

NAVY

2006 WOMEN'S CROSS COUNTRY

Navy's
SENIOR CLASS



ATHLETIC SUCCESS

PRIDE ★ PASSION ★ TEAMWORK ★ COMMITMENT
STRENGTH ★ CONFIDENCE ★ TOUGHNESS ★ ATTITUDE
INTEGRITY ★ HONOR ★ COURAGE ★ INTENSITY

What It Takes to Be A Navy Student-Athlete

- ★ 31 Varsity sports offered by the Naval Academy Athletic Association
- ★ More than 1,500 athletes represent the Academy at the Division I level
- ★ More than 34% of the Brigade competes in varsity athletics
- ★ Varsity athletes wear our blue and gold with pride as representatives of the Brigade of Midshipmen
- ★ The Naval Academy has 10 conference and league affiliations
- ★ More than 50% of the varsity athletes engage in community outreach programs
- ★ Varsity athletes graduate at a higher rate than the Brigade
- ★ 42% of all female midshipmen are varsity athletes
- ★ More than 500 competitions per year

Located on the western shore of the Chesapeake Bay, Annapolis is just a 30 minute drive from downtown Washington, D.C., or Baltimore's Camden Yards and Inner Harbor.

ANNAPOLIS, WASHINGTON, D.C., BALTIMORE



2006 Team Captain
ERIN DEMCHKO

Two-Time All-Mid-Atlantic Region Runner
First-Team All-Patriot League Runner
JUSTINE WHIPPLE

2006 WOMEN'S CROSS COUNTRY

2006 RESULTS (5-0)

Date	Meet/Opponent	Site	Result
Sept. 1	at Harry Lang Invitational +	Hamilton, N.Y.	1st of 5 teams
Sept. 1	at Harry Lang Invitational *	Hamilton, N.Y.	2nd of 5 teams
Sept. 16	Salty Seadog Invitational +	Annapolis, Md.	2nd of 9 teams
Sept. 23	at Spiked Shoe Invitational +	University Park, Pa.	4th of 25 teams
Sept. 30	at Stanford Invitational +	Palo Alto, Calif.	9th of 17 teams
Sept. 30	at Stanford Invitational ^	Palo Alto, Calif.	5th of 9 teams
Oct. 14	Army (Star Meet) +	Annapolis, Md.	W, 21-38
Oct. 28	at Patriot League Championship +	Hamilton, N.Y.	2nd of 8 teams
Nov. 11	at NCAA Mid-Atlantic Region Championship +	Lock Haven, Pa.	11th of 32 teams

Home races in **bold**, held at USNA Cross Country Course

^ denotes 4,000-meter course

* denotes 4,200-meter course

+ denotes 6,000-meter course



Three-Time First-Team
All-Patriot League Runner
EMILY CASTRO