

MVC Divisional Championships

10/17/19

Ashton XC Course 5000 meters

59 degrees, 7 mph wind, perfect :)

P	Athlete	Yr	Time
	VARSITY		
3	Rowan Boulter	10	18:54
6	Lilly Reynolds	11	19:14
12	Iris Wedemeyer	9	19:47
13	Erin Anderson	9	19:54
22	Mary Bounds	12	20:16
25	Esti Brady*	12	20:35
27	Lucy Corbin	10	20:43
	Fresh/Soph		
1	Natalie Kuhlmann	9	20:49
2	Eva Reynolds	9	20:52
3	Sydney Wilkes	9	20:53
6	Avery Schultes	9	21:17
8	Tatum Frazier	10	21:51
13	Annika Veit	10	22:59
15	Cora Becker*	10	23:35
24	Mary Cate Pugh	9	24:07
25	Kenna Prottzman*	10	24:10
26	Jennie Gidal	9	24:10
28	Annika Harvey	9	24:15
31	Rachel Tornblom	10	24:26
33	Bella Skay	9	24:44
34	Prisca Kalala	9	24:47
43	Jazzy Phonphiboun	9	26:02
44	Vivian Tomek	9	26:02
47	Wendy Buchanan	9	26:23
50	Gracey Genkinger	9	26:40

53	Rachel Marsh*	10	26:46
60	Ana Laura Leyser	10	28:08
61	Julianne Drum	9	28:34
68	Frances Bottorff	10	29:38
69	Madilyn Vitti	10	29:46
71	Mae Barron	10	31:01
73	Lydia Karr	10	32:56
74	Deborah Pongo	9	33:01
75	Genesis Alachan	9	37:05
	Junior Varsity		
1	CeCe Kelly-Harvey	11	20:18
2	Jordan Sekafetz	11	20:30
6	Janie Perrill*	11	21:02
7	Julia Veit	12	21:15
13	Grace Parrott*	12	22:13
14	Jae Dancer	11	22:15
20	Harper Denniston*	11	22:56
25	Sylvia Gidal*	12	23:14
33	Zoe Meaney	11	23:38
40	Jordan DuBrava	12	24:28
43	Kate Wolfe*	11	24:36
44	Sonja Liebig	11	24:37
47	Ashley Sheehan	11	24:51
48	Sophie Trom	12	24:59
49	Melanie Tran-Duong	11	25:01
51	Saye Traore*	12	25:03
53	Lara Nicolletti	12	25:13
59	Katherine Geerdes	11	25:49
66	Lucie Brennan	11	26:33
68	Georgia Corbin*	12	26:42

76	Alex Marsh*	12	27:41
89	Keonna Earl	12	41:40

75 runners in F/S race, 90 runners in JV race, 61 runners in the Varsity race

*= Season Best

Highlighted Name = PR (personal record)

20 PR's 12 Season Best

What a great night of racing for the City High Little Hawks! We had inspiring performances, gritty racing, and you seemed to have a blast making these happen. Our 9/10 squad started us off on a great note tonight. We repeated as 9/10 MVC Conference Champions and did it in convincing fashion! The average time of our 9/10 team was almost a whole minute faster than the runner-up DBQ Senior team. That is a great program that you beat tonight. Your hard work and enthusiasm for improvement is so fun to coach. Many of you have been training hard for moments like these. Great job! The Varsity squad raced very well tonight. Many of you reached season goals tonight, and our team was rewarded by you striving for those. You were confident from the starting gun, and you positioned yourself well. It seemed to be a great mix of bravery, fitness, confidence, and passion coming together for all seven of you. You race very well together, it's a pleasure to watch you work every day.

The JV also repeated as MVC Conference Champions! The continuous hard work that is put in by this group is what makes this happen year in and year out. We are one of, if not the strongest JV team in the state. Our coaching staff loves this! We love watching you work, encourage, embrace, and support each other every step of the way. Thank you to the senior class! You each led in your own way, pushing others around you to be better each day, and having fun with the process of a challenging sport. You will go on to do great things in your life! Always believe in yourself, challenge yourself, and draw from what this wonderful sport of cross country does for all of us. Congratulations again Little Hawks!

-On Your Wind, Do I Fly-

Team Scores

Varsity

1. DBQ Senior - 32
2. **City High - 56** (record 53-19)
3. CR Prairie - 57
4. Western DBQ - 100
5. Cedar Falls - 152
6. CR Washington - 158
7. CR Xavier - 194

Fresh/Soph

1. **City High - 20** (record 24-5)
2. DBQ Senior - 43
3. CR Prairie - 79
4. Cedar Falls - 97
5. Western DBQ - 146

JV

1. **City High - 29** (record 44-7)
2. DBQ Senior - 37
3. CR Prairie - 64
4. Western DBQ - 126
5. CR Xavier - 138

1st Team All-MVC

Rowan Boulter
Lilly Reynolds

2nd Team All-MVC

Iris Wedemeyer
Erin Anderson

1st Team All-MVC JV

CeCe Kelly-Harvey
Jordan Sekafetz
Janie Perrill
Julia Veit

2nd Team All-MVC JV

Grace Parrott
Jae Dancer

1st Team All-MVC 9/10

Natalie Kuhlmann
Eva Reynolds
Sydney Wilkes
Avery Schultes

2nd Team All-MVC 9/10

Tatum Frazier
Annika Veit

