

DAKOTA COUGARS  
CROSS COUNTRY

MAC RED DIVISION CHAMPIONSHIP  
LAKE SAINT CLAIR METROPARK  
OCTOBER 22, 2016

WEATHER:  
45°  
Sunny and Windy

|          |            | <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> |
|----------|------------|--------------|-------------|---------------|----------------|---------------|----------------|-------------|--------------|
| Chase    | Fedolak    | 16:02        | 5:03        | 10:27         | 5:24           | 15:29         | 5:03           | 5:10        | 2/R-1        |
| Mitchell | MacDonald  | <b>16:24</b> | 5:05        | 10:36         | 5:31           | 15:50         | 5:14           | 5:17        | 9/R-4        |
| Joshua   | Jaster     | 16:36        | 5:06        | 10:40         | 5:34           | 16:02         | 5:22           | 5:21        | 14/R-7       |
| Zachary  | MacDonald  | 16:44        | 5:10        | 10:47         | 5:37           | 16:09         | 5:23           | 5:23        | 21/R-12      |
| Thomas   | Szymanski  | 16:44        | 5:11        | 10:50         | 5:39           | 16:09         | 5:20           | 5:23        | 22/R-13      |
| David    | Walker     | 16:55        | 5:10        | 10:51         | 5:41           | 16:20         | 5:29           | 5:27        | 27/R-15      |
| Sawyer   | Kisha      | <b>17:00</b> | 5:12        | 10:55         | 5:43           | 16:25         | 5:30           | 5:28        | 29/R-16      |
| Brendan  | Mousseau   | 17:11        | 5:31        | 11:19         | 5:48           | 16:36         | 5:18           | 5:32        | JV-1         |
| David    | Carnago    | 17:27        | 5:27        | 11:19         | 5:52           | 16:51         | 5:32           | 5:37        | JV-2         |
| Kyle     | Fedolak    | 17:35        | 5:35        | 11:24         | 5:49           | 16:59         | 5:35           | 5:40        | JV-3         |
| Andrew   | Gustafson  | 18:13        | 5:41        | 11:49         | 6:08           | 17:35         | 5:47           | 5:52        | JV-10        |
| Joseph   | Jaster     | <b>18:34</b> | 5:51        | 11:57         | 6:06           | 17:56         | 5:59           | 5:59        | JV-18        |
| Matthew  | Thomas     | 18:39        | 5:51        | 12:00         | 6:09           | 18:01         | 6:00           | 6:00        | JV-22        |
| Anthony  | Eovaldi    | 18:40        | 5:53        | 12:06         | 6:13           | 18:01         | 5:56           | 6:00        | JV-23        |
| Andrew   | Merrifield | 18:48        | 5:53        | 12:17         | 6:24           | 18:09         | 5:53           | 6:03        | JV-30        |
| Michael  | Jesue      | 19:10        | 5:53        | 12:25         | 6:32           | 18:30         | 6:06           | 6:10        | JV-45        |
| Ethan    | Soave      | <b>19:19</b> | 5:59        | 12:34         | 6:35           | 18:39         | 6:06           | 6:13        | JV-52        |
| Ryan     | Nagel      | <b>19:25</b> | 6:10        | 12:40         | 6:30           | 18:45         | 6:06           | 6:15        | JV-58        |
| Marko    | Tegeltija  | 19:30        | 6:09        | 12:40         | 6:31           | 18:50         | 6:10           | 6:17        | JV-62        |
| Connor   | Roeske     | <b>19:46</b> | 6:19        | 13:02         | 6:43           | 19:05         | 6:05           | 6:22        | JV-69        |
| Noah     | Waschewski | <b>20:09</b> | 6:07        | 13:15         | 7:08           | 19:27         | 6:14           | 6:29        | JV-89        |
| Jacob    | Sand       | <b>20:10</b> | 6:27        | 13:29         | 7:02           | 19:28         | 6:02           | 6:29        | JV-92        |
| Brandon  | Ung        | 20:21        | 6:31        | 13:14         | 6:43           | 19:39         | 6:26           | 6:33        | JV-102       |
| Nathan   | Parker     | 20:25        | 6:22        | 13:15         | 6:53           | 19:43         | 6:28           | 6:34        | JV-104       |
| John     | Lyons      | 20:48        | 6:33        | 13:46         | 7:13           | 20:05         | 6:21           | 6:42        | JV-121       |
| Nathan   | Vohs       | 21:26        | 6:25        | 14:06         | 7:41           | 20:42         | 6:38           | 6:54        | JV-142       |
| Cole     | Tracy      | 21:29        | 6:56        | 14:39         | 7:43           | 20:45         | 6:10           | 6:55        | JV-145       |
| Reid     | Gwyn       | 21:45        | 6:41        | 14:09         | 7:28           | 21:00         | 6:52           | 7:00        | JV-151       |
| Sean     | Whitaker   | <b>21:59</b> | 7:13        | 14:40         | 7:27           | 21:14         | 6:37           | 7:05        | JV-164       |
| Andrew   | Madigan    | 22:27        | 7:15        | 14:40         | 7:25           | 21:41         | 7:02           | 7:14        | JV-174       |
| Nathan   | Schroeder  | 23:00        | 7:14        | 14:45         | 7:31           | 22:13         | 7:27           | 7:24        | JV-186       |
| Cameron  | Fuller     | <b>24:25</b> | 7:35        | 15:48         | 8:13           | 23:34         | 7:47           | 7:51        | JV-213       |
| Joshua   | Brooks     | 26:06        | 8:01        | 16:53         | 8:52           | 25:12         | 8:20           | 8:24        | JV-227       |

