

2004 UW-La Crosse Women's Cross Country Results (FINAL)

Date	Event	Place	Score	Location
9-4-04	Alumni Meet	- - -	- - -	La Crosse, Wis. (Veterans Memorial Stadium)
9-10-04	at UW-Eau Claire Dual	No Team Scores		Lake Wissota, Wis. (UW-Eau Claire - Lake Wissota State Park)
9-24-04	at St. Olaf JV Invitational	1st/3 teams	25.0 pts.	Northfield, Minn. (St. Olaf College)
9-25-04	at Roy Griak Invitational	6th/18 teams	186.0 pts.	Minneapolis, Minn. (Univ. of Minnesota - Les Bolstad G.C.)
10-2-04	at The Pre-National Invitational	2nd/22 teams	88.0 pts.	Colfax, Wis. (UW-Eau Claire - Whitetail G.C.)
10-16-04	Tori Neubauer Invitational	2nd/13 teams	84.0 pts.	West Salem, Wis. (Maple Grove G.C.)
10-22-04	at Lake Wissota Invitational	No Team Scores		Lake Wissota, Wis. (UW-Eau Claire - Lake Wissota State Park)
10-30-04	at WIAC Championships	3rd/9 teams	66.0 pts.	River Falls, Wis. (UW-River Falls - Campus Course)
11-13-04	at NCAA III Midwest Regional	4th/37 teams	119.0 pts.	Rock Island, Ill. (Augustana College - Credit Island)
11-20-04	at NCAA III Championships	10th/24 teams	297.0 pts.	Colfax, Wis. (UW-Eau Claire - Whitetail G.C.)

Home meets in **bold**

Sept. 10 - UW-Eau Claire Dual

Eagles Individual Results (No Team Scores)

1. Kristen Painter	18:36.4
2. Kristen Hower	18:37.4
3. Julie Mocadlo	18:52.8
5. Ariel Perkins	18:59.4
6. Megan Herlache	19:26.4
8. Valerie Vradenburg	19:32.2
9. Beth Medinger	19:34.9
11. Jenna Haack	19:38.8
12. Brenna Anderson	19:41.8
14. Melissa Palmer	19:48.2
15. Emily Lewandowski	19:49.0
18. Tiffany Pogodzinski	19:52.5
20. Jenna Gerten	19:57.9
21. Emily Watson	20:04.5
22. Emily Witzmann	20:12.0
23. Emily Burns	20:13.3
26. Abby Kohlman	20:15.0
28. April Remus	20:24.9
29. Erin Farley	20:33.2
30. Angela Reed	20:41.1
33. Abby Berg	20:50.0
36. Crystal Peil	20:56.3
37. Sarah Janicek	20:57.2
42. Stephanie Ennis	21:30.9
45. Louisa Johnson	21:45.0
47. Kelly Maas	21:51.5
48. Amanda Kiel	24:46.1

Sept. 24 - St. Olaf JV Invitational

Team Results

1. UW-La Crosse	25
2. Wartburg College	30
3. St. Olaf College	81

Eagles Individual Results (6,000 Meters)

2. Jenna Gerten	24:23
3. Melissa Palmer	24:37
5. Kristin Schulz	24:56
6. Erin Farley	25:01
9. Emily Witzman	25:07
13. Angela Reed	25:22
15. Nikki Cahen	25:53
16. Abby Berg	26:02
18. Crystal Peil	26:06
19. Amanda Kiel	26:24
24. Louisa Johnson	26:37
29. Kelly Maas	27:13
41. Bekah Holt	27:51

Sept. 25 - Roy Griak Invitational

Team Results (18 teams)

1. Northern Michigan	70
2. Concordia-Nebraska	81
3. UW-Stevens Point	98
4. Univ. of Manitoba	103
5. Univ. of South Dakota	156
6. UW-La Crosse	186
7. Washington Univ. (Mo.)	187
7. Univ. of North Dakota	187
9. Univ. of Minnesota-Duluth	218
10. Augustana College (S.D.)	256

Eagles Individual Results (6,000 Meters)

21. Kristen Painter	23:34
23. Julie Mocadlo	24:02
41. Meagan Herlache	24:01
48. Emily Burns	24:07
64. Kristen Howe	24:28
76. Beth Medinger	24:46
80. Ariel Perkins	24:54
83. Tiffany Pogodzinski	25:02
85. Brenna Anderson	25:03
97. Valerie Vradenburg	25:25
101. Jenna Haack	25:29
102. Abby Kohlman	25:31
114. Emily Lewandowski	25:50
120. Stephanie Ennis	25:56
129. April Remus	26:19

Oct. 1 - The Pre-National Invitational

Team Results (22 teams)

1. UW-Stevens Point	50
2. UW-La Crosse	88
3. Emory University	101
4. Macalester College	126
5. St. Olaf College	194
6. Univ. of St. Thomas	211
7. UW-Eau Claire	229
8. Gustavus Adolphus College	239
9. Univ. of Minnesota-Duluth	265
10. North Central College (Ill.)	269

Eagles Individual Results (6,000 Meters)

