

**EGR vs. Lowell**  
**Sparta High School**

**September 22nd 2004**

		1 Mile	2 Mile	Final Time	PR	Lowell 03'	Top 10 Pts	Total Top 10
Laura Malnor	12	5.38	11.46	18.37	17.54	18.48	10	69
Nikki Brown	10	5.50	12.04	18.51	18.38	19.3	9	64
Raeanne Lohner	10	6.17	13.08	20.48	19.05	22.14	8	56
Kristina Buschle	10	6.23	13.20	20.56	19.53	22.45	7	43
Erin Cvengros	11	6.23	13.22	21.25	20.23	22.44	6	47
Christiane Stubbs	11	6.36	14.01	22.22	21.22	25.40	5	35
Meryl Chaffee	12	6.42	14.10	22.41	21.20	22.47	4	14
Kathryn Gallagher	12	7.05	14.40	23.14	22.04	23.47	3	11
Bianca Stubbs	10	7.04	14.50	23.29	20.16	22.48	2	11
Courtney DeKorte	10	7.26	15.41	24.32	23.56	dnr	1	1
Susan Wonch	12	7.26	15.41	24.47	23.01	25.44		
Hannah O'Brien	9	8.02	17.06	27.47	26.17	dnr		
Concy Ridenour	10	8.04	17.29	28.01	25.12	27.42		
Jessica Kane	9	9.34	20.20	32.43	32.27	dnr		
Jessica Brenner	11	7.04	15.18	dnf	19.25	dnf		13
Lauren Cunningham	12			shins	21.51	23.55		24
Alyssa Carlyle	12			femur	21.59	dnr		
Maggie Johnson	12			shins	24.26	dnr		

**Sparta High School Course Records**

Senior Record	2004	Laura Malnor	18.18
Junior Record	2003	Laura Malnor	18.25
Sophomore Record	2002	Laura Malnor	18.15
Freshman Record	2003	Nikki Brown	19.22

**EGR - 16**

Malnor - 1
Brown - 2
Lohner - 3
Buschle - 4
Cvengros - 6

**Lowell - 39**

Judd - 5
Debiak - 7
Beddows - 9
Gerard - 10
Woods - 12

**Gutbuster of the Meet**

Kristina Buschle  
 Kathryn Gallagher

Again we were pretty rushed and had to get moving but it didn't affect our performance today. Hot conditions once again led to a tough race. A victory over the Red Arrows puts our conference record to 3-0 at this point in the season.

Look at your times compared to last year at this race. Most runners have seen some dramatic changes in your personal development.

A cooldown is in the forecast and we may get a dose of what "fall" is really about. This will really help out some of runners for races and training.

Don't forget -- keep the pack together and the aggressive first mile. Be a good teammate and help each other out during those tough times. It's going to make us stronger for a big push at the end.