

**DAKOTA COUGARS
CROSS COUNTRY**

**COUGARS XC CARNIVAL OF RACES
DAKOTA HIGH SCHOOL
OCTOBER 23, 2021**

**WEATHER:
55°
Partly Sunny, Light Rain**

| | | <u>Time</u> | <u>Mile</u> | <u>2 mile</u> | <u>(split)</u> | <u>3 mile</u> | <u>(split)</u> | <u>pace</u> | <u>Place</u> |
|----------|-------------------|--------------|-------------|---------------|----------------|---------------|----------------|-------------|--------------|
| Carter | Fox | 17:25 | 5:38 | 11:21 | 5:43 | 16:49 | 5:29 | 5:36 | FR/SO-1 |
| Simon | Davis | 18:08 | 5:39 | 11:37 | 5:58 | 17:31 | 5:53 | 5:50 | FR/SO-3 |
| Jacob | Vohs, J. | 18:11 | 5:36 | 11:34 | 5:58 | 17:33 | 5:59 | 5:51 | JR/SR-6 |
| Owen | Clancy | 18:26 | 5:42 | 11:45 | 6:03 | 17:48 | 6:02 | 5:56 | JR/SR-8 |
| Colton | Howell | 18:26 | 5:45 | 11:52 | 6:07 | 17:48 | 5:56 | 5:56 | FR/SO-6 |
| Jack | Mathers | 18:30 | 5:47 | 11:52 | 6:05 | 17:52 | 6:00 | 5:57 | JR/SR-11 |
| Carson | Gilbertson | 18:44 | 5:47 | 11:57 | 6:10 | 18:05 | 6:08 | 6:02 | JR/SR-14 |
| Chase | Palmer | 19:01 | 5:50 | 12:11 | 6:21 | 18:22 | 6:10 | 6:07 | JR/SR-18 |
| Michael | Vogel | 19:25 | 5:53 | 12:16 | 6:23 | 18:45 | 6:28 | 6:15 | JR/SR-23 |
| Ethan | Ostrowski | 19:39 | 5:59 | 12:39 | 6:40 | 18:58 | 6:19 | 6:19 | JR/SR-24 |
| Finnian | Myers | 19:41 | 6:09 | 12:44 | 6:35 | 19:00 | 6:17 | 6:20 | FR/SO-12 |
| Andrew | Mossington | 19:52 | 6:08 | 12:45 | 6:37 | 19:11 | 6:26 | 6:24 | FR/SO-13 |
| Timothy | Pham | 20:07 | 6:04 | 12:43 | 6:39 | 19:25 | 6:41 | 6:28 | JR/SR-27 |
| Craig | Perttunen | 20:26 | 6:12 | 13:03 | 6:51 | 19:44 | 6:40 | 6:35 | JR/SR-30 |
| Muhammed | Marenah | 20:52 | 6:32 | 13:23 | 6:51 | 20:09 | 6:46 | 6:43 | JR/SR-34 |
| Luke | Klochack | 20:54 | 6:32 | 13:32 | 7:00 | 20:11 | 6:39 | 6:44 | FR/SO-26 |
| Nicholas | Vohs, N. | 21:34 | 6:30 | 13:34 | 7:04 | 20:49 | 7:14 | 6:56 | JR/SR-36 |
| Chase | De Stefano | 21:51 | 6:39 | 13:44 | 7:05 | 21:06 | 7:20 | 7:02 | FR/SO-30 |
| Braeden | Peña | 22:18 | 6:58 | 14:25 | 7:27 | 21:32 | 7:07 | 7:11 | JR/SR-39 |
| Ian | Flehsig | 22:47 | 6:53 | 14:32 | 7:39 | 22:00 | 7:27 | 7:20 | FR/SO-36 |
| Nicholas | Gorski | 22:49 | 6:53 | 14:32 | 7:39 | 22:02 | 7:29 | 7:21 | FR/SO-38 |
| John | Peters | 23:08 | 7:03 | 14:36 | 7:33 | 22:20 | 7:43 | 7:27 | JR/SR-42 |
| Tyler | Milosavlevski, T. | 23:40 | 7:13 | 15:15 | 8:02 | 22:51 | 7:36 | 7:37 | FR/SO-39 |
| Justin | St. Pierre | 23:59 | 7:34 | 15:26 | 7:52 | 23:10 | 7:43 | 7:43 | FR/SO-41 |



