

**DAKOTA COUGARS
CROSS COUNTRY**

**MAC RED MEET
METRO BEACH
OCTOBER 19 , 2013**

**WEATHER:
Light Wind
RAIN 50°**

	<u>Time</u>	<u>Mile</u>	<u>2 Mile (Split)</u>	<u>3 Mile (Split)</u>	<u>Pace</u>	<u>Place</u>
Marah Pugh	18:31	5:51	11:44 (5:53)	17:54 (6:10)	5:58	V-3
Marisa Weller	20:23	6:28	13:09 (6:41)	19:45 (6:36)	6:35	V-25
Monica Micale	20:45	6:29	13:13 (6:44)	20:06 (6:53)	6:42	V-31
Kaitria LaFleure	20:56	6:30	13:17 (6:47)	20:15 (6:58)	6:45	V-35
Kayla Dobies	21:04	6:29	13:17 (6:48)	20:21 (7:04)	6:47	V-37
Lauren Valente	21:34	6:38	13:37 (6:59)	20:51 (7:14)	6:57	V-42
Addison Pavlica	21:55	7:08	14:20 (7:12)	21:15 (6:55)	7:05	V-47
Sara Tyngel	22:41	6:58	14:29 (7:31)	21:57 (7:28)	7:19	JV-24
Sarah Szymanski	23:06	7:17	14:48 (7:31)	22:21 (7:33)	7:27	JV-39
Madi Ridella	24:20	7:46	15:45 (7:59)	23:33 (7:58)	7:51	JV-72
Rachel Pepe	24:20	7:25	14:59 (7:34)	23:33 (8:34)	7:51	JV-73
Allyson Slone	24:23	7:21	15:32 (8:11)	23:30 (7:58)	7:50	JV-74
Jillian Flint	24:27	7:46	15:46 (8:00)	23:39 (7:53)	7:53	JV-75
Rachel Randazzo	24:34	7:47	15:46 (7:59)	23:45 (7:59)	7:55	JV-82
Lana Amatangelo	24:49	7:46	15:47 (8:01)	24:03 (8:16)	8:01	JV-90
Savannah Kenward	26:13	8:15	16:45 (8:30)	25:31 (8:46)	8:27	JV-120
Alexis Stillwell	26:30	8:39	17:00 (9:21)	25:39 (8:39)	8:33	JV-129
Stacey Mork	28:11	8:39	17:56 (9:17)	27:15 (9:19)	9:05	JV-150
Katie Mozdrzdech	29:16	9:07	19:00 (9:53)	28:18 (9:18)	9:26	JV-160
Marissa Blair	29:39	9:17	18:55 (9:38)	28:42 (9:47)	9:34	JV-164
Katelyn Daly	30:27	9:00	19:03 (10:03)	29:24 (10:21)	9:48	JV-168
Keonna Belyue	31:24	9:49	20:10 (10:21)	31:24 (11:14)	10:28	JV-173
Tara Metcalfe	DNF	9:34	21:32 (11:58)			
Haley Nadolski	DNR					
Alexis Penzien	DNR					
Lindsay Teets	DNR					

<u>Overall winner</u>				<u>Overall JV winner</u>		
Erasula Farrow	GPS	17:39		Keri Hryciuk	GPN	20:49
<u>Top Teams</u>				Total Finishers	Varsity	56
Grosse Pointe South		26			JV	180
Stevenson		85		<u>Top JV Teams</u>	TOT	15
Eisenhower		88		1.GPS-22	4.Stev-103	
Grosse Pointe North		95		2.GPN-51	5.Dak-162	
Romeo		106		3.Ike-80	6.Mott-162	
Dakota		127		TOP 5 TIME GAP:		2:47
Utica		179				
L'Anse Creuse North		nts				

