

DAKOTA COUGARS
CROSS COUNTRY

MHSAA LP REGIONAL 9-1
ANCHOR BAY HIGH SCHOOL
SATURDAY, OCTOBER 29, 2016

WEATHER:
60°
Breezy

		<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>
Mitchell	MacDonald	16:33	5:02	10:31	5:29	15:59	5:27	5:20	10
Zachary	MacDonald	16:39	5:07	10:37	5:30	16:05	5:27	5:22	13
Joshua	Jaster	16:52	5:04	10:43	5:39	16:17	5:33	5:26	21
Thomas	Szymanski	16:53	5:07	10:46	5:39	16:18	5:32	5:26	23
Sawyer	Kisha	17:00	5:11	10:51	5:40	16:25	5:33	5:28	28
David	Walker	17:28	5:11	10:59	5:48	16:52	5:51	5:37	42
Kyle	Fedolak	17:39	5:07	11:17	6:10	17:03	5:45	5:41	JV-1
Chase	Fedolak	17:43	4:59	10:27	5:28	17:06	6:34	5:42	51
Brendan	Mousseau	17:43	5:10	11:24	6:14	17:06	5:42	5:42	JV-2
David	Carnago	17:51	5:10	11:25	6:15	17:14	5:49	5:45	JV-3
Andrew	Gustafson	19:02	5:31	11:58	6:27	18:23	6:23	6:08	JV-41
Andrew	Merrifield	19:12	5:50	12:12	6:22	18:32	6:19	6:11	JV-46
Matthew	Thomas	19:25	5:53	12:16	6:23	18:45	6:28	6:15	JV-60
Ethan	Soave	19:44	6:30	12:36	6:06	19:03	6:27	6:21	JV-78
Anthony	Eovaldi	19:45	5:50	12:17	6:27	19:04	6:45	6:21	JV-80
Austin	Mabrey	19:46	6:21	12:56	6:35	19:05	6:10	6:22	JV-81
Joseph	Jaster	19:50	5:50	12:29	6:39	19:09	6:38	6:23	JV-90
Ryan	Nagel	19:52	6:34	12:38	6:04	19:11	6:32	6:24	JV-92
Marko	Tegeltija	19:56	6:07	12:52	6:45	19:15	6:23	6:25	JV-105
Jacob	Sand	19:57	6:05	12:53	6:48	19:16	6:23	6:25	JV-107
Michael	Jesue	19:59	6:05	12:47	6:42	19:18	6:30	6:26	JV-111
Connor	Roeske	20:24	6:29	13:20	6:51	19:42	6:23	6:34	JV-144
Nathan	Vohs	20:41	6:13	13:15	7:02	19:58	6:43	6:39	JV-166
Nathan	Parker	20:45	6:13	13:15	7:02	20:02	6:47	6:41	JV-170
Brandon	Ung	20:46	6:40	13:45	7:05	20:03	6:20	6:41	JV-171
John	Lyons	21:14	6:08	13:25	7:17	20:30	7:04	6:50	JV-208
Noah	Waschewski	21:18	6:35	13:37	7:02	20:34	6:56	6:51	JV-212
Cole	Tracy	21:21	6:38	13:45	7:07	20:37	6:52	6:52	JV-216
Reid	Gwyn	22:01	6:40	14:17	7:37	21:16	6:59	7:05	JV-247
Joshua	Rouseau	22:16	6:40	14:17	7:37	21:30	7:13	7:10	JV-257
Andrew	Madigan	22:39	7:00	14:56	7:56	21:52	6:58	7:17	JV-271
Sean	Whitaker	22:40	7:10	14:55	7:45	21:53	7:00	7:18	JV-272
Nathan	Schroeder	22:44	6:40	14:54	8:14	21:57	7:05	7:19	JV-274
Steven	DeCook	23:05	6:43	14:55	8:12	22:17	7:23	7:26	JV-283
Joshua	Brooks	26:16	7:45	17:44	9:59	25:22	7:43	8:27	JV-346

Varsity Winner

Matt Schram-Adams 15:49

JV Winner

Kyle Fedolak-Dakota 17:39

Total Finishers

107

Total Finishers

349

TOP 5 TIME GAP:

0:27

JV TOP 5 GAP:

1:33

Top Teams

Clarkston	82
Lake Orion	90
Dakota	95
Romeo	125
Rochester Adams	158
Eisenhower	165
Oxford	185
Ford II	225
Utica	250
Stoney Creek	253
Rochester	253
Anchor Bay	292
Chippewa Valley	364
L'Anse Creus/Lapeer	404
Port Huron	416
Port Huron Northern	469

Top JV Teams

Lake Orion	56
Clarkston	73
Dakota	83
Oxford	110
Romeo	166
Utica	171
Eisenhower	177
Rochester Adams	193
Stoney Creek	214
St. Clair	309
Crossell-Lexington	383
Yale	397
Armada	403
Anchor Bay	413
Imlay City	470
Almont	478
Rochester	494
Ford II	529
Lutheran North	534
Chippewa Valley	534
Port Huron	626
Marysville	nts
Richmond	nts

Dakota's Athlete of the Meet:

Sawyer Kisha (Tied his PR, was #5 for team)
Josh Rouseau (PR of 6 seconds)

Medals earned by Dakota

7