

## 2006 UW-La Crosse Women's Cross Country Results (FINAL)

Date	Event	Place	Score	Location
9-9-06	All-American Invitational	1st/4 teams	24.0 pts.	Decorah, Iowa (Luther College - Campus Course)
9-23-06	at Roy Griak Invitational	3rd/29 teams	117.0 pts.	Minneapolis, Minn. (Univ. of Minnesota - Les Bolstad G.C.)
9-29-06	at Blugold Open	1st/16 teams	40.0 pts.	Colfax, Wis. (UW-Eau Claire - Whitetail G.C.)
10-7-06	at Dan Huston Invitational	3rd/6 teams	316.0 pts.	Waverly, Iowa (Wartburg College)
<b>10-14-06</b>	<b>Tori Neubauer Invitational</b>	<b>3rd/28 teams</b>	<b>93.0 pts.</b>	<b>West Salem, Wis. (Maple Grove G.C.)</b>
10-20-06	at UW-Eau Claire/UW-Stout Tria.	1st/3 teams	15.0 pts.	Chippewa Falls, Wis. (Lake Wisota State Park)
<b>10-28-06</b>	<b>WIAC Championships</b>	<b>1st/9 teams</b>	<b>47.0 pts.</b>	<b>West Salem, Wis. (Maple Grove G.C.)</b>
11-11-06	at NCAA III Midwest Regional	3rd/38 teams	96.0 pts.	Rock Island, Ill. (Augustana College - Credit Island)
11-18-06	at NCAA III Championships	15th/32 teams	434.0 pts.	West Chester, Ohio (Wilmington College - Voice of America Park)

Home meets in **bold**

### Sept. 10 - Luther All American Invite

#### Team Results

1. UW-La Crosse	24
2. Univ. of Chicago	55
3. Luther College	57
4. Iowa Central College	120

#### Eagles Individual Results (5K)

1. Kristen Painter	18:35
2. Meagan Herlache	18:49
6. Whitney Nefstead	19:23
7. Kristen Howe	19:25
8. Nikki Cahen	19:26
9. Rachel DeDeyn	19:39
10. Megan Johnson	19:44
12. Jenna Gerten	19:50
13. Emily Lewandowski	19:51
17. Lauren Moss	20:03
18. Beth Medinger	20:05
19. Meghan Dugan	20:07
20. Katelynn Williams	20:08
21. Zoe Browne	20:08
23. Angela Reed	20:09
24. Alison Kolinski	20:10
26. Jackie Arendt	20:13
31. Hannah Klinger	20:20
34. Emily Watson	20:24
36. Katie Porter	20:39
39. Caitlin Helgesen	20:45
40. Katie Wagner	20:46
46. Kaityln Grabanski	21:04
48. Kayla Laporte	21:24
49. Samantha Aspenson	21:27
51. Jessica Goessl	21:40
54. Amanda Kiel	21:49
55. Mollie Thompson	21:54
57. Keri Kight	21:59
66. Jenny Heisel	22:24
75. Melissa Palmer	23:53

### Sept. 23 - Roy Griak Invitational

#### Team Results

1. Black Hills State Univ.	96
2. Concordia Univ. (Calif.)	103
3. UW-La Crosse	117
4. Univ. of Calif.-San Diego	141
5. Univ. of Northern Michigan	171
6. Univ. of North Dakota	207
7. Univ. of South Dakota	263
8. Minnesota-Duluth	272
9. Michigan Tech Univ.	290
10. Wartburg College	305

#### Eagles Individual Results (6K)

2. Kristen Painter	22:47.75
16. Meagan Herlache	23:24.55
29. Kristen Howe	23:57.20
34. Nikki Cahen	24:03.90
40. Whitney Nefstead	24:13.85
58. Jenna Gerten	24:31.05
60. Meghan Dugan	24:32.55
76. Megan Johnson	24:45.55
92. Zoe Brown	24:57.65
93. Emily Lewandowski	25:01.45
112. Rachel DeDeyn	25:20.00
117. Lauren Moss	25:23.00
122. Angela Reed	25:26.10
138. Katelynn Williams	25:43.65
190. Melissa Palmer	26:47.65
191. Beth Medinger	26:49.70
233. Becca Holt	28:18.70

