

DAKOTA COUGARS
CROSS COUNTRY

MAC RED DIVISION CHAMPIONSHIP
LAKE SAINT CLAIR METROPARK
OCTOBER 24, 2015

WEATHER:
55°
Light Breeze, Some Drizzle

		<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>
Kayla	Dobies	19:01	5:57	12:16	6:19	18:22	6:06	6:07	4
Hannah	Faustyn	19:58	6:08	12:42	6:34	19:17	6:34	6:26	13
Allyson	Slone	21:03	6:27	13:23	6:56	20:20	6:56	6:47	21
Monica	Micale	21:24	6:39	13:40	7:01	20:40	6:59	6:53	32
Izabella	Gowen	21:14	6:42	13:48	7:06	20:30	6:43	6:50	27
Marisa	Weller	21:53	6:43	13:56	7:13	21:08	7:11	7:03	39
Lauren	Valente	22:14	6:50	14:01	7:11	21:28	7:25	7:09	42
Emily	Rhodes	22:00	7:01	14:11	7:10	21:15	7:04	7:05	40
Kaitria	LaFleure	22:45	6:56	14:25	7:29	21:58	7:32	7:19	JV-32
Abigail	Bojanowski	23:21	7:14	14:55	7:41	22:33	7:37	7:31	JV-45
Sabryn	Leidlein	23:43	7:22	15:08	7:46	22:54	7:45	7:38	JV-56
Rylie	Yager	23:53	7:22	15:10	7:48	23:04	7:53	7:41	JV-59
Ava	Verchimak	24:08	7:22	15:15	7:53	23:18	8:02	7:46	JV-70
Addison	Pavlica	24:12	7:36	15:28	7:52	23:22	7:53	7:47	JV-71
Rachel	Randazzo	25:18	7:27	15:42	8:15	24:26	8:40	8:09	JV-111
Hannah	Ruff	25:03	7:44	15:59	8:15	24:11	8:11	8:04	JV-101
Miranda	Smith	26:00	7:44	16:06	8:22	25:06	8:57	8:22	JV-142
Alexas	Paris	25:22	7:49	16:06	8:17	24:30	8:22	8:10	JV-114
Kami	Karas	25:44	7:45	16:18	8:33	24:51	8:31	8:17	JV-131
Elizabeth	Gray	25:45	8:15	16:40	8:25	24:52	8:12	8:17	JV-133
Lauren	Campbell	25:41	8:16	16:40	8:24	24:48	8:09	8:16	JV-129
Natalie	MacDonald	26:11	8:00	16:42	8:42	25:17	8:34	8:26	JV-153
Maggie	Valley	26:35	7:49	16:43	8:54	25:40	8:55	8:33	JV-165
Lana	Amatangelo	26:33	8:10	16:54	8:44	25:38	8:43	8:33	JV-163
Alexis	Stillwell	26:52	8:03	16:55	8:52	25:57	8:59	8:39	JV-170
Marissa	Blair	27:11	8:33	17:24	8:51	26:15	8:50	8:45	JV-181
Tara	Metcalfe	28:17	8:07	17:33	9:26	27:19	9:42	9:06	JV-204
Brenna	Fauer	27:20	8:35	17:33	8:58	26:24	8:50	8:48	JV-182
Payton	Garbarino	26:48	8:47	17:33	8:46	25:53	8:21	8:38	JV-169
Mariah	Michalak	27:47	8:12	17:34	9:22	26:50	9:14	8:57	JV-187
Janaya	Baker	28:41	9:06	18:27	9:21	27:42	9:15	9:14	JV-211
Marina	Maniaci	29:09	9:06	18:33	9:27	28:09	9:35	9:23	JV-216
Stephanie	Ung	28:24	9:07	18:33	9:26	27:25	8:54	9:08	JV-204
Kayla	Nahodil	29:45	9:05	18:35	9:30	28:44	10:05	9:35	JV-226
Olivia	Moore	29:57	8:47	18:48	10:01	28:55	10:04	9:38	JV-230
Megan	Bukowski	30:15	9:23	19:13	9:50	29:13	9:58	9:44	JV-236

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Varsity Winner

Emma Wilson-Romeo 17:52

JV Winner

Jenna Peloso-St.Clair 20:45

Total Finishers

55

Total Finishers

257

TOP 5 TIME GAP:

2:13

JV TOP 5 GAP:

1:23

Top Teams

Grosse Pointe South 56
Eisenhower 65
Romeo 91
Dakota 97
Stevenson 113
Grosse Pointe North 123
Utica 127
L'Anse Creuse North nts

Top JV Teams

Grosse Pointe South 20
Grosse Pointe North 58
Eisenhower 99
Dakota 158
Romeo 176
Anchor Bay 182
Stevenson 199
Utica 230
Marysville 232
St. Clair 235

Total Teams 19

Dakota's Athlete of the Meet:

Hannah Faustyn (5 sec PR, all conference, sub 20 min)
Megan Bukowski (25 sec PR)
Natalie MacDonald (20 sec PR)

Medals Earned by Dakota

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