

State XC Championships

11/2/19

Lakeside Golf Course

Fort Dodge, IA

38 degrees, 10 mph wind

Overall Place	Team Place	Athlete	Grade	Time
21	16	Rowan Boulter	10	19:08
42	32	Iris Wedemeyer	9	19:43
52	39	Lilly Reynolds	11	19:49
81	62	Erin Anderson	9	20:22
94	74	Mary Bounds	12	20:32
107	86	Lucy Corbin	10	20:57
112	90	Esti Brady	12	21:22

126 runners in race

* = SB (season best)

Highlighted name = PR (personal record)

Team Scores

- | | | |
|--------------------|----------------------------|---------------------------|
| 1. Johnston - 56 | 6. WDM Valley - 200 | 11. Urbandale - 248 |
| 2. DBQ Senior - 88 | 7. DBQ Hempstead - 202 | 12. Western DBQ - 252 |
| 3. Linn-Mar - 119 | 8. CR Prairie - 218 | 13. Sioux City East - 279 |
| 4. Waukee - 138 | 9. City High - 223 | 14. Bettendorf - 304 |
| 5. SE Polk - 144 | 10. Dowling Catholic - 247 | 15. Indianola - 357 |

What an honor to watch this team grow, and fight together this season. The incredible hard work that each and every Little Hawk has put forth throughout this season is important to recognize and remember. It is in those summer weeks filled with commitment, the long autumn nights of competition and afternoon/morning practices that produced such incredible momentum leading into the state meet. The competition today in Fort Dodge was full of continued hard work against talented teams. Improvement was the theme on display today. We came today with only two racers with state meet experience. Rowan improved not only her time, but her place from her state meet experience last season. Iris had a great race, and earned a hard fought PR. Lilly stayed in a race where her body didn't want to go, but she used mental toughness and confidence to keep her fighting for her teammates. Erin has been a consistent racer for this team all season, and scored as our fourth runner again today. This is incredible for a freshman. Mary has stepped up in many situations for this team in the past two seasons. She solidified herself as our fifth runner later this season, and it catapulted our team to improved results. Lucy welcomed her first state meet experience today, and did not run too far off her PR. Esti has been a staple to this program for four years. It was great to see her racing in Fort Dodge again. It is so clear how tenacious she is in her training and racing. Jordan, CeCe, and Natalie were great alternates to have at the ready, and all three will be coming back to this team next season!

We came to Fort Dodge working towards a higher place than ninth. That is a sign that we are a hungry team. Hungry, hopeful, and aware of our fitness and strengths. We hold onto these feelings of hunger. Let's come back next year remembering what we want as we build into the next year.

Thank you to all the team members, parents, and fans that came today to support your City High Little Hawks. This is one of many reasons why this program is special and it's ALWAYS A GREAT DAY TO BE A LITTLE HAWK!

~On Your Wind, Do I Fly~