

Class AA cross country regional

■ **Time and place:** This morning at Credit Island Park in Davenport. The three-mile boys race is at 9 a.m. That will be followed at 9:45 by the three-mile girls race. Action had originally been scheduled to start at 10 a.m., but officially was changed Thursday.

■ **The teams:** Both the boys' and girls' races will feature the same 10 teams vying for the top five advancing places — Geneseo, Moline, Rock Island, United Township, Bartonville, Canton, Dixon, Galesburg, Rochelle and Sterling.

■ **Moving on:** The top five teams advance to the Class AA Sterling Sectional next Saturday at Hoover Park/Woodlawn School. The top five runners who are not members of qualifying teams also advance. At sectionals, the girls get the first gun at 10:30 a.m., followed by the boys' race at 11:30 a.m.

■ **Boys teams to watch:** Geneseo, which captured the NCIC crown, and Moline, which finished first in the Western Big 6 Conference Meet are the favorites. Dixon (second) and Sterling (fourth) also were impressive in the NCIC meet, while United Township (third) was solid in the Western Big 6 championship meet.

■ **Boys individuals to watch:** Moline senior Erik Steffens figures he has some amends for a regular season lost to a stress fracture. But time spent working out in the pool and on a stationary bike paid off as he won the Western Big 6 Conference individual title last week. If

he's healthy, he could be out front today, too, along with teammates Mike Verre and Alex Hutchins. Also watch for Justin Trujillo and Nathan Schlindwein from Geneseo; those two finished third and fifth, respectively, in the NCIC Meet. The United Township dynamic duo of Chris Matthews, UT's top Big 6 finisher in third place, and Brian Getz, UT's No. 1 runner all season, also figure in the lead pack. Dixon's Christian Clark was second at the NCIC Meet, but may have a hard time hanging with the Big 6 guys.

■ **Girls teams to watch:** Sterling, which captured the NCIC Conference crown, and United Township, which finished second in the Western Big 6 Meet. Dixon (third in the NCIC) and Rock Island (third in the Western Big 6) also could be factors.

■ **Girls individuals to watch:** Moline stalwart Brittany Minor has had the top local time, but will have to hold off UT freshman phenom Brooke Ashcraft who won last week's Big 6 individual crown. Also in that title pack should be Geneseo standout Rachel Wyffels, who is fresh off her NCIC individual title. But Sterling has a talented triumvirate of Megan Fliss, Jaclyn Sciacero and Devon Carbaugh. Dixon also is armed with a skilled trio in Jordanna Schauff, Kate Gillespie and Bre Brevitt. UT's Casey VanHecke and Breanna Diaz are also coming off top 10 Big 6 finishes.

— By Stephen Moeller

Prep girls

Class AA Regional

At Credit Island Park in Davenport Team standings

1. Sterling 52, 2. Rochelle 77, 3. Dixon 86, 4. United Township 87, 5. Geneseo 104, 6. Galesburg 148, 7. Rock Island 149, 8. Moline 194, 9. Canton 254.

Top 10 individuals

1. Rachel Wyffels (Geneseo) 18:01.40, 2. Brooke Ashcraft (UT) 18:33.80, 3. Ashley Alvarez (Galesburg) 18:51.30, 4. Jaclyn Sciacero (Sterling) 18:54.30, 5. Megan Fliss (Sterling) 19:01.60, 6. Sarah Nordman (Rochelle) 19:09.90, 7. Brittany Minor (Moline) 19:12.70, 8. Casey VanHecke (UT) 19:16.10, 9. Jordanna Schauf (Dixon) 19:16.90, 10. Kate Gillespie (Dixon) 19:20.40.

Top 5 individuals not on qualifying teams
3. Ashley Alvarez (Galesburg) 18:51.30, 7. Brittany Minor (Moline) 19:12.70, 16. Jessica Hall (Galesburg) 19:59.30, 24. Laura VandeMoortel (Rock Island) 20:26.10, 25. Erika Jakobsen (Rock Island) 20:28.00.

United Township — 2. Brooke Ashcraft 18:33.80, 8. Casey VanHecke 19:16.10, 22. April Archibald 20:19.90, 26. Janel Miller 20:33.10, 30. Courtney Matthews 20:44.60, 37. Breanna Diaz 21:07.60, 43. Tari Fisk 21:14.00.

Geneseo — 1. Rachel Wyffels 18:01.40, 20. Alexis Minnaert 20:14.30, 21. Becky Johnson 20:17.20, 31. Katie Croegaert 20:46.00, 33. Kayla McVetty 20:56.90, 42. Erica Brenny 21:12.50, 47. Megan Matyas 21:38.60.

Galesburg — 3. Ashley Alvarez 18:51.30, 16. Jessica Hall 19:59.30, 36. Maria Zhorne 21:07.70, 45. Shandi Goethals 21:28.00, 49. Bobbi Cutcher 21:54.80, 51. Megan Oliman 22:02.40, 59. Katie Hale 23:01.00.

RI — 24. Laura VandeMoortel 20:26.10, 25. Erika Jakobsen 20:28.00, 29. Julie Dietsch 20:44.20, 35. Megan Reeh 21:00.50, 39. Joella Ruefer 21:09.70, 50. Meaghan Wendland 21:57.80, 52. Ashley Heimbeck 22:04.40.

Moline — 7. Brittany Minor 19:12.70, 32. Hannah Swanson 20:50.40, 48. Erin Duquette 21:44.30, 54. Lizz Johnson 22:12.20, 58. Kaitlin Vallejo 22:57.00, 63. Erica Edens 26:26.00, 64. Jessica Chen 27:06.00.



Regional Champ!

Sophomore phenom Rachel Wyffels became the Rock Island Regional cross country champion on Saturday, winning by more than 30 seconds over the second best runner. For more details see B4

CROSS COUNTRY

Prep boys

Class AA Rock Island Regional

At Credit Island Park in Davenport Team standings

1. Moline 37, 2. UT 65, 3. Geneseo 110, 4. Canton 120, 5. Dixon 139, 6. Sterling 152, 7. RI 158, 8. Galesburg 190.

Top 10 individuals

1. Kyle Cameron (United Township) 15:42.56, 2. Mike Verre (Moline) 15:44.59, 3. Tom Tate (Galesburg) 15:45.51, 4. Chris Matthews (United Township) 15:50.03, 5. Erik Steffens (Moline) 15:50.63, 6. Justin Trujillo (Geneseo) 16:01.48, 7. Clayton Staley (Bartonville) 16:04.60, 8. Craig Fredericksen (Moline) 16:06.75, 9. Alex Hutchins (Moline) 16:07.70, 10. Brian Getz (United Township) 16:09.60.

Top five individuals not on qualifying teams

3. Tom Tate (Galesburg) 15:45.51, 7. Clayton Staley 16:04.60, 15. Beamer Coon (Sterling) 16:33.81, 16. Troy Whitcanack (RI) 16:36.13, 17. Austin Green (RI) 16:36.90.

Moline — 2. Mike Verre 15:44.59, 5. Erik Steffens 15:50.63, 8. Craig Fredericksen 16:06.75, 9. Alex Hutchins 16:07.70, 13. Mark Gustafson 16:21.34, 20. Ted Nocella 16:45.28, 23. Paul Brown 16:54.70.

United Township — 1. Kyle Cameron 15:42.56, 4. Chris Matthews 15:50.03, 10. Brian Getz 16:09.60, 19. Damon Beatista 16:42.85, 31. Kevin DeWalsche 17:05.75, 35. David Nino 17:11.91, 36. Jordan Jennings 17:12.59.

Geneseo — 6. Justin Trujillo 16:01.48, 14. Nathan Schlindwein 16:26.90, 18. Christian Rowlands 16:41.09, 30. Bill Barton 17:04.51, 42. Justin Goodrich 17:33.38, 43. Brad Mattan 17:36.57, 44. Tony Lyttles 17:40.00.

Rock Island — 16. Troy Whitcanack 16:36.13, 17. Austin Green 16:36.90, 32. Alex Seiver 17:06.66, 46. Paul Sabb 17:45.47, 47. Brad Begyn 17:48.68, 57. Steve Simmon 18:10.85, 59. Geo Slaughter 18:18.41.

Galesburg — 3. Tom Tate 15:45.51, 34. Zack Yeager 17:11.44, 38. Matt Billeter 17:20.26, 50. Jon Cline 17:58.94, 65. Jacob Noll 19:21.46, 66. Robby Walters 19:23.55.

By **JASON RANDALL**
Sports Editor

The Geneseo cross country teams put on quite a display last weekend at the Rock Island Regional held at Credit Island Park.

In the girls competition,

sophomore standout Rachel Wyffels ran her way to a dominating Regional title with a blistering time of 18:01.

