

Sterling 2005

It was a cool crisp morning with a breeze from the west. But there was a gale from the same direction and it was called City High. You ran extraordinarily well with the commitment to pacing which served you well over a less familiar distance. Conant had a nice team but again our depth prevailed and our JV beat Loyola's varsity and our Fresh/Soph ran against most of Kaneland's varsity and other team's top varsity runners. To do all of this 40 hours after an intense competition at Super Meet is a testament to your hard work. Congratulations girls. Let's carry this momentum all the way to the Ft. Dodge balcony!

<u>Pl</u>	<u>Varsity</u>	<u>2005</u>	<u>2.5mile</u>	<u>2004</u>	<u>2003</u>	<u>Pl</u>	<u>Junior Varsity</u>	<u>2500</u>	<u>2.5mile</u>	<u>2004</u>	<u>2003</u>
3	Dlhy, Brittany	18:10	15:08	19:12		1	Anciaux, Clair	19:31	16:15	19:08	19:33
7	Sidwell, Samantha	18:32	15:27	18:42	19:35	2	Garcia, Claudia	19:55	16:35	22:35	22:43
13	McKay, Annie	18:49	15:41	19:01	20:53	4	Ziegenhorn, Sarah	20:05	16:45	19:11	19:43
14	Hart, Kelsey	18:56	15:47			5	Funk, Emily	20:09	16:48	20:06	20:14
15	McCue, Tamika	18:58	15:48	19:45		6	Zimmerman, Nicki	20:12	16:50	19:54	21:05
21	Foreman, Drew	19:11	15:59	19:55	18:59	7	Mims, Kelsey	20:14	16:52	20:42	20:11
26	Diggelmann, Lindsey	19:17	16:04	20:04	19:20	14	Wiegert, Krista	20:48	17:20	22:07	
	<u>Fresh/Soph</u>					15	Schallau, Tiffany	20:56	17:27	21:17	21:09
3	Harris, Mercedes	20:17	16:54			19	Bross, Kera	21:07	17:36	20:47	20:44
4	McFarland, Lindsay	20:25	17:01			26	Randleman, Libby	21:31	17:56	21:57	
7	Kregel, Hannah	20:32	17:07			29	Mills, Caroline	21:36	18:00		
8	Adderly, Eva	20:39	17:13	19:40		30	Lawry, Molly	21:37	18:01	22:16	
10	Smith, Megan	20:42	17:15	21:48		33	Sabers, Molly	21:44	18:07	21:52	21:19
19	Fleener, Lauren	21:17	17:44			36	Robison, Jessie	21:49	18:10		
22	Henson, Megan	21:27	17:52	21:53		40	Short, Chelsee	21:52	18:12		
						44	Skay, Jessica	21:59	18:15	21:56	21:11
						45	Bricker, Alina	22:01	18:20	22:40	
						49	Moen, Elaine	22:15	18:32		
						51	Pham, An	22:18	18:35	21:08	
						52	Meyer, Leslie	22:22	18:38	22:53	
						53	Olson, Anna	22:23	18:39	22:31	23:01
						54	Sarrizan, Cate	22:24	18:40		
						63	Horas, Kylie	22:52	19:03		
						66	Paulson, Claire	22:58	19:08	23:09	
						77	Cmiel, Cordie	23:32	19:37	24:08	22:20
						79	Fredericks, Libby	23:38	19:42	23:27	
						83	Dobrian, Kasia	23:47	19:49		
						84	Hobart, Jaye	23:52	19:53	23:20	23:18
						89	McDonough, Stephanie	24:13		23:45	
						90	Fuller, Libby	24:15	20:10	23:48	
						91	Gelder, Kristi	24:26	20:12	25:31	
						104	Plaugher, Lucy	25:01	20:22	24:38	24:14
						105	Rodriguez, Destiny	25:09	20:50		
						109	Schallau, Emily	25:22	20:57		
						114	Uhde, Kaitlyn	25:30	21:08		
						118	Roush, Elisabeth	25:37	21:15	24:34	
						146	Wasserman, Lara	27:38	21:21		
									22:58		

bold name=varsity credit
***=personal record**
SB=season's best

Varsity (108-4)

CHS	52
Conant	77
Loyola	178
DeKalb	195
Pleasant Valley	202
23 other teams	
total runners	189

Fresh/Soph (53-0)

CHS	32
Pleasant Valley	65
Kaneland	73
Schaumburg	110
Conant	123
7 others	
total runners	88

Junior Varsity (69-0)

CHS	18
Loyola-Academy	49
Conant	69
12 others	
total runners	157