

MEN'S CROSS COUNTRY

DAKOTA WINS THE MAC RED DIVISION MEET. THIS IS THE 7TH MAC CHAMPIONSHIP IN SCHOOL HISTORY. FOUR MEN EARNED ALL-CONFERENCE HONORS, CARTER FOX, SIMON DAVIS, COLTON HOWELL, LUCAS LAMILZA.

LEADING THE TEAM WAS CARTER FOX WITH ANOTHER SCHOOL RECORD TIME OF 15:37, AND SIMON DAVIS WHO PLACED 5TH IN 16:11. JACOB GIOVANNINI AND NICK MILOSAVLEVSKI LEAD THE JV RUNNERS TO A RUNNER UP FINISH!!

PERSONAL BEST TIMES WERE RUN BY 15 GUYS!!!

WOMEN'S CROSS COUNTRY

**DAKOTA PLACED 2ND BEHIND #1 STATE RANKED
ROMEO. FIVE WOMEN EARNED ALL-
CONFERENCE HONORS, JAYDEN HARBERTS,
MARIAH BELMONT, LIDIA CLANCY, JULIA TIMPA
AND AUBREY RIZZO**

**LEADING THE TEAM WAS JAYDEN HARBERTS (1ST
/MAC MVP) AND MARIAH BELMONT (2ND).
LEADING THE JV GIRLS WAS JENNA BILLINGS
AND SAM FAUSTICH.**

**PERSONAL BEST TIMES WERE RUN BY JULIA
TIMPA, RYANN SMITKA, KAITLYN RIZZO, JANNA
BILLINGS, SAM FAUSTICH, MYLENE PHAM, KYLIE
SMITH AND MARINA SANTOS.**

MEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MAC RED DIVISION MEET

COLTON HOWELL-1 1



COLTON RAN AN 8 SECOND PERSONAL BEST TIME AND PLACED 7TH IN A TIME OF 16:14. HIS PERFORMANCE EARNED ALL CONFERENCE HONORS!

MEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MAC RED DIVISION MEET

JACOB GIOVANNINI-10



JACOB RAN A PERSONAL BEST TIME BY 36 SECONDS AND WAS 2ND PLACE IN THE JV RACE. HIS TIME WAS THE 7TH FASTEST COUGAR OF THE DAY! HIS PERFORMANCE LED THE JV TEAM TO A RUNNER UP FINISH!

MEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MAC RED DIVISION MEET

DYLAN OLTERSODORF-1 1



**DYLAN RAN A PERSONAL BEST TIME BY
51 SECONDS, THE LARGEST
IMPROVEMENT ON THE DAY. HIS TIME OF
18:58 PUTS HIM IN THE SUB 19 MINUTE
CLUB!**

WOMEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MAC RED DIVISION MEET

MYLENE PHAM-1 1



MYLENE RAN A PERSONAL BEST TIME BY 13 SECONDS WHICH WAS A SEASON BEST BY 27 SECONDS. HER PERFORMANCE (21:11) PLACED HER 28TH OVERALL AND THE TEAM'S 7TH RUNNER ON THE DAY.

WOMEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MAC RED DIVISION MEET

MARINA SANTOS - 12



MARINA RAN A SEASON BEST TIME BY 8 SECONDS. SHE BROKE THE 26-MINUTE BARRIER FOR THE 1ST TIME IN HER RUNNING CAREER. THIS WAS HER 2ND CONSECUTIVE RACE WITH A PR!