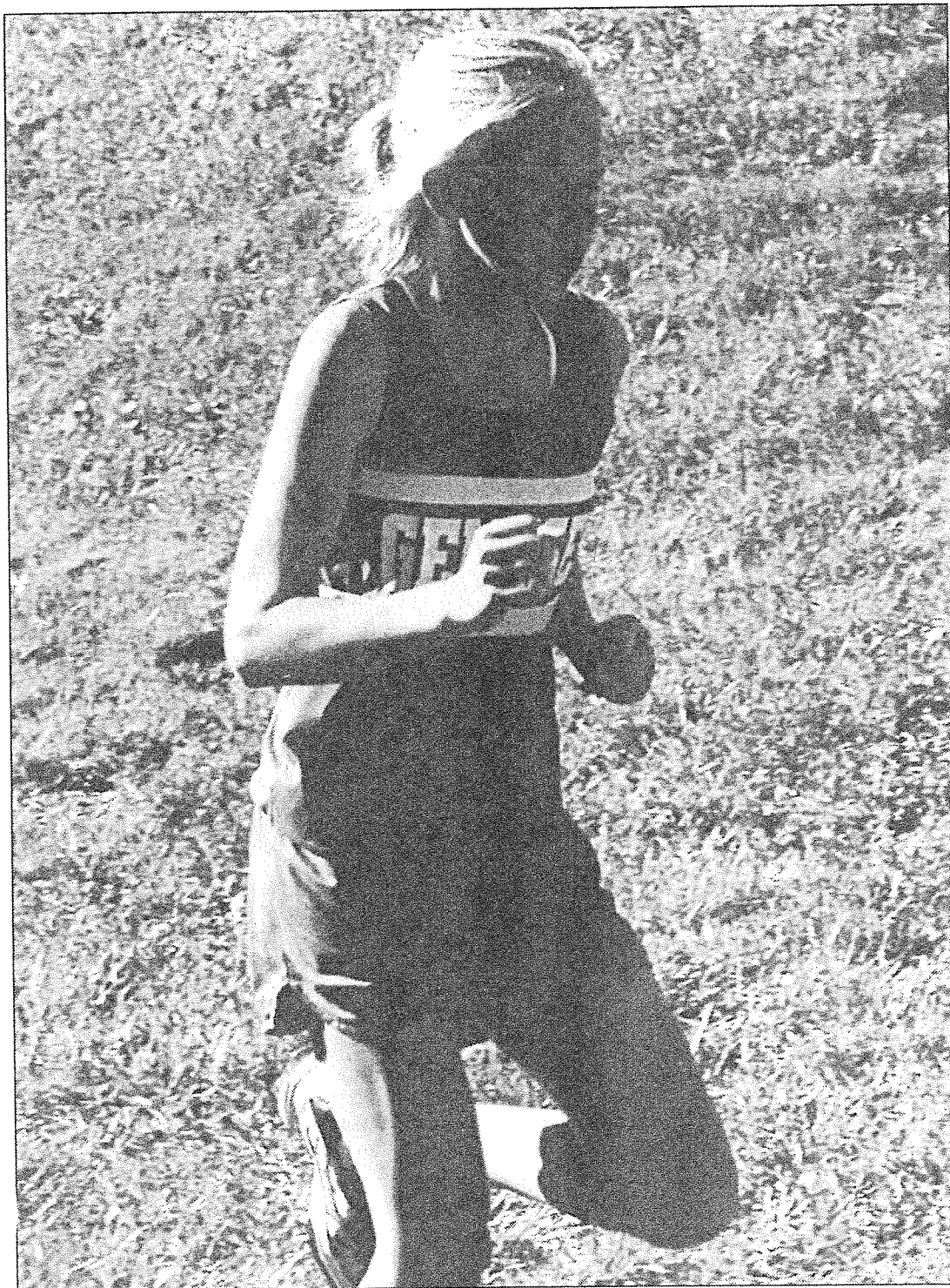
In the opening mile, Wyffels got off to a great start clocking in at 5:47.

Her finishing time was 40 seconds better than her previous

personal best of 18:41.

Wyffels was over 30 seconds faster than her nemesis Brooke Ashcraft of United Township who finished second with a time of 18:33.

Wyffels stellar performance was far improved from her second place Regional finish a year



Republic photo by Jason Randall

GENESEO SOPHOMORE RACHEL WYFFELS runs up Richmond Hill earlier in the season. Wyffels was the Regional champion this year with the time of 18:01. Her time was over 30 seconds faster than the second place runner.

ago in which, as a freshman, she ran an 18:52.

As a team, the Geneseo girls finished fifth overall behind Sterling, Rochelle, Dixon and UT.

The Leafs got a number of quality performances all around with none of the girls finishing outside of the top 50.

Junior Alexis Minnaert was the next Maple Leaf to finish. Her time of 20:14 was good for 20th position.

Senior Becky Johnson was right on her heels in 21st with a finishing time of 20:17.

Junior Katie Croegaert was 31st with a solid 20:46 effort, while sophomore Kayla McVetty was 33rd at 20:56.

Erica Brenny ran well to grab the 42nd spot. The junior finished the day with the time of 21:12.

Senior Megan Matyas was 47th in the Regional with a nice time of 21:38.

The girls team averaged 20:03 as a team. The time was over 37 seconds faster than Galesburg and just 10 seconds out of third.

The girls defeated Galesburg by 44 points and also topped Rock Island, Moline and Canton.

In the boys Regional event, the Maple Leafs continued to run extremely well and back up its recent NCIC championship.

The Geneseo boys placed third as a team overall with senior Justin Trujillo leading the way as he has done all season.

Trujillo placed sixth overall with an amazing time of 16:01. The dominant Trujillo was running at a pace of just over 5:20 per mile.

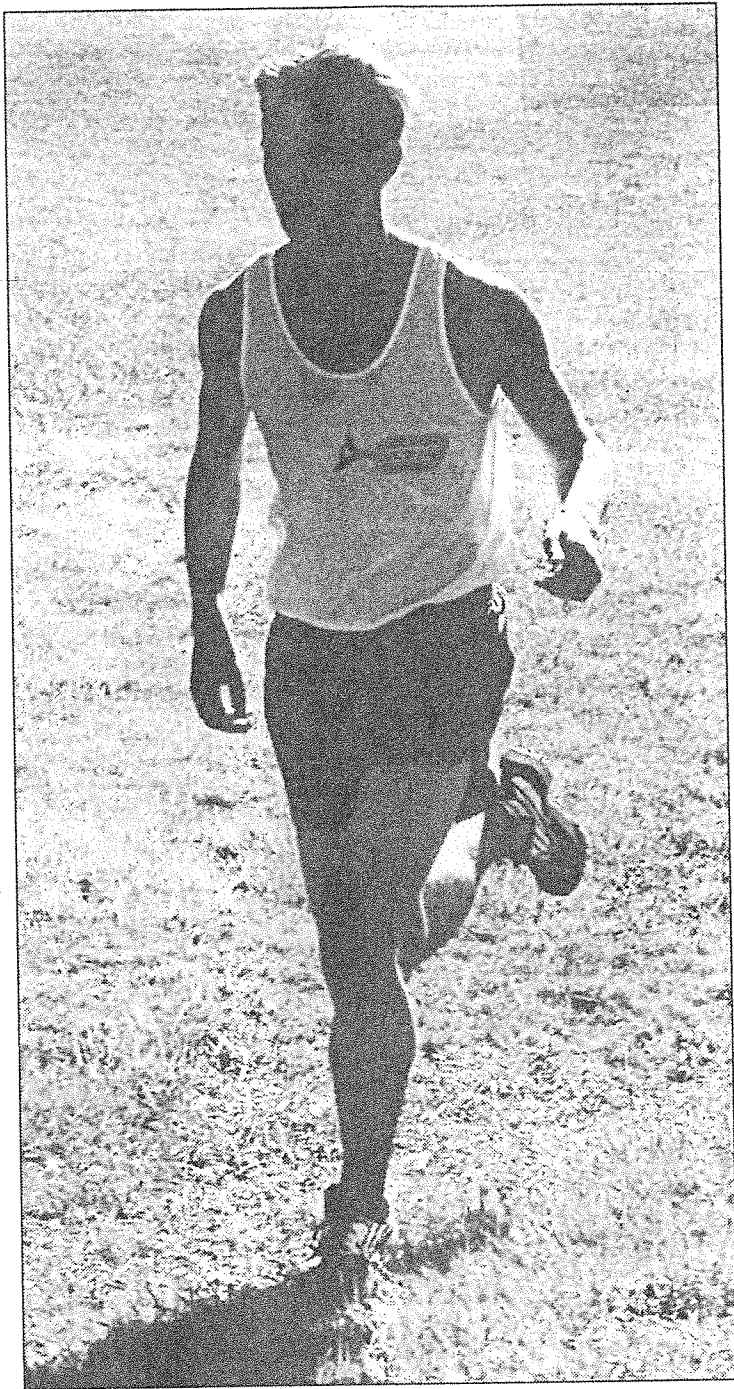
Junior Nathan Schlindwein also continued his tremendous season with a 14th place finish for the Maple Leafs.

Schlindwein ended his day with a very fast 16:26.

Senior Christian Rowlands also continued his strong second half of the season with an 18th place finish.

Rowlands finished with a time of 16:41.

Geneseo junior Bill Barton



Republic photo by Jason Randall

GENESEO SENIOR JUSTIN TRUJILLO runs during a home meet earlier in the fall. Trujillo placed sixth in the Regional competition and led his team to a third place finish.

was 30th on the day. He harriers was 16:45, over six seconds faster than fourth place Canton.

He wrapped up his Regional performance with a time of 17:04. Freshman Justin Goodrich finished in the 42nd spot with a solid 17:33. Brad Mattan was right behind in 43rd with an effort of 17:36.

Tony Lyttles rounded out the showing of Geneseo with a 44th place finish. He ran a 17:40.

The Leafs finished behind Moline and United Township.

The average time for the boys

Geneseo also finished in front of NCIC rivals Dixon and Sterling, along with Rock Island and Galesburg.

The Leafs are going to need an even stronger effort in the Sectional competition.

The runners will compete for a chance to run in the state championship meet in the Sectional meet on Saturday

Geneseo's 'work of art' proving to be a masterpiece

Wyffels a picture of success this season

By Stephen Moeller
Staff sports writer

Geneseo's remarkable runner Rachel Wyffels is so fast she could swiftly swipe the smile off the Mona Lisa without anybody noticing.

And to hear her cross country coach Don Fredericks speak, the superlative sophomore skillfully has developed a noticeable running form that mirrors a work of art.

"Rachel is so light on her feet mechanically, and she has a technique that enables her to just glide. It's like poetry in motion," Fredericks said. "Rachel definitely has a God-given talent, but she is successful because she also works very hard."

A hybrid of Wyffels' cross country success stems from running track last spring.

In the state track meet May 24 at O'Brien Stadium in Charleston, Wyffels finished 22nd in the 3,200-meter run and 24th in the 1,600-meter race.

