

Mustang Early Bird September 1, 2016 Lutheran High North

- 3:15 pm Boys Arrive at Lutheran High North (24 Mile & Romeo Plank)
- 4:00 pm Girls Arrive at LHN
- 4:30 pm Boys Race
- 5:15 pm Girls Race
- 6:00 pm Awards Top 21 in each race

- 7:15 pm **Team Dinner at Andrew "Stanley" Merrifield's**
 19285 Stony Pointe
 Macomb Twp. MI 48044

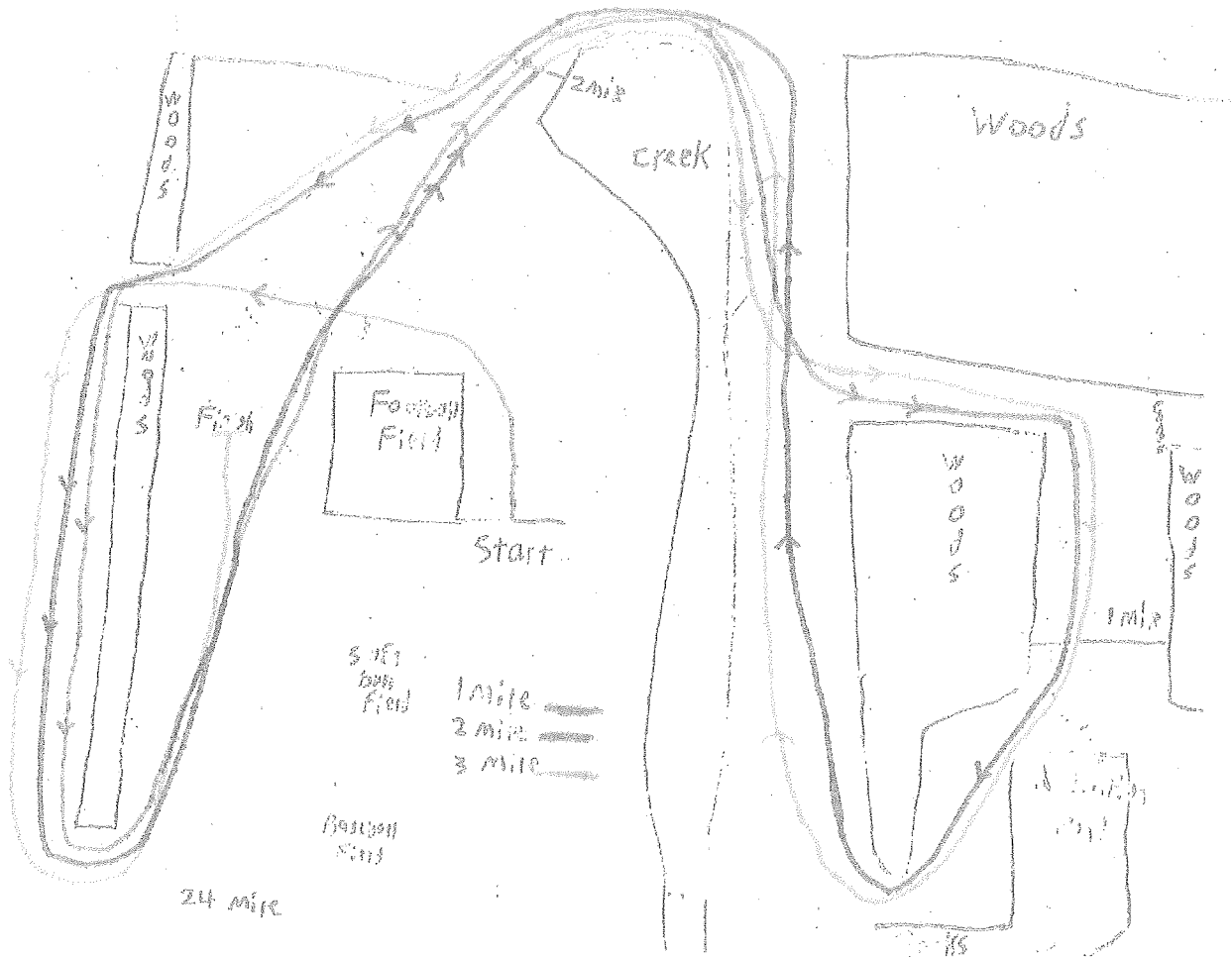
ALL: Bring a bathing suit and Towel
 Boys: Bring drinks (no soda)
 Girls: Bring deserts



