

2016 Spartan Invitational

Yesterday we competed in a meet that will only make us better. We competed amongst the very best in the entire Midwest, as well as in Iowa. It was a fitting Labor Day weekend contest—we saw the fruits of our summer labors and we also realize much work lies ahead to be better. Our number one goal remains steady improvement of our team and our athletes. If we do we will achieve great things this year. This week we have opportunities on Monday and Tuesday to have two quality morning workouts that will give us 2 full days to recover before we meet up again with West High and many of the others were hot on our heels yesterday and will be looking to improve their standing. As always, the future holds opportunity. It is up to us to take full advantage.

	Varsity	2016	2015	2014		Fresh/Soph(cont'd)	2016	2015	2014	201
19	Lindower, Anna	<i>19:44SB</i>	<i>20:25</i>		123	Corbin, Georgia	21:02			3
25	Arch, Mary	<i>20:04</i>	<i>19:36</i>	15:29	134	Kaine, Aubryn	21:29			
27	Bywater, Emily	<i>20:06SB</i>	<i>20:31</i>	16:32	137	O'Malley,Shawna	21:32	20:47		
39	Rummelhart,A	<i>20:47*</i>	18:17		138	Traore, Saye	21:37			
41	Brands, Kinsee	<i>20:48*</i>			150	Bender, Lilly	22:37	22:09		
50	Brady, Estie	<i>21:14</i>			157	Taylor-Butcher,N	23:50			
51	Chadwick, Celeste	<i>21:24</i>	<i>22:09</i>	16:31	167	Hansen, Emma	24:43			
					169	Hefley, Kayla	26:21	31:07		
	Fresh/Soph									
7	Jones, Izzy	16:39	21:51			Junior Varsity				
10	Hecker, Aly	16:49	17:03		17	McCormick,G	16:41	23:33	17:16	
13	Veit, Julia	17:21			20	Hansen, Mollie	16:54	16:38	17:41	
21	Carey, Morgan	17:45	18:36		24	Smith, Addy	17:24			
30	Bounds, Mary	18:03			28	Parrott,Lindsey	17:38	18:09	18:56	
32	Parrott, Grace	18:04			37	Strang, Rachel	18:00	18:05	19:12	
34	Meurice, Naomi	18:07	18:47		58	Bihotza, James	19:19			
35	Chapnick-Sorokin, P	18:10	22:11		60	Swanson, Anna	19:27	21:55		
48	Muckler, Clare	18:21			111	Nunez, Sarah	20:20			
57	Fellows, Sydney	18:41			124	Meurice, Nova	20:53	21:04		20:30
59	Pugh, Madeline	18:42	18:22		157	McGehee, Lucy	22:10			
61	Trom, Sophie	18:45			161	Ntihebuwayo,Dancile	22:15	25:04		24:15
62	Gidal, Lottie	18:47	19:22		162	Lie, Sofie	22:21	21:01	21:44	
80	Mwenemkamba, A	19:41			166	LyonsMacatee,E	22:35	22:57	21:47	22:39
81	Hoang, Mai	19:42			186	McDonough,Abby	24:21	23:12		19:40
84	Damhorst, Drew	19:46	20:06		187	Reineke,Jameson	24:25			
85	Gidal, Sylvia	19:48			188	Collins, Serena	24:25	25:29		
91	Chadwick, Maya	19:53			200	Kelly, Claire	26:58	29:53		
94	Hennager, Ella	20:01			202	Hartwig, Emma	27:19	31:35		
99	Cooper, Emma	20:12			203	Hartwig, Grace	27:36	29:38		
106	Sarsfield, Liza	20:29								
117	Marsh, Alex	20:48								

Bold=Varsity Credit

*=PR

Italicized times are 5k times, all others 4k

Varsity (19-4): Edina 26, Naperville N 55, Johnston 70, West 126 , **CHS 151**, Dub Senior 187, PV 206, Bettendorf 210, Muscatine 226, 7 other teams, 105 ran

FS (9-1): Naperville N 21, **CHS 81**, Rock Island 117, Dub. Senior 122, PV 157, Bettendorf 160, N Scott 178, 4 others, (182 ran)

JV (11-3): Edin 15, Naperville N 56, Johnston 72, **CHS 126**, Dub. Senior 153, PV 161, Muscatine 224, West 256, 4 others (205 ran)