

Spartan Invitational  
70 degrees/Calm  
9/2/17

P	Athlete	Time
	<b>Varsity</b>	
26	Esti Brady*	20:12
30	Amelia Morrow	20:22
31	Aly Hecker*	20:23
32	Anna Lindower*	20:24
45	Bridget Brown*	20:57
47	Kinsee Brands	21:07
58	Gabriel McCormick	21:32
	<b>JV</b>	
21	Annie Rummelhart	22:36
23	Rachel Strang	22:45
27	Addy Smith*	22:54
30	Janet Nyamboneka*	23:03
52	Sarah Nunez*	24:08
56	Liza Sarsfield	24:33
58	Lottie Gidal*	24:41
59	Olivia DeNeice*	24:41
64	Ella Hennager*	24:45
66	Nia Washington	24:51
72	Anastasia Mwenemkamba*	25:19
80	Bihotza James	25:57
82	Emma Clark*	26:09
89	Lindsey Parrott*	26:30
107	Drew Damhorst	27:16
109	Jameson Reineke*	27:27
112	Virginia Muturi*	27:45

114	Lilly Bender	27:54
126	Shawna O'Malley	28:44
135	Serena Collins*	30:00
150	Claire Kelly*	32:09
155	Emma Hartwig	33:44
156	Molly Brennan*	34:06
158	Binh Nguyen	35:55
159	Kayla Hefley*	37:56
	<b>Fresh-Soph</b>	
15	Janie Perrill*	21:39
20	Julia Veit*	21:55
26	Paige Rocca*	22:29
28	Jae Dancer*	22:32
34	CeCe Kelly-Harvey*	22:52
38	Maya Warren*	23:01
39	Jordan Sekafetz*	23:02
41	Grace Parrott	23:05
52	Lilly Reynolds*	23:32
60	Mary Bounds	23:55
67	Ashley Sheehan*	24:14
68	Zoe Meaney*	24:16
71	Julianne Berry-Stoelzle	24:24
72	Saye Traore*	24:25
83	Maya Djalali-Gomez*	24:43
85	Sylvia Gidal*	24:56
104	Kate Wolfe*	25:46
106	Caleigh Stanier*	25:53
108	Ana Van Beek*	26:04
109	Zoe Hellberg*	26:07

111	Georgia Corbin*	26:11
124	Ana Koch*	26:26
138	Hazel Myers*	27:04
153	Sophia Friton*	27:38
154	Muriel Brown	27:40
156	Aubryn Kaine	27:47
162	Madelyn Hellwig*	28:14
170	Elise Lanternier*	28:51
177	Sonja Liebig*	29:04
178	Lucie Brennan*	29:11
183	Riem Hassan*	30:27
184	Madigan Wallace	30:43
187	Katherine Geerdes*	31:15
188	Hanna Turnquist*	31:26
193	Julia Weiner*	31:46
209	Emily Bender*	37:14

\* = SB (season best)

Team Scores

Varsity

Naperville North - 32

Edina - 45

Johnston - 114

IC West - 125

DBQ Senior - 157

**City High - 164**

North Scott - 180

Pleasant Valley - 190

CR Prairie - 257

Muscatine - 275

Bettendorf - 284

Rock Island - 349

Davenport Central - 376

Burlington - 462

## JV

Edina - 15  
Naperville North - 46  
Johnston - 74  
**City High - 139**  
DBQ Senior - 170  
Pleasant Valley - 177  
Bettendorf - 204  
CR Prairie - 235  
North Scott - 261  
IC West - 270  
Muscatine - 276  
Davenport Central - 374

## Fresh-Soph

Naperville North - 15  
DBQ Senior - 78  
**City High - 91**  
Moline - 102  
North Scott - 139  
IC West - 146  
Pleasant Valley - 203  
Bettendorf - 211  
Muscatine - 247  
CR Prairie - 284  
Davenport Central - 326

Yesterday was a beautiful, fun, challenging, and XC kind of day! This meet is our first true challenge of the season, and we had some fine performances. The beautiful part was obviously the weather, and the way you accepted the challenge of the XC course. The fun part was watching a large City High women's squad compete and put up some good team performances. The challenging part were the very talented teams we competed against, and those hills they love to name! The Varsity did a nice job of moving up after not getting out like they wanted to earlier in the race. This can be a learning experience, but we should also celebrate the fact that we got ourselves back into contention with some of the best teams in Iowa. The JV placed in the top 5 without some key members due to some illness. We also notice some women stepping up to fill those voids, and that is what makes this program special! The fresh-soph race was fast and full of young, talented runners. We were pleased to see a 3rd place finish, and most importantly, you competed every meter throughout the race. We have another challenging meet on Thursday, and we have an opportunity to train early in the week. Bring your best, lift each other up, and let's see what this team can do!

-On Your Wind, Do I Fly-