

Super Meet 2003

Let's note the positives first. Your support of each other in the meet was the best I have seen this year. Our fresh/soph ran superbly earning 6 varsity credits despite a very fast varsity race. F/S would have finished 5th in the varsity race as a team. The JV likewise dominated the field and earned 4 varsity credits. J/V would have finished 7th in the Varsity Race (if our F/S were also in it). Brittney and Abby earned varsity spots with Abby getting us out early and Brittney running alone the last mile to a pr. Amy and Jessi G. also pr'd on a course with lots of turns. In the Varsity race Nelle ran courageously for the win which cost her in the end but she hung on and still ran a good time. Jennie ran her best race of the year. As a team however, the varsity will have to run better if we are to achieve our goals this season. We will have another chance at Cedar Falls next week so there should be no difficulty getting fired up for Divisional. We will run better at Sterling and Noelridge!

	Varsity	Time		Junior Varsity	Time
2	Jennie Funk*	14:33	1	Brittney Zimmerman*	15:55
3	Nelle Trefz*	14:43	3	Abby Hall*	16:03
16	Drew Foreman*	15:33	4	Angie Rideout*	16:18
22	Katie Lumpa*	15:52	7	Emily Gill*	16:54
23	Maggie Leyendecker*	15:59	13	Kate Rethwisch	17:09
31	Clair Anciaux*	16:25	14	Hanna Meyer	17:11
56	Ruhee Arora*	17:14	23	Alyssa Lane	17:51
	Fresh/Soph		26	Jess Paulsen	17:53
1	Lindsey Diggelmann*	16:11	27	Kelly Sobaski	17:54
2	Sam Sidwell*	16:12	31	Zara Torosyan	18:18
3	Sarah Ziegenhorn*	16:18	32	Jessica Pringle	18:19
5	Alyse Riley*	16:31	35	Rachel Manuel	18:21
6	Emily Funk*	16:40	37	Shannon Triplett	18:38
7	Kelsey Mims*	16:47	38	Becky Wisely	18:39
10	Elise Mozena	17:12	45	Abby Herlein	18:48
15	Ally Tippe	17:25	51	Julia Snider	18:55
21	Nicki Zimmerman	17:40	61	Genny Countryman	19:06
22	Annie McKay	17:40	85	Amy Lithimane	20:24
23	Molly Sabers	17:44	87	Monica Clemens	20:28
27	Tiffany Schallau	17:47	88	Lindsey Honemann	20:35
28	Jessi Gerot	17:49	92	Willa Cmiel	20:42
31	Katie Ovrom	17:51	99	Katie Murray	20:57
32	Kera Bross	17:52	103	Stacy Beyer	21:08
36	Jessica Skay	17:57	104	Maren Rottler	21:09
51	Corde Cmiel	18:44	110	Shauna McDonald	21:31
52	Claire Grady	18:45	121	Emily Adamek	23:41
53	Valerie Mozena	18:45	122	Meera Gessner	23:41
54	Caroline Mills	18:46			
55	Claudia Garcia	18:47			
61	Anna Olson	19:01			
63	Breanne Hopkins	19:05			
77	Jaye Hobart	19:21			
86	Lucy Plaughter	19:43			

Fresh/Soph

CHS 17
Cedar Falls 46
West 86
Hempstead 137
Xavier 143
6 others upto 290
total running 140

Varsity

West 54
C Falls 66 (6th 24th)
CHS 66
Xavier 90
CHS F/S
Wahlert 135
CHS JV
8 others upto 322
total running 88

Junior Varsity

CHS 28
West 40
Cedar Falls 64
Xavier 136
Wahlert 153
6 others upto 347
total running 125