

REGIONALS

October 26th 2002

Gun Lake State Park

		1 Mile	2 Mile	Final Time	PR	Lowell Inv	Top 10 Pts	Total Top 10
Laura Malnor	10	5.38	11.39	18.29	18.15	18.52	10	150
Francie Kammeraad	11	6.28	13.12	20.51 - PR	20.54	22.13	9	62
Jessica Brenner	9	6.33	13.30	21.01	20.45	21.17	8	101
Jenny Lohner	11	6.37	13.31	21.16 - PR	21.38	21.02	7	82
Becky Dean	11	6.37	13.32	21.19 - PR	21.39	22.40	6	79
Meryl Chaffee	10	6.43	14.21	23.03	21.20	22.13	5	63
Mary Thomson	11	6.35		c&b	20.30	22.20	4	128
Tallie Haller	11	alternate			21.33		3	22
Alyssa Carlyle	10	alternate			21.59		3	61

Gun Lake Course Records

Senior Record	NA	NA	NA	GR Christian	63
Junior Record	2002	Francie Kammeraad	20.51	Lowell	84
Sophomore Record	2002	Laura Malnor	18.29	Holland Chr	88
Freshman Record	2002	Jessica Brenner	21.01	Caledonia	101
				Middleville	103
				Catholic Centr	144
Gutbuster of the Meet				EGR	162
Becky Dean				GR South Chr	182
				Wayland	228
We were hurting a little going into this meet as a team, but you fought through the elements and physical struggles for a great meet!				Unity Chr	302
				Lakewood	304
				Byron Center	367
Regional champion - Laura Malnor, and 3 great PR's to finish the season				Creston	417

Take the experience from this race and learn from it for next year. We didn't have our best performance and you must in order to advance to the state meet. Our goal is the same --- advance to Brooklyn as a team!!!

We're going to have the same regional next year, so we can't hang our heads. Instead we need to work hard in the summer and throughout the season so we can continue our season one more week!

Outstanding effort and dedication to our sport, school, and families. You made us very proud this year and next year looks even better. With no graduation from our top 10, we'll have some great experienced runners for next season.

M.H.S.A.A. STATE CHAMPIONSHIPS

November 2nd, 2002

Michigan International Speedway - Brooklyn, MI

		1 Mile	2 Mile	Final Time	PR	2001 MIS	Top 10 Pts	Total Top 10
Laura Malnor	10	5.39	11.40	18.09 - PR	18.15	20.33	10	160

M.I.S. COURSE RECORDS

Sophomore Record	2002	Laura Malnor	18.09	J. Gaydos	17.59	Allen Park
Freshman Record	2001	Laura Malnor	20.33	L. Malnor	18.09	EGR
				K. Sampson	18.35	Renaissance
				C. Clifford	18.37	Lahser
				C. McVay	18.50	Cros-Lex

What more could you ask for???? You went from 80th place last year to 2nd place this year!!!!!! What a phenomenal day!!!!

Excellent job this season! You represented our team at state with hard work and class. No more sharing the **All-Time school record** because it's all your's!! Nobody is more deserving of this accomplishment. Your dedication to your training and work ethic carried you to the runner-up award in Division 2!! Awesome job!!!!