

2004 SEASON REVIEW



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Hawkeye Invitational

Sept. 3 - Iowa City, IA
3,000 m. - 1st/2 teams

Place	Name	Time
1.	Shannon Stanley	10:27
2.	Nikki Chapple	10:28
4.	Jenni Capista	11:27
5.	Laura Spencer	11:38
9.	Michelle Sokol	11:48
15.	Vanessa Menze	12:25

Hawkeye Triangular

Sept. 10 - Iowa City, IA
4,000 m. - 1st/3 teams

Place	Name	Time
1.	Nikki Chapple	14:09
2.	Shannon Stanley	14:32
3.	Meghan Armstrong	14:33
6.	Racheal Marchand	14:48
13.	Lisa Bonistalli	15:35
15.	Molly Esche	15:40
16.	Jessica Schmidt	15:40
17.	Jenni Capista	15:42
18.	Christine Kotarba	15:45
20.	Laura Spencer	15:50
21.	Michelle Sokol	15:57
23.	Laura Pearson	16:06
29.	Vanessa Menze	17:00

Murray Keatinge Invitational

Oct. 2 - Orono, ME
5,000 m. - 4th/12 teams

Place	Name	Time
5.	Nikki Chapple	17:18.30
13.	Shannon Stanley	17:47.70
21.	Meghan Armstrong	18:01.30
28.	Racheal Marchand	18:18.30
44.	Christine Kotarba	18:50.50
57.	Molly Esche	19:10.00
66.	Jenni Capista	19:19.70
70.	Laura Pearson	19:26.50
75.	Jessica Schmidt	19:33.80

NCAA Pre-Nationals

Oct. 16 - Terre Haute, IN
6,000 m. - 18th/37 teams

Place	Name	Time
46.	Nikki Chapple	21:39.7
81.	Shannon Stanley	22:02.4
101.	Meghan Armstrong	22:11.6
130.	Racheal Marchand	22:27.3
142.	Christine Kotarba	22:33.7
222.	Jenni Capista	23:29.9
237.	Molly Esche	23:46.9

Big Ten Championships

Oct. 31 - Iowa City, IA
6,000 m. - 7th/11 teams

Team Results

Place	Team	Points
1.	Michigan	45
2.	Michigan State	85
	Illinois	85
4.	Minnesota	133
5.	Indiana	135
6.	Penn State	142
7.	Iowa	170
8.	Wisconsin	178
9.	Purdue	190
10.	Northwestern	258
11.	Ohio State	276

Individual Results

Place	Athlete	Time
18.	Nikki Chapple	21:48
21.	Racheal Marchand	21:56
24.	Meghan Armstrong	22:02
46.	Shannon Stanley	22:38
65.	Christine Kotarba	23:08
79.	Michelle Sokol	23:47
81.	Molly Esche	23:56
82.	Jenni Capista	24:00
89.	Jessica Schmidt	24:24

NCAA Midwest Regional

Nov. 13 - Peoria, IL
6,000 m. - 7th/26 teams

Team Results

Place	Team	Points
1.	Missouri	52
2.	Illinois	93
3.	Oklahoma State	113
4.	Minnesota	128
5.	Southwest Missouri State	214
6.	Southern Illinois	218
7.	Iowa	235

Individual Results

Place	Athlete	Time
12.	Nikki Chapple	21:04:36
36.	Meghan Armstrong	21:39:04
41.	Racheal Marchand	21:45:07
65.	Shannon Stanley	22:17:68
95.	Michelle Sokol	22:49:69
110.	Christine Kotarba	23:03:55
121.	Molly Esche	23:16:94

2004 Season Best Times

Athlete	3,000 m.	4,000 m.	5,000 m.	6,000 m.
Meghan Armstrong	----	14:34	18:01:30	21:39:04
Lisa Bonistalli	----	15:35	----	-----
Jenni Capista	11:27	15:42	19:19:70	23:29:90
Nikki Chapple	10:28	14:09	17:18:30	21:04:36
Molly Esche	----	15:40	19:10:00	23:16:94
Christine Kotarba	----	15:45	18:50:50	22:33:70
Racheal Marchand	----	14:48	18:18:30	21:45:07
Vanessa Menze	12:25	17:00	----	-----
Laura Pearson	----	16:06	19:26:50	-----
Jessic Schmidt	----	15:40	19:33:80	24:24
Michelle Sokol	11:48	15:57	----	22:49:69
Laura Spencer	11:38	15:50	----	24:26
Shannon Stanley	10:27	14:32	17:47:40	22:02:40