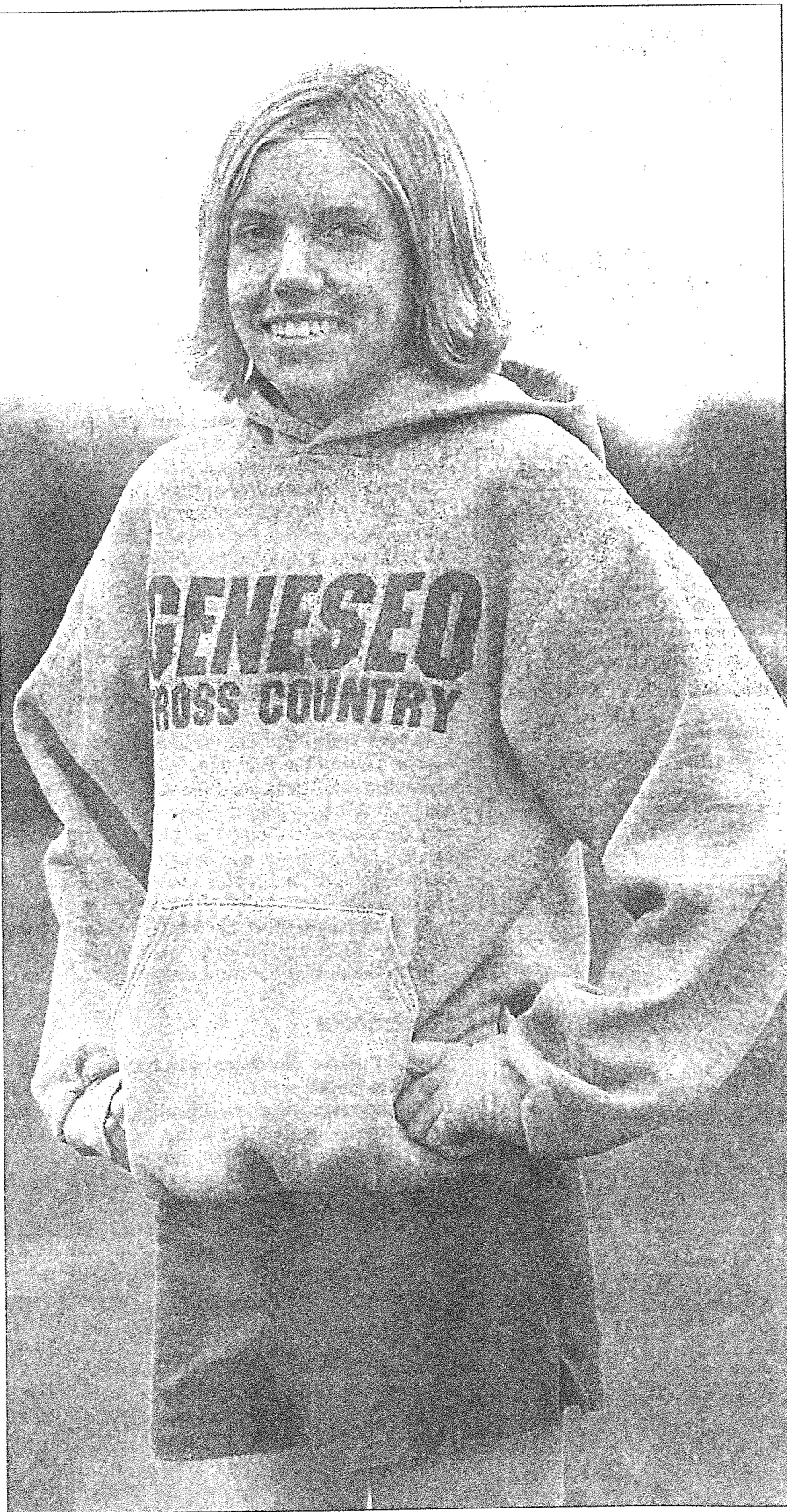
Bolstered by such track experience, Wyffels has been on the fast track to triumph all fall.

After adeptly capturing the NCIC crown Oct. 18 with a top time of 19 minutes, 3.99 seconds, the stellar runner resoundingly finished first in the Class AA Rock Island Regional race last Saturday at Credit Island Park by recording a

Geneseo Press
Dispatch/Argus Sports & Recreation

Rachel Wyffels

- **Favorite food:** Mom's spaghetti.
- **Favorite TV show:** The O.C.
- **Favorite movie:** Meet the Parents.
- **Favorite music:** All kinds.
- **Favorite school subject:** Spanish.
- **Favorite college:** University of Illinois.
- **Favorite athlete:** Jenny Lake (a 2001 Geneseo grad who ran cross country).
- **Role models:** My track coach Kelley Timmerman.
- **Hobbies:** Running, soccer and snow boarding.
- **Parents:** Bob and Vicky, Geneseo.



John Greenwood / staff

Geneseo cross country star Rachel Wyffels has set a torrid pace this fall.

Please see Wyffels, D3

■ Wyffels

From Page D1

magnificent mark of 18:01.40 that handily bettered the second-place finisher by 32.4 seconds.

For her exceptional efforts, and for epitomizing the definition of a pacesetter, Wyffels has earned this week's Metro Pacesetter honor from The Dispatch and The Rock Island Argus.

A strong first mile sparked Wyffels success in the regional meet, as she proficiently completed the opening mile in 5:47. Her previous fastest initial mile time was 5:58.

"I usually don't get off to such strong starts, but I was able to get off to a great one last Saturday," said Wyffels, who almost played soccer instead of running track last spring. "My goal at regionals was just to get under 18:30, so the fact that I did that and won gives me a lot of confidence going into section-

als."

Prior to winning the regional race with a tremendous time of 18:01.40, Wyffels' personal best mark in a three-mile meet had been 18:41.

"I've been coaching for 22 years, and I've never seen an athlete take that much time off in one race. That was just an absolutely incredible breakthrough," Fredericks said. "I've encouraged Rachel in the past to go out a little faster during the first mile, and be a little more aggressive at the start. That was the best race by far of her young career, and something that I think she really can build on."

Cross country conquests are nothing new to Wyffels, as she has been dominant from the start of her freshman season.

Wyffels finished third in the NCIC meet with a time of 19:04 last year, and then posted a second-place finish at regionals with a mark of 18:52. After notching a ninth-place finish and 19:01 time at sectionals, she

concluded 92nd with a mark of 18:44 in the state meet at Peoria.

"From my cross country experiences, I know I need to go out fast at the start, but not too fast," said Wyffels, who ran 250 miles last summer. "The speed work I did with track really has helped me in cross country. Because running track helped me build up my stamina and endurance, I'm able to stay consistent and keep the same pace throughout the race."

Demonstrating such stamina, Wyffels steadily has improved as the season has progressed.

She won two of her initial five races, and also registered finishes of fifth, sixth and 27th in that span. Getting stronger and gaining momentum, Wyffels has finished first in four of her past six meets, and concluded second the other two times.

"Running track last spring and being taught by girls' track coach Kelley Timmerman really helped Rachel grow and develop as a runner," Fredericks said. "Rachel did very well last year

In the running

■ **Chrissy Derouin-Brooke Forsberg, Moline:** The previous Pacesetters finished second in doubles at the state tennis tournament.

■ **Kyle Cameron, United Township:** Posted a personal-best to win the Class AA Rock Island Regional cross-country crown, bettering his time a week earlier at the Big 6 meet by 17 seconds.

■ **Maggie Amundsen,**

Moline: Dominated the net with 12 kills, five blocks and contributed defensively with six digs in a win over Quincy, which allowed the Maroons to clinch the Western Big 6 Conference volleyball title.

■ **Andres Ramirez, Alleman:** Scored an unassisted goal in a 2-0 soccer win over Sherrard as the Pioneers reached the regional finals.

as a freshman, but she has come back even better this year. She is doing a tremendous job right now, and the exciting thing is that we still haven't seen her best race yet."

Interestingly enough, Wyffels began running in the fifth grade when she saw an application form to participate in the Race For The Cure.

After completing the 5K race, Wyffels fell in love with run-

ning. Inspired by their daughter, Wyffels' parents - Bob and Vicky - now also are avid runners.

"I am kind of surprised by my success, and I've exceeded my expectations," Wyffels said. "The most important thing is to keep improving, and drop my time. I'm not really worried about anything else because if I do improve and drop my time, I think I will reach my goal of getting back to state."

Geneseo Cross-Country Results

REGIONAL FINALS

Site: Credit Island Park Date: 10/25/03

Conditions: 47° & cool

Racing Distance: 3.00 Miles

Division: Varsity Girls Race

of Competitors: 64

	<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>Splits</u>
1.	Rachel Wyffels	1	18:01	5:47 / 11:53
2.	Allie Minnaert	20	20:14	6:33 / 13:27
3.	Becky Johnson	21	20:17	6:25 / 13:27
4.	Katie Croegaert	31	20:46	6:36 / 13:48
5.	Kayla McVietty	33	20:56	6:39 / 13:52
6.	Erica Brenny	42	21:12	6:33 / 13:46
7.	Megan Matyasse	47	22:38	6:48 / 14:21
	Leader		18:01	5:47 / 11:53

Team Spread:

1-5: 2:55

1-7: 4:37

Team Finish: 5th Place

Did not compete: none

Solid Efforts Ladies. Way to rebound after being disappointed with last week's results. Let's get healthy for next Saturday and the SECTIONAL FINALS at Sterling.

**State Fever
"Catch It"**

Together We Can

Rock Island Regional Cross Country - 10/25/2003

Regionals

Credit Island Park

Rankings

Event 2 Women 3 Mile Run CC

Name	Year School	Avg Mile	Finals	Points
1 Wyffels, Rachel	10 Geneseo High School	6:00.5	18:01.40	1
2 Ashcraft, Brooke	9 East Moline (Uni	6:11.3	18:33.80	2
3 Alvarez, Ashley	12 Galesgurg High S	6:17.1	18:51.30	3
4 Sciacero, Jaclyn	9 Sterling High Sc	6:18.1	18:54.30	4
5 Fliss, Megan	10 Sterling High Sc	6:20.6	19:01.60	5
6 Nordman, Sarah	11 Rochelle High Sc	6:23.3	19:09.90	6
7 Minor, Brittany	11 Moline High School	6:24.3	19:12.70	7
8 Vanhecke, Casey	10 East Moline (Uni	6:25.4	19:16.10	8
9 Schauff, Jordanna	11 Dixon High School	6:25.7	19:16.90	9
10 Gillespie, Kate	9 Dixon High School	6:26.8	19:20.40	10
11 Carbaugh, Devon	9 Sterling High Sc	6:27.9	19:23.50	11
12 Moorehead, Brittni	9 Rochelle High Sc	6:28.6	19:25.70	12
13 Brevitt, Bre	9 Dixon High School	6:37.7	19:52.90	13
14 Romano, Tasha	9 Sterling High Sc	6:37.9	19:53.50	14
15 Teller, Miranda	9 Dixon High School	6:38.7	19:56.00	15
16 Hall, Jessica	10 Galesgurg High S	6:39.8	19:59.30	16
17 Zilie, Amy	12 Rochelle High Sc	6:41.8	20:05.30	17
18 Williams, Nicole	11 Sterling High Sc	6:43.1	20:09.10	18
19 Simintal, Nicole	11 Rochelle High Sc	6:43.6	20:10.60	19
20 Minnaert, Alexis	11 Geneseo High School	6:44.8	20:14.30	20
21 Johnson, Becky	12 Geneseo High School	6:45.8	20:17.20	21
22 Archibald, April	12 East Moline (Uni	6:46.7	20:19.90	22
23 James, Mirinda	11 Rochelle High Sc	6:48.4	20:25.20	23
24 VandeMoortel, Laura	12 Rock Island High	6:48.7	20:26.10	24
25 Jakobsen, Erika	9 Rock Island High	6:49.4	20:28.00	25
26 Miller, Janel	10 East Moline (Uni	6:51.1	20:33.10	26
27 Wolber, Emily	12 Sterling High Sc	6:51.7	20:35.10	27
28 Lofthouse, Kristin	12 Bartonville(Lime	6:54.5	20:43.40	
29 Dietsch, Julie	9 Rock Island High	6:54.8	20:44.20	28
30 Matthews, Courtney	12 East Moline (Uni	6:54.9	20:44.60	29
31 Croegaert, Katie	11 Geneseo High School	6:55.4	20:46.00	30
32 Swanson, Hannah	12 Moline High School	6:56.8	20:50.40	31
33 McVietty, Kayla	10 Geneseo High School	6:59.0	20:56.90	32
34 Whitman, Alex	9 Rochelle High Sc	6:59.1	20:57.20	33
35 Reeh, Megan	10 Rock Island High	7:00.2	21:00.50	34
36 Foster, Miranda	10 Rochelle High Sc	7:02.3	21:06.80	35
37 Diaz, Breanna	9 East Moline (Uni	7:02.6	21:07.60	36
38 Zhorne, Maria	10 Galesgurg High S	7:02.6	21:07.70	37
39 Ruefer, Joella	10 Rock Island High	7:03.3	21:09.70	38
40 Didier, Whitney	9 Dixon High School	7:03.8	21:11.30	39
41 Furness, Amber	9 Canton High School	7:03.9	21:11.50	40
42 Brenny, Erica	11 Geneseo High School	7:04.2	21:12.50	41
43 Fisk, Tari	9 East Moline (Uni	7:04.7	21:14.00	42
44 Stanko, Lynette	10 Canton High School	7:08.9	21:26.70	43
45 Goethals, Shandi	11 Galesgurg High S	7:09.4	21:28.00	44
46 Gerhke, Kristina	12 Sterling High Sc	7:12.4	21:37.20	45
47 Matyassee, Megan	12 Geneseo High School	7:12.9	21:38.60	46
48 Duquette, Erin	12 Moline High School	7:14.8	21:44.30	47
49 Cutcher, Bobbi	11 Galesgurg High S	7:18.3	21:54.80	48
50 Wendland, Meaghan	10 Rock Island High	7:19.3	21:57.80	49
51 Ollman, Megan	9 Galesgurg High S	7:20.8	22:02.40	50

