

Heartland Classic

9/16/17

80 degrees/periods of rain

P	Athlete	Time
Varsity		
25	Esti Brady	20:28
51	Kinsee Brands	20:54
54	Amelia Morrow	20:57
56	Anna Lindower	20:58
65	Bridget Brown	21:06
66	Aly Hecker	21:07
113	Gabriel McCormick	21:47
JV 1		
1	Annie Rummelhart	21:00
5	Janie Perrill	21:50
17	Julia Veit	22:29
20	Janet Nyamboneka	22:32
21	Naomi Meurice	22:32
29	Jae Dancer	22:47
32	Rachel Strang	22:52
34	CeCe Kelly-Harvey	22:52
49	Grace Parrott	23:30
51	Paige Rocca	23:44
73	Addy Smith	24:27
JV 2		
2	Jordan Sekafetz*	22:48
5	Lilly Reynolds	23:04
11	Natalie Green	23:32
13	Maya Warren	23:34
16	Paris Fuller*	23:50
20	Sarah Nunez*	24:07
22	Anna Denniston	24:15

26	Ashley Sheehan	24:16
27	Mary Bounds	24:17
33	Harper Denniston*	24:37
34	Nia Washington	24:40
44	Maya Djalali-Gomez	24:56
61	Alex Marsh	25:17
64	Anastasia Mwenemkamba	25:20
65	Olivia DeNeice	25:21
67	Georgia Corbin	25:22
72	Ana Koch*	25:31
79	Kate Wolfe	25:39
91	Caleigh Stanier	26:04
92	Ana Van Beek	26:05
104	Madeline Pugh	26:21
106	Emma Clark	26:22
118	Phoebe Chapnik-Sorokin	26:35
123	Lindsey Parrott	26:42
131	Zoe Meaney	26:48
156	Zoe Hellberg	27:30
166	Megan Kuennen	27:39
167	Sophia Friton	27:39
176	Bihotza James	27:48
195	Drew Damhorst	28:19
201	Saye Traore	28:25
227	Sofie Knudsen	28:54
228	Sonja Liebig	28:57
230	Hazel Myers	29:03
234	Shawna O'Malley	29:20
236	Lucie Brennan	29:24
238	Paula Mompio	29:27

251	Virginia Muturi	29:50
252	Madelyn Hellwig	29:52
265	Katherine Geerdes*	31:03
270	Serena Collins	31:15
291	Jameson Reineke	33:33
300	Harley Werderitsch*	35:31
301	Emma Hartwig	36:26
303	Binh Nguyen	37:10
306	Claire Kelly	38:37
307	Molly Brennan	39:32
308	Kayla Hefley	39:35

Team Scores**Varsity**

Johnston - 108

Dowling Catholic - 119

IC West - 123

Lincoln SW (NE) - 184

Waukee - 201

City High - 251 Record (53-14)

St. Thomas Aquinas (MO) - 268

DM Roosevelt - 273

18 other teams

185 total Racers

JV 1

Waukee - 46

Johnston - 52

City High - 64

Dowling Catholic - 91

Ankeny Centennial - 119

9 other teams

126 total racers

JV 2

Ankeny Centennial - 36

City High - 47

Johnston - 81

Waukee - 98

11 other teams

309 total racers

This is always a fun meet, but it is a challenging meet. The challenge lies in the competition, the course, and the long travel. Many of you handled it very well, and took advantage of the opportunity to race some of the best teams/individuals in the midwest. The JV 2 race gave us an opportunity to have some of our younger athletes feel the “front of the pack” and you took advantage of it. We hope it gives you confidence in your abilities. We saw some gritty, aggressive racing, and your overall team score showed. We finished only 11 points behind the champion and we should take positives from that! The JV 1 team also ran a very gritty race. We had the front runner (congrats Annie!) and the rest of the pack moved up well during the race. Your team also got out aggressive and took advantage of the course and held your place when it mattered the most. We were only 18 points behind the champion and good things continue to happen for this group! The varsity race forces you to go out more aggressive than you have all season. This is good practice for important meets when your place is more important than your time. If you get lost in the mass of racers, it makes it very difficult to move up and be aware of where you are in the race. This is always a learning experience. At this meet a year ago, we finished 6th as a team. We stayed patient with the training, kept positive about the direction we wanted to go and it paid off. Our goal should be to have fun with the experiences we’ve learned and the challenges that lie ahead. We are a special, deep, and talented team. We will continue to improve...let’s have fun with it!

-On Your Wind, Do I Fly-