

Heartland Classic
9/21/19
5000 meters
70 degrees, steady rain, muddy conditions

P	Athlete	Yr	Time
	VARSITY		
15	Rowan Boulter	10	19:47
31	Lilly Reynolds	11	20:19
46	Iris Wedemeyer	9	20:36
86	Erin Anderson	9	21:27
97	Jordan Sekafetz*	11	21:34
98	Natalie Kuhlmann	9	21:35
103	Tatum Frazier*	10	21:40
107	Sydney Wilkes	9	21:42
121	Esti Brady*	12	21:59
152	Julia Veit	12	22:47
	F/S & JV		
5	CeCe Kelly-Harvey*	11	21:31
9	Eva Reynolds	9	21:51
12	Avery Schultes	9	21:54
13	Jae Dancer*	11	21:55
20	Mary Bounds	12	22:27
32	Annika Veit	10	23:24
37	Grace Parrott*	12	23:36
76	Sylvia Gidal*	12	24:29
77	Cora Becker*	10	24:32
96	Jennie Gidal	9	24:45
110	Annika Harvey	9	25:17
118	Haileigh Steffen*	10	25:24
121	Jazzy Phonphiboun	9	25:29
135	Ashley Sheehan	11	25:49
136	Bella Skay	9	25:49

145	Kate Wolfe*	11	26:06
154	Rachel Tornblom	10	26:19
155	Jordan DuBrava	12	26:30
159	Sophie Trom*	12	26:32
173	Melanie Tran-Duong*	11	27:03
191	Georgia Corbin*	12	27:30
199	Gracie Genkinger	9	27:37
219	Sophia Friton	11	28:03
238	Mae Barron*	10	28:48
243	Lucie Brennan	11	29:01
244	Madelyn Hellwig*	11	29:08
249	Ana Laura Leyser	10	29:12
251	Madilyn Vitti*	10	29:27
267	Wendy Buchanan	9	30:36
276	Alex Marsh*	12	32:13
281	Deborah Pongo	9	32:33
284	Keiko Radley	10	33:08
287	Julianne Drum	9	33:59
293	Lydia Karr	10	38:26
297	Keonna Earl	12	42:09

299 runners in F/S & JV race, 200 runners in Varsity race
*= Season Best

Highlighted Name = PR (personal record)

16 PR's

17 Season Best

We competed extremely hard today against some of the best teams in the midwest! We didn't seem fazed by the conditions, and it was fun to watch you all warmup with a giddy focus, excited about racing! There are many team members that help set this tone, and that is one special thing about the 2019 team! The F/S & JV squads started us off in a spirited fashion. We were strong from the gun, racing confidently to put ourselves in a good position in the first 1000 meters. We had all scorers in the top 20, and fell short of Waukee, but competed hard for the win. We beat Johnston by 27 points, and they are a strong program at all levels, just like we are. Very cool things to build from and we will get faster as we progress through the training. The varsity squad was more patient at the start, and had to work really hard to get to their spots, but we raced a full 5000 meters and it paid off for us. We beat three teams that were ranked ahead of us going into the meet, and we did it in convincing fashion! Prairie was ranked 6th, and we beat them by 98 points. We keep getting better with each day, workout, and race. We haven't raced in two weeks, but the hard work between races paid off. We also have some team members stepping up into big roles and working so hard to score for the team! That is a testament to the athletes on the team for coming to practice with a great growth mindset. We are so excited to go to Dubuque this Thursday and compete against some other ranked teams. Way to race today Little Hawks! It was fun!

-On Your Wind, Do I Fly-

Team Scores

Varsity

1. Fremont (NE) - 124
2. Johnston - 139
3. Papillion LaVista South (NE) - 145
4. Waukee - 160
5. Dallas Center-Grimes - 195
6. Ballard - 196
7. Lincoln SW (NE) - 209
8. Linn Mar - 215
9. SE Polk - 223
10. **City High - 275** (record 21-11)
11. St. James Academy (KS) - 337
12. CR Prairie - 373
13. DM Roosevelt - 377
14. Omaha Marian (NE) - 387
15. Dowling Catholic - 400
16. Millard West (NE) - 403
17. Gretna (NE) - 439
18. Shawnee Mission South (KS) - 480
19. Sioux City North - 487
20. Shawnee Mission NW (KS) - 502
21. Ames - 543
22. DVPT Assumption - 547
23. Pella - 582
24. Marshalltown - 652
25. Lee's Summit (MO) - 737

F/S & JV combined

1. Waukee - 31
2. **City High - 59** (record 17-5)
3. Johnston - 86
4. Davis County - 114
5. Omaha Marian (NE) - 146
6. St. James Academy (KS) - 162
7. DM Roosevelt - 239
8. Carlisle - 244
9. Dowling Catholic - 245
10. CR Prairie - 251
11. Linn Mar - 291
12. Marshalltown - 365
13. Lee's Summit (MO) - 418
14. Sioux City North - 431
15. Hermitage (MO) - 468