Regionals
Credit Island Park
Rankings

....Event 2 Women 3 Mile Run CC

52 Heimbeck, Ashley	12 Rock Island High	7:21.5	22:04.40	51
53 Roth, Lauren	9 Dixon High School	7:22.1	22:06.10	52
54 Johnson, Liz	11 Moline High School	7:24.1	22:12.20	53
55 Culbertson, Alicia	9 Canton High School	7:27.4	22:22.20	54
56 Urrutia, Jenny	10 Dixon High School	7:29.0	22:27.00	55
57 Rager, Monica	12 Bartonville(Lime	7:32.4	22:37.00	
58 Vallejo, Kaitlin	9 Moline High School	7:39.0	22:57.00	56
59 Hale, Katie	11 Galesgurg High S	7:40.4	23:01.00	57
60 Bunner, Kendra	10 Canton High School	7:46.6	23:19.60	58
61 Lofthouse, Tricia	10 Bartonville(Lime	7:59.3	23:57.80	
62 Entrekin, Jessica	11 Canton High School	8:07.1	24:21.30	59
63 Edens, Erica	11 Moline High School	8:48.7	26:26.00	60
64 Chen, Jessica	11 Moline High School	9:02.0	27:06.00	61

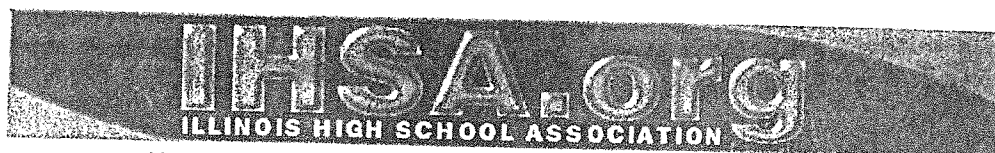
Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 Sterling High School	52	4	5	11	14	18	27	45		
Total Time: 1:37:22.00										
Average: 19:28.40										
2 Rochelle High School	77	6	12	17	20	23	33	35		
Total Time: 1:39:16.70										
Average: 19:51.34										
3 Dixon High School	86	9	10	13	15	39	52	55		
Total Time: 1:39:37.50										
Average: 19:55.50										
4 East Moline (United) HS	87	2	8	22	26	29	36	42		
Total Time: 1:39:27.50										
Average: 19:53.50										
5 Geneseo High School	104	1	20	21	30	32	41	46		
Total Time: 1:40:15.80										
Average: 20:03.16										
6 Galesgurg High School	148	3	16	37	44	48	50	57		
Total Time: 1:43:21.40										
Average: 20:40.22										
7 Rock Island High School	149	24	25	28	34	38	49	51		
Total Time: 1:43:48.50										
Average: 20:45.70										
8 Moline High School	194	7	31	47	53	56	60	61		
Total Time: 1:46:56.60										
Average: 21:23.32										
9 Canton High School	254	40	43	54	58	59				
Total Time: 1:52:41.30										
Average: 22:32.26										

Regional Results

Sterling Sectional Qualifiers

- East Peoria Regional
- Normal West Regional
- Rock Island Regional
- Rockford Guilford Regional



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Girls Cross Country Results

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East Peoria Girls Cross Country Regional Results

Posted Saturday, October 25, 2003 at 1:01 pm

These results were submitted by the tournament (or meet) manager. If you notice an error or omission, please call the IHSA Office immediately at 309-663-6377 or e-mail Scott Johnson at scott@ihsa.org.

These results are posted as a convenience to fans and media, and still need to be checked by the IHSA Office for accuracy and completeness. All names and results appearing on this report are subject to verification by the IHSA Office before advancement is official.

Manager's Note

Great weather, good crowd, great officials, good races.

Race Course

Location of Course: Illinois Central College
Length of course (in miles): 3.0

Top 5 Runners

Pl	Runner	Yr	School	Time
1	Bethany McCoy	Sr.	Metamora	17:49
2	Mary Kate Beyer	Fr.	East Peoria	18:15
3	Amanda Knussman	Sr.	Metamora	18:46
4	Jessica Husted	Fr.	Metamora	19:06
5	Samantha Conlee	So.	Dunlap	19:13

Advancing Individuals

Runner	Yr	School	Pl	Time	Coach
Allison Glick	So.	Pekin	8	19:21	Don Merrick
Kristin Tanner	Sr.	Washington	15	20:07	Bob Facker
Darcy King	Fr.	Morton	16	20:10	Darren Hurst
Leslie Thomas	Jr.	Morton	17	20:10	Darren Hurst
Kara Glick	Sr.	Pekin	20	20:15	Don Merrick

Advancing Teams

Pl	School	Scor	Head Coach
1	Metamora	27	Gene Jones

2	East Peoria	49	Ed McGraw
3	Dunlap	99	Joe Wenskus
4	Notre Dame	103	Mike Sullivan
5	Richwoods	122	Bob LaCroix

Advancing Team #1

Name of School: Metamora

Runner	Yr	Pl	Time
Bethany McCoy	Sr.	1	17:49
Amanda Knussman	Sr.	3	18:46
Jessica Husted	Fr.	4	19:06
Laura Cross	Sr.	9	19:24
Mallory Schlink	So.	10	19:35
Hannah Griffin	So.	11	19:50
Kelsey Holsapple	So.	13	20:05
Melissa Shults	So.		
Emily Brinkmann	Fr.		
Jessi Daniel	Fr.		
Amanda Sasso	Jr.		
Jessica Facker	Jr.		

Advancing Team #2

Name of School: East Peoria

Runner	Yr	Pl	Time
Mary Kate Beyer	Fr.	2	18:15
Brooke Potendyk	Fr.	6	19:17
Jaclyn Williamson	So.	8	19:22
Jennifer Jeffers	Sr.	12	19:55
Courtney Cooper	Fr.	21	20:30
Rachel Underwood	So.	27	21:02
Rachel Minter	Jr.	50	23:01
Kim Densberger	Sr.		
Sasha Smith	Fr.		

Advancing Team #3

Name of School: Dunlap

Runner	Yr	Pl	Time
Samantha Conlee	So.	5	19:13
Courtney Gilles	So.	17	20:12
Veronica Sparks	Jr.	23	20:42
Colleen Ferguson	So.	24	20:45
Becky Bargfrede	Jr.	30	21:20
Jesse Starnes	Fr.	34	21:56
Amanda Renner	Jr.	35	21:58
Shea Morris	Fr.		
Carrie Smith	Fr.		

Advancing Team #4

Name of School: Notre Dame

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Megan Snodgrass	Fr.	7	19:20
Katie Snodgrass	Jr.	18	20:14
France Fricano	Jr.	22	20:32
Meghan Bongartz	Jr.	25	20:49
Ann Clark	Jr.	31	21:28
Megan Waugh	Jr.	39	22:11
Liz Skender	Jr.	40	22:21
Jenna LaHood	Fr.		
Calli Smith	Jr.		
Kate Skender	Jr.		
Lucie Fricano	Jr.		
Kate Simmons	So.		

Advancing Team #5

Name of School: Richwoods

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Moriah Johnson	Sr.	19	20:19
Elizabeth Sinclair	So.	20	20:25
Robin Pestien	Jr.	26	20:54
Theresa Smart	Fr.	28	21:07
Laura Craig	So.	29	21:11
Elisabeth Epstein	Sr.	36	22:00
Alesha Guard	Jr.	44	22:45
Diana He	Jr.		
Leah May	Sr.		
Katie McClain	Sr.		
Andrea Natvig	Sr.		
Haley Toelle	Sr.		

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Girls Cross Country Results

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Normal (Community West) Girls Cross Country Regional Results

Posted Saturday, October 25, 2003 at 3:29 pm

These results were submitted by the tournament (or meet) manager. If you notice an error or omission, please call the IHSA Office immediately at 309-663-6377 or e-mail Scott Johnson at scott@ihsa.org.

These results are posted as a convenience to fans and media, and still need to be checked by the IHSA Office for accuracy and completeness. All names and results appearing on this report are subject to verification by the IHSA Office before advancement is official.

