

IMS Invitational  
8/29/17  
75 degrees & Calm

<b>Varsity</b>		
P	Athlete	Time
1	Amelia Morrow*	20:15
2	Kinsee Brands*	20:18
3	Aly Hecker*	20:38
4	Anna Lindower*	20:42
5	Esti Brady*	20:47
6	Gabriel McCormick*	21:03
7	Annalise Rummelhart*	21:26
<b>JV</b>		
P	Athlete	Time
1	Bridget Brown*	21:08
2	Naomi Meurice*	21:55
3	Julia Veit*	21:57
4	Isabel Jones*	21:59
5	Janie Perrill*	22:06
6	Rachel Strang*	22:35
8	Grace Parrott*	22:55
9	Addy Smith*	23:08
10	Mary Bounds*	23:18
11	Jae Dancer*	23:36
12	Anna Denniston*	23:38
13	Jordan Sekafetz*	24:03
14	Lilly Reynolds*	24:05
15	Azzurra Sartini-Rideout*	24:11
16	Natalie Green*	24:19
17	Liza Sarsfield*	24:20
18	Maya Warren*	24:23
19	Julianne Berry-Stoelzle*	24:24

P	Athlete	Time
20	CeCe Kelly-Harvey*	24:28
21	Nia Washington*	24:31
22	Zoe Meaney*	24:36
23	Saye Traore*	24:41
24	Sarah Nunez*	24:43
25	Lottie Gidal*	24:44
26	Olivia DeNeice*	24:45
27	Ella Hennager*	25:02
28	Ashley Sheehan*	25:03
29	Alex Marsh*	25:10
30	Paige Rocca*	25:40
31	Paris Fuller*	25:46
32	Bihotza James*	25:48
33	Harper Denniston*	25:50
34	Anastasia Mwenemkamba*	25:51
35	Drew Damhorst*	25:52
36	Madeline Pugh*	25:56
37	Sydney Fellows*	25:57
38	Maya Djalali-Gomez*	26:00
40	Sylvia Gidal*	26:09
41	Emma Clark*	26:11
44	Phoebe Chapnik-Sorokin*	26:34
46	Lilly Bender*	26:50
48	Aubryn Kaine*	26:55
49	Zoe Hellberg*	26:55
50	Georgia Corbin*	26:55
51	Kate Wolfe*	27:18
52	Shawna O'Malley*	27:23
55	Muriel Brown*	27:35

P	Athlete	Time
56	Jameson Reineke*	27:36
57	Ana Koch*	27:38
59	Paula Mompio*	27:41
60	Hazel Myers*	27:42
65	Caleigh Stanier*	28:09
66	Ana Van Beek*	28:10
67	Sophia Friton*	28:11
68	Melanie Tran-Duong*	28:20
69	Virginia Muturi*	28:40
70	Megan Kuennen*	28:46
71	Madelyn Hellwig*	28:53
74	Madigan Wallace*	29:18
79	Lucie Brennan*	29:57
81	Serena Collins*	30:09
84	Elise Lanternier*	31:42
86	Sonja Liebig*	32:03
88	Claire Kelly*	33:56
89	Emma Hartwig*	34:15
90	Binh Nguyen*	34:20
91	Molly Brennan*	34:48
96	Hanna Turnquist*	35:57
97	Harley Werderitsch*	36:24
100	Riem Hassan*	37:11
102	Emily Bender*	37:34
103	Katherine Geerdes*	37:50
105	Kayla Hefley*	41:09
106	Julia Weiner	41:49

\* = SB (season best)

## Team Scores

### **Varsity**

City High - 15

Washington - 106

CR Jefferson - 112

Highland - 139

Winfield Mt. Union - 143

Lone Tree - 146

Montezuma - 168

English Valleys - 168

Wapello - 180

IMS - 252

### **JV**

City High - 15

Alburnett - 50

CR Jefferson - 80

Congratulations on a great IMS Invitational! This is a great early season meet, and we had many improvements from time trials one week ago. So many of you competed hard, listened to coaching, and lifted each other's spirits up. Those three things will bring out the best in the City High Women's XC 2017 squad. Notice the number of SB (season bests), and think about how improving and learning how to race can make you much better in one week! Our varsity executed the race plan, competed hard in the second mile, and raced a tough third mile. We can go to PV on Saturday with the momentum of how we raced tonight and show those teams that the Little Hawks will be tough on the XC course. Our JV got out early and left no doubt that a strong, winning JV team is a beautiful thing and clearly defines what City High Women's XC is all about!!! We will need to be better on Saturday, but something tells us that we will be if we bring positivity and encouragement!

Great job Little Hawks!

-On Your Wind, Do I Fly-