

MVC Divisional Meet
10/12/18
40 degrees, muddy conditions

P	Athlete	Yr	Time
VARSITY			
4	Rowan Boulter	9	19:38
8	Esti Brady	11	20:19
13	Lilly Reynolds	10	20:45
14	Jae Dancer	10	20:45
29	Naomi Meurice	12	21:23
30	Mary Bounds	11	21:25
35	Anna Lindower	12	22:00
9/10			
1	Amira LaVelle	9	21:21
2	Lucy Corbin	9	21:26
3	CeCe Kelly-Harvey	10	21:41
5	Tatum Frazier	9	22:01
6	Julianne Berry-Stoelzle	10	22:34
10	Annika Veit*	9	22:55
13	Maya Warren	10	23:46
17	Harper Denniston	10	24:15
18	Ana Van Beek	10	24:23
21	Zoe Meaney	10	24:36
22	Sophia Friton*	10	24:36
23	Zoe Hellberg*	10	24:37
25	Cora Becker	9	24:38
26	Kenna Prottzman	9	24:39
29	Kate Wolfe*	10	24:52
40	Hilda Hernandez	9	25:45
41	Melanie Tran-Duong	10	25:56
43	Mae Barron	9	25:58
44	Rachel Marsh	9	25:58
52	Haileigh Steffen	9	27:00
53	Averi Loria	9	27:34

55	Madelyn Hellwig*	10	27:45
56	Jordan Sekafetz*	10	27:50
58	Lucie Brennan	10	27:59
59	Rachel Tornblom	9	28:00
60	Sonja Liebig	10	28:08
61	Julia Weiner	10	28:10
62	Katherine Geerdes	10	28:18
64	Madilyn Vitti	9	28:29
66	Kathia Rosario-Cruz	9	30:21
JV			
1	Aly Hecker*	12	21:50
3	Liza Sarsfield	12	22:04
5	Caroline Schaeckenbach	11	22:22
6	Lottie Gidal	12	22:25
7	Julia Veit	11	22:29
8	Grace Parrott	11	22:36
16	Isabel Jones	12	23:26
18	Sylvia Gidal	11	23:31
20	Ella Hennager	12	23:40
28	Annie Rummelhart	12	24:21
33	Adri McCall	12	24:53
38	Madeline Pugh	12	25:28
40	Georgia Corbin	11	25:31
44	Mai Hoang	12	26:07
45	Phoebe Chapnik-Sorokin	12	26:17
53	Anastasia Mwenemkamba*	12	27:09
62	Alex Marsh	11	27:54
67	Shawna O'Malley	12	28:25
68	Aubryn Kaine	11	28:35
72	Lilly Bender	12	28:39
79	Drew Damhorst	12	29:05

62 runners in Varsity race, 69 in 9/10 race, 92 runners in JV race

*= Season Best

Bold Name = PR (personal record)

Team Scores (Varsity)

1. DBQ Senior - 31
2. CR Prairie - 64
3. **City High - 69** (record 67-25)
4. Cedar Falls - 91
5. CR Washington - 124
6. Western Dubuque - 213
7. CR Xavier - 247

Team Scores (9/10)

1. **City High - 17** (record 13-1)
2. DBQ Senior - 44
3. CR Prairie - 79
4. CR Washington - 102
- 3 incomplete teams

Team Scores (JV)

1. **City High - 22** (record 59-4)
2. DBQ Senior - 41
3. Cedar Falls - 92
4. CR Prairie - 110
5. CR Xavier - 138
6. CR Washington - 171
7. Western Dubuque - 195

Way to go City High Women's XC! We once again were faced with muddy conditions, and we raced fierce, tough, and composed! The varsity team was faced with racing the top two teams from the MVC Super Meet a week ago. We knew it would be a challenge to close the gap, but each varsity athlete took on the endeavor and we certainly closed the gap on Prairie. We needed a fifth runner to step up in the absence of Janie, and Naomi stepped up with the push from Mary and Anna. That is the sign of a good team that believes in each other. We beat Cedar Falls who beat us at Super Meet last week. It was clear that after the first 5 minutes of the race that we weren't looking behind us, but rather looking ahead at the competition. Rowan and Esti established a solid pace early, and Jae and Lilly stayed so strong in the middle portion to hold position. Congrats on Rowan (1st Team All-MVC Conference) and Esti, Lilly & Jae (2nd Team All-MVC Conference)! This next week will be lots of fun to better ourselves and get ready to qualify for 31 straight years to the state championships!

The 9/10 race was filled with Little Hawks pushing towards the front early! It was so beautiful to watch you all race like that! You worked together to solidify a team victory early. You left no doubt that the best 9/10 team was the City High Little Hawks. Each and every teammate pushed each other to be better this season, and the future is bright with young runners and racers! Congrats on being 9/10 MVC Mississippi Division Champions!

The JV race at this meet is such a special race. We have had tough, competitive races with DBQ Senior all season, and we showed that we were ready to race, and race you did! It was so much fun to watch you all race so tough in the conditions, embracing the challenge of the season, and allowing it to culminate into a gorgeous performance against one of the better JV teams in the state. There's a reason this squad beat 59 teams and lost to only 4 throughout the season. The passion of the JV squad in City High Women's XC is the best in the state! Congrats on being JV MVC Mississippi Division Champions!

Seniors - thank you so much. Your contributions in all aspects of the program is simply amazing, and the rest of the team feels the warmth you exude. You will all benefit from what you gave to the sport of XC, and what XC has given you. This is a wonderful sport that teaches us all so much, but you also have taught us. You are always welcome back to visit, don't call, don't text, just show up!

-On Your Wind, Do I Fly-