"Watching my teammates grow is a great feeling. We wouldn't be winning all these meets if it wasn't for them. It's all seven of us, and the JV guys too. They're a vital part of our team."

Chase Fedolak

**Overall Varsity Winner**

Steven Stine-Fraser 15:55

**JV Winner**

Brendan Mousseau-Dakota 17:11

**Red Division Winner**

Chase Fedolak-Dakota 16:02

**Total Finishers**

216/ R-58

**Total Finishers**

238

**TOP 5 TIME GAP:**

0:42

**JV TOP 5 GAP:**

1:23

**MAC RED Team Scores**

**Dakota 37**  
Grosse Pointe North 74  
Eisenhower 75  
Romeo 86  
Utica 129  
Grosse Pointe South 175  
Stevenson 203  
L'Anse Creuse North 204

**JV Team Scores**

**Dakota 34**  
Grosse Pointe South 62  
Utica 69  
Eisenhower 102  
Grosse Pointe North 113  
Romeo 162  
Fraser 272  
Anchor Bay 277  
St. Clair 280  
L'Anse Creuse 291  
Ford II 325  
Chippewa Valley 355  
Cousino 378  
Lakeview 380  
Port Huron 410  
Lake Shore 461  
Warren Mott nts  
Port Huron Northern nts  
Sterling Heights nts  
Stevenson nts  
Roseville nts  
L'Anse Creuse North nts

**Overall Team Scores**

**Dakota 68**  
Saint Clair 104  
Grosse Pointe North 131  
Eisenhower 140  
Romeo 157  
Fraser 177  
Lakeview 188  
Ford II 226  
Utica 244  
Anchor Bay 314  
Lake Shore 324  
Grosse Pointe South 333  
L'Anse Creuse 339  
Chippewa Valley 363  
Sterling Heights 373  
Stevenson 455  
L'Anse Creuse North 501  
Port Huron 506  
Cousino 541  
Warren Mott 550  
Marysville 634  
Port Huron Northern 651

**Total Teams**

22

**Medals Earned by Dakota**

16

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

Chase Fedolak (Meet MVP)  
Noah Waschewski (PR by 16 seconds)  
Joe Jaster (PR by 68 seconds)

**Total Teams**

32