Past Results	Boys	Girls
2015	1 st of 6	2 nd of 6
2014	1 st of 5	2 nd of 5
2013	1 st of 4	2 nd of 4
2012		
2011	1 st of 4	2 nd of 4
2010	4-0	4-1
2009	3-0	2-2
2006	3-0	0-3
2005	2-0	1-1
2004	2-1	1-2
1998		
1997		

Dakota Top Times at Lutheran North

BOYS			GIRLS		
Ian Demrose	16:52	2014	Lauren Burnett	19:31	2012
Nick Culbertson	17:01	2010	Kayla Dobies	19:40	2015
Nick Culbertson	17:12	2009	Lauren Burnett	19:57	2011
Alex Fauer	17:18	2012	Christina Micale	20:10	2012
Brad Bates	17:23	2013	Kayla Dobies	20:14	2014
Nick Brooks	17:26	2014	Christina Micale	20:59	2011
James Courtney	17:27	2005	Janell Herrick	21:00	2006
Nick Fowler	17:30	2006	Kathryn Ugorowski	21:05	2011
Zack Thomas	17:35	2012	Marisa Weller	21:09	2014
Brian Paul	17:36	2005	Rachal Pugh	21:18	2012
Jordan Staley	17:38	2010	Jessica Lobaido	21:19	2005
Alex Fauer	17:39	2011	Janell Herrick	21:19	2005
Vince Ferranti	17:40	2009	Emily Gibbings	21:34	2012
Brian Paul	17:41	2006	Monica Micale	21:42	2014
Chase Fedolak	17:41	2015	Tara Geralt	21:44	2009
Nick Brooks	17:43	2012	Kayla Dobies	21:55	2013
Kyle Allinder	17:44	2009	Angie Giordimaina	21:58	2004
Brad Bates	17:45	2012	Christina Micale	22:11	2010
Blake Ryan	17:49	2009	Sara Ball	22:16	2009
Scott Fowler	17:49	2006	Marisa Weller	22:17	2013