### Sept. 29 - Blugold Open

#### Team Results (16 teams)

1. UW-La Crosse	40
2. Univ. of St. Thomas	82
3. UW-Eau Claire	103
4. Univ. of Minnesota	110
5. UW-River Falls	166
6. UW-Stout	185
7. Minnesota-Duluth	218
8. Bethel University	228
9. College St. Catherine	278
10. Franklin College	319

### Eagles Individual Results (6K)

1. Kristen Painter	22:24.88
2. Meagan Herlache	22:43.54
11. Nikki Cahen	23:34.02
12. Kristin Howe	23:39.17
14. Jenna Gerten	23:49.30
16. Emily Lewandowski	23:52.04
18. Meghan Dugan	23:53.24
19. Whitney Nefstead	23:53.25
20. Beth Medinger	23:53.34
27. Jackie Arendt	24:02.35
35. Emily Watson	24:16.07
37. Zoe Browne	24:19.99
40. Allison Kolinski	24:28.41
45. Megan Johnson	24:37.87
49. Katelynn Williams	24:41.69
54. Angela Reed	24:48.18
55. Jessica Goessl	24:49.33
58. Caitlyn Helgeson	24:25.71
59. Lauren Moss	24:54.91
69. Hannah Klinger	25:11.03
70. Katie Wagner	25:12.17
71. Amanda John	25:12.68
74. Katie Porter	25:15.32
75. Melissa Palmer	25:17.77
76. Samantha Anderson	25:19.13
90. Amanda Kiel	25:38.52
111. Kaitlyn Grabanski	26:02.69
114. Kayla Laporte	26:12.61
129. Keri Kight	26:28.80
147. Becca Holt	26:59.45
173. Molly Thompson	28:13.70
179. Jenny Heisel	28:27.79
222. Rachel DeDeyn	DNF

**Oct. 7 - Dan Huston Invitational****Team Results**

1. Wheaton College (Ill.)	203
2. Wartburg College (Iowa)	229
3. UW-La Crosse	316
4. UW-Platteville	324
5. Gustavus Adolphus (Minn.)	437
6. Beloit College (Wis.)	482

**Eagles Individual Results (4K)**

19. Beth Medinger	15:21
43. Jessica Goessl	15:52
53. Samantha Aspenson	16:15
67. Amanda Kiel	16:38
166. Bekah Holt	18:51

**Eagles Individual Results (6K)**

6. Jackie Arendt	24:11
12. Hannah Klinger	24:30
13. Emily Watson	24:31
15. Allison Kolinski	24:43
16. Caitlin Helgesen	24:45
18. Katie Wagner	25:07
31. Amanda John	25:55
42. Kayla Laporte	26:46
43. Keri Kight	26:49
58. Bethany Peirson	28:22

**Oct. 14 - Tori Neubauer Invitational****Team Results (28 total teams)**

1. South Dakota State Univ.	81
2. Univ. of Northern Iowa	85
3. UW-La Crosse	93
4. Luther College (Iowa)	184
5. UW-Eau Claire	191
6. UW-Platteville	232
7. Nebraska Wesleyan Univ.	238
8. Wartburg College (Iowa)	303
9. St. Olaf College (Minn.)	314
10. Carleton College (Minn.)	325

**Eagles Individual Results (6K)**

3. Kristen Painter	21:45.64
11. Meagan Herlache	22:19.68
18. Kristin Howe	22:45.48
30. Beth Medinger	22:52.77
31. Nikki Cahen	22:55.43
35. Jenna Gerten	23:03.03
56. Emily Lewandowski	23:23.42
61. Megan Johnson	23:26.15
71. Jackie Arendt	23:32.00
74. Emily Watson	23:34.56
76. Jessica Goessl	23:36.03
83. Meghan Dugan	23:39.28
85. Katelynn Williams	23:41.57
101. Zoe Browne	23:47.30
111. Angela Reed	23:55.80
113. Allison Kolinski	23:57.07
118. Lauren Moss	24:02.20
125. Caitlyn Helgeson	24:05.28
136. Hannah Klinger	24:14.77

