

**Sparta Invitational  
Sparta High School**

**September 18th 2004**

		1 Mile	2 Mile	Final Time	PR	Grade Lvl 04'	Sparta Inv 03'	Top 10 Pts	Total Top 10
Laura Malnor	12	5.37	11.36	18.18	17.54	19.03	18.25	10	59
Nikki Brown	10	5.49	11.58	18.41	18.38	19.37	19.22	9	55
Raeanne Lohner	10	6.04	12.33	19.45	19.05	21.32	21.28	8	48
Erin Cvengros	11	6.20	12.53	<b>20.23 - PR</b>	20.59	21.44	22.25	7	41
Kristina Buschle	10	6.20	13.06	20.43	19.53	22.47	22.19	6	36
Christiane Stubbs	11	6.35	13.39	<b>21.22 - PR</b>	21.57	22.17	26.59	5	30
Jessica Brenner	11	6.37	13.51	21.44	19.25	24.05	22.12	4	13
Meryl Chaffee	12	6.47	13.53	22.02	21.20	23.01	27.19	3	10
Bianca Stubbs	10	6.47	14.20	22.06	20.16	25.54	21.58	2	9
Lauren Cunningham	12	6.41	14.05	22.13	21.51	22.59	24.03	1	24
Kathryn Gallagher	12	7.02	14.40	23.00	22.04	23.35	23.32		8
Susan Wonch	12	7.19	15.15	23.56	23.01	25.34	24.54		
Courtney DeKorte	10	7.19	15.15	<b>23.56 - PR</b>	24.40	26.54	dnr		
Hannah O'Brien	9	8.12	17.05	<b>26.17 - PR</b>	27.24	dnr	dnr		
Concy Ridenour	10	8.16	17.10	27.06	25.12	28.53	27.21		
Jessica Kane	9	9.59	21.08	32.45	32.27	39.18	dnr		
Alyssa Carlyle	12			femur	21.59	dnr	dnr		
Maggie Johnson	12			shins	24.26	dnr	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

**Gutbuster of the Meet**

Congrats Laura!! A new all time senior school record.

Bianca Stubbs  
Erin Cvengros

We put together a pretty good day at Sparta. Our lowest point total at this invitational in the past 5 years.

This shows us how important it is to have a deep team. Every person that you can pass assists in our point total. Don't underestimate the importance of finishing strong with a pack. This strategy will carry us to a low score. Encourage one another to stay together

Our times were outstanding today with much improvement from last year's invitational. Big PR's from Erin, Christiane, Courtney, and Hannah. Keep up the hard work!!!!

The cooler weather and some speedwork are just around the corner. Make sure we keep our enthusiasm up in practice and meets. Continue to work on improving yourself and staying healthy

Although a victory is always nice, we'll let GR Christian have this trophy. We have something bigger in mind at the end of the season :)

Team	Points
GR Christian	47
<b>EGR</b>	<b>47</b>
Spring Lake	99
Cedar Springs	142
Unity Christian	153
Kenowa Hills	159
Sparta	165
Ionias	168
Fruitport	224
Northview	249

**Reserve Race**

Team	Points
GR Christian	27
<b>EGR</b>	<b>54</b>
South Christian	63
Coopersville	124
Kent City	162
Spring Lake	168
South Haven	172
Sparta	177