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	<u>Time</u>	<u>Mile</u>	<u>2 Mile (Split)</u>	<u>3 Mile (Split)</u>	<u>Pace</u>	<u>Place</u>
Brad Bates	16:12	4:57	10:17 (5:20)	15:40 (5:23)	5:14	V-4
Will Saiz	16:29	5:14	10:40 (5:26)	15:57 (5:17)	5:19	V-5
Brennan Buckner	16:40	5:16	10:46 (5:30)	16:07 (5:21)	5:23	V-9
Nick Brooks	17:07	5:23	11:00 (5:37)	16:33 (5:33)	5:31	JV-1
Ian Demrose	17:12	5:16	10:54 (5:48)	16:38 (5:44)	5:33	V-21
Jacob Kalahar	17:14	5:16	10:54 (5:48)	16:40 (5:46)	5:34	V-22
Jacob Bonacorsi	17:30	5:30	11:18 (5:48)	16:56 (5:38)	5:39	V-26
Brendan Koch	17:32	5:30	11:18 (5:48)	16:58 (5:40)	5:40	V-27
Jimmy Hoefler	17:55	5:34	11:26 (5:52)	17:20 (5:54)	5:47	V-39
Travis Artman	17:58	5:36	11:323 (5:56)	17:23 (5:51)	5:47	JV-9
Noah Vallee	18:06	5:38	11:35 (5:57)	17:30 (5:55)	5:50	JV-14
Calvin Suida	18:15	5:41	11:39 (5:58)	17:42 (6:03)	5:54	JV-17
Mitchell MacDonald	18:42	5:47	11:55 (6:08)	18:05 (6:10)	6:02	JV-31
Thomas Szymanski	18:52	5:47	11:55 (6:08)	18:15 (6:20)	6:06	JV-37
Adam Frost	19:00	5:58	12:13 (6:15)	18:24 (6:11)	6:08	JV-44
Calvin Bojanowski	19:24	6:13	12:34 (6:21)	18:39 (6:05)	6:13	JV-55
Dan Westarb	19:39	6:00	12:23 (6:23)	19:00 (6:37)	6:21	JV-65
Tony Barbera	19:51	6:14	12:43 (6:29)	19:12 (6:29)	6:24	JV-77
Nathan Sossi	19:51	6:11	12:46 (6:35)	19:12 (6:26)	6:24	JV-78
Robert Gracin	20:10	6:15	12:56 (6:41)	19:31 (6:35)	6:30	JV-95
Brendan Kushner	20:27	6:26	13:12 (6:46)	19:49 (6:35)	6:36	JV-113
Tyler Chaffin	20:29	6:24	13:04 (6:40)	19:49 (6:45)	6:37	JV-114
Joshua Jaster	20:31	6:30	13:12 (6:42)	19:51 (6:39)	6:37	JV-116
Matthew Jesue	20:33	6:30	13:12 (6:42)	19:52 (6:40)	6:38	JV-119
David Almendarez	20:34	6:30	13:12 (6:42)	19:54 (6:42)	6:38	JV-124
Joseph Minnella	20:37	6:30	13:24 (6:54)	19:57 (6:33)	6:39	JV-126
Zachary MacDonald	20:39	6:24	13:24 (7:00)	19:58 (6:38)	6:40	JV-129
Kyle Allor	21:15	6:30	13:32 (7:02)	20:33 (7:01)	6:52	JV-151
Joshua Brooks	22:45	7:27	14:50 (7:23)	22:00 (7:10)	7:21	JV-191
Cameron Gray	23:05	7:04	14:41 (7:37)	22:21 (7:40)	7:27	JV-196
Sawyer Kisha	DNR					
Marko Tegeltija	DNR					

<u>Overall winner</u>				<u>Overall JV winner</u>		
Alec Torecki	Romeo	15:40		Nick Brooks	Dakota	17:07
<u>Top Teams</u>				Total Finishers	Varsity	63
Romeo	36				JV	193
Dakota	61			<u>Top JV Teams</u>	Tot	23
Utica	66			1. St. Clair-30	4. Utica-92	
Grosse Pointe North	126			2. Dakota-72	5. LV-130	
Stevenson	142			3. Romeo-91	6. Ike-151	
L'Anse Creuse North	144					
Grosse Pointe South	155			TOP 5 TIME GAP:		1:02
Eisenhower	193					