

Time Trial 2006

Yesterday twenty-nine young women were introduced to their first cross country race. Ideally one would like a pleasant day to accommodate them. Instead we got heat and humidity and some long grass. Yet, we had 13 more girls complete the event than a year ago---that shows mental toughness. Conditions were similar in 2004. As you can see, those who competed that day generally ran much better yesterday. That is very encouraging. It shows that experience is worth a lot in our sport. You can also see that those who ran and trained over the summer benefited greatly in their performance. Many who did actually ran as fast or faster than last year when it was 10 degrees cooler! We are off and running!! I was very pleased with how spirited and positive you were at this Time Trial. The positive attitude of our team will only make us stronger and better. Yesterday's experience will serve us well in the meets to come and times will plummet as the weather cools and your training progresses.

	Event→	2006	2005 TT	2004	2003			Bold=Varsity Credit	2006	time	2004	2003
	Conditions→	90/hum	80/hum	90/hum	80/hum			*=personal record (pr)	92/hum	80/humid	90/hum	80/hum
1	Sidwell, Samantha	15:53	15:52	17:41	18:14		35	Arens, Kelsey	21:53*			
2	Hart,Kelsey	16:09	16:06*				36	Shinnick-Gordon	22:00*			
3	Garcia, Claudia	16:20	16:30*	23:44	24:50		37	Henson, Megan	22:05	20:08	22:22	
4	DIhy,Brittany	16:37	15:59	20:43			38	Torres, Sherry	22:14*			
5	McKay, Annie	16:41	16:42	19:24	19:55		39	Harris, Mercedes	22:25	18:35*		
6	White, Cassie	16:44*					40	McDonough, Steph	22:44	21:52	23:39	
7	Fagan, Emily	16:46*					41	Kamber, Kayla	22:49*			
8	Yagla, Jessica	16:47*					42	Zoeckler, Susan	23:07*			
9	Ziegenhorn, Sarah	18:09		17:51	19:24		43	Thomae, Ariel	24:02*			
10	McFarland, Lindsay	18:27	18:18*				44	DeMoss, Kenzie	24:32*			
11	Kregel, Hanna	18:39	18:56*				45	Wilkinson, Ashley	24:36*			
12	Smith, Megan	18:52	18:42	20:09			46	Neu, Abby	24:50*			
13	Riley, Alyse	18:58		19:48	19:24		47	O'Malley, Malinda	24:51*			
14	Rethwisch, Amanda	19:12	19:35*				48	Mallimpalli, Mary	25:02*			
15	Zimmerman, Nicki	19:20	18:25	20:20	19:46		49	Verhoef, Chloe	25:03*			
16	Panther, Cassie	19:26		20:41			50	Skay, Kenzie	25:09*			
17	Ricci, Cassie	19:32*					51	Tippe, Laurel	25:12*			
18	Gessner, Lelia	19:41*					52	Lehman, Laurie	25:34*			
19	Mims, Kelsey	19:43	17:35	19:53	19:09		53	Gelder, Kristi	26:10	22:50	27:50	
20	Sabers, Molly	19:49	18:47	26:47	20:39		54	Rodriguez, Destiny	26:16	23:49*		
21	Skay, Jessica	20:01	18:54	20:21	19:57		55	Martin, Paige	26:33*			
22	Adderly, Eva	20:20	18:39	22:00	19:57		56	Sierra, Coady	26:34*			
23	Moen, Elaine	20:46	20:02*				57	Sheets, Rosie	26:34*			
24	Paulson, Claire	20:53	20:23	22:29			58	Cornbaugh, Taylor	27:01*			
25	Grady, Claire	21:05	20:00	21:46	21:25		59	Fuller, Libby	27:18	22:35	25:19	
26	Mills, Caroline	21:09	19:05		21:25		60	Wertz, Julie	27:21*			
27	Bricker, Alina	21:10	20:42	22:00			61	Arbuckle, Jeni	27:49*			
28	Fleener, Lauren	21:25	19:36*				62	Bates,Emmy	28:02*	29:39*		
29	Russo, Colleen	21:27		19:52			63	Triplett, Elizabeth	28:38*			
30	Pham, An	21:29	19:52	21:05			64	Hubbard, Claire	29:35*			
31	Meyer, Leslie	21:35	19:57	20:49			65	Averkamp, Alyx	29:35*			
32	Triplett, Melissa	21:48	22:12	27:49			66	Piper, Ashley	29:35*			
33	Horras, Kylie	21:52	20:27*				67	Dreyer-Dufer, Emile	31:02*			
34	Hobart, Jaye	21:53	20:22	21:46	21:42		68	Goff, Jessica	32:23*			