

Sterling 2004

That was a great way to finish the week. All three teams ran to convincing victories 2 days after an emotional race at super meet. The Junior Varsity got things rolling in the open race with 7 girls earning varsity credit. An Pham even set a PR for the 4k on the way. The course ran 10-20 seconds slower this year (comparing times from opponent girls' times with this year and last). So anyone who ran faster this year or who came within 5 seconds of a pr, I have put in bold. Abby dropped 55 sec from last year's time! The Fresh/Soph ran just as well and would have had a 1-2-3 sweep had two teams not elected to run their top runners in that race instead of varsity. Congratulations to Claire G and Nicki Zimmerman for their 111 and 71 second time drops and Alyse for her SB. The Varsity ran their best race of the season and dominated the team score more than we have at any time in my memory! To place 6 in the top 20 is quite an achievement. That kind of effort will beat Cedar Falls. Congratulations to Sam and Any who had time drops of 53 and 114 sec respectively and to Brittany who took full advantage of her first varsity competition.

<u>Pl</u>	<u>Varsity</u>	<u>time</u>		<u>Pl</u>	<u>Junior Varsity</u>	<u>time</u>	
3	Sidwell, Samantha	18:42	15:35	19:35	1	Foreman, Drew	19:55 18:59
8	Arora, Ruhee	18:57	15:47	19:12	3	Diggelmann, Lindsey	20:04 16:43 19:20
9	McKay, Annie	19:01	15:50	20:53	4	Funk, Emily	20:06 16:45 20:14
12	Anciaux, Clair	19:08	15:57	19:33	6	Leyendecker, Maggie	20:19 16:57 19:44
16	Ziegenhorn, Sarah	19:11	15:59	19:43	8	Dietz, Sara	20:37 17:12
17	DIhy, Brittany	19:12	16:00		11	Bross, Kera	20:47 17:20 20:44
37	Lumpa, Katie	20:09	16:47	19:29	18	Pham, An	21:08 17:37*
	<u>Fresh/Soph</u>				20	Russo, Becky	21:14 17:42
3	Adderly, Eva	19:40	16:23		21	Schallau, Tiffany	21:17 17:44 21:09
4	McCue, Tamika	19:45	16:27		22	Gill, Emily	21:20 17:47 20:26
5	Zimmerman, Nicki	19:54	16:35	21:05	28	Sobaski, Kelly	21:45 18:07 21:42
10	Mims, Kelsey	20:42	17:15	20:11	30	Smith, Megan	21:48 18:10
11	Panther, Cassie	20:45	17:17		32	Sabers, Molly	21:52 18:13 21:19
14	Grady, Claire	21:03	17:32	22:54	33	Henson, Megan	21:53 18:14
15	Riley, Alyse	21:03	17:32SB	20:00	34	Hugill, Clara	21:55 18:15 21:50
					35	Skay, Jessica	21:56 18:16 21:11
					36	Randleman, Libby	21:57 18:17
					37	Paulsen, Jess	21:58 18:18 21:13
					40	Ovrom, Katie	22:02 18:22 21:48
					42	Wiegert, Krista	22:07 18:25
					43	Herlein, Abby	22:08 18:26 23:03
					45	Rodriguez, Elena	22:12 18:30
					48	Lawry, Molly	22:16 18:33
					50	Kidwell, Katrina	22:23 18:39
					53	Olson, Anna	22:31 18:46 23:01
					55	Garcia, Claudia	22:35 18:49 22:43
					58	Fosse, Emily	22:36 18:50
					60	Sobaski, Courtney	22:39 18:52
					62	Bricker, Alina	22:40 18:53
					63	Waters, Anna	22:40 18:53
					67	Meyer, Leslie	22:53 19:04
					72	Paulson, Claire	23:09 19:17
					77	Hobart, Jaye	23:20 19:27 23:18
					78	Wisely, Becky	23:22 19:28 23:11
					79	Fredericks, Libby	23:27 19:32
					81	Tippe, Ally	23:30 19:35 21:15
					87	McDonough, Stephanie	23:45 19:47
					89	Fuller, Libby	23:48 19:50
					92	Cmiel, Cordy	24:08 20:06 22:20
					98	Gerig-Sickles, Analisa	24:33 20:26
					99	Roush, Elisabeth	24:34 20:28
					100	Plaugher, Lucy	24:38 20:32 24:14
					107	Triplett, Melissa	25:02 20:52
					113	Gelder, Kristi	25:31 21:16
					114	Lithimane, Amy	25:45 21:27 25:20
					115	Beyer, Stacy	25:45 21:27 25:50
					116	Honemann, Lindsey	26:03 21:43 25:17
					135	Gonzalez, Geovanna	30:55 25:47

bold name=varsity credit
 *=personal record
 SB=season's best

Varsity (21-0)

CHS	46
Loyola-Academy	123
Conant	154
Boylan(Rockford)	154
Schaumburg	159
16 others upto 559	
total runners152	

Fresh/Soph(12-0)

CHS	33
Belvidere	61
Sterling	61
Hononegah	141
Schaumburg	175
7 others upto 314	
total runners 100	

Junior Varsity(15-0)

CHS	22
Loyola-Academy	46
Conant	112
Jefferson (Rockford)	172
total runners137	