

State Cross Country Championship Meet

Lakeside Golf Course - Fort Dodge, IA

10/28/19

38 degrees, 9mph wind & partly sunny

5k

City High Results

23	Amelia Morrow	19:27
39	Aly Hecker	19:47
40	Esti Brady	19:48
58	Kinsee Brands	20:05
62	Bridget Brown	20:07*
77	Anna Lindower	20:17*
92	Annalise Rummelhart	20:48

Red = Personal Record * = Season's Best

Team Scores and Statistics

PLACE	TEAM	POINTS	PLACES OF FINISHERS								AVG. TIME SPREAD	
1	Johnston	74	1	3	4	32	34	61	86	18:56.1	1:37.9	
2	Dubuque, Senior	118	8	14	16	31	49	75	93	19:25.6	0:57.7	
3	Wauke	154	6	9	43	44	52	65	68	19:32.1	1:07.9	
4	Dubuque, Hempstead	168	11	13	38	42	64	84	88	19:38.1	0:58.4	
5	Iowa City, West	181	2	24	41	51	63	90	100	19:32.5	1:48.4	
6	Urbandale	191	15	22	45	50	59	74	98	19:44.4	0:44.2	
7	Linn-Mar, Marion	198	7	12	37	47	95	96	99	19:43.8	2:01.1	
8	Des Moines, Roosevelt	203	17	18	55	56	57	67	76	19:48.1	0:41.0	
9	Cedar Falls	207	10	20	36	70	71	79	85	19:45.4	1:04.5	
10	Pleasant Valley	220	25	30	33	60	72	89	104	19:49.5	0:46.3	
11	Iowa City, City	222	23	39	40	58	62	77	92	19:51.3	0:39.6	
12	Dowling Catholic, Wes	228	21	27	48	54	78	80	83	19:51.3	0:51.9	
13	Ankeny Centennial	242	19	26	46	69	82	94	97	19:53.0	0:59.1	
14	Ottumwa	255	5	28	29	91	102	103	105	20:07.4	3:01.8	
15	Southeast Polk	308	35	53	66	73	81	87	101	20:06.5	0:41.3	

Race Day Recap

2017 City High Women's XC Team, congratulations on your team effort State Meet performance. With a 39 second spread, we were by far the tightest pack on the course. From a little before mile 1 onward, you decisively moved up, from around 80th place to a strong push toward the top 20-40 racers. From your reflections after the race, you remarked that it is a point of pride to do as well as you did, with the nature of our tight spread in the middle of the racing pack. We entered today, unranked and left the course in 11th place. We left proud. While we may not have runners around the top 15, like many of the other teams ahead of us, we have depth and that is an asset, especially when used, to strengthen decisive moves together and toward one another, in the race. It was FUN to watch you work hard today and allow yourselves to enjoy the hard work you've put in, all season long, and for the seniors, over your high school running career.

A HUGE thank you to all the people that came on the fan bus or drove to Fort Dodge to cheer on the Varsity racers and join in the experience of the State Meet as a team. What a wonderful community of special people you are. The personalized (and witty) signs you made, cheering, positive messages and kind gestures were

noticed and they were meaningful. It makes us excited to see the enthusiasm that those that are not racing, have, because that momentum shifts to our seasons to come, and the positive uplifting culture of this program. That culture has been a tradition you are continuing.

Our coaches care so deeply about each runner as athletes, but more importantly, as people. Thank you coaches for supporting all the girls in ways that make them feel proud to be leaders and hungry to continue hard work. That hard work, with specific goals in mind, and holding each other accountable in training in the off season is what will continue to push our team to new levels.

Seniors, you will be dearly missed, but you've created meaningful memories and ideas about what it means to be a good teammate and what it feels like to enjoy working hard at your craft. You have open invitations to come back to run with the team and be welcomed guests, in the future. We hope you take us up on that invite!!

Come run next Saturday at 10am at City Park for the Run for Relief race that our City High athletes are organizing. It is an incredibly giving gesture to take on this project. Thank you for all you've done to prepare for the event.

~On Your Wind Do I Fly~