

	<u>Time</u>	<u>1K</u>	<u>2K (Split)</u>	<u>3K (Split)</u>	<u>4K (Split)</u>	<u>5K (Split)</u>	<u>K Pace</u>	<u>Place</u>
Kayla Dobies	<b>19:36</b>	3:29	7:30 (4:01)	11:27 (3:57)	15:40 (4:13)	19:36 (3:56)	3:55	V-7
Marisa Weller	20:30	3:43	7:48 (4:05)	12:03 (4:15)	16:24 (4:21)	20:30 (4:06)	4:06	V-25
Kaitria LaFleure	21:14	3:48	7:58 (4:10)	12:23 (4:25)	16:56 (4:33)	21:14 (4:17)	4:14	V-52
Monica Micale	21:24	3:48	8:02 (4:14)	12:26 (4:24)	16:57 (4:31)	21:24 (4:27)	4:16	V-62
Lauren Valente	22:00	3:50	8:07 (4:17)	12:37 (4:30)	17:23 (4:46)	22:00 (4:37)	4:24	V-80
Emily Rhodes	<b>23:08</b>	3:57	8:32 (4:35)	13:34 (5:02)	18:27 (4:53)	23:08 (4:41)	4:37	V-108
Sarah Regener	<b>23:18</b>	4:02	8:37 (4:35)	13:34 (4:57)	18:30 (4:56)	23:18 (4:48)	4:39	V-111
Alexis Penzien	23:44	4:03	8:43 (4:40)	13:41 (4:58)	18:51 (5:10)	23:44 (4:53)	4:44	V-117
Sarah Verellen	<b>24:06</b>	4:23	9:14 (4:51)	14:16 (5:02)	19:15 (4:55)	24:06 (4:51)	4:49	JV-64
Rachel Sliger	24:35	4:10	8:53 (4:43)	14:07 (5:14)	19:27 (5:20)	24:35 (5:08)	4:55	V-118
Addison Pavlica	24:38	4:17	8:59 (4:42)	14:01 (5:02)	19:34 (5:35)	24:38 (5:04)	4:55	JV-81
Tara Metcalfe	<b>25:01</b>	4:23	9:15 (4:52)	14:26 (5:11)	19:44 (5:18)	25:01 (5:17)	5:00	JV-93
Allyson Slone	25:23	4:02	8:46 (4:44)	14:12 (5:26)	19:51 (5:39)	25:23 (5:32)	5:04	V-121
Amber Mousseau	<b>25:45</b>	4:27	9:30 (5:03)	15:03 (5:33)	20:31 (5:28)	25:45 (5:14)	5:09	JV-119
Elizabeth Gray	<b>27:30</b>	4:54	10:14 (5:20)	16:09 (5:55)	22:12 (6:03)	27:30 (5:18)	5:30	JV-145
Kami Karas	<b>28:17</b>	5:06	10:44 (5:38)	16:27 (5:43)	22:27 (6:00)	28:17 (5:50)	5:39	JV-166
Alexis Stillwell	29:07							JV-179
Marissa Blair	29:46	5:18	11:11 (5:53)	17:12 (6:01)	23:44 (6:32)	29:46 (6:02)	5:57	JV-188
Hanna Burton	<b>30:06</b>	4:53	10:53 (6:00)	17:39 (6:46)	24:26 (6:47)	30:06 (5:40)	6:01	JV-190
Stephanie Ung	30:56	5:11	11:15 (6:04)	18:16 (7:01)	24:57 (6:41)	30:56 (5:19)	6:11	JV-200
Megan Bukowski	<b>33:21</b>	5:40	12:10 (6:30)	19:22 (9:12)	26:34 (7:12)	33:21 (6:47)	6:40	JV-211

<u>Varsity Winner</u>			<u>JV Winner</u>		
Ersula Farrow	O. Park	18:28	Bailey Brown	Brighton	20:56
<u>Total Finishers</u>		121	<u>Total Finishers</u>		220
<b>TOP 5 TIME GAP:</b>		<b>2:24</b>	<b>JV TOP 5 GAP:</b>		<b>3:25</b>
<u>Top Teams</u>			<u>Top JV Teams</u>		
Brighton	69		Brighton	34	
Rockford	81		Saline	38	
Northville	116		Northville	74	
Livonia Franklin	136		Liv. Stevenson	94	
Hartland	214		Liv. Franklin	191	
<b>Dakota</b>	<b>214</b>		<u>Dakota's athlete of the Meet:</u>		
<u>Total Teams</u>	15		Kami Karas	Lauren Valente	

