

DAKOTA COUGARS
CROSS COUNTRY

MACOMB COUNTY CHAMPIONSHIP
STONY CREEK BAYPOINT-MT. VERNON
OCTOBER 15, 2016

WEATHER:
60°
Sunny/Light Breeze

		<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>
Hannah	Faustyn	19:35	6:07	12:30	6:23	18:55	6:24	6:18	3
Allyson	Slone	19:48	6:10	12:43	6:33	19:07	6:24	6:22	6
Rylie	Yager	20:47	6:23	13:18	6:55	20:04	6:46	6:41	20
Samantha	Dobies	21:41	6:37	13:48	7:11	20:56	7:07	6:59	42
Ashley	Brown	21:58	6:53	14:12	7:19	21:13	7:01	7:04	53
Heidi	Palmer	22:14	6:52	14:22	7:30	21:28	7:06	7:09	JV-3
Rachel	Sliger	22:38	6:52	14:25	7:33	21:51	7:25	7:17	72
Izabella	Gowen	22:49	6:52	14:30	7:38	22:02	7:31	7:21	JV-6
Elizabeth	Gray	22:52	7:00	14:37	7:37	22:05	7:27	7:22	80
Chloe	Chirco	23:07	7:03	14:52	7:49	22:19	7:27	7:26	JV-11
Rachel	Patterson	23:15	7:05	14:44	7:39	22:27	7:42	7:29	JV-13
Abigail	Bartsch	23:18	7:12	15:09	7:57	22:30	7:22	7:30	JV-15
Sabryn	Leidlein	23:50	7:16	15:16	8:00	23:01	7:44	7:40	JV-27
Ava	Verchimak	23:54	7:26	15:17	7:51	23:05	7:47	7:42	JV-29
Jenna	Fain	24:21	7:04	15:20	8:16	23:31	8:09	7:50	JV-42
Hannah	Ruff	24:22	7:36	15:44	8:08	23:32	7:48	7:51	JV-44
Brenna	Fauer	25:09	7:48	16:03	8:15	24:17	8:13	8:06	JV-55
Miranda	Smith	25:24	7:48	16:17	8:29	24:32	8:14	8:11	JV-61
Alexas	Paris	25:30	7:43	16:11	8:28	24:37	8:25	8:12	JV-64
Natalie	MacDonald	26:00	8:04	16:44	8:40	25:06	8:22	8:22	JV-76
Kami	Karas	26:02	7:53	16:29	8:36	25:08	8:38	8:23	JV-77
Margaret	Valley	26:23	7:51	16:40	8:49	25:29	8:47	8:30	JV-85
Janaya	Baker	26:32	8:19	17:09	8:50	25:37	8:29	8:32	JV-87
Andrea	Lawson	26:54	8:26	17:17	8:51	25:58	8:41	8:39	JV-94
Lana	Amatangelo	27:51	8:36	17:50	9:14	26:54	9:03	8:58	JV-104
Lucia	Alonso Arias	27:55	8:25	17:44	9:19	26:57	9:12	8:59	JV-105
Hannah	Burton	28:26	9:01	18:32	9:31	27:27	8:57	9:09	JV-111
Sage	Parrish	28:31	8:25	17:52	9:27	27:32	9:37	9:11	JV-113
Abigail	VanSlambrouck	29:37	9:03	19:11	10:08	28:36	9:26	9:32	JV-118
Amber	Mousseau	29:44	9:00	18:59	9:59	28:43	9:43	9:34	JV-120
Sydney	Bunk	30:07	9:07	19:11	10:04	29:05	9:53	9:42	JV-122
Mariah	Michalak	31:07	8:59	19:28	10:29	30:03	10:32	10:01	JV-127
Allison	Jansen	31:48	9:44	20:27	10:43	30:42	10:15	10:14	JV-129
Sandra	Tegeltija	34:53	10:35	23:07	12:32	33:41	10:38	11:14	JV-135

Varsity Winner

Karena Duffey-LCN 18:23

JV Winner

Lauren Bark-IKE 22:09

Total Finishers

151

Total Finishers

139

TOP 5 TIME GAP:

2:23

JV TOP 5 GAP:

1:04

Top Teams

Romeo	66
Regina	103
Anchor Bay	105
Eisenhower	112
Dakota	117
Ford II	168
Lutheran North	202
Armanda	213
Lakeview	256
Utica	257
Stevenson	282
Chippewa Valley	314
Fraser	377
Warren Mott	393
Warren Woods Tower	449
Richmond	480
L'Anse Creuse	483
Cousino	543
Fitzgerald	550
Roseville	585
L'Anse Creuse North	nts
South Lake	nts
Sterling Heights	nts
Austin Catholic	nts
Centerline	nts
Memphis	nts

Top JV Teams

Romeo	39
Dakota	47
Eisenhower	56
Regina	95
Lutheran North	125
Armanda	178
Lakeview	179
Chippewa Valley	217
Ford II	245
Stevenson	nts
Utica	nts
Warren Mott	nts
L'Anse Creuse	nts
Anchor Bay	nts
Lake Shore	nts
Richmond	nts

Medals Earned by Dakota

3

Ribbons Earned by Dakota

5

Dakota's Athlete of the Meet:

Ally Slone (7 seconds off her PR, 6th overall)

Heidi Palmer (PR of 25 seconds, Team's #1 JV runner)