	Ani Wedemeyer*	19:00	11
5	Abigail Burns	19:21	10
32	Grace Hamann	20:33	9
48	Claire Locher	20:53	10
58	Nicole Peterson	21:08	11
87	Madeline Fischer	21:58	9
92	Nina Kuhlmann	22:18	11
Place	JUNIOR VARSITY	Time	Grade
14	Josie LeClair	22:00	11
19	Nina Peterson*	22:09	11
23	Sophia Romero	22:24	12
34	Elim Michael	23:00	11
64	Nina Torkelson	24:05	12
115	Nora Ziehr	25:57	11
135	Rachel Matel*	27:11	11
150	Ava Brewer	27:55	12
160	Noe Richman	28:52	11
181	Maya Hoffman	31:03	11
Place	FRESH/SOPH	Time	Grade
1	Naomi Downing-Sherer	20:44	9
4	Lucy Sherburne	21:12	9
9	Ella Romero	21:55	9
10	Elizabeth Asklof	22:22	10
12	Brooklyn Riley-Poma	22:37	9
15	Alma Bhandary-Narayanan	22:43	10
17	Addi Schultes	22:47	10
18	Addison Klein	22:59	9
23	Nadia Spragg	23:43	9
24	Katiya Ellermeier	23:53	10

28	Martha Willard	24:30	9
34	Maddie Gunderson	26:49	10
40	Harper Bailey	28:58	10
42	Liz Degner*	29:26	10
43	Elise Good	29:32	9
45	Avery Nace	31:27	9

~On Your Wind, Do I Fly~

Highlighted name = PR (personal record)

* = SB (season best time)

Varsity race had 137 finishers, JV race had 197 finishers

F/S race had 46 finishers

Team Scores

Varsity

1. Millard West (NE) - 71
2. Dallas Center-Grimes - 75
3. Pella - 97
4. Waukee - 133
5. City High - 146
6. Gilbert - 173
7. Sioux Falls Lincoln (SD) - 200
8. Lincoln Southwest (NE) - 224
9. Waukee Northwest - 244
10. Gardner Edgeton (KS) - 290
11. Cedar Rapids Prairie - 308
12. Fremont (NE) - 330
13. ADM - 334
14. Southeast Polk - 347
15. Linn Mar - 360
16. Ballard - 383
17. Pekin - 437
18. Ottumwa - 508
19. Norwalk - 511
20. North Polk - 606
21. Des Moines Lincoln - 635

JV

1. Millard West (NE) - 31
2. Sioux Falls Lincoln (SD) - 49
3. Dallas Center-Grimes - 89
4. Pella - 109
5. Waukee - 133
6. City High - 148
7. Gilbert - 163
8. Waukee Northwest - 184
9. Linn Mar - 264
10. Gardner Edgeton (KS) - 310
11. Norwalk - 310
12. Cedar Rapids Prairie - 318
13. ADM - 321
14. Pekin - 435
15. North Polk - 470

Fresh/Soph

1. City High - 25
2. North Polk - 55
3. Linn Mar - 62
4. Cedar Rapids Prairie - 91

Season Record

Varsity: 62-9

JV: 30-7

F/S: 9-1

Congratulations to our Varsity Medalists

Ani Wedemeyer

Abigail Burns

Congratulations to our Fresh/Soph Medalists

Naomi Downing-Sherer

Lucy Sherburne

Ella Romero

Elizabeth Asklof

*Ani Wedemeyer is #1 all-time at City High on the Central College XC course

*Abigail Burns is #2 all-time at City High on the Central College XC course

*Grace Hamann is #6 all-time at City High on the Central College XC course

*Claire Locher is #7 all-time at City High on the Central College XC course

*Nicole Peterson is #8 all-time at City High on the Central College XC course

*Naomi Downing-Sherer is now #1 JV/FS all-time at City High on the Central College XC Course

*Lucy Sherburne is now #2 JV/FS all-time at City High on the Central College XC Course