

CR Invitational

9/7/17

70 degrees/calm

P	Athlete	Time
Varsity		
13	Amelia Morrow*	19:56
14	Esti Brady*	19:59
25	Kinsee Brands*	20:18
30	Bridget Brown*	20:23
31	Anna Lindower*	20:24
32	Aly Hecker	20:30
46	Gabriel McCormick*	20:44
JV		
1	Annie Rummelhart*	20:47
2	Naomi Meurice*	21:27
9	Addy Smith*	21:55
10	Izzy Jones*	21:55
11	Janet Nyamboneka*	21:59
18	Rachel Strang*	22:32
21	Anna Denniston*	22:42
34	Liza Sarsfield*	23:37
37	Ella Hennager*	23:49
41	Lottie Gidal*	23:54
54	Nia Washington*	24:22
73	Anastasia Mwenemkamba*	24:47
79	Olivia DeNeice	24:54
80	Emma Clark*	24:58
98	Phoebe Chapnik-Sorokin*	25:35
99	Lilly Bender*	25:36
106	Lindsey Parrott*	25:41
131	Megan Kuennen*	26:40
132	Virginia Muturi*	26:41
145	Drew Damhorst	27:03
151	Paula Mompio*	27:13

156	Isabel Rodriguez*	27:25
159	Shawna O'Malley	27:32
185	Serena Collins*	28:46
211	Sofie Knudsen*	30:05
221	Claire Kelly*	30:45
234	Molly Brennan*	32:07
239	Emma Hartwig*	33:35
242	Binh Nguyen	34:32
250	Kayla Hefley	39:16
Fresh/Soph		
1	Paige Rocca*	21:23
2	Julia Veit*	21:29
3	Janie Perrill*	21:31
4	CeCe Kelly-Harvey*	22:02
5	Jae Dancer*	22:02
7	Grace Parrott*	22:19
12	Saye Traore*	22:33
15	Mary Bounds*	22:49
17	Lilly Reynolds*	22:53
22	Maya Warren	23:03
26	Natalie Green*	23:18
32	Jordan Sekafetz	23:25
36	Azzurra Sartini-Rideout*	23:31
49	Zoe Meaney*	23:54
52	Julianne Berry-Stoelzle*	24:00
63	Paris Fuller*	24:14
64	Alex Marsh*	24:15
74	Sylvia Gidal*	24:35
77	Harper Denniston*	24:43
80	Ashley Sheehan	24:54
83	Kate Wolfe*	25:02
88	Georgia Corbin*	25:11
95	Sydney Fellows*	25:22

104	Ana Koch*	25:34
106	Zoe Hellberg*	25:36
115	Ana Van Beek*	26:02
127	Caleigh Stanier	26:32
129	Muriel Brown*	26:33
140	Sophia Friton*	26:54
142	Madelyn Helliwig*	26:58
150	Lucie Brennan*	27:17
153	Melanie Tran-Duong*	27:24
157	Hazel Myers	27:28
164	Sonja Liebig*	27:43
204	Katherine Geerdes	32:49
205	Riem Hassan	32:53
216	Julia Weiner	37:35
217	Emily Bender	37:42

* = SB (season best)

Red = Personal record

Varsity Team Scores

DBQ Wahlert - 93

IC West - 101

City High - 108 Record (33-9)

Pleasant Valley - 110

North Scott - 117

Linn-Mar - 139

13 other teams

JV Team Scores**City High - 33** Record (27-3)

Pleasant Valley - 50

DBQ Wahlert - 136

15 other teams

Fresh/Soph Scores**City High - 15** Record (20-2)

North Scott - 94

IC West - 103

10 other teams

Congratulations on a very successful meet for the Little Hawks! We had many women tonight that went into the meet as XC RUNNERS, and turned themselves into XC RACERS! This is a testament to the positivity, hard work, and commitment you are putting into the sport. Kent Finanger, a 27 year Luther XC coach, used to have a saying, “Wow, Fun

Wow!” These three words embody what it was like to watch the fresh/soph race. In this particular race, you got out competitively, took advantage of the course, and fought to protect the perfect score. You raced every meter of the course, and you were rewarded for it! The JV team ran a very tough, gutsy race and scored very well against some other solid JV teams. It is always “Wow, Fun, Wow” to watch all of you race in the JV portion of the meet. The varsity squad showed that it’s a wolf pack tonight (28 sec spread 1-5). We didn’t get out like we wanted to, but you didn’t panic, moved when the opportunity presented itself, and finished strong. There were lessons to be learned from that race, and the coaching staff has no doubt that the learning will come to fruition sooner than later. A 3rd place finish should leave you proud of the efforts, knowing that good things are on the horizon. Now we can recover, get back to training, and focus for the

Heartland Classic in Ames on 9/16/17.

-On Your Wind, Do I Fly-