

2003 UW-La Crosse Women's Cross Country Results (FINAL)

| Date | Event | Place | Score | Location |
|-----------------|-------------------------------------|------------|----------------|-------------------------|
| 9-13-03 | at Luther All-American Invitational | 1st | 71 pts. | Decorah, Iowa |
| 9-20-03 | at Woody Greeno Invitational | 3rd | 119 pts. | Lincoln, Neb. |
| 9-26-03 | at Carleton JV Invitational | 2nd | 38 pts. | Northfield, Minn. |
| 9-27-03 | at Roy Griak Invitational | 4th | 159 pts. | Minneapolis, Minn. |
| 10-11-03 | at Dan Huston Invitational | 1st | 139 pts. | Waverly, Iowa |
| 10-18-03 | Tori Neubauer Invitational | 1st | 84 pts. | West Salem, Wis. |
| 10-24-03 | at Lake Wissota Invitational | Tied 2nd | 30 pts. | Eau Claire, Wis. |
| 11-1-03 | at WIAC Championships | 3rd | 86 pts. | Colfax, Wis. |
| 11-15-03 | at NCAA III Midwest Regional | 3rd | 113 pts. | Colfax, Wis. |
| 11-22-03 | at NCAA III Championships | 7th | 263 pts. | Hanover, Ind. |

Home meet in **bold**

Sept. 13 - Luther All-American Invitational

Team Scores (Top 10) 14 total teams

| | |
|---------------------|-----|
| 1. UW-La Crosse | 71 |
| 2. Luther | 85 |
| 3. UW-Eau Claire | 92 |
| 4. Univ. of Chicago | 101 |
| 5. Macalester | 120 |
| 6. Augustana | 150 |
| 7. Coe | 151 |
| 8. Grinnell | 220 |
| 9. Central | 245 |
| 10. Loras | 308 |

Individual Results (5K)

| | |
|---------------------|-------|
| 1. Julia Rudd | 18:28 |
| 14. Amy Belleba | 19:22 |
| 18. Nikki Cahen | 19:35 |
| 19. Kristen Painter | 19:36 |
| 23. Beth Medinger | 19:40 |
| 26. Julie Moadlo | 19:42 |
| 29. Becky Ray | 19:50 |
| 44. Ariel Perkins | 20:19 |

Sept. 20 - Woody Greeno Invitational

Team Scores (Top 10) 27 total teams

| | |
|-----------------------------|-----|
| 1. Augustana | 84 |
| 2. Nebraska-Omaha | 116 |
| 3. UW-La Crosse | 119 |
| 4. Concordia Univ. | 142 |
| 4. Nebraska Wesleyan | 142 |
| 6. Colorado School of Mines | 169 |
| 7. Central Missouri State | 188 |
| 8. Butler County CC | 224 |
| 9. Univ. of Sioux Falls | 328 |
| 10. Fort Hays State | 333 |

Individual Results (6K)

| | |
|-------------------------|-------|
| 5. Julia Rudd | 22:35 |
| 27. Beth Medinger | 23:44 |
| 29. Kristen Painter | 23:44 |
| 30. Abby Kohlman | 23:45 |
| 32. Meagan Herlache | 23:46 |
| 37. Julie Moadlo | 23:55 |
| 38. Nikki Cahen | 23:57 |
| 49. Cassie Scallon | 24:13 |
| 54. Erin Farley | 24:22 |
| 66. April Remus | 24:41 |
| 71. Ariel Perkins | 24:50 |
| 78. Brenna Anderson | 24:55 |
| 87. Amy Belleba | 25:07 |
| 90. Emily Lewandowski | 25:09 |
| 93. Tiffany Pogodzinski | 25:14 |

110. Stephanie Ennis

25:32

129. Tiffany Pogodzinski

20:40

118. Crystal Peil

25:36

130. Ariel Perkins

20:41

134. Emily Burns

25:50

170. Courtney Mills

21:30

143. Ashley Kissinger

25:59

144. Megan Phillips

26:03

155. Lyn Mikolajczak

26:17

167. Nikki Schade

26:46

181. Becca Holt

27:18

Sept. 26 - Carleton JV Invitational

Team Scores

| | |
|-----------------|----|
| 1. Wartburg | 23 |
| 2. UW-La Crosse | 38 |
| 3. St. Olaf | 77 |

