

**Saturday, October 28<sup>th</sup> 2000**  
**Regionals**  
**Christian Reformed Recreation Center**

**Christian Rec. 2000 Records**

|               |                 |       |
|---------------|-----------------|-------|
| Senior Record | Katie Smith     | 22.15 |
| Junior Record | Kim Humphries   | 20.44 |
| Soph Record   | Katie Southwick | 21.28 |
| Frosh Record  | Becky Dean      | 21.39 |

**Gutbuster of the Meet Award:**  
 Becky Dean

Five of the seven girls running attained a PR today. You saved your best when it counted the most. This meet was the most competitive one we've faced all year. There isn't a regional that is more difficult in the state than the one we ran against today. The experience we gained will assist you for the seasons ahead with our future goals. You should be proud of everything you accomplished this season through your winning attitude and determination. We took huge steps this season and can look forward to much more success next year. With 21 of the 23 runners returning next year, we can be aggressive in our goal setting. Great season ladies, we're extremely proud of every one of you!

| NAME            | 1 <sup>ST</sup> MILE | 2 <sup>ND</sup> MILE | FINAL TIME        | 2000 P.R. | Varsity Pts | Top 10 Var Pts |
|-----------------|----------------------|----------------------|-------------------|-----------|-------------|----------------|
| Kim Humphries   | 6.49                 | 12.56                | 20.44             | 20.22     | 10          | 140            |
| Betsy Frayer    | 6.27                 | 13.10                | <b>20.59 - PR</b> | 21.01     | 9           | 136            |
| Katie Southwick | 6.46                 | 13.36                | <b>21.28 - PR</b> | 22.03     | 8           | 88             |
| Becky Dean      | 6.49                 | 13.45                | <b>21.39 - PR</b> | 22.33     | 7           | 41             |
| Megan Smith     | 6.46                 | 13.42                | <b>21.42 - PR</b> | 21.59     | 6           | 85             |
| Katie Smith     | 6.59                 | 14.06                | 22.15             | 22.10.0   | 5           | 80             |
| Karen Smith     | 6.57                 | 14.06                | <b>22.24 - PR</b> | 22.26     | 4           | 55             |
| Jenny Lohner    | Alternate            |                      |                   |           | 3           | 67             |

*Thornapple Kellogg – 56 points*

*Holland Christian – 106 points*

*Lowell – 106 points*

*G.R. Christian – 131 points*

*South Christian – 135 points*

*Caledonia – 169 points*

*East Grand Rapids – 194 points*

*G.R. Catholic Central – 213 points*