Race Course

Location of Course: Maxwell Park, Normal, IL 61761
Length of course (in miles): 3.0 mile

Top 5 Runners

Pl	Runner	Yr	School	Time
1	Whitney Mays	Sr.	Bloomington High School	18:38
2	Katie Nelson	So.	Normal Community High School	18:46
3	Olivia Myers	Fr.	Normal Community High School	18:58
4	Whitney Meyer	Jr.	Normal Community High School	19:11
5	Megan Johnson	Jr.	Normal Community High School	19:12

Advancing Individuals

Runner	Yr	School	Pl	Time	Coach
Ingrid Swanson	Sr.	Streator	26	22:04	Brad Brittin
Mandy Brozak	Sr.	Streator	31	22:57	Brad Brittin
Sarah Jacob	So.	Ottawa	32	23:03	Vince Thompson
Taylor Armstrong	So.	Ottawa	33	23:13	Vince Thompson
Kelsey Skinner	Fr.	Streator	34	23:17	Brad Brittin

Advancing Teams

Pl	School	Scor	Head Coach
1	Normal Community High School	22	Tom Patten
2	Normal Community West High School	56	Den Patten
3	Bloomington High School	76	John Szabo
4	Bradley-Bourbonnais High School	99	Bryce Baker
5	Pontiac High School	128	Heather Christenson

Advancing Team #1**Name of School:** Normal Community High School

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Katie Nelson	So.	2	18:46
Olivia Myers	Fr.	3	18:58
Whitney Meyer	Jr.	4	19:11
Megan Johnson	Jr.	5	19:12
Caroline Leighton	Jr.	8	19:30
Kristin Wall	Jr.	14	20:14
Stephanie Meyer	Jr.	16	20:26
Stacey Turilli	Jr.		
Emily Lyden	So.		
Calli Grimes	Sr.		
Natasha House	Fr.		
Angela Whalen	Sr.		

Advancing Team #2**Name of School:** Normal Community West High School

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Megan Sanders	Sr.	6	19:24
Megan Zitting	Sr.	10	19:51
Jenny Nichols	Sr.	11	19:52
Mary Kenney	Jr.	12	20:05
Katherine McKean	Sr.	17	20:40
Cathy Thomas	Sr.	18	20:52
Carianna Cottone	Fr.	19	21:14
Sarah Lacy	Sr.		
Alycia White	Sr.		
Julia Wehrenberg	Jr.		
Maggie Krall	Fr.		
Kayli Kaufmann	So.		

Advancing Team #3**Name of School:** Bloomington High School

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Whitney Mays	Sr.	1	18:38
Clare Ford	Sr.	13	20:11
Beth Current	So.	15	20:23
Allison Reu	Sr.	20	21:21
Annie Dunn	Sr.	28	22:20
Jenny Cook	Jr.	29	22:28
Becca Evans	Sr.	46	25:18
Grace Everman	Jr.		
Kristin Campbell	So.		
Lindsey Ishmael	So.		

Advancing Team #4**Name of School:** Bradley Bourbonnais High School

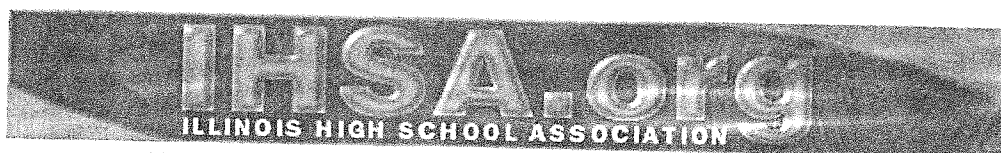
<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Alison Gremar	Sr.	9	19:31
Katie Gremar	So.	21	21:44
Emily Forbes	Sr.	22	21:47
Samantha McCaughny	Fr.	23	21:53
Jill Benoit	Sr.	24	21:54
Sarah Cox	So.	30	22:51
Ashley Williams	So.	38	23:42
Ally Farrell	Jr.		
Cathy Sorich	So.		

Advancing Team #5

Name of School: Pontiac High School

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Laura Harnish		7	19:30
Erin Halloran		25	22:02
Tasha Barrett		27	22:11
Casey Hitch		36	23:24
Ashley Butler		42	24:40
Sarah Dooley		43	25:00
Amy Ralph		47	25:54
Heather Bartosik			
Jessica Hahn			
Kristin Rieck			

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Girls Cross Country Results

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Rock Island (H.S.) Girls Cross Country Regional Results

Posted Saturday, October 25, 2003 at 12:35 pm

These results were submitted by the tournament (or meet) manager. If you notice an error or omission, please call the IHSA Office immediately at 309-663-6377 or e-mail Scott Johnson at scott@ihsa.org.

These results are posted as a convenience to fans and media, and still need to be checked by the IHSA Office for accuracy and completeness. All names and results appearing on this report are subject to verification by the IHSA Office before advancement is official.

Race Course

Location of Course: Credit Island
Length of course (in miles): 3 miles

Top 5 Runners

Pl	Runner	Yr	School	Time
1	Rachel Wyffels	So.	Geneseo (Darnall)	18:01.40
2	Brooke Ashcraft	Fr.	East Moline (United)	18:33.80
3	Ashley Alvarez	Sr.	Galesburg	18:51.30
4	Jaclyn Sciacero	Fr.	Sterling	18:54.30
5	Megan Fliss	So.	Sterling	19:01.60

Advancing Individuals

Runner	Yr	School	Pl	Time	Coach
Ashley Alvarez	Sr.	Galesburg	3	18:51.30	Gene Fisher
Brittany Minor	Jr.	Moline	7	19:12.70	Jeff Quick
Jessica Hall	So.	Galesburg	16	19:59.30	Gene Fisher
Laura VandeMoortel	Sr.	Rock Island	24	20:26.10	Michelle Lillis
Erika Jakobsen	Fr.	Rock Island	25	20:28.00	Michelle Lillis

Advancing Teams

Pl	School	Scor	Head Coach
1	Sterling High School	52	Nancy Gehrke
2	Rochelle High School	77	Bruce Anderson
3	Dixon High School	86	Mark Nelson
4	East Moline (United Twp.)	87	Russell Boore
5	Geneseo (Darnall)	104	Don Fredericks

Advancing Team #1**Name of School:** Sterling High School

Runner	Yr	Pl	Time
Jaclyn Sciacero	Fr.	4	18:51.30
Megan Fliss	So.	5	19:01.60
Devon Carbaugh	Fr.	11	19:23.50
Tasha Romano	Fr.	14	19:53.50
Nicole Williams	Jr.	18	20:09.10
Emily Wolber	Sr.	27	20:35.10
Kristina Gerhke	Sr.	45	21:37.20
Brittany Jacobs	Jr.		
Michelle King	Sr.		
Amanda Marruffo	Sr.		
Jessy Perz	Jr.		
Stephanie Spitzer	So.		

Advancing Team #2**Name of School:** Rochelle High School

Runner	Yr	Pl	Time
Sarah Nordman	Jr.	6	19:01.60
Brittni Moorehead	Fr.	12	19:25.70
Amy Zilie	Sr.	17	20:05.30
Nicole Simintal	Jr.	19	20:10.60
Mirinda James	Jr.	23	20:25.20
Alex Whitman	Fr.	33	20:57.20
Miranda Foster	So.	35	21:06.80
Britt Anderson	Fr.		
Katie Cowley	Fr.		
Alexis Martin	So.		
Eryn McColloch	So.		
Angelica Sanders	So.		

Advancing Team #3**Name of School:** Dixon High School

Runner	Yr	Pl	Time
Jordanna Schauff	Jr.	9	19:16.90
Kate Gillespie	Fr.	10	19:20.40
Bre Brevitt	Fr.	13	19:52.90
Miranda Teller	Fr.	15	19:56.00
Whitney Didier	Fr.	39	21:11.30
Lauren Roth	Fr.	52	22:06.10
Jenny Urrutia	So.	55	22:27.00
Rose Devine	Sr.		
Emily Gospodarczyk	So.		
Stephanie Robertson	Jr.		

Advancing Team #4**Name of School:** East Moline (United Twp.)

Runner	Yr	P1	Time
Brooke Ashcraft	Fr.	2	18:33.80
Casey Vanhecke	So.	8	19:16.10
April Archibald	Sr.	22	20:19.90
Janel Miller	So.	26	20:33.10
Courtney Matthews	Sr.	29	20:44.60
Breanna Diaz	Fr.	36	21:07.60
Tari Fisk	Fr.	42	21:14.00
Nicole Begeski	Jr.		
Erin Damm	Jr.		
Lindsey Deal	Sr.		
Meghan DeCastecker	Fr.		
Joy William	Jr.		

Advancing Team #5

Name of School: Geneseo (Darnall)

Runner	Yr	P1	Time
Rachel Wyffels	So.	1	18:01.40
Alexis Minnaert	Jr.	20	20:14.30
Becky Johnson	Sr.	21	20:17.20
Katie Croegaert	Jr.	30	20:46.00
Kayla McVietty	So.	32	20:56.90
Erica Brenny	Jr.	41	21:12.50
Megan Matyas	Sr.	46	21:38.60
Erin Browne	So.		
Sally Collis	So.		
Kelli Lawrence	Fr.		
Abbey Schlindwein	So.		
Abby Winberry	Fr.		

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Girls Cross Country Results

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Rockford (Guilford) Girls Cross Country Regional Results

Posted Sunday, October 26, 2003 at 5:47 pm

These results were submitted by the tournament (or meet) manager. If you notice an error or omission, please call the IHSA Office immediately at 309-663-6377 or e-mail Scott Johnson at scott@ihsa.org.

These results are posted as a convenience to fans and media, and still need to be checked by the IHSA Office for accuracy and completeness. All names and results appearing on this report are subject to verification by the IHSA Office before advancement is official.

