

## Luther All-American Invite

9/8/18

65 degrees, slight breeze

P	Athlete	Yr	Time
	<b>VARSITY</b>		
13	Rowan Boulter	9	20:09
22	Jae Dancer	10	20:55
31	Esti Brady	11	21:07
36	Janie Perrill*	10	21:14
51	Lilly Reynolds	10	21:43
59	Anna Lindower	12	21:52
75	Aly Hecker	12	22:19
	<b>JV</b>		
5	CeCe Kelly-Harvey*	10	21:49
12	Mary Bounds*	11	22:30
13	Lucy Corbin	9	22:39
16	Julianne Berry-Stoelzle*	10	22:56
17	Amira LaVelle	9	22:56
20	Maya Warren	10	22:58
32	Julia Veit	11	23:29
34	Lottie Gidal*	12	23:37
37	<b>Caroline Schaeckenbach*</b>	11	23:44
47	<b>Ana Van Beek*</b>	10	23:56
67	Phoebe Chapnik-Sorokin*	12	24:27
81	Zoe Meaney*	10	24:37
84	Annie Rummelhart	12	24:42
85	Grace Parrott	11	24:45
91	Sylvia Gidal*	11	24:55
96	Annika Veit	9	25:00
100	<b>Cora Becker*</b>	9	25:03
101	<b>Kenna Prottzman*</b>	9	25:04
108	Zoe Hellberg*	10	25:16

126	Liza Sarsfield	12	25:46
149	Kate Wolfe*	10	26:18
150	Georgia Corbin*	11	26:18
167	<b>Keiko Radley*</b>	9	26:38
191	<b>Katherine Geerdes*</b>	10	27:01
196	Alex Marsh	11	27:15
214	Averi Loria	9	27:35
216	<b>Mae Barron*</b>	9	27:36
253	<b>Rachel Tornblom*</b>	9	28:35
274	<b>Autumn Morelli*</b>	9	29:04
288	<b>Kathia Rosario-Cruz*</b>	9	29:21
293	Shawna O'Malley	12	29:27
315	Aubryn Kaine	11	30:03
317	Isabel Rodriguez	12	30:12
385	Kayla Hefley	12	43:09

190 runners in Varsity race, 386 runners in JV race

\* = Season Best

Bold Name = PR (personal record)

## Team Scores (Varsity)

1. DBQ Senior - 63
  2. Onalaska - 69
  3. CR Prairie - 117
  4. **City High - 153** record (28-3)
  5. Century High School - 201
- 27 other teams

## Team Scores (JV)

1. DBQ Senior - 22
  2. **City High - 63** record (20-1)
  3. Decorah - 111
- 19 other teams

Coaching staff notes on next page...

We relished the chance to compete in an official meet today, for the first time this season. We were grateful for the opportunity to do that, on a beautiful morning, on a beautiful course, with almost 600 total high school women. JV team, you competed very well and next time out we look forward to having all of our runners with us. There were several of you JV runners that pushed past adversity to finish races that you thought might not have been possible, before today. So many of you had insightful reflections about the learning that happened in and after your race. It is a sign of maturity and growth in this sport, plus the fire burning to get better! City High will have a very strong JV squad!

Varsity team, three of you ran your first (non-extended) varsity race today, and placed behind two Iowa teams that will be important and possible to chase down, in future meetings. The first mile of your race was strong and confident. With most of you racing in the top 25, you put yourselves in a really strategic position to finish well. With more racing you will be ready to attack the last half of the race! Today was the first step (meet) in building the excitement of the 2018 XC team. You have been focused in your training and great things will happen this season!

*-On Your Wind, Do I Fly-*