148. Melissa Palmer	24:20.87
162. Katie Wagner	24:26.44
170. Rachel DeDeyn	24:32.62
175. Amanda John	24:36.10
181. Samantha Aspenson	24:39.20
182. Beth Richmond	24:40.28
198. Katie Porter	24:49.29
220. Kaitlyn Grabanski	25:00.16
263. Kayla Laporte	25:24.42
288. Amanda Kiel	25:38.45
313. Bethany Peirson	25:54.71
332. Bekah Holt	26:06.91
343. Keri Kight	26:18.03
359. Jenny Heisel	26:37.16
384. Molly Thompson	27:50.97

**Oct. 20 - UW-Eau Claire/UW-Stout Tri.****Team Results**

1. UW-La Crosse	15
2. UW-Stout	57
3. UW-Eau Claire "B"	69

**Eagles Individual Results (5K)**

1. Jessica Goessl	19:21.0
2. Lauren Moss	19:22.1
3. Emily Watson	19:31.3
4. Katelynn Williams	19:39.1
5. Stephanie Perleberg	19:50.8
6. Angela Reed	19:56.0
7. Zoe Browne	19:57.6
8. Katie Wagner	19:58.2
9. Amanda John	19:59.6
11. Hannah Klinger	20:08.1
12. Caitlain Helgesen	20:08.7
13. Katie Porter	20:11.5
14. Beth Richmond	20:16.6
15. Alison Kolinski	20:19.0
16. Kaitlyn Grabanski	20:19.0
22. Melissa Palmer	20:38.5
26. Amanda Kiel	20:47.3
28. Kayla Laporte	20:56.1
32. Bethany Pierson	21:13.5
38. Keri Kight	21:37.3
39. Jenny Heisel	21:37.6
40. Mollie Thompson	21:57.6

**Oct. 28 - WIAC Championships****Team Results**

1. UW-La Crosse	47
2. UW-Eau Claire	52
3. UW-Oshkosh	103
4. UW-Platteville	105
5. UW-Whitewater	143
6. UW-River Falls	151
7. UW-Stout	153
8. UW-Stevens Point	180
9. UW-Superior	261

**Eagles Individual Results (6K)**

2. Kristen Painter	21:43.69
4. Meagan Herlache	22:16.25
10. Kristen Howe	22:53.30
15. Emily Lewandowski	23:13.42
16. Jackie Arendt	23:13.63
18. Megan Johnson	23:15.74
22. Jenna Gerten	23:30.94
26. Jessica Goessl	23:40.98
28. Meghan Dugan	23:44.72
33. Beth Medinger	23:53.46
36. Whitney Nefstead	23:52.77
39. Nikki Cahen	24:05.59

**Nov. 11 - NCAA III Midwest Regional****Team Results (38 teams)**

1. Washington	56
2. North Central	92
3. UW-La Crosse	96
4. UW-Eau Claire	129
5. Chicago	145
6. Wheaton	185
7. UW-Platteville	223
8. UW-Oshkosh	226
9. UW-Whitewater	249
10. UW-Stout	303

**Eagles Individual Results (6K)**

3. Kristen Painter	21:31.0
13. Meagan Herlache	22:01.9
24. Jena Gerten	22:26.7
26. Kristen Howe	22:28.4
30. Megan Johnson	22:32.1
40. Jackie Arendt	22:49.3
49. Emily Lewandowski	23:02.6

**Nov. 18 - NCAA III Championships****Team Results (32 teams)**

1. Middlebury	144
2. Amherst	145
3. Calvin	149
4. Washington Univ.	186
5. Tufts	214
6. Dickinson	225
7. Grinnell	237
8. Williams	238
9. Geneseo St.	266
10. Case Western	295
15. UW-La Crosse	434

**Eagles Individual Results (6K)**

61. Kristen Painter	24:23
107. Meagan Herlache	25:00
120. Kristen Howe	25:08
145. Megan Johnson	25:21
150. Jackie Arendt	25:24
191. Emily Lewandowski	25:50
246. Jenna Gerten	26:39