

Sterling 2009

The Sterling course was frosty and had puddles the size of small ponds to traverse. It became sloppier as the day wore on but we competed well despite further depletion of our team with illness. Not many teams (I can think of none in Iowa) could have absorbed the loss of 3 of their scoring varsity and continue to dominate JV and Fresh/Soph races and perform with excellence as a Varsity. Saturday you had the additional task of running in adverse conditions after a two-hour school bus ride and 40 hour turn around time from your Super Meet victories. The course ran a good 15 seconds slower than a year ago based on overall times from the meet but many of you ran faster! The grit gained from the commitment to training in the summer and early fall combined with a great sense of team is paying off in October. We have one more meet with the whole team on Thursday. I am hoping for your good health so that you may enjoy the reward of a grand finale at Divisional. Get your bus tickets to State. It is going to be quite a ride!!!

	Varsity	2009	2.5mi	2008	2007	2006
			<i>conversion</i>			
4	Rethwisch, Rebecca	18:42	15:35	18:35	19:53	
9	White, Cassie	18:59	15:49	19:34	19:37	19:15
13	Holman, Melanie	19:04	15:54		20:45	
17	Fagan, Emily	19:16	16:02	19:19	19:22	19:26
18	Beasley, Harper	19:19	16:05	20:05		
39	Bruns, Anna	20:08	16:46	19:40	19:57	20:32
Fresh/Soph						
4	Bruns, Courtney	20:17	16:54			
7	Sullivan, Jordan	20:30	17:05	19:57		
9	Tamerius, Alexandra	20:39	17:12	21:19		
11	Bruns, Lindsey	20:55	17:25			
13	Singlin, Allison	21:02	17:31			
26	Aguilera-Rosales, Yorik	21:51	18:12	22:47		
33	Scoblic, Izzy	22:17	18:34	20:46		

	Junior Varsity	2009	2.5mi	2008	2007	2006
			<i>conversion</i>			
2	Fuller, Ashley	20:27	17:02			
3	Hudachek, Danielle	20:37	17:11	20:14	22:27	
4	Mahaffa, Maggie	20:41	17:14	21:22	31:35	
5	Opheim, Britney	20:43	17:16	20:22	21:07	
8	Shinnick-Gordon, Izzy	21:07	17:36	21:10	21:25	21:24
16	Agassandian, Alice	21:34	17:57		23:40	
17	Lines, Lori	21:41	18:02	21:59		
19	Wolf, Taylor	21:54	18:15	22:00		
21	Perez, Terra	21:57	18:17			
23	Bodnarek, Kennedy	21:58	18:18	22:12	23:38	
24	Sotelo, Emily	22:01	18:21	22:48		
33	Peterson, Breanne	22:34	18:47	23:53		
41	Wilkinson, Ashley	22:54	19:03	23:40	24:19	23:15
58	Laughlin, Erin	23:54	19:55			
65	Heasley, Liz	24:18	20:15	25:30		
81	Mead, Mackenzie	24:44	20:37	23:12	26:34	
87	Razavi, Nadia	24:49	20:41	25:25		
88	Myers, Claire	24:50	20:41	28:50		
60	Vanderwoude, Katie	24:52	20:43	23:36		
116	Mendoza, Emily	25:46	21:27			
120	Schumm, Magill	25:50	21:31	25:52	21:57	
137	Triplett, Liz	26:31	22:06	26:11	25:42	22:55
142	Carman, Isabel	26:58	22:27			
153	Ringgen, Megan	27:36	23:00	29:25		
154	Neems, Sophie	27:51	23:13			
177	Reyes, Stephanie	31:24	26:10	33:53	34:48	

Varsity (111-5)			Red Name	=Varsity	Credit
1	Schaumburg	29			
2	City	61	*=PR		
3	Loyola Academy	123	SB=	Seasons	Best
4	Bettendorf	170			
	26 others	203			
Junior Varsity (57-0)					
1	City	22			
2	Loyola Academy	45			
3	PV	113			
Fresh/Soph (50-1)					
1	City	44			
2	PV	62			
3	Fenwick	69			
	8 others	90 runners			