

MVC Divisional

Noelridge Park

10/12/17

60 degrees/cloudy

P	Athlete	Time
	Varsity	
15	Kinsee Brands*	19:52
25	Esti Brady	20:06
27	Annie Rummelhart	20:17
28	Aly Hecker	20:18
29	Gabriel McCormick*	20:19
31	Anna Lindower*	20:21
32	Bridget Brown*	20:22
34	Janie Perrill*	20:31
36	Janet Nyamboneka*	20:33
44	Lilly Reynolds*	20:52
	Fresh/Soph	
9	Julia Veit	21:20
10	Jae Dancer	21:43
11	Paige Rocca	21:49
13	CeCe Kelly-Harvey	21:56
16	Maya Warren*	22:14
17	Mary Bounds*	22:15
18	Grace Parrott	22:19
19	Jordan Sekafetz	22:21
24	Harper Denniston	22:38
26	Julianne Berry-Stoelzle*	22:46
32	Natalie Green	23:08
33	Sylvia Gidal*	23:09
36	Zoe Hellberg	23:16

40	Paris Fuller	23:28
47	Sophie Trom*	23:39
50	Maya Djalali-Gomez	24:01
51	Alex Marsh	24:04
52	Ashley Sheehan	24:08
53	Kate Wolfe	24:17
58	Azzurra Sartini-Rideout	24:28
61	Aubryn Kaine*	24:41
62	Georgia Corbin	24:48
65	Caleigh Stanier*	24:52
66	Ana Koch	24:55
67	Zoe Meaney	24:59
69	Saye Traore	25:04
71	Ana Van Beek	25:25
72	Ananya Albrecht-Buehler*	25:27
78	Melanie Tran-Duong*	25:39
80	Madelyn Hellwig*	25:53
91	Katherine Geerdes*	27:37
93	Julia Weiner*	27:55
94	Sonja Liebig	28:07
97	Lucie Brennan	28:31
101	Madigan Wallace	29:13
105	Harley Werderitsch	33:29
	JV	
2	Naomi Meurice*	21:04
7	Liza Sarsfield*	21:47
9	Rachel Strang*	21:53
14	Addy Smith	22:04

17	Anna Denniston*	22:11
20	Izzy Jones	22:28
24	Lottie Gidal	22:35
25	Ella Hennager*	22:48
31	Nia Washington*	23:09
34	Sarah Nunez	23:21
41	Madeline Pugh*	24:00
42	Anastasia Mwenemkamba	24:09
50	Lindsey Parrott*	24:46
54	Bihotza James	25:16
57	Jameson Reineke*	25:30
60	Paula Mompio*	25:40
64	Lilly Bender	25:43
65	Phoebe Chapnik-Sorokin	25:47
67	Megan Kuennen*	26:02
69	Sofie Knudsen	26:27
70	Isabel Rodriguez*	26:28
81	Shawna O'Malley	28:09
92	Claire Kelly*	30:26
95	Binh Nguyen	31:53
97	Emma Hartwig	32:06
99	Molly Brennan	36:34
102	Kayla Hefley	37:52

* = SB (season best)

Red = PR (personal record)

22 PR's set tonight!

Varsity

DBQ Senior - 48
DBQ Hempstead - 57
Cedar Falls - 64
CR Prairie - 114
City High - 124 (record 67-24)
CR Washington - 165
CR Kennedy - 173

Fresh/Soph

DBQ Senior - 29
Cedar Falls - 40
City High - 59 (record 33-7)
CR Prairie - 136
DBQ Hempstead - 141
CR Kennedy - 141

JV

City High - 49 (record 48-3)
DBQ Senior - 56
Cedar Falls - 64
DBQ Hempstead - 98
CR Washington - 142
CR Prairie - 146
CR Kennedy - 186

Congratulations on a solid night of racing by the Little Hawks! Our fresh/soph team got us started tonight, and they were not running at full strength due to the ability to run 10 in the varsity division. You stepped up and competed hard against some very good teams in our division. Your squad set 10 PR's tonight and you should feel proud of that. There is a bright future ahead with hard work, diligence, focus, and synergy within this group. The coaching staff will challenge this group to step up and take your running to the next level in the future. Embrace that and understand that's what championship teams do! The varsity squad was up next. We started the race in decent position, but couldn't match the mid-race pace throughout. We know you fought hard to maintain position, and this group gives a great effort. Focus the next 6 days on the little things in your life that can contribute to better results. We will need a better result to get to the Iowa State Championship Meet for the 30th year in a row! The JV squad ended our night on a very high note! You have been beaten by 3 teams this entire season, and that all happened in one meet on September 2nd (PV). Your squad has only gotten stronger with great effort in each meet. Once again, this is a sign of a strong program and we are so excited for all of you. You should be proud of your entire season!!! Finally, to the athletes that ended their City High women's XC careers tonight. We appreciate your effort, dedication, desire, and love for this program. Your contributions will forever be remembered, and we love you all!

- On Your Wind, Do I Fly -