

**DAKOTA COUGARS  
CROSS COUNTRY**

**LAST CHANCE TO RUN FAST  
LAKE ST. CLAIR METRO PARK  
TUESDAY, NOVEMBER 3, 2020**

**WEATHER:  
57°  
Sunny/Windy**

		<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>
Katelyn	Slone	21:19	6:31	13:29	6:58	20:35	7:05	6:52	R1-4
Ava	LaMilza	21:29	6:40	13:42	7:02	20:45	7:02	6:55	R1-5
McKenna	Goike	<b>21:31</b>	6:44	13:45	7:01	20:47	7:01	6:56	R1-6
Chlesea	Harvey, C.	21:44	6:43	13:44	7:01	20:59	7:14	7:00	R1-10
Allison	Ferguson	21:53	6:45	13:57	7:12	21:08	7:10	7:03	R1-12
Lindsay	Harvey, L.	22:55	6:46	14:07	7:21	22:08	7:57	7:23	R1-19
Ella	Garbarino	22:58	7:11	14:36	7:25	22:11	7:34	7:24	R1-20
Alondra	Rosales	23:17	7:12	14:44	7:32	22:29	7:43	7:30	R1-24
Sarah	Myziuk, S.	23:33	7:23	15:09	7:46	22:44	7:35	7:35	R1-25
Nicole	Campbell	23:53	7:16	15:08	7:52	23:04	7:54	7:41	R1-28
Emma	Mathers	24:23	7:14	15:19	8:05	23:33	8:11	7:51	R1-33
Sydney	Tremonti	<b>25:28</b>	7:58	16:08	8:10	24:35	8:26	8:12	R2-2
Ava	Wilson	25:34	7:48	16:12	8:24	24:41	8:28	8:14	R1-41
Madelyn	Groninger	25:52	8:01	16:30	8:29	24:59	8:28	8:20	R2-3
Jenna	O'Bryan	26:28	8:01	16:46	8:45	25:33	8:46	8:31	R2-7
Kelly	Parker	27:45	8:29	17:47	9:18	26:48	9:00	8:56	R2-12
Stefanie	St. Pierre	29:15	9:00	18:36	9:36	28:15	9:37	9:25	R2-18
Samantha	Tremonti	30:41	9:07	19:26	10:19	29:38	10:10	9:53	R2-25
Mariah	Belmont	25:56	7:41	16:24	8:43	25:02	8:37	8:21	R1-45

**Race #1 Winner**

Emma Bowen-SHS 20:39

**Race #2 Winner**

Tiffanie Snering-Chandler Park 24:37

**Total Finishers**

45

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36

**TOP 5 TIME GAP:**

0:34

**TOP 5 TIME GAP:**

3:53

**Team Scores**

<b>Dakota</b>	<b>26</b>
Eisenhower	56
Utica	76
Ford II	93
Warren Mott	108
Stevenson	nts
Cousino	nts
Chandler Park	nts

**Team Scores**

<b>Dakota</b>	<b>30</b>
Chandler Park	37
Ford II	55
Eisenhower	nts
Utica	nts
Warren Mott	nts
Cousino	nts

**Medals earned by Dakota**

**13**

**Dakota's Athlete of the Meet:**

McKenna Goike (PR of 18 seconds)  
Sydney Tremonti (PR of 2 seconds)