

**DAKOTA COUGARS
CROSS COUNTRY**

**MAC RED DIVISION CHAMPIONSHIP
LAKE ST. CLAIR METRO PARK
OCTOBER 21, 2023**

**WEATHER:
60°
Sunny /light wind**

		<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	15:37	4:49	10:02	5:13	15:05	5:03	5:02	3/R3	*
Simon	Davis	16:11	5:00	10:21	5:21	15:38	5:16	5:13	7/R5	*
Colton	Howell	16:14	5:01	10:24	5:23	15:41	5:16	5:14	9/R7	*
Lucas	LaMilza	16:27	5:06	10:37	5:31	15:53	5:16	5:18	14/R10	*
Noah	Redman	16:57	5:16	10:54	5:38	16:22	5:28	5:27	35/R25	
Andrew	Scheloske	17:21	5:24	11:10	5:46	16:45	5:35	5:35	52/R35	
Jacob	Giovannini	17:22	5:31	11:15	5:44	16:46	5:32	5:35	JV-2	
Oliver	Davis, O.	17:28	5:25	11:12	5:47	16:52	5:40	5:37	60/R38	
Joseph	Kaleto	17:39	5:24	11:19	5:55	17:03	5:43	5:41	65/R40	
Nicholas	Milosavlevski, N.	17:44	5:31	11:25	5:54	17:07	5:42	5:42	JV-5	
Chase	Mallory	17:55	5:31	11:27	5:56	17:18	5:51	5:46	JV-9	
Andrew	Mossington	18:02	5:31	11:26	5:55	17:25	5:58	5:48	JV-11	
Finnian	Myers	18:54	5:49	12:03	6:14	18:15	6:11	6:05	JV-24	
Dylan	Oltersdorf	18:58	6:10	12:24	6:14	18:19	5:56	6:06	JV-27	
Alexander	Henderson	19:12	6:10	12:26	6:16	18:32	6:07	6:11	JV-32	
Luke	Klochack	19:34	6:11	12:26	6:15	18:54	6:27	6:18	JV-43	
Tyler	Milosavlevski, T.	20:16	6:12	12:50	6:38	19:34	6:43	6:31	JV-66	
Jacob	Adamowicz	20:32	6:25	13:05	6:40	19:50	6:44	6:37	JV-75	
Vance	Ratliff	20:40	6:25	13:07	6:42	19:57	6:49	6:39	JV-80	
Justin	St. Pierre	20:53	6:30	13:27	6:57	20:10	6:43	6:43	JV-86	
Nathan	Shifflett	21:49	6:47	14:05	7:18	21:04	6:59	7:01	JV-97	
Ian	Flechsigg	22:35	6:30	14:04	7:34	21:48	7:42	7:16	JV-105	

* ALL CONFERENCE



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Varsity Winner

Thomas Westphal-Anchor Bay 15:19

Total Finishers

202/R59

TOP 5 TIME GAP:

1:20

RED DIVISION Team Scores

Dakota 50
Romeo 60
Utica 61
Anchor Bay 72
Grosse Pointe South 128
St. Clair 147
Grosse Pointe North 201
Eisenhower 204

Team Scores (All Divisions)

Dakota 68
Romeo 79
Utica 79
Anchor Bay 95
Grosse Pointe South 189
St. Clair 213
Cousino 238
Ford II 251
Chippewa Valley 278
Port Huron Northern 286
L'Anse Creuse North 290
Fraser 333
Eisenhower 338
Grosse Pointe North 345
L'Anse Creuse 370
Lakeview 420
Lamphere 457
Stevenson 460
Marine City 531
Marysville 558
Warren Woods Tower 621
Clawson 705
New Haven 727
Warren Mott 732
Roseville 734

JV Winner

Marek Unger-Romeo 17:20

JV Total Finishers

138

JV TOP 5 TIME GAP:

1:32

JV Team Scores

Romeo 25
Dakota 50
Utica 74
Grosse Pointe South 128
St. Clair 211
Anchor Bay 218
Lakeview 218
Stevenson 228
Ford II 248
L'Anse Creuse North 249
Grosse Pointe North 257
Fraser 266
Eisenhower 332
L'Anse Creuse 389
Cousino nts
Warren Mott nts
Warren Woods Tower nts
Sterling Heights nts
Hazel Park nts
Chippewa Valley nts
Marine City nts