Race Course

Location of Course: Elliot Golf Course

Length of course (in miles): 3.0

Top 5 Runners

Pl	Runner	Yr	School	Time
1	Stephanie Baliga	So.	Rockford Auburn	18:33.3
2	Kim Voiles	Jr.	Belvidere	19:23.2
3	Ashlee Smith	Jr.	Machesney Park Harlem	19:34.6
4	Karla Schmidt	Fr.	Belvidere	19:40.8
5	Kristin Peterson	Fr.	Rockford Boylan	19:44.4

Advancing Individuals

Runner	Yr	School	Pl	Time	Coach
Stephinie Baliga	So.	Rockford Auburn	1	18:33.3	Bill Church
Ashlee Smith	Jr.	Machesney Park Harlem	3	19:34.6	Michelle Erb
Andrea Rediger	Fr.	Rockford Auburn	9	20:04.2	Bill Church
Ali Kolinski	Jr.	Rockford East	11	20:19.5	Alan Hunter
April Brown	Jr.	Machesney Park Harlem	12	20:23.1	Michelle Erb

Advancing Teams

Pl	School	Scor	Head Coach
1	Belvidere	74	Rick Booth
2	Sycamore	84	John B
3	Rockford Guilford	91	Brian Berquist
4	Rockford Boylan	108	Ted Holm
5	Freeport	118	Alan Greene

Advancing Team #1

Name of School: Belvidere

Runner	Yr	Pl	Time
Kim Voiles	Jr.	2	19:23.2
Karla Schmidt	Fr.	4	19:40.8
Kelly Doane	Fr.	8	19:57.4
Jessica Martinson	Fr.	29	21:03.6
Amber Hicks	Fr.	33	21:09.6
Rachel Grove	So.	51	22:37.7

Advancing Team #2

Name of School: Sycamore

Runner	Yr	Pl	Time
Jessie Short		7	19:52.6
Sharon Carr		14	20:25.3
Courtney Kocher		15	20:29.8
Laura Zantout		25	21:01.2
Natalie Sgarlata		27	21:02.4
Faith Miller		40	21:39.1
Stevie Munz		43	21:45.1

Advancing Team #3

Name of School: Rockford Guilford

Runner	Yr	Pl	Time
Sarah Potter	Sr.	6	19:48.4
Maria Solonyko	Jr.	18	20:40.2
Kelsey Mapes	So.	21	20:51.1
Jenny Ellison	Sr.	24	21:00.7
Allison Phillips	Sr.	26	21:01.7
Jessica Faber	Jr.	41	21:41.5
Courtney Reiter	So.	49	21:59.7
Laura Slowinske	Jr.		
Anna Palazkova	Fr.		
Lauren Ott	Sr.		
Natalie Larsen	So.		
Justine McClelland	Sr.		

Advancing Team #4

Name of School: Rockford Boylan

Runner	Yr	Pl	Time
Kristen Peterson	Fr.	5	19:44.4
Sarah Hilby	So.	16	20:36.2
Emily Holtan	Sr.	19	20:40.8
Kim Burke	Sr.	35	21:13.8
Kari Lotko	Fr.	37	21:22.4
Courtney Jones	So.	39	21:37.9
Lauren Cass	Jr.	42	21:44.7

Advancing Team #5

Name of School: Freeport

Runner	Yr	Pl	Time
Ashley Gabriel	So.	10	20:09.8
Hilary Young	Sr.	23	20:57.1
Michelle Tregloan	Fr.	28	21:03.0
Carley Schmidt	Jr.	30	21:04.3
Sara Ditzler	So.	31	21:07.2
Karissa McDermott	Sr.	38	21:33.3
Toni Cannova	Sr.	50	22:29.7

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Geneseo Cross-Country Results

REGIONAL FINALS

Site: Credit Island Park Date: 10/25/03

Conditions: 47° & cool

Racing Distance: 3.00 Miles

Division: Varsity Boys Race

of Competitors: 69

	<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>Splits</u>
1.	Justin Trujillo	6	16:01	5:13 / 10:42
2.	Nathan Schlindwein	14	16:26	5:11 / 10:47
3.	Christian Rowlands	18	16:41	5:26 / 11:06
4.	Bill Barton	30	17:04	5:26 / 11:15
5.	Justin Goodrich	42	17:33	5:31 / 11:36
6.	Brad Mattan	43	17:36	5:40 / 11:42
7.	T.J. Lyttles	44	17:40	5:40 / 11:42
	Leader		15:42	5:05 / 10:34

Team Spread:

1-5: 1:32

1-7: 1:39

Team Finish: 3rd Place

Did not compete: none

Great Team Effort Gentlemen. You have a lot of momentum in your favor. We need to tighten up the gaps, however to stay ahead of Dixon. Let's get healthy for next Saturday and nail the SECTIONAL FINALS at Sterling.

State Fever
"Catch It"

Together We Can

Regionals
Credit Island Park
Rankings

Event 1 Men 3 Mile Run CC

Name	Year School	Avg Mile	Finals	Points
1 Cameron, Kyle	11 East Moline (Uni	5:14.2	15:42.56	1
2 Verre, Mike	12 Moline High School	5:14.9	15:44.59	2
3 Tate, Tom	11 Galesgurg High S *	5:15.2	15:45.51	3
4 Matthews, Chris	10 East Moline (Uni	5:16.7	15:50.03	4
5 Steffens, Erik	12 Moline High School	5:16.9	15:50.63	5
6 Trujillo, Justin	12 Geneseo High School	5:20.5	16:01.48	6
7 Staley, Clayton	10 Bartonville(Lime *	5:21.6	16:04.60	7
8 Frederickson, Craig	12 Moline High School	5:22.3	16:06.75	8
9 Hutchins, Alex	11 Moline High School	5:22.6	16:07.70	9
10 Getz, Brian	12 East Moline (Uni	5:23.2	16:09.60	10
11 Wade, Joe	12 Dixon High School	5:23.4	16:10.10	11
12 Page, Garrett	12 Canton High School	5:26.6	16:19.75	12
13 Gustafson, Mark	10 Moline High School	5:27.2	16:21.34	13
14 Schlindwein, Nathan	11 Geneseo High School	5:29.0	16:26.90	14
15 Coon, Beamer	12 Sterling High Sc *	5:31.3	16:33.81	15
16 Whitcanack, Troy	12 Rock Island High *	5:32.1	16:36.13	16
17 Green, Austin	10 Rock Island High *	5:32.3	16:36.90	17
18 Rowlands, Christian	12 Geneseo High School	5:33.7	16:41.09	18
19 Beatista, Damon	11 East Moline (Uni	5:34.3	16:42.85	19
20 Nocella, Ted	12 Moline High School	5:35.1	16:45.28	20
21 Mayer, Jeff	10 Dixon High School	5:35.5	16:46.44	21
22 Chandler, Michael	10 Canton High School	5:36.9	16:50.57	22
23 Brown, Paul	10 Moline High School	5:38.3	16:54.70	23
24 Ellis, TJ	11 Canton High School	5:38.5	16:55.32	24
25 Crossland, Ryan	12 Canton High School	5:38.7	16:55.87	25
26 Bentz, Tim	11 Dixon High School	5:39.0	16:56.80	26
27 Rowe, Drew	9 Sterling High Sc	5:39.3	16:57.87	27
28 Brown, Chris	11 Bartonville(Lime	5:40.3	17:00.65	28
29 McGinn, Terrence	12 Sterling High Sc	5:41.0	17:02.98	29
30 Barton, Bill	11 Geneseo High School	5:41.5	17:04.51	30
31 DeWalsche, Kevin	10 East Moline (Uni	5:42.0	17:05.75	31
32 Seiver, Alex	10 Rock Island High	5:42.3	17:06.66	32
33 Jones, Justin	11 Dixon High School	5:42.8	17:08.21	33
34 Yeager, Zack	9 Galesgurg High S	5:43.9	17:11.44	34
35 Nino, David	10 East Moline (Uni	5:44.0	17:11.91	35
36 Jennings, Jordon	11 East Moline (Uni	5:44.2	17:12.59	36
37 Carpenter, Donald	11 Canton High School	5:45.6	17:16.81	37
38 Billeter, Matt	10 Galesgurg High S	5:46.8	17:20.26	38
39 Wasser, Jason	11 Rochelle High Sc	5:48.2	17:24.53	39
40 Noll, Tim	9 Sterling High Sc	5:48.9	17:26.50	40
41 Megli, Sam	9 Sterling High Sc	5:49.9	17:29.69	41
42 Goodrich, Justin	9 Geneseo High School	5:51.2	17:33.38	42
43 Mattan, Brad	12 Geneseo High School	5:52.2	17:36.57	43
44 Lyttles, Tony	11 Geneseo High School	5:53.4	17:40.00	44
45 Styczynski, Dane	9 Sterling High Sc	5:54.0	17:41.93	45
46 Sabb, Paul	11 Rock Island High	5:55.2	17:45.47	46
47 Begyn, Brad	10 Rock Island High	5:56.3	17:48.68	47
48 Yount, Brandon	12 Dixon High School	5:58.9	17:56.52	48
49 Burton, Shawn	11 Canton High School	5:59.2	17:57.62	49
50 Cline, Jon	10 Galesgurg High S	5:59.7	17:58.94	50
51 Glen, Justin	12 Rochelle High Sc	6:00.3	18:00.80	51

Regionals
Credit Island Park
Rankings

....Event 1 Men 3 Mile Run CC

52 Johnson, Bryan	12 Dixon High School	6:00.8	18:02.29	52
53 Wolber, Scotty	9 Sterling High Sc	6:00.9	18:02.70	53
54 Grace, Andy	10 Bartonville(Lime	6:02.7	18:07.95	54
55 Ricca, Nick	10 Bartonville(Lime	6:03.4	18:09.99	55
56 Tisdale, Lance	10 Bartonville(Lime	6:03.5	18:10.37	56
57 Simmon, Steve	10 Rock Island High	6:03.7	18:10.86	57
58 White, Spencer	10 Rochelle High Sc	6:04.9	18:14.67	58
59 Slaughter, Geo	12 Rock Island High	6:06.2	18:18.41	59
60 Bustamante, Walter	10 Rochelle High Sc	6:07.3	18:21.69	60
61 Dutlinger, Jimmy	10 Bartonville(Lime	6:08.7	18:25.89	61
62 Pohl, Jake	10 Rochelle High Sc	6:11.0	18:32.89	62
63 Heien, Adam	12 Bartonville(Lime	6:14.5	18:43.35	63
64 Mallory, Dan	10 Rochelle High Sc	6:24.9	19:14.63	64
65 Noll, jacob	11 Galesgurg High S	6:27.2	19:21.46	65
66 Walters, Robby	9 Galesgurg High S	6:27.9	19:23.55	66
67 Moss, Eric	12 Canton High School	6:29.4	19:28.18	67
68 Baker, Josh	11 Dixon High School	6:38.2	19:54.33	68
69 Gosse, Nick	11 Rochelle High Sc	7:15.3	21:45.74	69

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 Moline High School Total Time: 1:20:11.01 Average: 16:02.21	37	2	5	8	9	13	20	23		
2 East Moline (United) HS Total Time: 1:21:30.79 Average: 16:18.16	65	1	4	10	19	31	35	36		
3 Geneseo High School Total Time: 1:23:47.36 Average: 16:45.48	110	6	14	18	30	42	43	44		
4 Canton High School Total Time: 1:24:18.32 Average: 16:51.67	120	12	22	24	25	37	49	67		
5 Dixon High School Total Time: 1:24:58.07 Average: 16:59.62	139	11	21	26	33	48	52	68		
6 Sterling High School Total Time: 1:25:30.85 Average: 17:06.17	152	15	27	29	40	41	45	53		
7 Rock Island High School Total Time: 1:25:53.84 Average: 17:10.77	158	16	17	32	46	47	57	59		
8 Galesgurg High School Total Time: 1:27:37.61 Average: 17:31.53	190	3	34	38	50	65	66			

Rock Island Regional Cross Country - 10/25/2003

Regionals

Credit Island Park

Rankings

....Event 1 Men 3 Mile Run CC

9 Bartonville(Limestone) HS	200	7	28	54	55	56	61	63
Total Time: 1:27:33.56								
Average: 17:30.72								
10 Rochelle High School	270	39	51	58	60	62	64	69
Total Time: 1:30:34.58								
Average: 18:06.92								

Regional Results

Sterling Sectional Qualifiers

- East Peoria Regional
- Normal West Regional
- Rock Island Regional
- Rockford Guilford Regional



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Boys Cross Country Results

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East Peoria Boys Cross Country Regional Results

Posted Saturday, October 25, 2003 at 1:32 pm

These results were submitted by the tournament (or meet) manager. If you notice an error or omission, please call the IHSA Office immediately at 309-663-6377 or e-mail Scott Johnson at scott@ihsa.org.