**DAKOTA COUGARS  
CROSS COUNTRY**

**COACHING LEGENDS  
HURON MEADOWS METRO PARK  
SATURDAY, SEPTEMBER 27, 2014**

**WEATHER:  
Medium Wind  
Sunny 75°**

	<u>Time</u>	<u>1K</u>	<u>2K (Split)</u>	<u>3K (Split)</u>	<u>4K (Split)</u>	<u>5K (Split)</u>	<u>K Pace</u>	<u>Place</u>
Ian Demrose	<b>16:12</b>	3:00	6:17 (3:17)	9:32 (3:15)	12:53 (3:21)	16:12 (3:19)	3:14	V-14
Brendan Koch	16:59	3:02	6:23 (7:21)	10:01 (3:38)	13:32 (3:31)	16:59 (3:27)	3:23	V-41
Chase Fedolak	<b>17:02</b>	3:07	6:30 (3:23)	10:01 (3:31)	13:28 (3:27)	17:02 (3:34)	3:24	V-43
Jimmy Hoefler	<b>17:03</b>	3:07	6:30 (3:23)	10:04 (3:34)	13:35 (3:31)	17:03 (3:28)	3:24	V-44
Jacob Kalahar	17:21	3:07	6:30 (3:23)	10:11 (3:41)	13:35 (3:31)	17:21 (3:54)	3:28	V-60
Danny Knapp	<b>17:28</b>	3:08	6:35 (3:27)	10:14 (3:39)	13:52 (3:38)	17:28 (3:36)	3:29	V-66
Mitchell MacDonald	<b>17:48</b>	3:18	6:47 (3:29)	10:36 (3:49)	14:13 (3:37)	17:48 (3:35)	3:33	V-83
Zachary MacDonald	<b>17:59</b>	3:18	6:54 (3:36)	10:34 (3:40)	14:20 (3:46)	17:59 (3:38)	3:35	JV-7
Sawyer Kisha	<b>18:01</b>	3:20	6:56 (3:36)	10:46 (3:50)	14:27 (3:41)	18:01 (3:34)	3:36	V-102
Thomas Szymanski	18:12	3:14	6:55 (3:31)	10:44 (3:49)	14:28 (3:44)	18:12 (3:34)	3:38	V-105
Joshua Jaster	<b>18:23</b>	3:23	7:00 (3:37)	10:47 (3:47)	14:41 (3:54)	18:23 (3:42)	3:40	JV-21
Brendan Mousseau	18:54	3:30	7:20 (3:50)	11:12 (3:52)	15:07 (3:55)	18:54 (3:46)	3:46	JV-55
Adam Frost	18:58	3:30	7:25 (3:55)	11:15 (3:50)	15:22 (4:07)	18:58 (3:36)	3:47	JV-58
Nick Brooks	19:02	3:25	7:08 (3:43)	11:07 (3:59)	14:59 (3:52)	19:02 (4:03)	3:48	V-132
Dan Westarb	<b>19:10</b>	3:30	8:30 (4:27)	11:19 (3:54)	15:31 (4:12)	19:10 (3:38)	3:50	JV-70
Calvin Bojanowski	19:17	3:42	7:36 (3:54)	11:28 (3:52)	15:47 (4:19)	19:17 (3:39)	3:51	JV-80
Noah Vallee	19:39	3:39	7:38 (3:59)	11:43 (5:05)	15:50 (4:07)	19:39 (3:49)	3:55	JV-99
Tony Barbera	19:47	3:41	7:46 (4:05)	11:46 (4:00)	16:04 (4:18)	19:47 (3:43)	3:57	JV-109
Robert Gracin	<b>19:55</b>	3:43	7:50 (4:07)	11:57 (4:07)	16:18 (4:21)	19:55 (3:37)	3:48	JV-118
Matthew Jesue	<b>20:10</b>	3:40	7:32 (3:52)	11:32 (4:00)	15:50 (4:18)	20:10 (4:20)	4:02	JV-134
David Almendarez	<b>20:15</b>	3:50	7:57 (4:07)	12:08 (4:11)	16:22 (4:14)	20:15 (3:53)	4:03	JV-139
Andrew Gustafson	<b>20:29</b>	3:44	7:50 (4:06)	12:05 (4:15)	16:23 (4:18)	20:29 (4:06)	4:05	JV-161
Nathan Sossi	20:41	3:46	7:52 (4:06)	12:12 (4:20)	16:43 (4:31)	20:41 (3:58)	4:08	JV-178
Kyle Allor	20:43	3:42	7:49 (4:07)	12:03 (4:14)	16:36 (4:33)	20:43 (4:07)	4:08	JV-163
Jeremy Balicki	<b>20:57</b>	3:54	7:59 (4:05)	12:16 (4:17)	16:58 (4:42)	20:57 (3:59)	4:11	JV-197
Kyle Fedolak	<b>21:17</b>	3:54	8:09 (4:15)	12:34 (4:25)	17:04 (4:30)	21:17 (4:13)	4:15	JV-218
Tyler Chaffin	21:26	4:06	8:15 (4:09)	12:49 (4:34)	17:22 (4:33)	21:26 (4:04)	4:17	JV-231
Matt Ford	21:27	3:51	7:59 (4:08)	12:25 (4:26)	17:07 (4:42)	21:26 (4:13)	4:17	JV-232
Kyle Pietczak	21:29	3:57	8:02 (4:05)	12:36 (4:34)	17:08 (4:32)	21:29 (4:21)	4:17	JV-234
Colin Swanson	<b>21:40</b>	3:57	8:09 (4:12)	12:44 (4:35)	17:51 (5:07)	21:40 (3:49)	4:20	JV-238
Joshua Brooks	<b>22:03</b>	4:12	8:35 (4:23)	13:15 (4:40)	17:52 (4:37)	22:03 (4:10)	4:24	JV-247
Cale Snyder	<b>22:21</b>	4:11	8:54 (4:43)	13:15 (4:21)	18:33 (5:18)	22:21 (3:48)	4:28	JV-259
David Walker	23:37	4:03	8:30 (4:27)	13:29 (4:59)	19:43 (6:14)	23:37 (3:54)	4:43	JV-308
Marko Tegeltija	23:42	4:08	8:30 (4:22)	13:15 (4:45)	18:59 (5:44)	23:42 (4:43)	4:44	JV-312
Cameron Gray	23:52	4:15	9:17 (5:02)	14:06 (4:49)	19:49 (5:43)	23:52 (4:03)	4:46	JV-318
Evan Mabry	25:11	4:14	9:16 (5:02)	14:18 (5:02)	20:08 (5:50)	25:10 (5:02)	5:02	JV-336
Jay Nandy	<b>25:23</b>	4:47	10:00 (5:13)	14:35 (4:35)	20:18 (5:43)	25:23 (5:05)	5:04	JV-338