Medals Earned by Dakota 12

Dakota's Athlete of the Meet:

Jacob Giovannini (PR 36 sec, 7th fastest time)
Dylan Oltersdorf (PR of 51 seconds, sub 19)
Colton Howell (PR of 8 sec, #17 all time)

Center Line 789
Lincoln 840
Eastpointe nts
Lake Shore nts
South Lake nts
Port Huron/Fitzgerald nts

		<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>	
Jayden	Harberts	17:58	5:30	11:29	5:59	17:21	5:51	5:47	1/R1	*
Mariah	Belmont	18:47	5:47	12:01	6:14	18:08	6:07	6:03	2/R2	*
Lidia	Clancy	19:58	6:26	12:59	6:33	19:17	6:19	6:26	12/R9	*
Julia	Timpa, J.	20:14	6:26	13:10	6:44	19:32	6:23	6:31	17/R12	*
Aubrey	Rizzo, A.	20:47	6:32	13:24	6:52	20:04	6:40	6:41	30/R20	*
Ryann	Smitka	20:55	6:36	13:32	6:56	20:12	6:40	6:44	37/R24	
Mylene	Pham	21:11	6:38	13:36	6:58	20:27	6:51	6:49	41/R28	
Kaitlyn	Rizzo, K.	21:18	6:38	13:36	6:58	20:34	6:57	6:51	43/R30	
Jenna	Billings	22:23	6:59	14:24	7:25	21:37	7:13	7:12	JV-9	
Samantha	Faustich	22:25	6:59	14:25	7:26	21:39	7:14	7:13	JV-10	
Tori	Trumper	23:40	7:24	15:10	7:46	22:51	7:41	7:37	JV-39	
Alyssa	Fudge	24:52	7:52	16:15	8:23	24:01	7:47	8:00	JV-52	
Kylie	Smith	24:57	7:52	15:58	8:06	24:06	8:07	8:02	JV-53	
Marina	Santos	25:59	8:13	16:51	8:38	25:05	8:15	8:22	JV-73	
Sydney	Timpa, S.	27:16	8:16	17:27	9:11	26:20	8:52	8:47	JV-86	
Amy	Neumann	29:25	8:50	18:46	9:56	28:24	9:37	9:28	JV-96	

* ALL CONFERENCE

Varsity Winner

Jayden Harberts-Dakota 17:58

JV Winner

Jolene Thompson-Romeo 21:06

Total Finishers 165/R57

Total Finishers 115

TOP 5 TIME GAP: 2:49

JV TOP 5 TIME GAP: 2:34

Medals Earned by Dakota 8

Dakota's Athlete of the Meet:

Marina Santos (PR of 8 sec, sub 26 min)
Mylene Pham (PR of 13 sec, SB of 27 sec)



RED DIVISION Team Scores

Romeo	25
Dakota	44
Utica	83
Grosse Pointe South	109
St. Clair	141
Grosse Pointe North	175
Anchor Bay	204
Eisenhower	206

Team Scores (All Divisions)

Romeo	25
Fraser	56
Dakota	62
Utica	121
Grosse Pointe South	164
St. Clair	218
Chippewa Valley	251
Marysville	273
Grosse Pointe North	296
Ford II	339
Port Huron Northern	347
L'Anse Creuse North	361
Lakeview	386
Eisenhower	391
Anchor Bay	424
Lamphere	459
Cousino	480
L'Anse Creuse	483
Warren Mott	523
Clawson	576
Stevenson	577
New Haven	602
Marine City	nts
Lake Shore	nts
Warren Woods Tower	nts
Port Huron	nts

JV Team Scores

Romeo	18
Grosse Pointe South	63
Utica	101
Dakota	128
Grosse Pointe North	131
Fraser	132
Chippewa Valley	193
Eisenhower	203
L'anse Creuse North	230
St. Clair	nts
Stevenson	nts
Warren Mott	nts
Marysville	nts
Sterling Heights	nts
Anchor Bay	nts
Ford II	nts