Individual Results (5K)

| | |
|----------------------|-------|
| 1. Brenna Anderson | 18:37 |
| 4. Emily Lewandowski | 18:49 |
| 9. Stephanie Ennis | 19:15 |
| 10. Ashley Kissinger | 19:18 |
| 14. Lyn Mikolajczak | 19:31 |
| 16. Megan Phillips | 19:33 |
| 18. Emily Burns | 19:47 |
| 19. Nikki Schade | 19:49 |
| 30. Kelly Maas | 20:36 |

Sept. 27 - Roy Griak Invitational

Team Scores (Top 10) 24 total teams

| | |
|-----------------------|-----|
| 1. Northern Michigan | 67 |
| 2. South Dakota | 80 |
| 3. UW-Stevens Point | 123 |
| 4. UW-La Crosse | 159 |
| 5. North Dakota State | 185 |
| 5. Augustana, S.D. | 185 |
| 7. Concordia, Neb. | 188 |
| 8. Michigan Tech | 209 |
| 9. North Dakota | 218 |
| 10. Pittsburg State | 236 |

Individual Results (5K)

| | |
|---------------------|-------|
| 11. Julia Rudd | 18:54 |
| 32. Beth Medinger | 19:30 |
| 35. Meagan Herlache | 19:31 |
| 41. Kristen Painter | 19:35 |
| 50. Abby Kohlman | 19:41 |
| 52. Amy Belleba | 19:44 |
| 63. Becky Ray | 19:55 |
| 76. Julie Moadlo | 20:05 |
| 83. Erin Farley | 20:08 |
| 87. Nikki Cahen | 20:11 |
| 98. Cassie Scallon | 20:18 |
| 102. April Remus | 20:20 |

Oct. 11 - Dan Huston Invitational; Team Scores

| | |
|----------------------|-----|
| 1. UW-La Crosse | 139 |
| 2. Wartburg | 150 |
| 3. Gustavus Adolphus | 167 |
| 4. Augustana | 328 |
| 5. St. Olaf, | 351 |
| 6. UW-Parkside | 381 |
| 7. Central | 480 |
| 8. Cornell | 532 |

Individual Results (4K)

| | |
|-------------------------|-------|
| 4. Julia Rudd | 14:27 |
| 12. Julie Moadlo | 15:21 |
| 18. Nikki Cahen | 15:46 |
| 22. Erin Farley | 15:57 |
| 37. Tiffany Pogodzinski | 16:24 |
| 44. Emily Lewandowski | 16:37 |
| 45. Crystal Peil | 16:38 |
| 56. Lyn Mikolajczak | 16:58 |
| 61. Ashley Kissinger | 17:05 |
| 64. Emily Burns | 17:10 |
| 75. Nikki Schade | 17:21 |
| 104. Megan Phillips | 18:09 |

Individual Results (6K)

| | |
|---------------------|-------|
| 8. Amy Belleba | 23:47 |
| 11. Abby Kohlman | 23:52 |
| 13. Kristen Painter | 23:57 |
| 14. Megan Herlache | 23:58 |
| 22. Ariel Perkins | 24:26 |
| 27. Cassie Scallon | 24:41 |
| 37. Brenna Anderson | 24:56 |
| 38. April Remus | 25:04 |
| 44. Beth Medinger | 25:27 |
| 54. Stephanie Ennis | 25:53 |
| 83. Kelly Maas | 27:32 |
| 84. Becca Holt | 27:36 |

Oct. 18 - Tori Neubauer Invitational**Team Scores**

| | |
|------------------------|-----|
| 1. UW-La Crosse | 84 |
| 2. Wartburg | 116 |
| 3. Nebraska Wesleyan | 117 |
| 4. Luther | 141 |
| 5. Carleton | 145 |
| 6. UW-Eau Claire | 149 |
| 7. Minnesota-Duluth | 157 |
| 8. St. Thomas | 162 |
| 9. Macalester | 237 |
| 10. Hamline | 250 |
| 11. Illinois Wesleyan | 302 |
| 12. Sioux Falls, S.D. | 326 |
| 13. Concordia-Moorhead | 365 |
| 14. Central | 380 |
| 15. Carroll | 382 |
| 16. Augsburg | 433 |

