

2016 IMS Early Bird

Today we were tested by heat and humidity on a hilly course with some muddy turf. It also provided our first opportunity to compete in the Little Hawk uniform in 2016. We responded well. Those who fell got up and finished. Those who were timid at Time Trials, were less so, and many more left their comfort zone yesterday to test their mettle (or intestinal fortitude as Bud Williams would say). The course and conditions were clearly more challenging than a week ago yet we had many PRs and SBs. This will serve as a nice introduction to competition that will ramp up significantly on Saturday at Pleasant Valley and the weeks ahead. Congratulations on a solid effort. You are laying the foundation for a successful season.

Varsity					Jr Varsity(cont'd)				
	2016	2015	2016 pace	2015 pace		2015	2016 pace	2015 pace	
1	Brands, Kinsee	20:57*		6:44	24	Marsh, Alex	26:57*		
2	Brown, Bridget	21:01		6:46	25	Hennager, Ella	27:00	22:04	
3	McCormick, Gabriel	21:50		7:02	27	James, Bihotza	27:17	8:47	
4	Hansen, Mollie	22:08	<u>22:04</u>	7:07	7:06	28	Nunez, Sarah	27:24*	
7	Veit, Julia	22:52*		7:21	29	Miller, Zoe	27:25	22:52	
9	Chapnick-Sorokin,P	22:58*	23:19	7:23	9:22	30	O'Malley, Shawna	27:54	
17	Hecker, Aly	24:16	<u>23:06</u>	7:48	7:26	32	Gidal, Sylvia	28:07	
					33	Sarsfield, Liza	28:17	9:06	
					36	McGehee, Lucy	28:40SB	21:19	
1	Parrott, Lindsey	23:22SB	19:40	7:31	7:55	38	Corbin, Georgia	28:55	
3	Smith, Addy	23:49*		7:40		40	Lyons,-Macatee, Elena	28:56SB	
2	Carey, Morgan	23:54	20:04	7:41	8:04	41	Meurice, Nova	28:59	
5	Strang, Rachel	24:06SB	20:18	7:45	8:10	43	Bender, Lily	29:07	
6	Parrott, Grace	24:14		7:48		46	Traore, Saye	29:23*	
7	Bounds, Mary	24:40*		7:56		47	Lie, Sofie	29:43	
8	Gidal, Lottie	24:52SB	20:20	8:00	8:11	48	Ntihebuwayo, Dancile	29:51	
9	Denniston, Anna	24:52SB	20:22	8:00	8:11	51	Hansen, Isabel	29:58	
10	Sartini-Rideout,A	24:54		8:01		56	Kaine, Aubryn	31:29	
11	Fellows, Sydney	24:57		8:02		60	Durham, Maya	32:52	
12	Meurice, Naomi	25:31	20:29	8:13	8:14	63	Taylor-Butcher, Nyah	33:28	
13	Pugh, Madeline	25:40	20:12	8:15	8:08	64	Lusala, Julia	33:29	
14	Jennings, Michelle	25:51*		8:19		65	Reineke, Jameson	34:02	
15	Trom, Sophie	25:59		8:22		66	Collins, Serena	34:20SB	
16	Mwenemkamba,A	26:00*		8:22		68	Hansen, Emma	34:27	
17	Samuelson, Irene	26:00		8:22		70	Hartwig, Emma	35:50	
18	Damhorst, Drew	26:03SB	22:37	8:23	9:06	72	Hartwig, Grace	36:26	
19	Hoang, Mai	26:17		8:27		74	Hefley, Kayla	38:29	
20	Brown, Muriel	26:30		8:32		78	Kelly, Claire	41:26	
23	Swanson, Anna	26:51	22:07	8:38	8:52				

Be aware that only italicized and underlined times in column 2015 are 5k times all the others are 4k, you can compare paces from 2015 and 2016

Varsity Results (8-0): **CHS 17**, Washington 71, North Cedar 73, CR Jeff 91, Montezuma 155, Winfield Mt. Union 158, IMS 186, Highland 211, WACO 247 (66 runners)

JV (2-0): **CHS 19**, CR Jefferson 49, Washington 72 (82 runners)

Bold Name=Varsity Credit

*=Personal Record SB=Season's Best