

MVC Super Meet
 DBQ Soccer Complex
 10/5/17
 68 degrees and cloudy
 5000 meters

P	Athlete	Time
	Varsity	
22	Aly Hecker*	19:49
29	Esti Brady	20:04
30	Annie Rummelhart	20:11
33	Bridget Brown*	20:22
37	Anna Lindower	20:27
38	Kinsee Brands	20:30
66	Gabriel McCormick	21:56
	Fresh/Soph	
3	Janie Perrill*	20:38
12	Lilly Reynolds	21:08
14	Julia Veit*	21:10
27	CeCe Kelly-Harvey*	21:49
31	Grace Parrott*	21:59
32	Paige Rocca	22:04
34	Maya Warren*	22:20
39	Mary Bounds	22:28
40	Harper Denniston*	22:30
41	Jae Dancer	22:31
47	Julianne Berry-Stoelzle*	22:46
56	Maya Djalali-Gomez*	23:12
58	Sylvia Gidal*	23:23
61	Kate Wolfe	23:28
69	Alex Marsh*	23:56
70	Zoe Hellberg	24:06

78	Georgia Corbin*	24:33
81	Zoe Meaney	24:39
86	Caleigh Stanier*	24:55
91	Ana Koch	25:13
93	Sophia Friton*	25:22
106	Ana Van Beek	25:48
117	Melanie Tran-Duong*	26:27
118	Ananya Albrecht-Buehler*	26:39
119	Sonja Liebig*	26:42
124	Saye Traore	26:50
131	Madelyn Hellwig	27:31
132	Aubryn Kaine	27:36
134	Madigan Wallace	27:53
136	Katherine Geerdes*	28:17
143	Julia Weiner*	30:30
	JV	
3	Janet Nyamboneka	21:06
6	Naomi Meurice	21:33
9	Addy Smith	21:45
15	Liza Sarsfield*	22:10
16	Rachel Strang*	22:17
18	Anna Denniston*	22:19
29	Izzy Jones	22:50
38	Lottie Gidal	23:04
41	Ella Hennager	23:20
50	Nia Washington*	23:52
62	Anastasia Mwenemkamba	24:16
72	Bihotza James*	24:33
82	Lindsey Parrott*	24:51

89	Madeline Pugh*	25:19
92	Lilly Bender	25:39
95	Phoebe Chapnik-Sorokin	25:53
98	Sofie Knudsen*	26:05
102	Megan Kuennen*	26:17
104	Paula Mompio*	26:30
105	Jameson Reineke*	26:32
126	Shawna O'Malley	28:01
145	Binh Nguyen*	31:26
146	Emma Hartwig*	31:40
149	Claire Kelly	31:57

*=SB (season best)

Red=PR (personal record)

Team Scores

Varsity

DBQ Hempstead - 69

IC West - 69

DBQ Senior - 95

Cedar Falls - 107

Linn-Mar - 123

DBQ Wahlert - 140

City High - 151 (record 65-20)

CR Prairie - 182

CR Kennedy - 242

5 other teams

Fresh/Soph

Cedar Falls - 38

DBQ Senior - 61

IC West - 86

City High - 87 (record 30-5)

DBQ Hempstead - 99

9 other teams

JV

City High - 45 (record 42-3)

DBQ Senior - 46

12 other teams

The weather was near perfect for racing in Dubuque tonight, and we put out some solid performances! Congratulations to the JV team for their TEAM championship! All three squads were not racing at full strength but the depth of this wonderful program shone through the clouds. Our varsity squad started the night off with a performance that should leave us hungry for more. There was a period early in the race that was encouraging about the position our pack was putting us in. We struggled to move up through the race and it's our job as a coaching staff to develop that ability the rest of the season. We have work to do, but we know that you all bring effort each day and we love working with you. We can, and will get better! The fresh/soph race was a pleasure to watch unfold. We had 15 PR's set in this race, and your individual efforts helped your TEAM. We were missing some key pieces due to some circumstances that were out of our control. You didn't panic and you raced with valiant efforts. We should look to close the gap on the teams that beat us tonight at Divisionals next week. The JV race was tight throughout the entire 5000 meters and once again, the individual efforts made this TEAM championship enjoyable. The 7 PR's were fun to watch! We have a short turnaround, and you should be excited to race some different competition at Sterling. We know if you bring your best effort, you will leave the state of Illinois proud and pumped for Divisionals!

- On Your Wind, Do I Fly -