

**EGR vs Lowell
Sparta High School**

September 17th 2003

		1 Mile	2 Mile	Final Time	PR	Sparta 03'	Top 10 Pts	Total Top 10
Laura Malnor	11	5.49	11.51	18.48	18.02	18.25	10	60
Nikki Brown	9	6.11	12.33	19.30	19.17	19.22	9	54
Mary Thomson	12	6.33	13.33	21.17	20.30	21.17	8	44
Tallie Haller	12	6.48	13.56	22.09	21.33	21.46	7	21
Jenny Lohner	12	6.42	13.55	22.12	21.05	21.21	6	44
Raeanne Lohner	9	6.48	14.01	22.14	21.28	21.28	5	23
Bianca Stubbs	9	6.48	14.12	22.38	21.43	21.58	4	24
Erin Cvengros	10	6.48	14.09	22.44	21.39	22.25	3	19
Kristina Buschle	9	6.48	14.12	22.45	22.19	22.19	2	7
Meryl Chaffee	11	6.48	14.09	22.47	21.20	27.19	1	2
Becky Dean	12	6.57	14.42	23.07	21.19	23.11		
MJ Brennan	12	6.53	14.35	23.31	22.53	23.38		1
Kathryn Gallagher	11	6.57	14.45	23.47	22.39	23.32		8
Lauren Cunningham	11	6.57	15.06	23.55	22.59	24.03		
Libby Stanton	12	6.57	15.28	25.14	22.17	23.08		1
Stephi Kabat	12	7.13	15.44	25.37	21.57	dnr		2
Christiane Stubbs	10	7.14	15.56	25.40	21.57	26.59		
Susan Wonch	11	7.34	15.55	25.44	23.51	24.54		
Concy Ridenour	9	8.04	17.30	27.42	27.02	27.21		
Ashley Moll	12	8.04	18.16	29.48	24.26	28.22		
Jessica Brenner	10	6.41	15.10	heat	20.45	22.12		21
Francie Kammeraad	12	6.58		tried	20.51	dnr		
Maggie Johnson	11			shins	24.26	dnr		
Lauren Bye	12			shins	24.25	dnr		
Alyssa Carlyle	11			ankle	21.59	dnr		

Sparta High School Course Records

				EGR-17	Lowell-43
Senior Record	2001	Betsy Frayer	20.42	Malnor-1	Swab-4
Junior Record	2003	Laura Malnor	18.25	Brown-2	Dietz-8
Sophomore Record	2002	Laura Malnor	18.15	Thomson-3	Beddows-9
Freshman Record	2003	Nikki Brown	19.22	Haller-5	Debiak-10
				JLO-6	Hizenga-12

Gutbuster of the Meet

Tallie Haller
Becky Dean

Nice job battling the heat at Sparta today. It was very difficult conditions to run our best, but we had a great effort.

Great victory over the Lowell Red Arrows, we really handed it to them today to improve our conference record to 3-0.

You did an excellent job of working on the two goals we have set up for the remainder of the season. The pack attack was in full force, along with an aggressive first mile. Take a look at your times and evaluate your race to determine whether the mile time was appropriate. It's okay if you didn't feel great toward the end, eventually you will!!!!!! You need that first mile to get position in the race and finish strong. If we continue working on these two goals in practice and meets, we'll have a strong finish to our season.

I can't tell you how proud I am of all of you. Your commitment, work ethic, and hard work is a testament to you and our program. Lean on your teammates for those tough days and let's keep working hard!