

Heartland Classic
9/15/18
97 degrees heat index

P	Athlete	Yr	Time
VARSITY			
22	Rowan Boulter	9	20:28
44	Esti Brady	11	21:11
74	Janie Perrill	10	21:44
85	Jae Dancer	10	22:08
96	Lilly Reynolds	10	22:22
108	Anna Lindower	12	22:41
126	Mary Bounds	11	23:18
167	Naomi Meurice	12	24:28
JV			
13	Julianne Berry-Stoelzle*	10	22:43
19	Lucy Corbin	9	23:03
23	Maya Warren	10	23:13
25	Julia Veit	11	23:20
31	Isabel Jones	12	23:43
41	Liza Sarsfield	12	24:04
44	Grace Parrott*	11	24:06
60	Kenna Prottzman*	9	24:23
61	Lottie Gidal	12	24:23
72	Annika Veit	9	24:39
78	Caroline Schaeckenbach	11	24:50
94	Sylvia Gidal	11	25:19
109	Ella Hennager	12	25:36
111	Harper Denniston*	10	25:37
113	Zoe Meaney	10	25:40
126	Sophia Friton	10	26:01
134	Phoebe Chapnik-Sorokin	12	26:32
150	Adri McCall	12	26:46

156	Cora Becker	9	26:58
164	Keiko Radley	9	27:06
165	Zoe Hellberg	10	27:06
168	Nathalie Nunez	9	27:15
193	Alex Marsh	11	27:50
200	Melanie Tran-Duong*	10	27:57
205	Georgia Corbin	11	28:05
217	Sonja Liebig*	10	28:30
233	Lucie Brennan*	10	28:54
241	Averi Loria	9	29:25
246	Kate Wolfe	10	29:37
248	Aubryn Kaine	11	29:40
258	Ana Koch	10	30:02
264	Katherine Geerdes	10	30:24
275	Kathia Rosario-Cruz	9	31:18
278	Rachel Tornblom	9	31:23
290	Shawna O'Malley	12	31:50
305	Mae Barron	9	33:24
320	Julia Weiner*	10	35:35

205 runners in Varsity race, 336 runners in JV race

*= Season Best

Bold Name = PR (personal record)

Team Scores (Varsity)

1. Johnston - 94
2. Waukee - 101
3. SE Polk - 112
4. Fremont (NE) - 148
5. Lincoln SW (NE) - 204
6. IC West - 214
7. Papillion-LaVista (NE) - 247
8. Dowling - 251
9. WDM Valley - 282
10. SF Lincoln (SD) - 289
11. DM Roosevelt - 290
12. **City High - 321** (Record 41-14)
- 13 other teams

Team Scores (JV)

1. Johnston - 21
 2. Waukee - 48
 3. **City High - 111** (Record 32-3)
- 12 other teams

The weather has thrown everything it possibly can at us this season, and our team has had to adapt to many different situations. We are growing stronger because of this, and it was amazing watching so many City High XC racers do their best in the scorching heat today! The JV team got us started this morning with a spirited performance. We had five up close to the front early and pushed Johnston and Waukee. We weren't at full strength due to racing 10 in the varsity, and some illness on the team.

The varsity team beat Prairie today, one week after they beat us at Luther. This was a positive result in such a highly competitive team race. There are some very talented Iowa teams right now, and it should bring out the best in us! There were points in the race where we looked strong, and ready to make decisive moves throughout the race. As we go through the training and more racing, these moves will become more instinctual. Keep learning from every step of your runs, workouts, and races! This entire team is ready for some great performances in the last half of the season!

-On Your Wind, Do I Fly-