

Jim Boughton Invite  
 9/26/19  
 5000 meters  
 69 degrees, slight breeze, soft conditions

P	Athlete	Yr	Time
<b>VARSITY</b>			
5	Rowan Boulter	10	19:04
11	Lilly Reynolds	11	19:36
18	Iris Wedemeyer	9	20:06
27	Erin Anderson	9	20:35
31	Lucy Corbin	10	20:40
32	Sydney Wilkes	9	20:45
34	Natalie Kuhlmann	9	21:02
40	Jordan Sekafetz	11	21:18
41	Tatum Frazier*	10	21:20
42	CeCe Kelly-Harvey*	11	21:29
<b>F/S</b>			
1	Eva Reynolds	9	20:58
3	Avery Schultes	9	21:52
9	Annika Veit	10	22:41
21	Jennie Gidal	9	23:36
31	Kenna Protsman*	10	24:25
34	Annika Harvey	9	24:37
36	Mary Cate Pugh	9	24:45
44	Rachel Tornblom	10	25:04
47	Cora Becker	10	25:16
48	Prisca Kalala	9	25:20
50	Bella Skay	9	25:27
62	Emmersen Thomas	9	25:57
68	Gracey Genkinger	9	27:22
77	Ana Laura Leyser	10	28:22
83	Wendy Buchanan	9	29:08

84	Mae Barron	10	29:13
85	Madilyn Vitti*	10	29:15
89	Julianne Drum	9	30:38
90	Deborah Pongo	9	30:45
91	Frances Bottorff	10	31:30
96	Lydia Karr	10	35:15
97	Genesis Alachan	9	36:54
<b>JV</b>			
2	Esti Brady*	12	21:04
4	Mary Bounds*	12	21:09
5	Julia Veit*	12	21:11
7	Jae Dancer*	11	21:55
9	Grace Parrott*	12	22:30
19	Zoe Meaney	11	23:20
29	Sophie Trom*	12	23:56
32	Sylvia Gidal*	12	24:02
48	Lara Nicolletti	12	24:59
54	Jordan DuBrava	12	25:38
55	Sonja Liebig	11	25:43
60	Saye Traore*	12	26:05
61	Melanie Tran-Duong*	11	26:05
73	Georgia Corbin*	12	26:53
75	Harper Denniston	11	26:55
106	Alex Marsh*	12	30:58

97 runners in F/S race, 115 runners in JV race, 78 runners in the Varsity race

\*= Season Best

Highlighted Name = PR (personal record)

28 PR's

15 Season Best

We were blessed with a beautiful night for XC racing, and we competed very well in all three of our races. The fresh/soph race was a very competitive race against DBQ Senior and Pleasant Valley. Eva and Avery got out and took the lead early and set the tone for the race. Congratulations to Eva for winning the race! We needed others to step up in scoring situations and we had some new Little Hawks scoring for their freshmen/sophomore team. This is great experience for those athletes, and the push from the rest of the squad made for a solid result overall. The JV squad left little doubt who the best team was in the race. We had all five scorers in the top ten of the race, and our depth is incredible on this team! DBQ Senior has a very good JV squad and beating them by 21 points is something extra to celebrate. Great job JV squad! The Varsity squad capped off the night with a highly competitive race against the number #2 & #6 ranked teams in 4A and #3 in 3A. All three of those teams beat us tonight, but our staff has no doubt that we can close the gap on Hempstead and beat them later in the season. This race is great experience for understanding how each and every place in the race counts! The amount of PR's on the Varsity squad is awesome, and many of you have broken time barriers that will help us so much later in the season. We believe we can get 5-7 athletes under the 20 minute barrier, and if you go back and look at past results from the Championship phase of our season, you will notice how well those teams do. We can certainly be one of those teams! Great job tonight Little Hawks!

*-On Your Wind, Do I Fly-*

## Team Scores

### Varsity

1. DBQ Senior - 38
2. DBQ Hempstead - 70
3. Wahlert Catholic - 83
4. **City High - 92** record (26 - 14)
5. Western Dubuque - 94
6. Cedar Falls - 142
7. Central DeWitt - 204
8. Clinton - 256
9. Waterloo E&W - 266

### F/S

1. DBQ Senior - 42
2. Pleasant Valley - 44
3. **City High - 65** record (15-4)
4. Cedar Falls - 114
5. Wahlert Catholic - 117
6. DBQ Hempstead - 127
7. Clinton - 234
8. Western Dubuque - 242
9. Central DeWitt - 252

### JV

1. **City High - 27** record (24-5)
2. DBQ Senior - 48
3. Pleasant Valley - 76
4. Cedar Falls - 84
5. Wahlert Catholic - 133
6. DBQ Hempstead - 154
7. Waterloo E&W - 232
8. Western Dubuque - 242