

Cedar Rapids Invitational 2007

The results of this meet offer us perspective. We have the foundation of a championship team at all levels but we have a lot of work to do in order to make that happen. There are a lot of good quality teams out there that are anxious to beat us. The course that ran slower than PV (I compared the times of other teams that participated in both meets). Yet we had many fine performances on and that is reflected in the number of Season's Bests and PRs . In the end that wasn't enough for the Varsity and Fresh/Soph to win. But it did give us much to build upon so that *we can win in the future*. Our Junior Varsity ran very well and dominated. Our Varsity is young and our Fresh/Soph inexperienced. In the weeks ahead we will need to do the training and mental preparation to gain the maturity and experience necessary to bring those squads to the same level. We can do it. Are you ready to do your part?

	<i>Varsity</i>		<i>2006</i>	<i>2005</i>	<i>2004</i>		<i>Junior Varsity</i>		<i>2006</i>	<i>2005</i>	<i>2004</i>
8	Hart, Kelsey	15:43	15:27	15:30		2	McFarland,Lindsay	16:46	17:34	17:12	
13	Fagan, Emily	16:04	16:31			3	Kregel, Hannah	17:05	17:07	17:31	17:14
14	Yagla, Jessica	16:06	16:19			5	Harris, Mercedes	17:08SB	17:36	17:35	
19	White, Cassie	16:16	16:19			6	Panther, Cassie	17:33SB	18:11		
20	Rethwisch,Rebecca	16:16*				9	Rethwisch,Amanda	17:52SB	18:19	18:08	
25	Dlhy, Brittany	16:24	15:44	15:04	16:58	18	Torres, Sherry	18:09	20:18		
29	Randleman, Libby	16:31*	18:13			19	Paulson, Claire	18:11SB	18:45	19:35	20:03
	Fresh/Soph					22	Verhoef, Chloe	18:16	21:33		
2	Holman, Melanie	16:54*				43	Henson, Megan	18:54	19:13	18:19	19:45
15	ShinnickGordon,Izzy	17:50SB	19:37			45	Smith, Megan	18:57	17:50	17:52	
20	Ricci, Cassie	18:11	18:25			55	Adderly, Eva	19:17SB	17:43	18:07	
24	Opheim, Britney	18:19*				56	Fleener, Lauren	19:21	19:41	18:19	
32	Abrams, Abby	18:48*				61	Meyer, Leslie	19:24SB	19:22		19:24
34	Howard, Susanna	18:52				63	Arp, Allie	19:26			
46	Hudachek,Danielle	19:02				73	McDonough,Steph	19:32SB	19:41	20:33	20:16
69	Mallampalli, Mary	19:28*				78	O'Malley, Malinda	19:39	20:55		
103	Wilkinson, Ashley	19:40SB	20:56			79	Arens, Kelsey	19:40SB	19:46		
113	Agassandian,Alice	20:43*				84	DeMoss, Kenzie	19:42SB	20:32		
113	Maize, Lauren	21:04*				86	Triplett, Melissa	19:47SB	19:34	19:51	23:01
120	Triplett, Liz	21:12	21:33			95	Bricker, Alina	19:56	18:36		
151	Sierra, Coady	22:18SB	22:42			106	Pham, An	20:17SB	19:23	19:07	18:49
152	Titus, Katie	22:25				107	Kamber, Kayla	20:18	20:35		
164	Graves, Susan	23:02*				115	Calkins, Claire	20:29*			
167	Mead, Mackenzie	23:12*				128	Cronbaugh,Taylor	20:39SB	22:18		
173	Mahaffa, Maggie	23:56				166	Neu, Abby	21:33	23:01		
185	Siegfried, Hannah	26:47				178	Averkamp, Alyx	21:49	23:34		
190	Reyes, Stephanie	29:58*				181	Rodriguez,Destiny	21:51SB	23:18	22:16	
						186	Piper, Ashley	21:56SB	24:57		
						194	Gelder, Kristi	22:06SB		21:33	23:09
						199	Fuller, Libby	22:10SB	22:18		20:34
						207	Tippe, Laurel	22:31SB	23:07		
						216	Hubbard, Claire	23:07*			
						239	Howard, Caroline	24:27			
						242	Schallau, Emily	25:01		21:30	
						243	Martin, Paige	25:28SB	24:44		
						245	Greene, Megan	25:52			
						252	Bri Zweiner	27:55*			

Varsity 31-2	F/S	21-5	
West 67	West 63	CRP	68*
CHS 74	CRWash	90	
17 others 130 ran	CHS 93	191	ran
Junior Varsity	28-1		
CHS 25			
PV61,CR Wash 137			
14 others 252 ran			

*=PR SB=season best