

**DAKOTA COUGARS  
CROSS COUNTRY**

**MACOMB COUNTY CHAMPIONSHIP  
LAKE ST. CLAIR METROPARK  
OCTOBER 5, 2019**

**WEATHER:  
60°  
Sunny w/ slight wind**

		<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>
Emma	Myziuk	20:35	6:26	13:18	6:52	19:53	6:35	6:38	16
Heidi	Palmer	20:44	6:26	13:18	6:52	20:01	6:43	6:40	17
Ava	LaMilza	<b>21:06</b>	6:41	13:37	6:56	20:22	6:46	6:47	23
Lindsay	Harvey, L.	<b>21:28</b>	6:29	13:35	7:06	20:44	7:07	6:55	29
Katelyn	Slone	22:05	6:29	13:43	7:14	21:19	7:34	7:06	39
Chlesea	Harvey, C.	<b>22:07</b>	6:59	14:13	7:14	21:21	7:08	7:07	41
Shannon	Blaszkowski	22:27	7:12	14:27	7:15	21:41	7:14	7:14	JV-4
Allison	Ferguson	22:33	7:11	14:36	7:25	21:46	7:11	7:15	JV-6
Nicole	Campbell	22:41	6:59	14:24	7:25	21:54	7:29	7:18	50
Ella	Garbarino	22:48	7:22	14:52	7:30	22:01	7:10	7:20	JV-7
Kaitlyn	Strukel	<b>23:02</b>	7:06	14:36	7:30	22:14	7:37	7:25	JV-9
Emma	Mathers	24:26	7:23	15:28	8:05	23:36	8:06	7:52	JV-13
Jemma	Kelly	24:35	7:23	15:36	8:13	23:44	8:07	7:55	JV-17
Kayla	Hawkins	24:55	7:55	16:04	8:09	24:04	8:00	8:01	JV-22
Abigail	VanSlambrouck	<b>24:58</b>	7:39	16:02	8:23	24:06	8:04	8:02	JV-23
Alondra	Rosales	<b>25:14</b>	7:50	16:11	8:21	24:22	8:11	8:07	JV-28
Ava	Wilson	25:37	7:51	16:14	8:23	24:44	8:29	8:15	JV-34
Jennifer	Jaster	<b>26:27</b>	8:11	16:51	8:40	25:32	8:40	8:31	JV-42
Krystal	Ramos	<b>27:29</b>	8:30	17:40	9:10	26:32	8:52	8:51	JV-59
Jenna	O'Bryan	27:34	8:02	17:13	9:11	26:37	9:21	8:52	JV-60
Sydney	Tremonti	27:49	8:26	17:40	9:14	26:52	9:10	8:57	JV-63
Maria	Prieto de Francisco	27:57	8:26	17:40	9:14	26:59	9:17	9:00	JV-67
Samantha	Tremonti	28:29	8:32	18:17	9:45	27:30	9:13	9:10	JV-82
Kelly	Parker	28:57	8:33	18:17	9:44	27:57	9:38	9:19	JV-85
Stefanie	St. Pierre	31:38	9:39	20:14	10:35	30:33	10:18	10:11	JV-106
Bronwyn	Lyons	34:36	9:28	21:04	11:36	33:25	12:14	11:08	JV-117
Jelena	Tegeltija	<b>34:53</b>	10:52	22:33	11:41	33:41	11:09	11:14	JV-118
Britney	Ung	DNF	7:49						



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**Team Scores**

Romeo	32
Regina	82
Stevenson	110
<b>Dakota</b>	<b>118</b>
Lutheran North	133
Eisenhower	148
Utica	181
Ford II	201
Anchor Bay	213
Chippewa Valley	314
Lakeview	356
Warren Mott	377
Cousino	382
Armanda	385
Warren Woods Tower	397
L'Anse Creuse North	402
Lake Shore	484
Sterling Heights	501
L'Anse Creuse	514
Richmond	nts
Austin Catholic	nts
Lincoln	nts
Fraser	nts
Center Line	nts
New Haven	nts
Parkway Christian	nts

**Varsity Winner**

Madelyn Malczewski-Romeo 18:54

**Total Finishers**

139

**TOP 5 TIME GAP:**

1:31

**Medals Earned by Dakota**

2

**JV Team Scores**

Romeo	19
<b>Dakota</b>	<b>39</b>
Lutheran North	122
Utica	130
Regina	147
Eisenhower	153
Ford II	192
Stevenson	215
Chippewa Valley	248
Armanda	250
Lakeview	262
Warren Mott	nts
Anchor Bay	nts
Sterling Heights	nts
Fraser	nts
Lake Shore	nts
Warren Woods Tower	nts

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

Kayla Hawkins (Season best of 91 seconds)

Krystal Ramos (PR of 15 seconds)

**JV Winner**

Sydney Wilkie-Romeo 21:04

**Total Finishers**

121

**JV TOP 5 TIME GAP:**

1:59

**Ribbons Earned by Dakota**

8