

## 2005 Time Trial @ U of I

What a difference a year makes. Last year we were inexperienced and trying to find ourselves. This year we approached our first timed effort like a team that will compete like veterans. Our times were, in a word, great. Sure the weather was much better and the grass shorter but 2 years ago the conditions were the same and by looking and comparing below you can see how our times compared to the championship team of 2003. All of you that ran last year showed significant improvement this year--many by astounding amounts. The value of preseason training and a change in mind set can be best shown by Claudia who has gone from finishing next to last as a freshman to top five in yesterday's event. But she is not alone. Many of you have put in good summers of training. And even those who didn't have come ready to "get after it". This year holds a lot of promise girls but now the real challenge begins. Tuesday we face one of the very best teams in the State in Tipton and some of the best individuals as well. I am convinced we are good enough to compete with anyone but we will have to be at our best meet in and meet out to come home victorious. Yesterday we looked like the team I was dreaming about last August. From warm-up to CORE you showed commitment to excellence and *that* is the City High tradition.

	Event→	2005 TT	2004	2003	2003		Event→	time	2004	200
	Conditions→	80/humid	90/hum	80/hum	top20		Conditions→	80/humid	90/hum	80/hu
1	Sidwell, Samantha	15:52	17:41	18:14	15:27	29	Meyer, Leslie	19:57	20:49	
2	Dlhy, Brittany	15:59	20:43		15:27	30	Grady, Claire	20:00	21:46	
3	Hart, Kelsey	16:06*			16:25	31	Moen, Elaine	20:02*		
4	McCue, Tamika	16:12	17:43		16:34	32	Henson, Megan	20:08	22:22	
5	Garcia, Claudia	16:30*	23:44	23:44	16:47	33	Randleman, Libby	20:20	24:49	
6	Foreman, Drew	16:38	17:55	16:47	16:50	34	Hobart, Jaye	20:22	21:46	21:1
7	McKay, Annie	16:42	19:24	19:55	17:02	35	Paulson, Claire	20:23	22:29	
8	Funk, Emily	16:52	18:00		17:12	36	Horras, Kylie	20:27*		
9	Diggelmann, Lindsey	17:03	18:24		17:18	37	Olson, Anna	20:32	24:32	23:3
10	Mims, Kelsey	17:35	19:53	15:27	17:41	38	Bricker, Alina	20:42	22:00	
11	McFarland, Lindsay	18:18*			17:51	39	Sobaski, Courtney	20:50	21:04	
12	Schallau, Tiffany	18:23	20:40	19:54	18:14	40	Sarrizan, Cate	20:51*		
13	Zimmerman, Nicki	18:25	20:20	19:46	18:23	41	Minch, Laura	20:51*		
14	Bross, Kera	18:26	20:18	18:23	18:25	42	Dobrian, Kassia	20:57*		
15	Harris, Mercedes	18:35*			18:44	43	Uhde, Kaitlyn	21:41*		
16	Wiegert, Krista	18:36	21:15		18:52	44	McDonough, Steph	21:52		
17	Adderley, Eva	18:39	22:00		19:07	45	Cmiel, Cordelia	21:55	25:30	20:4
18	Smith, Megan	18:42	20:09		19:09	46	Triplett, Melissa	22:12	27:49	
19	Sabers, Molly	18:47	26:47	20:39	19:09	47	Plaugher, Lucy	22:30	23:57	21:4
20	Skay, Jessica	18:54	20:21	19:57	19:11	48	Fuller, Libby	22:35	25:19	
21	Kregel, Hanna	18:56*				49	Gelder, Kristi	22:50	27:50	
22	Robison, Jessie	19:04*				50	Rodriguez, Destiny	23:49*		
23	Mills, Caroline	19:05		21:25		51	Roush, Elisabeth	23:59	25:21	
24	Shortt, Chelsea	19:28*				52	Schallau, Emily	24:12*		
25	Rethwisch, Amanda	19:35*				53	Wasserman, Laura	24:13*		
26	Fleener, Lauren	19:36*				54	Bates, Emmy	29:39*		
27	Lawry, Molly	19:38	21:56			55	Ahmed, Maali	29:49*		
28	Pham, An	19:52	21:05							