

**DAKOTA COUGARS
CROSS COUNTRY**

**MHSAA LP REGIONAL 9-1
ALGONAC HIGH SCHOOL
SATURDAY, OCTOBER 26, 2019**

**WEATHER:
52°
Light breezy**

		<u>Time</u>	<u>Mile</u>	<u>2 mile (split)</u>	<u>3 mile</u>	<u>(split)</u>	<u>pace</u>	<u>Place</u>
Emma	Myziuk	20:01	6:06		19:20	18:05	6:27	V-18
Heidi	Palmer	20:23	6:13		19:41	18:25	6:34	V-30
Ava	LaMilza	20:29	6:16		19:47	18:30	6:36	V-32
Chlesea	Harvey, C.	20:38	6:20		19:55	18:38	6:38	V-34
Katelyn	Slone	21:06	6:13		20:22	19:04	6:47	V-49
Allison	Ferguson	21:24	6:35		20:40	19:20	6:53	V-60
Shannon	Blaszowski	21:31	6:40		20:47	19:26	6:56	18
Ella	Garbarino	22:00	6:44		21:15	19:53	7:05	33
Kaitlyn	Strukel	22:29	6:53		21:43	20:19	7:14	47
Nicole	Campbell	22:47	6:42		22:00	20:35	7:20	59
Emma	Mathers	22:50	6:46		22:03	20:38	7:21	61
Britney	Ung	22:58	6:58		22:11	20:45	7:24	65
Jemma	Kelly	23:28	7:02		22:40	21:12	7:33	76
Lindsay	Harvey, L.	23:33	6:32		22:44	21:17	7:35	V-88
Abigail	VanSlambrouck	24:33	7:24		23:42	22:11	7:54	109
Jenna	O'Bryan	24:37	7:29		23:46	22:14	7:55	116
Ava	Wilson	24:59	7:27		24:07	22:34	8:02	127
Jennifer	Jaster	25:04	7:31		24:12	22:39	8:04	133
Alondra	Rosales	25:09	7:32		24:17	22:43	8:06	136
Kelly	Parker	26:03	7:48		25:09	23:32	8:23	168
Krystal	Ramos	26:43	8:06		25:48	24:08	8:36	188
Maria	Prieto de Francisco	29:13	8:07		28:13	26:24	9:24	228
Stefanie	St. Pierre	31:07	9:08		30:03	28:07	10:01	242
Jelena	Tegeltija	31:30	9:31		30:25	28:28	10:08	246



Varsity Winner

Sophie Novak-Lake Orion 17:59

JV Winner

Amanda Felstow-Romeo 20:05

Total Finishers

110

Total Finishers

TOP 5 TIME GAP:

1:05

JV TOP 5 GAP:

1:29

Top Teams

Romeo	46
Stoney Creek	116
Rochester Adams	117
Oxford	120
Rochester	120
Lake Orion	135
Dakota	163
Eisenhower	195
Utica	229
Ford II	263
Anchor Bay	309
Port Huron Northern	319
Avondale	361
Chippewa Valley	369
L'Anse Creuse North	460
Port Huron	474

Top JV Teams

Romeo	60
Oxford	64
Stoney Creek	70
Rochester	89
Rochester Adams	101
Lake Orion	127
Dakota	180
Utica	308
Eisenhower	329
Lutheran North	337
Croswell-Lexington	342
Yale	343
Byron	357
Regina	361
Ford II	403
Armada	443
Chandler Park Academy	546
Algonac	nts
Chippewa Valley	nts
Anchor Bay	nts
Imlay City	nts
Port Huron Northern	nts
Avondale	nts
Marysville	nts
Bishop Foley	nts
St Clair	nts

Medals earned by Dakota

1

Dakota's Athlete of the Meet:

Shannon Blaszkowski (PR of 25 seconds)
Katelyn Strukel (PR of 33 seconds)
Jennifer Jaster (PR of 83 seconds)