

District 2006

We performed well yesterday. We had our top five within 31 seconds of each other for the first time since the Eastern Iowa Classic and I know we are a better team now than then. Brittany and Jessica stepped up a notch and everyone ran hard and strong despite a very fast start. I had everyone at 80 seconds or faster through the first 400. The boy's course was measured long at 3.22 miles and after much analysis it would appear that Burlington's course ran about 15-20 seconds slower than ours. The same holds true for the District at Noelridge. I also think that the courses that Dowling and Urbandale were similar in terms of how they ran. What does it all mean? Just this: we will have to run our best to beat the competition next week. I have no doubt you will. In the end, it comes down to competing with people and teams rather than running against times. It is about preparation, desire and confidence. You are physically prepared, mentally tough and you have been tested over the course of the season. You dominated Naperville, had an outstanding performance at Griak, and ran to convincing wins at Conference, Divisional and District. Your confidence should be great. I know I would not want to compete against you. So respect your opponents, they would like nothing better than to beat you. But fear no one. This week do the little things, eat well, rest well and support one another. Enjoy the taper and enter the meet next Saturday knowing that you are ranked first because you have earned it and you aim to keep it that way.

Pl	<i>Varsity</i>	<i>District</i>	<i>Divisional</i>	<i>West</i>	<i>District</i>	<i>Div</i>	<i>Dowling</i>	<i>District</i>	<i>Urbandale</i>	<i>District</i>
3	Dlhy, Brittany Sidwell,	15:05	14:57	Wickman	14:56	14:36	K Flood	14:08	Mundt	14:25
4	Samantha	15:09	14:48	Englehardt	15:18	14:59	Decker	14:55	Bruett	14:56
5	McKay, Annie	15:17	14:58	Walz	15:19	15:05	B Flood	15:16	Evans	15:47
7	Hart, Kelsey	15:34	15:21	Stahlecker	15:56	15:49	Weier	15:43	Willem	15:55
8	Yagla, Jessica	15:36	15:30	Novak	16:00	15:51	Sarcone	15:43	Steinmeyer	16:04
11	White, Cassie	15:50	15:33	Skopec	16:08	16:04	Lacy	16:32	Wilson	16:48
17	Fagan, Emily	16:10	15:44	Schuetz	16:39	16:25	Powers	16:39	MacKay	16:12

Team Scores: **CHS (141-1) 27**

Pleasant Valley 80

Davenport North 86

Bettendorf 94

5 others scores upto 190 (the results in the paper may be in error due to initial mistakes in calculations at the meet)