DAKOTA COUGARS
CROSS COUNTRY

MUSTANG EARLY BIRD INVITATIONAL
LUTHERAN HIGH NORTH
SEPTEMBER 2, 2015

WEATHER:
90°
Humid

		<u>Time</u>	<u>Mile</u>	<u>1 mile</u>	<u>2 mile</u>	<u>(split)</u>	<u>3 mile</u>	<u>(split)</u>	<u>pace</u>	<u>Place</u>
Kayla	Dobies	19:40	5:52	5:52	12:27	6:35	18:59	6:31	6:20	1
Marisa	Weller	22:23	6:34	6:34	14:06	7:32	21:37	7:29	7:12	5
Isabella	Gowen	22:40	6:48	6:48	14:33	7:45	21:53	7:20	7:18	8
Kaitria	LaFleure	23:02	6:42	6:42	14:26	7:44	22:14	7:46	7:25	13
Allyson	Slone	23:05	6:39	6:39	14:27	7:48	22:17	7:48	7:26	14
Monica	Micale	23:10	6:39	6:39	14:26	7:47	22:22	7:53	7:27	15
Lauren	Valente	23:18	6:41	6:41	14:27	7:46	22:30	8:00	7:30	16
Emily	Rhodes	23:28	7:00	7:00	14:46	7:46	22:39	7:52	7:33	17
Rachel	Sliger	24:13	6:50	6:50	15:11	8:21	23:23	8:10	7:48	22
Alexis	Penzien	24:15	6:57	6:57	15:09	8:12	23:25	8:13	7:48	23
Abigail	Bojanowski	26:54	7:59	7:59	17:01	9:02	25:58	8:56	8:39	40
Tara	Metcalfe	27:40	7:49	7:49	17:08	9:19	26:43	9:31	8:54	47
Lana	Amatangelo	29:05	8:30	8:30	18:13	9:43	28:05	9:49	9:22	58
Elizabeth	Gray	29:39	8:57	8:57	18:34	9:37	28:37	10:01	9:32	61
Margaret	Valley	29:52	8:31	8:31	18:52	10:21	28:50	9:56	9:37	62
Natalie	MacDonald	30:32	9:24	9:24	19:36	10:12	29:29	9:53	9:50	68
Rylie	Yager	30:34	8:49	8:49	18:53	10:04	29:31	10:33	9:50	69
Ava	Verchimak	30:39	9:22	9:22	19:21	9:59	29:35	10:13	9:52	71
Stephanie	Ung	33:06	9:25	9:25	20:00	10:35	31:57	11:50	10:39	79
Sabryn	Leidlein	33:09	9:14	9:14	20:21	11:07	32:00	11:34	10:40	80
Brenna	Fauer	33:28	9:22	9:22	20:23	11:01	32:19	11:49	10:46	82
Marissa	Blair	33:31	9:15	9:15	20:23	11:08	32:21	11:52	10:47	83
Lauren	Campbell	33:32	9:31	9:31	20:21	10:50	32:22	11:55	10:47	84
Miranda	Smith	33:36	9:23	9:23	19:41	10:18	32:26	12:34	10:49	85
Kayla	Nahodil	33:40	9:22	9:22	20:20	10:58	32:30	12:03	10:50	87
Hannah	Ruff	33:40	9:26	9:26	20:35	11:09	32:30	11:49	10:50	86
Mariah	Michalak	33:42	9:23	9:23	20:20	10:57	32:32	12:05	10:51	88
Rachel	Randazzo	34:05	8:32	8:32	19:25	10:53	32:54	13:15	10:58	89
Amber	Mousseau	35:12	10:23	10:23	22:17	11:54	33:59	11:40	11:20	94
Hanna	Burton	35:55	9:39	9:39	21:42	12:03	34:40	12:51	11:33	102
Alexis	Stillwell	36:54	9:25	9:25	22:17	12:52	35:37	13:12	11:52	105
Megan	Bukowski	37:55	10:43	10:43	23:27	12:44	36:36	13:04	12:12	107
Janaya	Baker	38:20	10:17	10:17	24:05	13:48	37:00	12:52	12:20	108
Payton	Garbarino	41:45	11:18	11:18	25:54	14:36	40:18	14:19	13:26	111
Olivia	Moore	43:27	11:21	11:21	26:54	15:33	41:57	14:57	13:59	114

DAKOTA COUGARS
CROSS COUNTRY

MUSTANG EARLY BIRD INVITATIONAL
LUTHERAN HIGH NORTH
SEPTEMBER 2, 2015

WEATHER:
90°
Humid

Varsity Winner

Kayla Dobies-Dakota 19:40

Total Finishers

114

TOP 5 TIME GAP:

3:25

Top Teams

Lutheran High North 35

Dakota 41

Utica Ford II 58

Chippewa Valley 128

Warren Woods Tower 143

L'Anse Creuse 147

Medals Earned by Dakota 6

Dakota's Athlete of the Meet:

Kayla Dobies (19 Sec SB)

Natalie MacDonald (1:17 PR)

