

## Super Meet 2004

I look at yesterday's results and I am proud and excited. Am I satisfied with a third place varsity finish? Of course not. But I am also convinced that we are set to do very well as we head into the upcoming meets. All I have to do is look at how far we have come and know how hard we have worked the past 10 days to know that the fruits of your labor lie ahead. We also had outstanding F/S and JV performances (so what else is new?). We had 22 prs and 14 SBs in those two races. I couldn't ask for much more. Congratulations to Brittany and Drew on their victories and to both squads on their dominance as they continue their undefeated records. I also note that 15 girls earned varsity credit on a day when the varsity race featured 7 ranked teams. Good work ladies.

<u>Pl</u>	<u>Varsity</u>	<u>time</u>		<u>Pl</u>	<u>Junior Varsity</u>	<u>time</u>	
6	<b>Sidwell, Samantha</b>	<b>15:10*</b>	10	1	<b>Foreman, Drew</b>	16:04	
17	<b>McKay, Annie</b>	15:33		2	<b>Leyendecker, Maggie</b>	16:05	
18	<b>Ziegenhorn, Sarah</b>	15:33		3	<b>Van Natta, Meredith</b>	16:10	
20	<b>Arora, Ruhee</b>	15:40		6	<b>Funk, Emily</b>	16:37	
26	<b>Anciaux, Clair</b>	15:54		9	Bross, Kera	<b>16:55SB</b>	30
30	<b>Lumpa, Katie</b>	15:58		12	Dietz, Sara	17:20	
39	<b>Diggelmann, Lindsey</b>	16:24		13	Schallau, Tiffany	<b>17:34SB</b>	6
	<u>Fresh/Soph</u>			14	Russo, Becky	<b>17:41SB</b>	9
1	<b>Dlhy, Brittany</b>	<b>15:55*</b>	31	15	Spencer, Laura	<b>17:42*</b>	13
2	<b>Adderly, Eva</b>	16:06		18	Sobaski, Kelly	<b>17:50SB</b>	14
4	<b>McCue, Tamika</b>	16:21		23	Pringle, Jessica	17:59	
6	<b>Zimmerman, Nicki</b>	<b>16:33*</b>	11	26	Ovrom, Katie	<b>18:01SB</b>	3
8	Panther, Cassie	<b>16:59*</b>	19	29	Paulsen, Jess	<b>18:03SB</b>	1
9	Mims, Kelsey	17:00		30	Lawry, Molly	<b>18:04*</b>	10
16	Grady, Claire	<b>17:18*</b>	24	31	Gill, Emily	18:04	
23	Riley, Alyse	<b>17:39SB</b>	20	36	Herlein, Abby	<b>18:14SB</b>	1
24	Pham, An	<b>17:39*</b>	27	43	Rodriguez, Elena	<b>18:25*</b>	13
28	Henson, Megan	<b>17:45*</b>	6	50	Hichwa, Megan	18:42	
30	Smith, Megan	17:48		53	Fredericks, Libby	<b>18:49*</b>	7
36	Molly Sabers	17:52		55	Hugill, Clara	18:51	
38	Randleman, Libby	<b>17:57*</b>	12	57	Wisely, Becky	<b>18:53SB</b>	47
40	Skay, Jessica	18:04		58	Olson, Anna	18:55	
45	Sobaski, Courtney	<b>18:09*</b>	15	59	Wiegert, Krista	18:56	
49	Kidwell, Katrina	18:13		64	Tippe, Ally	19:04	
52	Meyer, Leslie	<b>18:18*</b>	22	68	Cmiel, Cordy	<b>19:07SB</b>	17
57	Bricker, Alina	<b>18:30*</b>	31	75	Clemens, Monica	<b>19:17*</b>	9
61	Waters, Anna	<b>18:32*</b>	4	89	Plaugher, Lucy	19:51	
63	Fosse, Emily	<b>18:35*</b>	34	93	Roush, Elisabeth	<b>19:53*</b>	1
65	McDonough, Stephanie	<b>18:36*</b>	37	102	Gerig-Sickles, Analisa	<b>20:11*</b>	45
69	Paulson, Claire	<b>18:47*</b>	7	115	Beyer, Stacy	<b>21:04SB</b>	15
70	Garcia, Claudia	<b>18:48*</b>	37	118	Lithimane, Amy	21:15	
78	Hobart, Jaye	<b>19:03SB</b>	26	125	Honemann, Lindsey	<b>21:27SB</b>	30
81	Fuller, Libby	19:09		134	Armbruster, Danielle	22:15	
102	Triplett, Melissa	<b>20:00*</b>	43	139	Gonzalez, Geovanna	<b>24:21SB</b>	54
117	Gelder, Kristi	<b>20:28*</b>	34				

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

### Varsity (10-2)

West	31
Cedar Falls	79
<b>CHS</b>	<b>87</b>
Kennedy	107

9 others upto 357,83 runners

### Junior Varsity(9-0)

<b>CHS</b>	<b>21</b>
Cedar Falls	60
West	67

7 others upto 281

### Fresh/Soph(10-0)

<b>CHS</b>	<b>21</b>
Cedar Falls	50
West	102
Kennedy	153

7 others upto 345,150 runners