

Cedar Rapids Invitational

We had a very good night at Noelridge. While the times were in general a little slower than a year ago, our placing was better so our team scores were impressive in such a large field of runners. I was impressed how we performed after a very hard workout on Tuesday. That bodes well for the future. I do offer this word of caution to our Varsity. Two years ago we finished 4th at this meet some 72 points behind West. Eight weeks later we missed upsetting them at State by 23 points. We will need to avoid complacency.

Again we showed good team spirit and mutual support. When the temperatures cool and you have an opportunity to run on more rested legs you will see some dramatic improvements in times. But for now you can take great satisfaction in a job well done knowing that the best is yet to come.

Place	Varsity		2005	2004		Junior Varsity		2005	2004
4	Hart, Kelsey	15:27	15:30		1	Ziegenhorn, Sarah	16:46	17:35	20
6	Sidwell, Samantha	15:31SB	15:08	15:23	3	Mims, Kelsey	17:32	17:13	17
7	DIhy, Brittany	15:44	15:04	16:58	5	Adderly, Eva	17:43S	18:07	16
11	McKay, Annie	15:52	15:57	16:21	6	Zimmerman, Nicki	17:47	17:09	16
12	Garcia, Claudia	15:57SB	15:58	19:13	7	Smith, Megan	17:50S	17:52	18
19	White, Cassie	16:19			9	Sabers, Molly	17:56	17:44	
20	Yagla, Jessica	16:19			11	Panther, Cassie	18:11		17
					12	Randleman, Libby	18:13S		19
					22	Bricker, Alina	18:36S	19:09	19
	<i>Fresh/Soph</i>				29	Paulson, Claire	18:45S	19:35	20
2	Fagan, Emily	16:31			31	Skay, Jessica	18:47S	18:17	18
4	Kregel, Hannah	17:07SB	17:31		32	Grady, Claire	18:47	18:18	18
9	McFarland,Lindsay	17:34S	17:12		45	Mills, Caroline	19:05S	18:03	17
11	Harris, Mercedes	17:36S	17:35		47	Henson, Megan	19:13	18:19	19
19	Rethwisch, Amanda	18:19	18:08		56	Moen, Elaine	19:21S	19:03	
22	Ricci, Cassie	18:25			57	Meyer, Leslie	19:22S		19
32	Gessner, Lelia	18:35			58	Pham, An	19:23S	19:07	18
69	ShinnickGordon,Izzy	19:37			67	Triplett, Melissa	19:34S	19:51	23
72	Fleener, Lauren	19:41	18:19		71	Horras, Kylie	19:39S		
76	Arens, Kelsey	19:46			73	McDonough,Stephanie	19:41S	20:33	20
104	DeMoss, Kenzie	20:32			77	Zoeckler, Susan	19:45*		
118	Wilkinson, Ashley	20:56S			102	Torres, Sherry	20:18		
140	Verhoef, Chloe	21:33			114	Kamber, Kayla	20:35		
141	Triplett, Liz	21:33			117	Skay,Kenzie	20:38		
161	Sheets, Rosie	22:26S			127	O'Malley, Malinda	20:55		
165	Sierra, Coady	22:42			165	Fuller, Libby	22:18S	20:34	20
172	Tippe, Laurel	23:07			166	Cronbaugh,Taylor	22:18*		
148	Rodriguez, Destiny	23:18	22:16		169	Lehman, Laurie	22:22*		
163	Bates, Emmy	24:14*			172	Arbuckle, Jeni	22:33*		
189	Martin, Paige	24:44			188	Neu, Abby	23:01*		
196	Goff, Jessica	27:40			201	Averkamp, Alyx	23:34*		

Varsity (34-0)
CHS 40
 Xavier104,
 CRWash113
 West 128, 122
 runners

F/S (26-1)
CHS 45
 Bett70 DavW107
 197runners runners

Bold Name=Varsity Credit
***=PR**

S=Season's Best

JuniorVarsity
CHS 22
 PV64,Xavier94
 227 runners

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