	<u>Time</u>	<u>1K</u>	<u>2K (Split)</u>	<u>3K (Split)</u>	<u>4K (Split)</u>	<u>5K (Split)</u>	<u>K Pace</u>	<u>Place</u>
Kyle Knight	28:24	4:32	9:43 (5:11)	15:08 (5:25)	22:09 (7:01)	28:24 (6:15)	4:41	JV-354
Ryan Allor	29:00	4:36	10:28 (5:52)	16:39 (6:11)	23:02 (6:23)	29:00 (5:58)	5:48	JV-358
Joshua Russeau	31:21	4:44	11:12 (6:28)	16:40 (5:28)	25:03 (8:23)	31:21 (6:18)	6:14	JV-359
Adam Vallee	DNF	4:29	14:00 (9:31)					

<u>Varsity Winner</u>			<u>JV Winner</u>		
Isaac Harding	15:43	Rockford	A. DeKraker	17:35	Saline
<u>Total Finishers</u>	143		<u>Total Finishers</u>	359	
<b>TOP 5 TIME GAP:</b>	<b>1:09</b>		<b>JV TOP 5 GAP:</b>	<b>1:12</b>	
<u>Top Teams</u>			<u>Top JV Teams</u>		
Rockford	80		Saline	26	
Northville	92		Hartland	70	
Pinckney	137		Brighton	97	
St. Francis (OH)	161		Dexter	105	
Davison	192		Liv. Stevenson	159	
AA Skyline	193		<b>Dakota</b>	<b>168</b>	
<b>Dakota</b>	<b>202</b>		Pinckney	183	
Grand Ledge	214		AA Skyline	207	
Salem	254		St. Francis (OH)	253	
Hartland	260				
<u>Total Teams</u>	17		<u>Dakota's athlete of the Meet:</u>		
			Mitch MacDonald, Robert Gracin		

**DAKOTA COUGARS  
CROSS COUNTRY**

**COACHING LEGENDS  
HURON MEADOWS METRO PARK  
SATURDAY, SEPTEMBER 27, 2014**

**WEATHER:  
Medium Wind  
Sunny 75°**

**DAKOTA COUGARS  
CROSS COUNTRY**

**COACHING LEGENDS  
HURON MEADOWS METRO PARK  
SATURDAY, SEPTEMBER 27, 2014**

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