Sterling 2007

Saturday proved to be another successful day for us. I was impressed with the pluck you showed and how intelligently you ran your races. The Varsity is to be commended for coming back from a very intense competition at Super Meet and Brittany looked very strong the last mile. The Fresh/Soph rebounded from their setback and ran like seasoned veterans and the JV continued their dominance that we have grown to expect. I think that the most interesting analysis is to look at what your times would have been for 2.5 miles at Sterling assuming an even pace and then compare it with Super Meet which was also hot and flat. Several of you ran nearly as fast or faster Saturday (times in bold) despite the longer distance and in the case of the JV it was even hotter on Saturday!! Congratulations to all of you. Now it is on to Divisional which will basically be a rematch of Super Meet. Time to take it up another notch!!

Pl	Varsity	2007	2.5mile	Super	2006	2005
5	**Dlhy, Brittany**	18:52	15:42	15:31	18:10	18:10
8	**Hart, Kelsey**	19:04	15:54	15:25	18:30	18:49
14	**Yagla, Jessica**	19:14	16:02	15:47	18:40	
17	**Fagan, Emily**	19:22	16:08	15:48	19:26	
24	**White, Cassie**	19:37	16:20	16:06	19:15	
36	**Rewisch, Rebecca**	19:53	16:34	16:06		
66	**Randleman, Libby**	20:38	17:12	16:11	21:31	21:57
	Fresh/Soph					
6	**Holman, Melanie**	20:45	**17:17**	17:18		
9	**Abrams, Abby**	20:59	**17:29**	17:40		
10	**Opheim, Britney**	21:07	**17:36**	17:37		
14	Schinnick, Gordon, Izzy	21:25	**17:51**	18:02	21:24	
19	Ricci, Cassie	21:57	18:17		20:30	
26	Hudacek, Danielle	22:18	**18:35**	18:44		
39	Howard, Susanna	23:38	19:42	18:59		

boldname=varsitycredit
=personal record
SB=season's best

Varsity (113-8)

CHS	**68**
Loyola Academy	81
PV	129
Conant	**130**
Schaumburg	174
21 other teams	
178 ran	

Fresh/Soph(43-8)

CHS	**58**
Hononegah	79
Fenwick	84
PV	89
Sterling	129
12 others	
84 ran	

Junior Varsity(62-1)

CHS	**28**
Loyola	40
PV	73
12 others, 177ran	

Pl	Junior Varsity	2007	2.5mile	Super	2006	200
1	**McFarland, Lindsay**	19:57	**16:38**	16:46	20:52	20:2
2	**Kregel, Hannah**	20:00	**16:40**	16:52	19:27	20:3
3	**Harris, Mercedes**	20:36	17:11	16:51	19:50	20:1
6	**Panther,Cassie**	21:13	**17:41**	17:41		
16	Henson, Megan	22:18	18:35	18:25	21:40	21:2
18	Rethwisch, Amanda	22:27	18:42	18:07	20:52	20:2
19	Torres, Sherry	22:27	18:42	18:26	23:01	
24	Paulson, Claire	22:47	18:59	18:15		
25	Verhoef, Chloe	22:50	19:01	18:53	23:34	
38	McDonough,Stephanie	23:24	**19:30**	20:20	22:51	24:1
39	Fleener, Lauren	23:24	19:30	19:19	22:29	21:1
48	Arens, Kelsey	23:39	19:42	19:16	22:53	
49	Agassandian, Alice	23:40	**19:43**	20:02		
57	Adderley, Eva	24:05	20:04	19:36	20:46	20:3
63	Wilkinson, Ashley	24:19	**20:16**	20:21	23:15	
65	Meyer, Leslie	24:23	20:19		23:04	22:2
67	Cronbaugh, Taylor	24:25	20:21	19:57	26:30	
72	Demoss, Kenzie	24:35	20:19	19:17	23:02	
74	Bricker, Alina	24:42	20:35			
76	Pham, An	24:44	**20:36**	20:41	23:15	22:1
88	O'Malley, Malinda	25:20	21:06	20:54	23:20	
96	Mallimpalli, Mary	25:36	21:20		25:12	22:2
97	Triplett, Elizabeth	25:42	21:25	21:17	22:55	
102	Maize, Lauren	25:51	21:36	21:09		
112	Averkamp, Alyx	26:11	**21:49**	21:48	29:05	
115	Gelder, Kristi	26:18	**21:55**	22:13	25:31	24:2
116	Titus, Katie	26:21	21:57	22:26		
117	Calkins, Claire	26:27	22:02	20:41		
120	Triplett, Melissa	26:33	22:07			
122	Fuller, Libby	26:34	22:08	21:43	25:26	24:1
123	Mead, Mackenzie	26:34	**22:08**	22:13		
124	Rodriguez, Destiny	26:36	**22:10**	22:13		
127	Piper, Ashley	26:43	22:16	21:34		
136	Neu, Abby	27:21	**22:46**	25:47	24:13	
139	Graves, Susan	27:23	22:47			
140	Tippe, Laurel	27:24	**22:48**	23:04	25:51	
151	Moore, Sarena	28:59	**24:09**	28:17		
159	Greene, Megan	29:57	24:56	23:55		
162	Mahaffa, Maggie	31:35	**26:20**	26:57		
166	Martin, Paige	31:43	26:25	28:03	27:43	
167	Schallau, Emily	31:49	26:30	24:49	25:22	
172	Hubbard,Claire	33:21	**27:46**	27:41		
173	Zwiener,Bri	33:24	27:50			
175	Siegfried,Hannah	34:04	**28:20**	28:58		
176	Reyes,Stephanie	34:48	29:40			