These results are posted as a convenience to fans and media, and still need to be checked by the IHSA Office for accuracy and completeness. All names and results appearing on this report are subject to verification by the IHSA Office before advancement is official.

Manager's Note

Great weather, good crowd, great officials, good races.

Race Course

Location of Course: Illinois Central College, East Peoria, IL
Length of course (in miles): 3.0

Top 5 Runners

Pl	Runner	Yr	School	Time
1	Andy Bloom	Sr.	Pekin	15:40
2	Chris Colgan	Sr.	Notre Dame	15:52
3	Matt O'Shea	Sr.	Metamora	16:04
4	Tyler Goodyear	Sr.	Peoria HS	16:14
5	Matt Fischer	Sr.	Morton	16:18

Advancing Individuals

Runner	Yr	School	Pl	Time	Coach
Chris Colgan	Sr.	Notre Dame	2	15:52	Mike Sullivan
Tyler Goodyear	Sr.	Peoria HS	4	16:14	Dave Poehls
Chance Kelch	Sr.	Washington	6	16:27	Bob Facker
Chris Morrison	Sr.	East Peoria	21	17:03	Clem Salazar
Brian Greene	Sr.	Peoria HS	22	17:04	Dave Poehls

Advancing Teams

Pl	School	Scor	Head Coach
1	Metamora	62	Gene Jones

2	Richwoods	81	Bob LaCroix
3	Morton	89	Darren Hurst
4	Dunlap	110	Joe Wenskus
5	Pekin	117	Don Merrick

Advancing Team #1**Name of School:** Metamora

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Matt O'Shea	Sr.	3	16:04
Kyle Schierer	Sr.	12	16:35
Nate Rauh	Jr.	14	16:40
Matt Rego	Jr.	16	16:48
Nick Kerker	Sr.	17	16:51
Scott Sabin	Jr.	19	16:58
Scott Perry	So.	33	17:28
Sam Ingram	Jr.		
Daniel Osterloo	So.		
Carl Pollard	Sr.		
Doug Mason	Sr.		
Matt Goodyear	Sr.		

Advancing Team #2**Name of School:** Richwoods

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Ryan Smith	Jr.	7	16:27
Ali Al Khafaji	Sr.	10	16:29
Doug Luebcke	Fr.	11	16:32
Kavan Shay	So.	26	17:06
Kyle Barber	Sr.	27	17:08
David Ferino	Jr.	29	17:14
Eric Biltgen	Sr.	30	17:15
Pete Chambers	So.		
Luke Diebold	Jr.		
Wayne Galpin	Fr.		
David Kohn	Jr.		
Ryan Smith	Jr.		

Advancing Team #3**Name of School:** Morton

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Matt Fischer	Sr.	5	16:18
Chase Hendrick	Sr.	15	16:43
Ben Getz	Jr.	18	16:53
Justin Phillis	So.	23	17:04
Tim Owdom	Fr.	28	17:10
Greg Sauder	Sr.	31	17:16
Zach Crandall	Jr.	39	17:38
Adam Meyer	So.		
Justin McCollum	So.		
Jon Opperman	Jr.		
Josh Prichard	Jr.		

Mike Scibona Jr.

Advancing Team #4

Name of School: Dunlap

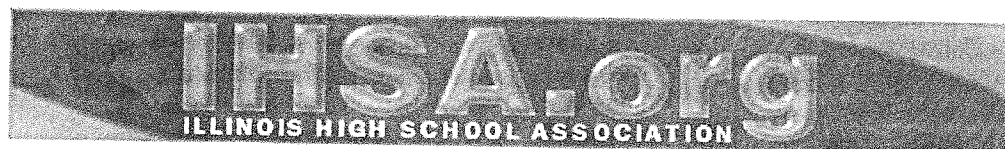
Runner	Yr	Pl	Time
Seth Leitner	Sr.	8	16:28
Aaron King	So.	9	16:29
Brock Buttrick	Jr.	13	16:38
Matt Moehn	Sr.	38	17:37
Andrew Johnsen	Jr.	42	17:42
Nathan Holzinger	Sr.	49	18:10
Doug Sahm	Jr.	63	19:33
Matthew Zmuda	Jr.		
Justin Draper	Jr.		
Chris Schlicksup	Jr.		
Andy Brown	So.		
Jonathon Francis	Sr.		

Advancing Team #5

Name of School: Pekin

Runner	Yr	Pl	Time
Andy Bloom	Sr.	1	15:40
Jared Milam	Jr.	20	17:00
Jody Parker	So.	25	17:05
Mike Sheehan	Jr.	35	17:32
Matt Koetter	So.	36	17:33
Dave Richards	So.	44	17:55
Brad Rodgers	Sr.	45	17:58
Brandon Matejewski	Jr.		
Caleb Spangler	Jr.		
Matt Spialek	So.		
Klint Cone	So.		
Christian Dunn	Jr.		

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Boys Cross Country Results

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Normal (Community West) Boys Cross Country Regional Results

Posted Saturday, October 25, 2003 at 4:27 pm

These results were submitted by the tournament (or meet) manager. If you notice an error or omission, please call the IHSA Office immediately at 309-663-6377 or e-mail Scott Johnson at scott@ihsa.org.

These results are posted as a convenience to fans and media, and still need to be checked by the IHSA Office for accuracy and completeness. All names and results appearing on this report are subject to verification by the IHSA Office before advancement is official.

Race Course

Location of Course: Maxwell Park, Normal, IL. 61761
Length of course (in miles): 3.0

Top 5 Runners

Pl	Runner	Yr	School	Time
1	Andy Kubiak	Jr.	Bloomington High School	15:42
2	Steven Hurth	Jr.	Normal Community High School	15:51
3	Emory Burdette	Sr.	Ottawa High School	16:05
4	Chris Zook	So.	Normal Community High School	16:09
5	Dane Murray	Sr.	Bloomington High School	16:19

Advancing Individuals

Runner	Yr	School	Pl	Time	Coach
Bob Spelich	Jr.	LaSalle-Peru High School	23	17:31	James O'Hare
Jake Greider		Pontiac High School	26	17:48	Trenton Roth
Jordan Rick	Jr.	LaSalle-Peru High School	28	18:00	James O'Hare
Chris Verdi	So.	Bradley-Bourbonnais HS	31	18:08	Bryce Baker
Brandon Honey	Jr.	Bradley-Bourbonnais HS	33	18:14	Bryce Baker

Advancing Teams

Pl	School	Scor	Head Coach
1	Normal Community High School	32	Tom Patten
2	Bloomington High School	41	John Szabo
3	Ottawa High School	76	Vince Thompson
4	Streator High School	110	Brad Brittin
5	Normal Community West High School	131	Den Patten

Advancing Team #1

Name of School: Normal Community High School

Runner	Yr	Pl	Time
Steven Hurth	Jr.	2	15:51
Chris Zook	So.	4	16:09
Ben Love	Sr.	7	16:39
Jared Starnes	So.	9	16:46
Brent Chatham	Sr.	10	16:48
Shawn Finlen	Sr.	12	17:00
Justin Dumyahn	Jr.	15	17:17
Steve Hanley	Sr.		
Evan Riehl	Sr.		
Clayton Myers	Sr.		
Luke Beasley	Jr.		
Nathan Rasmussen	So.		

Advancing Team #2

Name of School: Bloomington High School

Runner	Yr	Pl	Time
Andy Kubiak	Jr.	1	15:42
Dane Murray	Sr.	5	16:19
Matt Chrstensen	Jr.	8	16:42
Joey Waldorf	Fr.	13	17:09
Rob Barkulis	So.	14	17:17
Brett Litwiller	Jr.	17	17:21
Tyler Apple	Jr.	27	17:57
Andrew Sergeant	Jr.		
Andy Owens	So.		
Peter Waldorf	So.		
Ben Nathan	Fr.		
Nat Smith	Fr.		

Advancing Team #3

Name of School: Ottawa High School

Runner	Yr	Pl	Time
Emory Burdette	Sr.	3	16:05
Ben Huebner	Sr.	6	16:28
Mike Park	Fr.	18	17:22
Brent Ahern	Sr.	24	17:33
Tony Morelli	Sr.	25	17:36
Jesse Wert	Jr.	32	18:09
Ryan Jones	So.	35	18:24
Quincy Mitchell	So.		
Mike Lamb	Fr.		
Beau Miller	Sr.		
Jeremy Wasilewski	So.		
Kyle Beyer	Sr.		

Advancing Team #4

Name of School: Streator High School

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Matt York	Sr.	16	17:19
Bryan Essman	Sr.	19	17:25
Robert Johnson	So.	20	17:27
Dustin Crone	So.	21	17:29
Steve Holcomb	Jr.	34	18:18
Chris Woods	So.	38	18:36
Ryan Zimmerman	Jr.	46	18:54
Aaron Flatt	Jr.		
Chris Burcar	Jr.		
Keith Arvik	Jr.		
Ross Hawley	So.		
Tom Salata	Fr.		

Advancing Team #5

Name of School: Normal Community West High School

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Corey Tutewiler	Sr.	11	16:57
Brant Basting	Fr.	22	17:31
Dan Leary	Sr.	29	18:03
Kyle Fisher	Sr.	30	18:04
Tad Sterling	Jr.	39	18:38
Doug Lewis	So.	42	18:43
Alex Hickman	So.	47	18:55
Tim Cannon	Sr.		
Mike Horvath	Jr.		
Cory Thomas	So.		
Matt Shapiro	Sr.		
Adam Waibel	So.		

