

Cedar Rapids Invitational 2004

It was a beautiful day; the course was fast and the competition excellent. The results were 23 prs and 34 season's bests. It came on the heels of a week of good workouts and laid more cement for a strong foundation. The Fresh/Soph dominated in a race of over 200 contestants. It featured a strong finish from Annie McKay to earn a varsity spot and win individual honors. Eva, Nicki and Brittany all ran assertively and earned varsity credits in the process. The JV equaled them with a fine showing. Katie Lumpa will return to varsity with outstanding effort. I would also not Kera Bross' strong performance along with Lindsey, Meredith and Sara earning varsity credit. The Varsity turned in some good times and raced hard but we still have a long road to travel to reach our goals. The map to navigate that road isn't easy but we have the people to make it happen. It is not the time to panic but the time to train and work together to make us the best we can be.

<u>Place</u>	<u>Varsity</u>	<u>time</u>	<u>div03</u>	<u>Place</u>	<u>Junior Varsity</u>	<u>time</u>	<u>div03</u>
10	Sidwell, Samantha	15:23**	-47	1	Lumpa, Katie	16:08*	
22	Anciaux, Clair	15:58*	-8	2	Diggelmann, Lindsey	16:29*	
25	Leyendecker, Maggie	16:03*	-8	4	Van Natta, Meredith	16:49**	
29	McCue, Tamika	16:14**		5	Dietz, Sara	16:56**	
30	Ziegenhorn, Sarah	16:19*		8	Bross, Kera	17:25*	
40	Foreman, Drew	16:33*		10	Gill, Emily	17:34*	
42	Funk, Emily	16:45*		12	Hugill, Clara	17:37*	
	<u>Fresh/Soph</u>			20	Schallau, Tiffany	17:58*	
1	McKay, Annie	16:21**	-47	22	Sobaski, Kelly	18:04*	
4	Adderly, Eva	16:34**		24	Wiegert, Krista	18:08**	
5	Zimmerman, Nicki	16:57**	-16	31	Towers, Paige	18:17*	
6	Dlhy, Brittany	16:58**		32	Gnade, Allie	18:18**	
8	Mims, Kelsey	17:14*		33	Herlein, Abby	18:19*	-11
11	Russo, Colleen	17:24**		34	Paulsen, Jess	18:20*	
14	Panther, Cassie	17:36**		41	Ovrom, Katie	18:32*	
23	Grady, Claire	18:04*		43	Hichwa, Megan	18:38*	
29	Smith, Megan	18:15**		44	Lawry, Molly	18:39**	
32	Skay, Jessica	18:18*		51	Pringle, Jessica	18:47*	
34	Riley, Alyse	18:20*		63	Rodriguez, Elena	19:07**	
48	Waters, Anna	18:36**		70	Olson, Anna	19:16*	
56	Pham, An	18:49**		74	Fredericks, Libby	19:21*	
59	Sobaski, Courtney	18:55**		76	Cmiel, Cordy	19:24*	
77	Garcia, Claudia	19:13*		88	Plaughter, Lucy	19:44*	
78	Bricker, Alina	19:13*		96	Roush, Elisabeth	19:54**	
88	Randleman, Libby	19:22**		97	Wisely, Becky	19:54*	
92	Meyer, Leslie	19:24**		99	Clemens, Monica	19:56*	
103	Henson, Megan	19:45		135	Armbruster, Danielle	21:41**	
117	Fosse, Emily	20:00**		139	Gerig-Sickles, Analisa	21:52*	
120	Paulson, Claire	20:03**		143	Honemann, Lindsey	21:57*	
122	Fuller, Libby	20:06**		145	Lithimane, Amy	22:02*	
126	Hobart, Jaye	20:14*			**=personal record		
128	McDonough, Stephanie	20:16			*=season's best		
183	Triplett, Melissa	23:01					
184							
	Gelder, Kristi	23:09					

**div03=time
improvement
from divisional 2003**

Varsity	West	44	Junior Varsity	CHS	20	Fresh/Soph	CHS	23
	Xavier	94		West	45		West	86
	Marion	111		Bett	166		Ames	131
	CHS	116		CR Wash	180		P V	207
	CR Kennedy	117		PV	196		Bett	209
	15-3, 120 runners			18-0, 182 runners			17-0, 201 runners	