

2015 Heartland Classic

This meet provided us with great experience. We got to face tremendous competition, similar to that we got we used to see at Griak in the Twin Cities. The added advantage to this meet is that we were able to give our JV the opportunity to run in a vast competitive field that truly challenged us. This proves important as our need to close the gap between our first 3 and next 4 at the varsity level hasn't changed. But the push from the JV team was great and continues to give me great hopes for our future. Many of you ran PRs on a course that was slower than Noelridge and given that there was a lot of weaving involved around the masses of runners. Challenge yourselves in the hard workouts this week so that you can take the another step forward to be the best you can be!

Varsity		2015	CRI			2015	CRI
8	Arch, Mary	19:34	18:55*	242	McGehee, Lucy	25:40	24:52*
21	Bywater, Emily	20:21	19:46*	258	Sadawasser, Rose	25:59	25:25*
23	Lindower, Anna	20:22	19:50*	260	teDuits, Izzi	26:00	25:31*
67	Hansen, Mollie	21:09*	21:30*	264	Damhorst, Drew	26:04	25:29*
106	Hecker, Aly	21:57*	21:29*	265	Robertson, Amaya	26:05	25:22*
133	Chadwick, Celeste	22:38	20:51*	267	Green, Merryl	26:06	26:27*
148	Morrow, Amelia	23:16	20:51*	272	Chapnick-Sorokin, S	26:10	25:15*
	Junior Varsity			283	Canin, Ayla	26:21*	26:29*
6	Jones, Izzy	21:42*	22:09	286	Meurice, Nova	26:23	25:41*
30	Parrot, Olivia	22:27	21:58*	301	O'Malley, Shawna	26:33	25:12*
36	Verdick, Hailey	22:32	21:34*	304	Hennager, Ella	26:36	26:29*
43	McCormick, Gabriel	22:38		306	Chapnick-Sorokin, P	26:37*	26:52*
53	Rummelhart, Annie	23:02*	23:04	338	Goss, Mackenzie	27:10*	27:19*
54	Cornell, Laura	23:04	22:32*	341	Swanson, Anna	27:15	25:36*
55	Shutt, Izzy	23:04	22:00*	353	Bouska, Katherine	27:26	26:54*
66	Traore, Fanta	23:16	22:40*	368	Lie, Sofie	27:35	26:22*
73	Parrott, Lindsey	23:21	23:24*	375	Dickson, Abby	27:50	26:28*
75	Carey, Morgan	23:24*	23:32*	385	McDonough, Abby	28:06	
81	Brands, Madigan	23:32*	23:32*	395	Noack, Claire	28:16	24:37*
78	Lewers, Riley	23:43	22:41*	397	Coelho, Julia	28:20*	29:59*
99	Gidal, Lottie	23:47	23:37*	418	Lyons-Macatee, Elena	28:57	26:54*
113	Nyamboneka, Janet	23:59*		463	Durham, Sonali	30:30	29:22*
132	Strang, Rachel	24:07	23:30*	486	Durham, Maya	31:32*	34:28*
152	Denniston, Anna	24:26*	25:38*	505	Collins, Serena	32:54	33:10*
153	Meurice, Nova	24:27*		509	Ntihebuwayo, Dancile	33:19	30:31*
162	McMahon, Delaney	24:37*	24:47*	518	Hartwig, Grace	34:28	33:36*
176	Pugh, Madeline	24:45*		531	Kelly, Claire	37:42	38:05
202	Miller, Zoe	25:06	24:44*	533	Hartwig, Emma	38:06*	39:18*
240	Thomas, Charlotte	25:39	24:37*				

Bold Name=Varsity Credit *=Personal Record

I estimate that the course ran about 35-45 seconds slower than Noelridge for those running under 26 minutes, 45-60 for those running 26 -36.

Varsity (44-17): West 92, Johnston 110, Bettendorf 121, Lincoln SD 159, PV 161, Waukee 183, **CHS 225**, Ames 234, Hopkins MN 261, Linn-Mar 272, 15 others up to 820 pts. (170 ran)

Junior Varsity (39-8): Waukee 66, Johnston 136, Shawnee Mission 142, Dowling 144, PV 147, **CHS 168**, Linn-Mar 189, West 190, Hopkins 198 and 11 others up to 656 pts (535 ran)