

DAKOTA COUGARS
CROSS COUNTRY

MHSAA LP REGIONAL 9-1
ANCHOR BAYHIGH SCHOOL
THURSDAY-FRIDAY, OCTOBER 29-30, 2020

WEATHER:
45°
Light breezy

		<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>	
Jayden	Harberts	18:09	5:48	11:45	5:57	17:32	5:47	5:51	1	SQ
Emma	Myziuk	19:01	6:00	12:20	6:20	18:22	6:02	6:07	7	SQ
Katelyn	Slone	20:17	6:14	12:58	6:44	19:35	6:37	6:32	26	
Ava	LaMilza	20:46	6:27	13:16	6:49	20:03	6:47	6:41	35	
Chlesea	Harvey, C.	20:55	6:34	13:31	6:57	20:12	6:41	6:44	39	
Lindsay	Harvey, L.	20:58	6:27	13:17	6:50	20:15	6:56	6:45	41	
Allison	Ferguson	21:32	6:43	13:43	7:00	20:48	7:04	6:56	50	
McKenna	Goike	21:49	7:03	14:08	7:05	21:04	6:56	7:01	6	
Ella	Garbarino	22:10	7:06	14:20	7:14	21:24	7:05	7:08	10	
Alondra	Rosales	22:50	7:05	14:33	7:28	22:03	7:29	7:21	19	
Nicole	Campbell	23:04	7:12	14:43	7:31	22:16	7:33	7:25	21	
Emma	Mathers	23:10	7:06	14:40	7:34	22:22	7:41	7:27	22	
Sarah	Myziuk, S.	23:45	7:30	15:15	7:45	22:56	7:41	7:39	27	
Ava	Wilson	24:43	7:30	15:44	8:14	23:52	8:07	7:57	40	
Jenna	O'Bryan	25:20	7:47	16:08	8:21	24:28	8:19	8:09	52	
Syndey	Tremonti	25:39	7:43	16:14	8:31	24:46	8:30	8:15	56	
Madelyn	Groninger	25:45	7:45	16:25	8:40	24:52	8:26	8:17	59	
Kelly	Parker	26:39	7:59	16:53	8:54	25:44	8:49	8:35	74	
Alisa	Livadic	27:45	8:17	17:23	9:06	26:48	9:22	8:56	84	
Samantha	Tremonti	29:15	8:49	18:52	10:03	28:15	9:23	9:25	93	
Stefanie	St. Pierre	29:21	9:04	18:37	9:33	28:20	9:42	9:27	94	

Varsity Winner

Jayden Harberts-Dakota 18:09

JV Winner

Sarah Ross-Romeo 20:56

Total Finishers

66

Total Finishers

108

TOP 5 TIME GAP:

2:46

JV TOP 5 GAP:

1:21

Top Teams

Romeo 53
Troy 78
Stoney Creek 85
Dakota 94
Utica 104
Eisenhower 110
Anchor Bay 181
Port Huron Northern 213

Top JV Teams

Stoney Creek 31
Romeo 37
Dakota 66
Eisenhower 157
Troy Athens 159
Rochester 169
Anchor Bay 190
Chippewa Valley 191
Ford 231
Fraser 275

Medals earned by Dakota

9

Dakota's Athlete of the Meet:

Emma Myziuk (PR of 39 seconds, State Qualifier)
Alondra Rosales (PR of 25 seconds)
Emma Mathers (Season Best of 28 seconds)

Special Recognition

Jayden Harberts (New School Record by 10 seconds, State Qualifier and Regional Champion)