

2005 Cedar Rapids Invitational

That was fun! The Fresh/Soph rallied to edge out Pleasant Valley and had a boatload of PRs and SBs. The Varsity created more elation than I have seen in our team since 1999 and the JV came, ran and conquered. Now you know that we aren't dreaming when we say we can be the best. What we need to remember is how we arrived here; hard training and teamwork. The bull's eye now is on your back. Take nothing for granted and welcome the challenge girls. Keep with the program and yesterday's successes will only be the beginning of a season to remember.

Place	<i>Varsity</i>	<i>2005</i>	<i>2004</i>		<i>Junior Varsity</i>	<i>2005</i>	<i>2004</i>	
2	Dlhy, Brittany	15:04*	16:58	1	Anciaux, Clair	16:25SB	15:58	
5	Sidwell, Sam	15:08*	15:23	3	Funk, Emily	16:42SB	16:45	
11	Hart, Kelsey	15:30*	(16:04)	6	Zimmerman, Nicki	17:09SB	16:57	
21	McKay, Annie	15:57SB	16:21	7	Diggelmann,Lindsey	17:10	16:29	
23	Garcia, Claudia	15:58*	19:13	8	Mims, Kelsey	17:13SB	17:14	
26	McCue , Tamika	16:02	16:14	13	Ziegenhorn, Sarah	17:35		
42	Foreman, Drew	16:29SB	16:33	14	Wiegert, Krista	17:37*	18:08	
				17	Sabers, Molly	17:44SB		
				24	Mills, Caroline	18:03SB		
	Fresh/Soph			31	Bross, Kera	18:09SB	17:25	
5	McFarland, Lindsay	17:12*	(17:45)	33	Schallau, Tiffany	18:12SB	17:58	
7	Kregel, Hannah	17:31*	(18:03)	34	Skay, Jessica	18:17	18:18	
9	Harris, Mercedes	17:35*	(18:04)	35	Grady, Claire	18:18SB	18:04	
19	Smith, Megan	17:52SB	18:15	36	Shortt, Chelsee	18:20*	(18:45)	
29	Adderley, Eva	18:07SB	16:34	45	Robison, Jessie	18:38*	(18:49)	
33	Rethwisch, Amanda	18:08*	(18:24)	75	Olson, Anna	19:12SB	19:16	
39	Fleener, Lauren	18:19*	(18:32)	78	Dobrian, Kasia	19:14*	(19:45)	
40	Henson, Megan	18:19SB	19:45	83	Hobart, Jaye	19:24SB	20:14	
67	Moen, Elaine	19:03*	(19:06)	111	Cmiel, Cordie	20:16SB	19:24	
70	Pham, An	19:07SB	18:49	113	Fredericks, Libby	20:17	19:21	
72	Sarrizan, Cate	19:08	(19:49)	134	Minchk, Laura	20:59		
74	Bricker, Alina	19:09SB	19:13	139	Plaughner, Lucy	20:46SB	19:44	
92	Paulson, Claire	19:35SB	20:03	142	Uhde, Kaitlyn	21:05*	(21:19)	
103	Triplett, Melissa	19:51*	23:01		Roush, Elisabeth	21:15SB	19:54	
120	McDonough, Stephanie	20:33SB	20:16		Bold Name=Varsity Credit *=PR SB=Season's Best (previous pr) Varsity CHS 62 (34-0) West 71, Xav109,Ames161 128 runners		Junior Varsity(CHS 25 (27-0) West69,Ames127,DubW143 198 runners Fresh/Soph CHS 69 (31-0) PV71,West78,Ames129 186 runners	
	Fuller, Libby	20:34SB	20:06					
141	Gelder, Krisiti	21:23SB	23:09					
148	Schallau, Emily	21:30*	(22:17)					
163	Rodriguez, Destiny	22:16*	(22:29)					