

2005 Eastern Iowa Classic

The heat and humidity lifted just in time for the race but you heated up the course with some fine racing. West adjusted to our Varsity by using our runners but we adapted nicely and delivered fine performances throughout. Brittany ran another outstanding race but in the end our depth defeated them and the rest of the field with 9 of our girls running times faster than their 5th runner. Our combined JV/Fresh-Soph team was totally dominant and the improvements in the last 2 weeks are there for you to see. My hat would be off to you if I wore one girls. Keep training with vigor and racing with intensity and the prs and SBs will continue.

Place	Varsity	2005	CR2005		Junior Varsity(cont'd)	2005	CR2005
1	Dlhy, Brittany	14:42	15:04	50	Libby Randleman	18:09SB	
5	Sidwell, Samantha	15:20	15:08	54	Olson, Anna	18:12*	19:12
10	Hart, Kelsey	15:44	15:30	55	Shortt, Chelsee	18:12	18:20
11	McKay, Annie	15:47	15:57	57	Pham, An	18:14SB	19:07
12	McCue , Tamika	15:47	16:02	64	Paulson, Claire	18:36*	19:35
13	Garcia, Claudia	15:50	15:58	70	Meyer, Leslie	18:412	
22	Foreman, Drew	16:04	16:29	75	Triplett, Melissa	18:55*	19:51
23	Anciaux, Clair	16:06SB	16:25	76	McDonough, Stephanie	18:55SB	20:33
				87	Hobart, Jaye	19:09	19:24
	Juniors Varsity			90	Cmiel, Cordie	19:11SB	20:16
1	Ziegenhorn, Sarah	16:18SB	16:38	91	Fredericks, Libby	19:25SB	20:17
2	Funk, Emily	16:29	16:42	93	Fuller, Libby	19:27SB	20:34
4	Diggelmann, Lindsey	16:31	17:10	105	Plaugher, Lucy	19:54SB	20:46
5	Zimmerman, Nicki	16:40SB	17:09	111	Gelder, Krisiti	20:16SB	21:23
6	Mims, Kelsey	16:44	17:13	117	Schallau, Emily	20:22	21:30
7	McFarland, Lindsay	16:49*	17:12	123	Minchk, Laura	20:22*	20:59
9	Harris, Mercedes	17:01*	17:35	130	Uhde, Kaitlyn	20:30*	21:05
10	Adderley, Eva	17:03SB	18:07	133	Roush, Elisabeth	20:50SB	21:15
11	Kregel, Hannah	17:03*	17:31	137	Rodriguez, Destiny	21:04	22:16
13	Smith, Megan	17:15	17:52		Bold Name=Varsity Credit SB=Season's Best Varsity (46-0) CHS 39 West 54 Xavier 71 5 others 75 runners JV (39-0) CHS 17 West 54 Xavier 71 Wash 105 170 runners	*=PR	
16	Henson, Megan	17:34*	18:19				
17	Wiegert, Krista	17:35	17:37				
18	Schallau, Tiffany	17:36	18:12				
24	Mills, Caroline	17:46	18:03				
28	Bross, Kera	17:51	18:09				
29	Lawry, Molly	17:55SB					
35	Robison, Jessie	17:59	18:38				
38	Fleener, Lauren	18:01	18:19				
39	Grady, Claire	18:02	18:18				
40	Skay, Jessica	18:02	18:17				
42	Bricker, Alina	18:02*	19:09				
44	Sarrizan, Cate	18:05*	19:38				
49	Horras, Kylie	18:08*					