Individual Results (5K)

| | |
|-------------------------|-------|
| 3. Julia Rudd | 18:27 |
| 12. Julie Mocadlo | 19:26 |
| 18. Beth Medinger | 19:30 |
| 25. Amy Belleba | 19:39 |
| 26. Becky Ray | 19:41 |
| 34. Meagan Herlache | 19:49 |
| 47. Cassie Scallon | 19:59 |
| 48. Kristen Painter | 19:59 |
| 54. Erin Farley | 20:07 |
| 69. Brenna Anderson | 20:19 |
| 71. Nikki Cahen | 20:20 |
| 72. Emily Burns | 20:21 |
| 77. April Remus | 20:26 |
| 86. Ariel Perkins | 20:35 |
| 98. Tiffany Pogodzinski | 20:51 |
| 101. Emily Lewandowski | 20:54 |
| 124. Stephanie Ennis | 21:16 |
| 152. Crystal Peil | 21:38 |
| 154. Ashley Kissinger | 21:40 |
| 157. Lyn Mikolajczak | 21:42 |
| 169. Kelly Maas | 21:55 |
| 178. Nikki Schade | 22:02 |
| 185. Megan Phillips | 22:11 |
| 200. Becca Holt | 22:35 |

Oct. 24 - Lake Wissota Invitational**Team Scores**

| | |
|------------------|----|
| 1. UW-Stout | 27 |
| 2. UW-La Crosse | 30 |
| 2. UW-Eau Claire | 30 |

Individual Results (5K)

| | |
|-------------------------|-------|
| 3. Brenna Anderson | 19:19 |
| 4. April Remus | 19:24 |
| 6. Ariel Perkins | 19:34 |
| 8. Emily Burns | 19:42 |
| 9. Emily Lewandowski | 19:49 |
| 10. Tiffany Pogodzinski | 20:07 |
| 11. Stephanie Ennis | 20:13 |
| 13. Crystal Peil | 20:28 |
| 17. Ashley Kissinger | 20:35 |
| 23. Megan Phillips | 20:53 |
| 29. Becca Holt | 21:33 |

Nov. 1 - WIAC Championships**Team Scores**

| | |
|---------------------|-----|
| 1. UW-Stevens Point | 26 |
| 2. UW-Oshkosh | 52 |
| 3. UW-La Crosse | 86 |
| 4. UW-Eau Claire | 126 |
| 5. UW-Stout | 154 |
| 6. UW-River Falls | 162 |
| 7. UW-Whitewater | 172 |
| 8. UW-Platteville | 193 |
| 9. UW-Superior | 284 |

Individual Results (6K)

| | |
|---------------------|-------|
| 2. Julia Rudd | 22:06 |
| 17. Julie Mocadlo | 23:05 |
| 21. Beth Medinger | 23:11 |
| 22. Meagan Herlache | 23:12 |
| 24. Amy Belleba | 23:16 |
| 25. Becky Ray | 23:17 |
| 27. Abby Kohlman | 23:19 |
| 28. Kristen Painter | 23:20 |
| 31. Erin Farley | 23:32 |
| 43. Nikki Cahen | 23:51 |
| 49. Cassie Scallon | 24:10 |
| 50. Brenna Anderson | 24:11 |

Nov. 15 - NCAA III Midwest Regional**Team Scores (top 10) 35 total teams**

| | |
|---------------------|-----|
| 1. UW-Stevens Point | 76 |
| 2. UW-Oshkosh | 98 |
| 3. UW-La Crosse | 113 |
| 4. Washington Univ. | 142 |
| 4. Univ. of Chicago | 142 |
| 6. Elmhurst | 260 |
| 7. Wheaton | 263 |
| 8. UW-Eau Claire | 267 |
| 9. UW-Whitewater | 275 |
| 10. North Central | 309 |

Individual Results (6K)

| | |
|--------------------|-------|
| 4. Julia Rudd | 21:55 |
| 18. Megan Herlache | 22:55 |
| 26. Amy Belleba | 23:08 |
| 29. Becky Ray | 23:15 |
| 36. Julie Mocadlo | 23:22 |
| 57. Abby Kohlman | 23:41 |
| 83. Beth Medinger | 24:14 |

Nov. 22 - NCAA III Championships**Team Scores (top 10) 24 total teams**

| | |
|--------------------------|-----|
| 1. Middlebury | 135 |
| 2. Trinity College | 174 |
| 3. UW-Stevens Point | 193 |
| 4. Williams | 206 |
| 5. Amherst | 225 |
| 6. Dickinson | 257 |
| 7. UW-La Crosse | 263 |
| 8. Willamette | 269 |
| 9. College of New Jersey | 281 |
| 10. Nebraska Wesleyan | 307 |

Individual Results (6K)

| | |
|----------------------|---------|
| 26. Julia Rudd | 22:43.9 |
| 66. Becky Ray | 23:28.5 |
| 68. Amy Belleba | 23:29.3 |
| 108. Meagan Herlache | 23:53.4 |
| 130. Abby Kohlman | 24:09.5 |
| 167. Beth Medinger | 24:44.0 |
| 175. Julie Mocadlo | 24:55.3 |