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Boys Cross Country Results

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Rock Island (H.S.) Boys Cross Country Regional Results

Posted Saturday, October 25, 2003 at 1:26 pm

These results were submitted by the tournament (or meet) manager. If you notice an error or omission, please call the IHSA Office immediately at 309-663-6377 or e-mail Scott Johnson at scott@ihsa.org.

These results are posted as a convenience to fans and media, and still need to be checked by the IHSA Office for accuracy and completeness. All names and results appearing on this report are subject to verification by the IHSA Office before advancement is official.

Race Course

Location of Course: Credit Island
Length of course (in miles): 3

Top 5 Runners

Pl	Runner	Yr	School	Time
1	Kyle Cameron	Jr.	East Moline (United Twp.)	15:42.56
2	Mike Verre	Sr.	Moline	15:44.59
3	Tom Tate	Jr.	Galesburg	15:45.51
4	Chris Matthews	So.	East Moline (United)	15:50.03
5	Erik Steffens	Sr.	Moline	15:50.63

Advancing Individuals

Runner	Yr	School	Pl	Time	Coach
Tom Tate	Jr.	Galesburg	3	14:45.51	Gene Fisher
Clayton Staley	So.	Bartonville (Limestone)	7	16:04.60	Stan Matheny
Beamer Coon	Sr.	Sterling	15	16:33.81	Nancy Gehrke
Troy Whitcanack	Sr.	Rock Island	16	16:36.13	Michelle Lillis
Austin Green	Sr.	Rock Island	17	16:36.90	Michelle Lillis

Advancing Teams

Pl	School	Scor	Head Coach
1	Moline	37	Jeff Quick
2	East Moline (United)	65	Russell Boore
3	Geneseo (Darnall)	110	Don Fredericks
4	Canton	120	Jon Goettler
5	Dixon	139	Mark Nelson

Advancing Team #1

Name of School: Moline

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Mike Verre	Sr.	2	15:44.59
Erik Steffens	Sr.	5	15:50.63
Craig Fredericksen	Sr.	8	16:06.75
Alex Hutchins	Jr.	9	16:07.70
Mark Gustafson	So.	13	16:21.34
Ted Nocella	Sr.	20	16:45.28
Paul Brown	So.	23	16:54.70
Tanner Minor	Fr.		
Brett Nelson	Sr.		
Colby Schulz	Fr.		
Ryan Sivertsen	Jr.		
Jon Stoelk	So.		

Advancing Team #2

Name of School: East Moline (United Twp.)

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Kyle Cameron	Jr.	1	15:42.56
Chris Matthews	So.	4	15:50.03
Brian Getz	Sr.	10	16:09.60
Damon Beatista	Jr.	19	16:42.85
Kevin DeWalsche	So.	31	17:05.75
David Nino	So.	35	17:11.91
Jordon Jennings	Jr.	36	17:12.59
Mike Begeske	So.		
Ben Boore	So.		
Jerome Harms	Fr.		
Zach Knobloch	So.		
Aron Nutt	Jr.		

Advancing Team #3

Name of School: Geneseo (Darnall)

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
Justin Trujillo	Sr.	6	16:01.48
Nathan Schlindwein	Jr.	14	16:26.90
Christian Rowlands	Sr.	18	16:41.09
Bill Barton	Jr.	30	17:04.51
Justin Goodrich	Fr.	42	17:33.38
Brad Mattan	Sr.	43	17:36.57
Tony Lyttles	Jr.	44	17:40.00
Tim Holevoert	Sr.		
Scott Matatan	So.		
Nate Silver	Fr.		
Jon Weiser	Sr.		
Blake Wyffels	Fr.		

Advancing Team #4

Name of School: Canton High School

<u>Runner</u>	<u>Yr</u>	<u>P1</u>	<u>Time</u>
Garrett Page	Sr.	12	16:19.75
Michael Chandler	So.	22	16:50.57
TJ Ellis	Jr.	24	16:55.32
Ryan Crossland	Sr.	25	16:55.87
Donald Carpenter	Jr.	37	17:16.81
Shawn Burton	Jr.	49	17:57.62
Eric Moss	Sr.	67	19:28.18
David Kay	Jr.		
Blake Kohlmeyer	Sr.		
James Werry	Sr.		
Tim Zobac	Jr.		

Advancing Team #5

Name of School: Dixon High School

<u>Runner</u>	<u>Yr</u>	<u>P1</u>	<u>Time</u>
Joe Wade	Sr.	11	16:10.10
Jeff Mayer	So.	21	16:46.44
Tim Bentz	Jr.	26	16:56.80
Justin Jones	Jr.	33	17:08.21
Brandon Yount	Sr.	48	17:56.52
Bryan Johnson	Sr.	52	18:02.29
Josh Baker	Jr.	68	19:54.33
Christian Clark	Jr.		
Chris Moss	Jr.		
Paul Slezak	Jr.		
Tim Slezak	Fr.		
Sean Smith	Sr.		

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Boys Cross Country Results

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Rockford (Guilford) Boys Cross Country Regional Results

Posted Sunday, October 26, 2003 at 3:41 pm

These results were submitted by the tournament (or meet) manager. If you notice an error or omission, please call the IHSA Office immediately at 309-663-6377 or e-mail Scott Johnson at scott@ihsa.org.

These results are posted as a convenience to fans and media, and still need to be checked by the IHSA Office for accuracy and completeness. All names and results appearing on this report are subject to verification by the IHSA Office before advancement is official.

Manager's Note

ROCKTON HONONEGAH COULD NOT PARTICIPATE DUE TO A TEACHERS STRIKE.

Race Course

Location of Course: ELLIOTT GOLF COURSE

Length of course (in miles): 3.0

Top 5 Runners

P1	Runner	Yr	School	Time
1	JARED RICHARDSON	So.	HARLEM	15:40.7
2	DAN MEYERS	Jr.	BELVIDERE	16:01.6
3	BRIAN TAYLOR	Sr.	SYCAMORE	16:02.2
4	MARK MARTINEZ	So.	GUILFORD	16:04.6
5	BRANDON MORREALE	Sr.	SYCAMORE	16:09.5

Advancing Individuals

Runner	Yr	School	P1	Time	Coach
DAVID GRAMER	Jr.	BOYLAN	17	16:54.7	TED HOLM
ALAN MAGNUSON	Sr.	EAST	23	17:10.3	ALAN HUNTER
DAVID HAREZLAK	Sr.	BOYLAN	24	17:10.7	TED HOLM
KEVIN CARON	Jr.	BOYLAN	25	17:11.2	TED HOLM
JEREMY WILKISON	Jr.	DEKALB	28	17:17.0	MIKE LAMBDIN

Advancing Teams

P1	School	Scor	Head	Coach
1	BELVIDERE	44	TROY	YUNK

2	SYCAMORE	50	MIKE LAMBDIN
3	GUILFORD	66	JOHN COOK
4	JEFFERSON	113	GREG BARKER
5	HARLEM	126	RICHARD JOHNSON

Advancing Team #1

Name of School: BELVIDERE

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
DAN MEYERS	Jr.	2	16:01.6
SHEA MAUDSLEY	Sr.	8	16:32.4
GERRY DUMELLE	Sr.	9	16:35.5
ANDREW PAUL	So.	12	16:37.6
DEREK LARSEN	Jr.	13	16:45.4
TOM CHAMBERS	Jr.	29	17:17.4
ARIC ROMRIELL	Jr.	32	17:21.9
STEVE NETTGEN	Jr.		
AARON LEONARD	So.		
RYAN BEARDSLEY	Jr.		
MIGUEL LEON	Jr.		
MIKE BEEVER	Fr.		

Advancing Team #2

Name of School: SYCAMORE

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
BRIAN TAYLOR	Sr.	3	16:02.2
BRANDON MORREALE	Sr.	5	16:09.5
NATHAN ESTES	So.	10	16:35.9
TONY KELLY	Jr.	14	16:46.6
DAN DECLEENE	So.	18	16:55
KYLE HORST	Jr.	22	17:09.9
STEWART HAKA	So.	37	17:34.3
ALEX BRASER	Jr.		
JEFF STOLLEY			
CRAIG PEARSON			
ADAM LONG			
CHAD HALLOWELL			

Advancing Team #3

Name of School: ROCKFORD GUILFORD

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
MARK MARTINEZ	So.	4	16:04.6
NATHAN MALLOW	Jr.	6	16:19.8
SANDERS CROSBY	So.	16	16:53.9
JOHN MATHEWS	Jr.	19	16:58
DUSTIN GOODMAN	Sr.	21	17:04.4
JACQUE DUPRE	Jr.	27	17:13.1
ADAM LEWIS	Sr.	40	17:37.7
STEPHAN SEMMELROTH	Jr.		
SAM SUDDARTH	Jr.		
BRIAN KNUTH	Jr.		
JUSTIN BROWN	Jr.		

MATT SHUTT

Fr.

Advancing Team #4**Name of School:** ROCKFORD JEFFERSON

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
JOE KLECZKOWSKI	So.	7	16:26.5
LEE ASCHIM	Sr.	11	16:36.8
JASON CARLSON	So.	26	17:12.3
NICK ROELING	Fr.	33	17:27.5
ED PORTILLO	So.	36	17:33.3
CHARLES DORN	Jr.	39	17:36
MARC CORCORAN	Jr.	43	17:54.3
JOSHUA JOHNSON	Jr.		
OREST SILCHUK	Jr.		
ZACHARY MEEKS	Jr.		
MITCHELL JOHNSON	So.		
KYLE CORCORAN	So.		

Advancing Team #5**Name of School:** MACHESNEY PARK (HARLEM)

<u>Runner</u>	<u>Yr</u>	<u>Pl</u>	<u>Time</u>
JARED RICHARDSON	So.	1	15:40.7
ROBERT STOLTZ	Sr.	15	16:48.3
BEN DRESSER	So.	20	17:03.7
PETER HISSON	Jr.	42	17:49
CHRIS MORLAN	Sr.	48	18:06.4
DAVID WHITMORE	Fr.	50	18:17
ANDY TAYLOR	Jr.	53	18:30.1
JUSTIN DARDEN	Jr.		
JOHN SCHNEIDER	Jr.		
TRAE TURNER	So.		
ABDILHALIM KHOGA	Jr.		
ZACH TAYLOR	Fr.		

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