

		1 Mile	2 Mile	Final Time	PR	02' Finals	03' Reg	Top 10 Pts	Total Top 10
Laura Malnor	11	5.29	11.26	<b>17.54 - PR</b>	18.02	18.09	18.18	10	150
Nikki Brown	9	5.49	12.01	<b>18.38 - PR</b>	18.51	dnr	18.55	9	135
Raeanne Lohner	9	5.57	12.18	<b>19.05 - PR</b>	19.37	dnr	19.37	8	97
Jessica Brenner	10	5.58	12.35	<b>19.25 - PR</b>	19.35	dnr	19.35	7	74
Mary Thomson	12	6.03	12.28	<b>19.39 - PR</b>	19.45	dnr	19.45	6	118
Kristina Buschle	9	6.08	12.50	<b>19.53 - PR</b>	20.01	dnr	20.01	5	51
Jenny Lohner	12	6.10	12.53	<b>20.10 - PR</b>	20.15	dnr	20.50	4	101
Bianca Stubbs	9			alternate	20.16	dnr	dnr	3	67
Erin Cvengros	10			alternate	20.59	dnr	dnr	3	56
Tallie Haller	12			alternate	20.37	dnr	dnr	3	48

**MIS Course Records**

<b>Senior Record</b>	<b>2003</b>	<b>Mary Thomson</b>	<b>19.39</b>
<b>Junior Record</b>	<b>2003</b>	<b>Laura Malnor</b>	<b>17.54</b>
Sophomore Record	2002	Laura Malnor	18.09
<b>Freshman Record</b>	<b>2003</b>	<b>Nikki Brown</b>	<b>18.38</b>

**State Meet Team Results**

<b>EGR</b>	<b>79 points</b>
GR Christian	119 points
Battle Creek Lakeview	207 points
Monroe Jefferson	228 points
East Lansing	231 points
Dexter	262 points
Petoskey	264 points
Remus Chipp Hills	279 points
St. Joseph	300 points
Richland Gull Lake	302 points
<i>17 Other Teams</i>	

Are you kidding me????? You can't have a better ending to a season than what we just did today. **THE FIRST CROSS COUNTRY TEAM STATE CHAMPIONSHIP IN EGR SCHOOL HISTORY!** **THE INDIVIDUAL STATE CHAMPION FOR ALL CLASSES! 7 PR'S TO FINISH THE SEASON!** Are you kidding me?????? Unbelievable, outstanding, excellent, great, and of course --- phenomenal!!!!!!

We did it! You kept your composure and did what you've been doing all year long. Great first mile. You were patient and let the race come to you. Mile times were right on or a few seconds slower which allowed for a strong finish. It showed at the end of the race when we were the stronger team and everyone else was struggling. You put all the hype and nervousness and ran as a group and did your job -- that's what champions do!

Laura Malnor -- Division 2 Individual State Champion!!! Posted the fastest time of the day in all divisions!!! You're the fastest girl in the State of Michigan. We're so proud of you!! The hard work, summer miles, and dedication to improve yourself all paid off!!! You deserve it -- enjoy every minute of it!!

Nikki Brown and Raeanne Lohner our All-State freshman duo!! Very smart race in extremely demanding conditions. You were patient and ran in your comfort zone to finish the race strong. Awesome job today! Jessica and Kristina did their job today. What a huge improvement when you look back at the beginning of the year. such a big part of our success as a team and couldn't do it without you!

Our wonderful seniors Mary and Jenny who ran with heart and determination. What a great way to conclude your senior year. It's straight out of a storybook ending for your running career. Mary ran with her normal toughness to give us a solid 5th runner and JLO came back like a champion and PR'd in her final race. Nice work!

Sit back and reflect on this season because it will be pretty tough to imagine anything better than this. What a great day for our team and school. Thank you for your dedication to yourself, teammates, and our school!!!

How's this sound?? The 2003 Girls Cross Country State Champions -- **East Grand Rapids!!!!!!**