

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>
Hannah	Faustyn	19:35	5:58	12:28	6:30	18:55	6:26	6:18	7/R-4
Allyson	Slone	19:55	6:09	12:48	6:39	19:14	6:26	6:25	14/R-10
Rylie	Yager	21:33	6:38	13:53	7:15	20:49	6:56	6:56	61/R-33
Samantha	Dobies	21:34	6:53	14:04	7:11	20:49	6:47	6:56	62/R-34
Ashley	Brown	21:51	6:56	14:14	7:18	21:06	6:53	7:02	70/R-38
Rachel	Sliger	22:33	6:54	14:36	7:42	21:46	7:11	7:15	92/R-44
Elizabeth	Gray	22:34	7:04	14:39	7:35	21:47	7:09	7:16	94/R-45
Chloe	Chirco	22:38	7:09	14:43	7:34	21:51	7:09	7:17	JV-24
Sabryn	Leidlein	22:51	7:02	14:44	7:42	22:04	7:20	7:21	JV-30
Rachel	Patterson	23:05	7:00	14:44	7:44	22:17	7:33	7:26	JV-35
Abigail	Bartsch	23:05	7:00	14:45	7:45	22:17	7:32	7:26	JV-36
Heidi	Palmer	23:21	7:05	14:53	7:48	22:33	7:39	7:31	118/R-52
Ava	Verchimak	23:36	7:22	15:08	7:46	22:47	7:39	7:36	JV-55
Hannah	Ruff	23:48	7:27	15:28	8:01	22:59	7:32	7:40	JV-66
Miranda	Smith	24:03	7:33	15:36	8:03	23:13	7:38	7:44	JV-76
Alexas	Paris	24:05	7:33	15:36	8:03	23:15	7:40	7:45	JV-81
Brenna	Fauer	24:38	7:42	15:57	8:15	23:47	7:51	7:56	JV-103
Jenna	Fain	25:06	7:20	15:48	8:28	24:14	8:24	8:05	JV-125
Margaret	Valley	25:15	7:34	16:03	8:29	24:23	8:19	8:08	JV-129
Janaya	Baker	25:51	8:02	16:41	8:39	24:58	8:17	8:19	JV-150
Kami	Karas	25:55	7:49	16:31	8:42	25:02	8:30	8:21	JV-153
Andrea	Lawson	26:09	8:13	16:48	8:35	25:15	8:27	8:25	JV-161
Natalie	MacDonald	26:15	8:02	16:52	8:50	25:21	8:29	8:27	JV-163
Lucia	Alonso Arias	26:59	8:14	17:20	9:06	26:03	8:43	8:41	JV-181
Sage	Parrish	27:24	8:21	17:32	9:11	26:27	8:55	8:49	JV-196
Sydney	Bunk	28:46	9:00	18:34	9:34	27:47	9:13	9:16	JV-219
Marissa	Blair	28:53	9:06	18:40	9:34	27:53	9:14	9:18	JV-220
Abigail	VanSlambrouck	29:58	9:30	19:53	10:23	28:56	9:07	9:39	JV-238
Allison	Jansen	30:26	9:17	19:42	10:25	29:23	9:42	9:48	JV-242
Sandra	Tegeltija	34:18	10:16	21:49	11:33	33:07	11:17	11:02	JV-248

Varsity Winner

Kareena Duffey-LCN 18:19

JV Winner

Sarah Bellovich-GPS 21:01

Total Finishers

185/R-55

Total Finishers

252

TOP 5 TIME GAP:

2:16

JV TOP 5 GAP:

0:58

MAC RED Team Scores

Romeo 57
Grosse Pointe South 66
Grosse Pointe North 70
Eisenhower 81
Dakota 107
Utica 170
Stevenson 175
L'Anse Creuse North nts

Top JV Teams

Grosse Pointe South 15
Grosse Pointe North 63
Eisenhower 99
Dakota 113
Romeo 122
St. Clair 148
Lakeview 210
Utica 247
Ford II 248
Port Huron Northern 283
Marysville nts
Stevenson nts
Chippewa Valley nts
L'Anse Creuse nts
Marine City nts
Anchor Bay nts
Warren Mott nts

Total Teams 17

Overall Team Scores

Saint Clair 87
Romeo 91
Grosse Pointe South 110
Grosse Pointe North 124
Eisenhower 138
Anchor Bay 142
Dakota 196
Ford II 205
Marysville 250
Lakeview 297
Port Huron Northern 313
Utica 342
Marine City 364
Stevenson 373
Chippewa Valley 414
Fraser 437
Warren Mott 496
Port Huron 544
Warren Woods Tower 553
L'Anse Creuse 556
Cousino 643
Fitzgerald 671
Roseville 691
South Lake nts
L'Anse Creuse North nts

Medals Earned by Dakota 6

Dakota's Athlete of the Meet:

Sydney Bunk (PR of 81 seconds)
Andrea Lawson (PR of 45 seconds)
Sabryn Leidlein (PR of 22 seconds,
SB by 39 seconds)

Total Teams

29