6. Kristen Painter	22:50.3
10. Meagan Herlache	23:02.8
12. Julie Mocadlo	23:06.8
29. Kristen Howe	23:35.5
33. Ariel Perkins	23:37.9
38. Beth Medinger	23:48.1
53. Melissa Palmer	24:03.6
64. Tiffany Pogodzinski	24:11.2
66. Brenna Anderson	24:13.4
70. Jenna Gerten	24:16.5
79. Emily Burns	24:22.4

Oct. 16 - Tori Neubauer Invitational

Team Results (13 teams)

1. Luther College	78
2. UW-La Crosse	84
3. North Dakota State	121
4. Wartburg College	123
5. Iowa State Univ.	145
6. Macalester College	161
7. Central College (Iowa)	197
8. Illinois Wesleyan Univ.	216
9. Nebraska Wesleyan Univ.	232
10. College of St. Benedict (Minn.)	233

Eagles Individual Results (6,000 Meters)

5. Kristen Painter	22:47.9
7. Julie Mocadlo	22:54.2
16. Meagan Herlache	23:12.6
23. Ariel Perkins	23:21.5
33. Kristen Howe	23:39.2
37. Valerie Vradenburg	23:49.1
41. Beth Medinger	23:53.5
45. Melissa Palmer	23:58.1
47. Jenna Gerten	24:00.5
50. Jenna Haack	24:12.2
52. Brenna Anderson	24:13.4
56. Tiffany Pogodzinski	24:15.6
61. Emily Burns	24:26.4
66. Erin Farley	24:20.1
72. April Remus	24:32.9
76. Emily Lewendowski	24:34.9
78. Abby Kohlman	24:37.8
89. Emily Watson	24:48.3
95. Angela Reed	24:58.9
100. Emily Witzman	25:05.0
115. Nikki Cahen	25:25.6
124. Sarah Janicek	25:36.4
139. Amanda Kiel	25:55.5
169. Louisa Johnson	26:39.9
200. Bekah Holt	27:32.9

Oct. 22 - Lake Wissota Invitational**Eagles Individual Results (No Team Scores)**

6. Emily Lewandowski	19:37
7. Emily Burns	19:43
8. April Remus	19:51
10. Jenna Gerten	19:57
11. Erin Farley	19:59
14. Emily Watson	20:04
20. Angela Reed	20:17
21. Emily Witzmann	20:18
24. Stephanie Ennis	20:22
27. Abby Kohlman	20:35
28. Sarah Janecek	20:41
30. Crystal Peil	20:48
32. Nikki Cahen	20:50
35. Jenna Haack	21:03
40. Amanda Keil	21:17
42. Kelly Maas	21:26
47. Abby Berg	21:47
49. Becca Holt	22:17

Oct. 30 - WIAC Championships**Team Results**

1. UW-Stevens Point	43
2. UW-Oshkosh	47
3. UW-La Crosse	66
4. UW-Whitewater	128
5. UW-Platteville	132
6. UW-Eau Claire	171
7. UW-Stout	180
8. UW-River Falls	210
9. UW-Superior	273

Eagles Individual Results (6,000 Meters)

8. Kristen Painter	22:58.6
10. Julie Moadlo	23:01.7
13. Meagan Herlache	23:12.8
14. Kristin Howe	23:24.7
21. Valerie Vradenberg	23:51.0
25. Melissa Palmer	24:03.5
27. Ariel Perkins	24:04.6
30. Emily Burns	24:12.9
38. Tiffany Pogodzinski	24:37.8
40. Emily Lewandowski	24:40.5
43. Brenna Anderson	24:44.9
66. Beth Medinger	25:20.9

Nov. 13 - NCAA III Midwest Regional**Team Results (37 teams)**

1. UW-Stevens Point	76
2. Washington Univ. (Mo.)	93
3. UW-Oshkosh	96
4. UW-La Crosse	119
5. North Central College	157
6. Wheaton College	180
7. UW-Eau Claire	234
8. UW-Platteville	276
9. UW-Whitewater	278
10. Illinois Wesleyan	358

Eagles Individual Results (6,000 Meters)

11. Kristen Painter	21:40.8
14. Julie Moadlo	21:54.0
21. Meagan Herlache	22:11.3
24. Kristen Howe	22:13.0
49. Melissa Palmer	22:54.0
53. Ariel Perkins	22:58.2
66. Valerie Vradenberg	23:10.5

Nov. 20 - NCAA III Championships**Team Results (24 teams)**

1. Williams College	110
2. Middlebury College	129
3. Washington (Missouri)	149
4. UW-Oshkosh	174
5. Colby College	202
6. UW-Stevens Point	224
7. Luther College	233
8. Denison University	283
9. Willamette University	285
10. UW-La Crosse	297

Eagles Individual Results (6,000 Meters)

37. Kristen Painter	22:27.4
63. Meagan Herlache	22:54.9
114. Kristen Howe	23:25.3
120. Julie Moadlo	23:30.3
142. Ariel Perkins	23:44.7
144. Valerie Vradenburg	23:47.7
179. Melissa Palmer	24:24.4