

University of Dubuque Cross Country - 2010

Spartan Opener

September 1

3k

TEAM SCORE: 3 of 13

6	Beth Michaelis (SO)	12:14
11	Megan Michaelis (SR)	12:22
13	Courtney Frederick (FR)	12:41
14	Megan Bloedow (SO)	12:50
31	Kaylee Carter (SO)	17:30

Luther All-American Invite

September 11

5k

TEAM SCORE: 10 of 10

45	Megan Michaelis	20:49
46	Beth Michaelis	20:52
52	Courtney Frederick	21:06
59	Megan Bloedow	21:43
66	Kaylee Carter	26:44
67	Jennifer Oster	28:30

Wisconsin Lutheran Warrior Invite

October 2

6k

TEAM SCORE: 5 of 19

4	Beth Michaelis	24:54.14
9	Courtney Frederick	25:11.92
10	Megan Michaelis	25:13.06
109	Aysa Sellers	30:23.20
111	Kaylee Carter	30:27.98

UW-Oshkosh Invite

October 16

6k

TEAM SCORE: 29 of 36

101	Megan Michaelis	23:49
132	Beth Michaelis	24:14
186	Courtney Frederick	25:20
209	Megan Bloedow	26:29
246	Kaylee Carter	30:26

Iowa Conference Championships

October 30

6k

TEAM SCORE: 8 of 9

28	Beth Michaelis	24:57.6
46	Courtney Frederick	26:13.5
51	Megan Bloedow	27:02.6
55	Megan Michaelis	29:25.6
57	Aysa Sellers	30:36.8
58	Kaylee Carter	30:43.4

Central Region Championships

November 13

6k

TEAM SCORE: 24 of 27

106	Beth Michaelis	24:44.9
125	Megan Bloedow	25:17.7
139	Courtney Frederick	25:36.9
176	Kaylee Carter	29:26.5
185	Melissa Englert	34:33.5