

MVC Super Meet
10/4/18
60 degrees, soft conditions

P	Athlete	Yr	Time
VARSITY			
8	Rowan Boulter*	9	19:24
17	Esti Brady*	11	20:01
35	Lilly Reynolds*	10	20:36
48	Jae Dancer	10	20:50
54	Janie Perrill	10	20:59
58	Anna Lindower*	12	21:03
59	Mary Bounds*	11	21:04
62	Amira LaVelle*	9	21:10
66	CeCe Kelly-Harvey	10	21:15
73	Julia Veit*	11	21:38
9/10			
3	Lucy Corbin*	9	21:15
5	Tatum Frazier	9	21:40
11	Maya Warren	10	22:29
17	Annika Veit*	9	22:55
22	Zoe Meaney*	10	23:32
33	Cora Becker	9	24:20
40	Nathalie Nunez*	9	24:33
42	Zoe Hellberg*	10	24:37
53	Sophia Friton*	10	24:56
55	Kate Wolfe*	10	24:57
65	Melanie Tran-Duong	10	25:36
67	Rachel Marsh*	9	25:36
69	Mae Barron*	9	25:56
71	Haileigh Steffen	9	26:05
76	Averi Loria	9	26:23
83	Sonja Liebig*	10	26:33
87	Julia Weiner*	10	26:44
92	Rachel Tornblom	9	27:02

97	Katherine Geerdes	10	27:38
98	Kathia Rosario-Cruz*	9	27:47
102	Madilyn Vitti	9	29:24
JV			
1	Naomi Meurice*	12	20:48
5	Liza Sarsfield*	12	21:51
9	Caroline Schaeckenbach*	11	22:16
10	Lottie Gidal*	12	22:17
14	Aly Hecker	12	22:32
18	Grace Parrott	11	22:53
19	Sylvia Gidal*	11	22:59
25	Isabel Jones	12	23:18
26	Ella Hennager	12	23:19
31	Annie Rummelhart*	12	23:31
37	Madeline Pugh*	12	23:37
55	Georgia Corbin*	11	24:42
56	Adri McCall*	12	24:43
68	Mai Hoang	12	25:01
75	Phoebe Chapnik-Sorokin	12	25:12
119	Shawna O'Malley	12	27:16
135	Drew Damhorst*	12	28:10
143	Aubryn Kaine	11	28:44

129 runners in Varsity race, 111 in 9/10 race, 172 runners in JV race

*= Season Best

Bold Name = PR (personal record)

Team Scores (Varsity)

1. DBQ Senior - 90
2. CR Prairie - 119
3. Wahlert - 138
4. IC West - 144
5. Cedar Falls - 152
6. IC Liberty - 157
7. CR Kennedy - 159
8. **City High - 162** (record 63-23)
9. DBQ Hempstead - 173
10. Linn-Mar - 175
11. CR Washington - 220
12. Western Dubuque - 335

3 more teams

Team Scores (9/10)

1. DBQ Senior - 29
 2. **City High - 58** (record 7-1)
 3. IC West - 62
 4. CR Prairie - 96
 5. Linn-Mar - 108
- 4 other teams

Team Scores (JV)

1. DBQ Senior - 23
 2. **City High - 39** (record 53-4)
 3. Cedar Falls - 74
 4. CR Prairie - 135
 5. Linn-Mar - 168
 6. DBQ Hempstead - 177
 7. Wahlert - 223
 8. IC West - 232
 9. IC Liberty - 245
- 3 other teams

It was another beautiful night of XC racing, after dealing with crazy autumn Iowa weather early in the season. The entire team has stayed patient with it, and it's a testament to great athlete-led leadership on this year's team! Many of you are getting better day by day, and October racing is so much fun!

The 9/10 squad got our night started with an exciting race against some very good 9/10 squads in the MVC Conference. It was a fun race to watch unfold, and the Little Hawks moved up throughout the race and scored well! We had athletes step up into scoring roles and it paid off for a runner-up finish. The coaching staff was inspired by your races, and this group works hard and races with tenacity!

The varsity squad was up next. Ten is the number we want to point to! Ten points separated 8th place from 5th place, as it was a very tight team race. We have beaten CR Prairie, Wahlert, and Cedar Falls head to head this season. These teams ran well tonight, and they earned their places. Each place can mean so much in a tight team race, and we should look at this as a challenge to better ourselves for the near future. We had some good performances in this race, and there is plenty to look forward to in the next couple of weeks! Learn from it, embrace the challenge, and have fun chasing down the competition!

The JV squad ended our night on a great note! We knew going into the race that Dubuque Senior is a great opponent, but we didn't just let them run away with the race! The coaching staff saw tenacity in your eyes tonight and many of you moved up well during the race and stayed aggressive in the critical moments of the race. This squad has some great leadership and it shows in your pre-race routine, and post-race routine. Those things don't go unnoticed! We can't wait for Sterling and Divisionals with this entire group! Go City!

-On Your Wind, Do I Fly-