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CROSS COUNTRY

MUSTANG EARLY BIRD INVITATIONAL
LUTHERAN HIGH NORTH
SEPTEMBER 2, 2015

WEATHER:
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		<u>Time</u>	<u>Mile</u>	<u>1 mile</u>	<u>2 mile</u>	<u>(split)</u>	<u>3 mile</u>	<u>(split)</u>	<u>pace</u>	<u>Place</u>
Chase	Fedolak	17:41	5:37	5:37	11:25	5:48	17:04	5:40	5:41	2
Thomas	Szymanski	17:57	5:37	5:37	11:25	5:48	17:20	5:54	5:47	4
Mitchell	MacDonald	17:57	5:37	5:37	11:36	5:59	17:20	5:44	5:47	5
Brendan	Koch	18:00	5:37	5:37	11:24	5:47	17:23	5:58	5:48	6
Zachary	MacDonald	18:30	5:37	5:37	11:40	6:03	17:52	6:10	5:57	9
James	Hoefler	18:42	5:37	5:37	11:54	6:17	18:03	6:09	6:01	14
Sawyer	Kisha	18:50	5:37	5:37	12:01	6:24	18:11	6:10	6:04	16
Joshua	Jaster	18:56	5:37	5:37	11:58	6:21	18:17	6:18	6:06	18
Anthony	Barbera	19:01	5:46	5:46	12:01	6:15	18:22	6:19	6:07	19
Daniel	Westarb	19:07	5:37	5:37	12:15	6:38	18:27	6:12	6:09	21
Brendan	Mousseau	19:13	5:50	5:50	12:18	6:28	18:33	6:15	6:11	23
David	Carnago	19:18	5:45	5:45	12:24	6:39	18:38	6:14	6:13	24
Joshua	VanSlambrouck	19:43	5:45	5:45	12:25	6:40	19:02	6:36	6:21	27
David	Walker	19:46	5:45	5:45	12:27	6:42	19:05	6:37	6:22	28
Calvin	Bojanowski	19:48	5:50	5:50	12:37	6:47	19:07	6:29	6:22	29
Colin	Swanson	19:52	6:05	6:05	12:40	6:35	19:11	6:30	6:24	31
Matthew	Jesue	20:09	5:50	5:50	12:26	6:36	19:27	6:58	6:29	36
Adam	Frost	20:38	6:10	6:10	13:01	6:51	19:55	6:53	6:38	43
Anthony	Eovaldi	20:38	6:15	6:15	13:07	6:52	19:55	6:47	6:38	44
Kyle	Fedolak	20:39	6:25	6:25	13:14	6:49	19:56	6:42	6:39	45
Andrew	Gustafson	21:41	6:00	6:00	13:33	7:33	20:56	7:21	6:59	50
David	Almendarez	21:58	6:30	6:30	13:47	7:17	21:12	7:24	7:04	51
Frank	Alcini	22:08	6:47	6:47	14:13	7:26	21:22	7:09	7:07	53
Nathan	Sossi	22:24	6:45	6:45	14:17	7:32	21:38	7:20	7:13	56
Matthew	Ford	22:25	6:44	6:44	14:10	7:26	21:38	7:27	7:13	57
Robert	Gracin	22:26	6:55	6:55	14:34	7:39	21:39	7:06	7:13	58
Zachary	Willaert	23:28	7:24	7:24	15:05	7:41	22:39	7:34	7:33	61
Andrew	Merrifield	23:31	7:02	7:02	14:58	7:56	22:42	7:43	7:34	62
Kyle	Pietczak	23:32	6:43	6:43	14:46	8:03	22:43	7:55	7:34	63
Michael	Jesue	23:37	7:00	7:00	14:39	7:39	22:48	8:06	7:36	65
Marko	Tegeltija	23:49	6:23	6:23	13:54	7:31	23:00	8:58	7:40	66
Tyler	Chaffin	24:06	7:10	7:10	15:16	8:06	23:16	7:59	7:45	69
Anthony	Peters	24:15	7:11	7:11	15:14	8:03	23:25	8:09	7:48	71
Joshua	Brooks	25:02	7:06	7:06	15:49	8:43	24:10	8:20	8:03	76
John	Lyons	25:14	7:31	7:31	15:59	8:28	24:22	8:21	8:07	77
Cameron	Gray	28:06	7:36	7:36	17:18	9:42	27:08	9:45	9:03	83
Evan	Pena	28:44	8:22	8:22	17:33	9:11	27:44	10:06	9:15	84
Matthew	Thomas	28:45	7:59	7:59	17:19	9:20	27:45	10:20	9:15	86
Joshua	Rouseau	DNF	7:33	7:33	20:13	12:40				
Sean	Whitaker	DNF	8:47	8:47	18:35					

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SEPTEMBER 2, 2015

WEATHER:
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Humid

Varsity Winner

Phil Mundt-CV 17:18

Total Finishers

90

TOP 5 TIME GAP:

0:49

Top Teams

Dakota	26
Utica Ford II	71
Chippewa Valley	75
Lutheran High North	87
L'Anse Creuse	101
Warren Woods Tower	169

Dakota's Athlete of the Meet:

Anthony Eovaldi (1:01 PR)
Tom Szymanski (#2 runner for Dakota)

Medals Earned by Dakota 6