FR/SO Winner

Carter Fox-Dakota 17:25

JR/SR Winner

Anthony Vinson-IKE 17:12

Total Finishers

49

Total Finishers

47

TOP 5 TIME GAP:

2:27

TOP 5 TIME GAP:

0:50

FR/SO Team Scores

| | |
|--|-----------|
| Dakota | 31 |
| Utica | 57 |
| Michigan Athletic Conference for Homeschoo | 76 |
| Lakeview | 76 |
| Grosse Pointe North | 95 |
| Eisenhower | nts |
| Algonac | nts |

JR/SR Team Scores

| | |
|--|-----------|
| Eisenhower | 30 |
| Dakota | 52 |
| Utica | 69 |
| Lakeview | 85 |
| Grosse Pointe North | 112 |
| Algonac | nts |
| Michigan Athletic Conference for Homeschoolers | nts |

Medals Earned by Dakota 12

Special Recognition

Carter Fox (Won the 9th/10th race, PR of 10 sec)
Ethan Ostrowski (PR of 21 sec, SB of 43)

Dakota's Athlete of the Meet:

Michael Vogel (PR of 55 sec, SB of 1:22)
Tim Pham (PR of 58 sec, SB of 1:17)
John Peters (PR of 34 sec, SB of 43 sec)



| | | <u>Time</u> | <u>Mile</u> | <u>2 mile</u> | <u>(split)</u> | <u>3 mile</u> | <u>(split)</u> | <u>pace</u> | <u>Place</u> |
|----------|------------|--------------|-------------|---------------|----------------|---------------|----------------|-------------|--------------|
| Ava | LaMilza | 20:18 | 6:27 | 13:10 | 6:43 | 19:36 | 6:27 | 6:32 | 1 |
| Chlesea | Harvey, C. | 20:48 | 6:41 | 13:24 | 6:43 | 20:05 | 6:41 | 6:42 | 5 |
| Lindsay | Harvey, L. | 21:11 | 6:37 | 13:23 | 6:46 | 20:27 | 7:03 | 6:49 | 8 |
| Mylene | Pham | 21:54 | 6:45 | 14:03 | 7:18 | 21:09 | 7:06 | 7:03 | 15 |
| McKenna | Goike | 22:51 | 7:10 | 14:44 | 7:34 | 22:04 | 7:20 | 7:21 | 17 |
| Tori | Trumper | 24:15 | 7:37 | 15:33 | 7:56 | 23:25 | 7:52 | 7:48 | 24 |
| Julia | Timpa, J. | 24:54 | 7:55 | 16:10 | 8:15 | 24:03 | 7:53 | 8:01 | 25 |
| Ava | Harvey, A. | 25:11 | 7:22 | 15:53 | 8:31 | 24:19 | 8:24 | 8:06 | 26 |
| Sydney | Timpa, S. | 26:13 | 8:13 | 16:57 | 8:44 | 25:19 | 8:22 | 8:26 | 31 |
| Brynn | Miller | 27:24 | 8:20 | 17:37 | 9:17 | 26:27 | 8:50 | 8:49 | 43 |
| Amy | Neumann | 29:34 | 8:58 | 19:02 | 10:04 | 28:33 | 9:31 | 9:31 | 52 |
| Inna | Danylyshyn | 29:35 | 8:30 | 18:32 | 10:02 | 28:34 | 9:59 | 9:31 | 53 |
| Dahvicka | Lorth | 31:35 | 9:26 | 20:00 | 10:34 | 30:30 | 10:28 | 10:10 | 56 |

Race Winner

Ava LaMilza-Dakota 20:18

Total Finishers

59

TOP 5 TIME GAP:

2:33

Medals Earned by Dakota

10

Team Scores

| | |
|--|-----|
| Eisenhower | 41 |
| Dakota | 46 |
| Michigan Athletic Conference for Homeschoolers | 84 |
| Utica | 95 |
| Lakeview | 122 |
| Algonac | 135 |

Dakota's Athlete of the Meet:

Ava LaMilza (Race winner, PR of 11 sec, SB of 83)
Sydney Timpa (PR of 80 seconds)
Tori Trumper (PR of 76 seconds)

