

## 2016 Divisional

Last night we returned to the site of last year's Divisional meet. You can compare the results for yourselves. Those that tapered this week ran particularly well on an accurate 5k course. *I especially enjoyed seeing so many seniors run their fastest race in their final meet.* We are going to miss you all and thank you for your participation!

We competed well at all levels. Taking out Izzy, Sophie and Aly from the F/S made their task hardest while adding 3 to the varsity stole from the JV but we still performed well in the team standing of all races. Thank you all for your hard work this season. Cedar Falls has the second ranked team in the State right now and they ran like it. But they are not that far ahead of us. Of course the same can be said of about 8 other teams in the state. We can improve on last year's fourth place finish but we need all hands on deck and the support of the whole team. Please plan to come support us at the District and State meets. It will be fun ☺

|     | <b>Varsity</b>            | <b>Div16</b><br>Calm, 55<br>degrees | Div15<br>Windy<br>60 | PR<br>SB<br>change | <b>PI1</b> | <b>Fresh/Soph</b>   | <b>Div16</b><br>Calm, 55<br>degrees | Div15<br>Calm, 55<br>degrees | PR<br>SB<br>change |
|-----|---------------------------|-------------------------------------|----------------------|--------------------|------------|---------------------|-------------------------------------|------------------------------|--------------------|
| 8   | <b>Arch, Mary</b>         | 18:55                               | 18:27                |                    | 6          | <b>Viet, Julia</b>  | 21:05*                              |                              | 1                  |
| 9   | <b>Lindower, Anna</b>     | 18:55*                              | 18:58                | 3                  | 7          | Carey, Morgan       | 21:19*                              | 22:17                        | 6                  |
| 12  | <b>Bywater, Emily</b>     | 19:04                               | 19:24                |                    | 9          | Meurice, Naomi      | 21:28*                              | 22:35                        | 16                 |
| 20  | <b>Brown, Bridget</b>     | 19:27*                              | 20:35                | =                  | 17         | Gidal, Lottie       | 21:42*                              | 22:24                        | 8                  |
| 24  | <b>Rummelhart, Annie</b>  | 19:36                               | 21:46                |                    | 24         | Parrott, Grace      | 22:26                               |                              |                    |
| 26  | <b>Brady, Esti</b>        | 19:41                               |                      |                    | 29         | Chapnick-Sorokin, P | 22:32                               | 24:26                        |                    |
| 27  | <b>Brands, Kinsee</b>     | 19:43                               |                      |                    | 30         | Gidal, Sylvia       | 22:33*                              |                              | 26                 |
| 29  | <b>McCormick, Gabriel</b> | 19:51*                              | 21:00                | 16                 | 31         | Bounds, Mary        | 22:38                               |                              |                    |
| 37  | <b>Hansen, Mollie</b>     | 20:12SB                             | 19:46                | 16                 | 43         | Pugh, Madeline      | 23:04                               | 23:32                        | 5                  |
| 40  | <b>Morrow, Amelia</b>     | 20:29                               | 20:16                |                    | 44         | Sartini-Rideout, A  | 23:05*                              |                              | 1:17               |
|     | <b>Junior Varsity</b>     |                                     |                      |                    | 47         | Muckler, Clare      | 23:18SB                             | 23:45                        | 28                 |
| 1   | <b>Chadwick, Celeste</b>  | 20:25*                              | 20:32                | 3                  | 48         | Hennager, Ella      | 23:18*                              | 23:43                        | 25                 |
| 3   | <b>Jones, Izzy</b>        | 20:45*                              | 20:50                | 5                  | 49         | Sarsfield, Liza     | 23:23*                              |                              | 1:07               |
| 4   | <b>Smith, Addy</b>        | 20:56                               |                      |                    | 50         | Brown, Muriel       | 23:31*                              |                              | 9                  |
| 9   | <b>Trom, Sophie</b>       | 21:24                               |                      |                    | 51         | Chadwick, Maya      | 23:57*                              |                              | =                  |
| 10  | Parrott, Lindsey          | 21:32*                              | 22:00                | 25                 | 54         | Traore, Saye        | 24:08*                              |                              | 1:17               |
| 14  | Denniston, Anna           | 22:04*                              | 22:49                | 14                 | 55         | Marsh, Alex         | 24:11*                              |                              | 6                  |
| 15  | Strang, Rachel            | 22:07                               | 23:16                |                    | 60         | Hansen, Isabel      | 24:20*                              |                              | 37                 |
| 22  | Hecker, Aly               | 22:30                               | 20:05                |                    | 61         | Corbin, Georgia     | 24:30*                              |                              | 25                 |
| 30  | Swanson, Anna             | 22:47*                              | 24:34                | 5                  | 64         | Damhorst, Drew      | 24:37SB                             | 25:11                        | 32                 |
| 31  | Jennings, Michelle        | 22:49*                              |                      | 36                 | 78         | Mwenemkamba, A      | 26:04                               |                              |                    |
| 41  | James, Bihotza            | 23:03*                              |                      | 47                 | 79         | Kaine, Aubryn       | 26:04                               |                              |                    |
| 68  | Meurice, Nova             | 24:37*                              | 25:43                | 3                  | 82         | McMahon, Delaney    | 26:20                               | 23:10                        |                    |
| 82  | Reineke, Jameson          | 26:06*                              |                      | 1:16               | 84         | O'Malley, Shawna    | 26:40                               | 26:22                        |                    |
| 85  | Chen, Yan                 | 26:33*                              |                      | 1:25               | 85         | Bender, Lily        | 26:44                               | 26:10                        |                    |
| 88  | Lie, Sophie               | 26:57                               | 25:46                |                    | 89         | Hansen, Emma        | 27:32                               |                              |                    |
| 89  | Chapnick-Sorokin, S       | 26:58SB                             | 24:46                | 19                 | 95         | Cooper, Emma        | 28:33                               |                              |                    |
| 90  | Ntihebuwayo, Dancile      | 27:06*                              | 30:33                | 15                 | 97         | Hefley, Kayla       | 35:29                               | 35:57                        |                    |
| 99  | Hartwig, Grace            | 29:27*                              | 29:53                | 21                 |            |                     |                                     |                              |                    |
| 105 | Kelly, Claire             | 31:06*                              | 32:29                | 47                 |            |                     |                                     |                              |                    |
| 106 | Hartwig, Emma             | 31:49*                              | 34:34                | 50                 |            |                     |                                     |                              |                    |
| 111 | Nguyen, Binh              | 42:03                               |                      |                    |            |                     |                                     |                              |                    |

**Bold Print=Varsity Credit, \*=personal record**

### **Varsity: (72-13)**

Cedar Falls 49, **CHS 73**, Hempstead 74, Senior 98, Kennedy 121, Prairie 139, Washington 176, (60 runners)

### **Junior Varsity: (80-11)**

**CHS 27**, Hempstead 56, Senior 65, Cedar Falls 108, Kennedy 141, Prairie 151, Washington 225 (111 runners)

### **Fresh/Soph (41-5)**

Senior 40, Cedar Falls 44, **CHS 63**, Hempstead 102, Prairie 131 (97 runners)