

Hillcrest Academy Invitational

5000m

8/29/23

88 degrees, steady wind

Place	VARSITY	Time	Grade
1	Ani Wedemeyer	20:35	11
2	Abigail Burns	20:52	10
4	Claire Locher	21:53	10
5	Grace Hamann	22:22	9
6	Nicole Peterson	22:27	11
7	Lucy Sherburne	23:31	9
8	Elizabeth Asklof	23:51	10
Place	JUNIOR VARSITY	Time	Grade
1	Naomi Downing-Sherer	22:17	9
2	Josie LeClair	23:21	11
3	Sophia Romero	23:30	12
4	Nina Peterson	23:44	11
5	Ella Romero	23:53	9
6	Alma Bhandary-Narayanan	24:01	10
7	Nina Kuhlmann	24:32	11
8	Addi Schultes	24:33	10
9	Katiya Ellermeier	24:36	10
10	Madeline Fischer	24:39	9
11	Nadia Spragg	24:48	9
12	Brooklyn Riley-Poma	24:53	9
13	Addison Klein	24:57	9
14	Ashley Bentler	25:10	12
15	Elim Michael	25:59	11
16	Caitlyn Harrison	26:14	10
17	Willow Schultz	26:42	9
18	Nina Torkelson	26:55	12
19	Martha Willard	26:57	9
21	Nora Ziehr	27:54	11
22	Jolie Evans	28:41	9
23	Lilliana Haverhals	28:52	9

24	Noe Richman	29:10	11
26	Cassie Swisher	30:34	9
28	Ava Brewer	31:33	12
29	Joanna Galluzzo	31:43	11
30	Maddie Gunderson	31:48	10
31	Harper Bailey	32:58	10
32	Ada Gilchrist	34:19	12
33	Liz Degner	34:26	10
35	Amari Casto	35:44	9
36	Joelle Haas	35:53	12
38	Avery Nace	36:34	9
39	Ania Naso	37:21	11
45	Maya Hoffman	38:55	11
48	Evelyn Powers	52:20	12

~On Your Wind, Do I Fly~

Highlighted name = PR (personal record)

Varsity race had 39 runners

JV race had 48 runners

#### Team Scores

##### Varsity

1. City High - 15
2. English Valleys - 52
3. Wapello - 85
4. Cedar Rapids Jefferson - 90

##### JV

1. City High - 15
2. Cedar Rapids Jefferson - 50

#### Season Record

Varsity: 3-0

JV: 1-0

#### Time improvements for returning Little Hawks from Hillcrest 2022 to 2023

Wedemeyer - 23 sec

Burns - 3 min 23 sec

Locher - 2 min 12 sec

Nicole P - 8 sec

LeClair - 5 min 12 sec

Sophia R - 24 sec

Bhandary-Narayanan - 3 min

Richman - 3 min 42 sec

Bailey - 1 min 15 sec