

**DAKOTA COUGARS
CROSS COUNTRY**

**POST A PR XC RACE
HURON MEADOWS METRO PARK
WEDNESDAY, NOVEMBER 2, 2016**

**WEATHER:
65°
Humid and Damp**

		<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>
Rylie	Yager	20:12	6:05	12:42	6:37	19:30	6:47	6:30	5
Allyson	Slone	20:24	6:05	12:42	6:37	19:42	6:57	6:34	9
Rachel	Sliger	21:55	6:45	13:57	7:12	21:10	7:12	7:03	73
Ashley	Brown	22:01	6:49	14:05	7:16	21:16	7:10	7:05	77
Samantha	Dobies	22:11	6:52	13:58	7:06	21:25	7:25	7:08	90
Chloe	Chirco	22:30	6:50	14:17	7:27	21:44	7:25	7:15	102
Elizabeth	Gray	22:31	6:50	14:17	7:27	21:45	7:26	7:15	103
Heidi	Palmer	22:31	6:49	14:17	7:28	21:45	7:26	7:15	104
Rachel	Patterson	23:00	7:01	14:32	7:31	22:13	7:39	7:24	122
Abigail	Bartsch	23:12	6:58	14:37	7:39	22:24	7:45	7:28	128
Hannah	Ruff	24:17	7:22	15:32	8:10	23:27	7:54	7:49	JV-88
Ava	Verchimak	24:47	7:33	15:34	8:01	23:56	8:20	7:59	150
Brenna	Fauer	24:58	7:47	15:55	8:08	24:06	8:11	8:02	JV-119
Lauren	Campbell	25:31	7:46	16:10	8:24	24:38	8:27	8:13	JV-136
Margaret	Valley	25:36	7:19	15:50	8:31	24:43	8:49	8:14	JV-143
Janaya	Baker	25:38	7:47	16:22	8:35	24:45	8:22	8:15	JV-145
Alexis	Paris	25:44	7:34	16:10	8:36	24:51	8:39	8:17	JV-148
Kami	Karas	25:57	7:48	16:25	8:37	25:03	8:37	8:21	JV-156
Andrea	Lawson	26:15	8:00	16:37	8:37	25:21	8:42	8:27	JV-163
Lucia	Alonso Arias	27:09	8:14	17:08	8:54	26:13	9:03	8:44	JV-192
Payton	Garbarino	27:25	8:30	17:28	8:58	26:28	8:59	8:49	JV-195
Carolyn	Peters	28:23	8:46	17:55	9:09	27:24	9:27	9:08	JV-217
Sage	Parrish	28:24	8:14	17:28	9:14	27:25	9:53	9:08	JV-219
Olivia	Moore	28:32	8:21	17:52	9:31	27:33	9:38	9:11	JV-222
Sydney	Bunk	28:44	8:46	18:10	9:24	27:45	9:33	9:15	JV-225
Abigail	VanSlambrouck	28:48	8:46	18:10	9:24	27:49	9:36	9:16	JV-227
Hannah	Burton	29:16	8:47	18:32	9:45	28:16	9:42	9:25	JV-232
Mariah	Michalak	30:07	9:28	19:34	10:06	29:05	9:32	9:42	JV-242
Amber	Mousseau	31:05	9:04	19:31	10:27	30:01	10:27	10:00	JV-248
Allison	Jansen	31:33	9:28	19:47	10:19	30:28	10:38	10:09	JV-250
Sandra	Tegeltija	34:15	9:28	21:04	11:36	33:04	11:55	11:01	JV-258

Race #1 Winner

Lily Durham-Christ the King 18:55

Race #2 Winner

Allison Donnini-Seaholm 21:01

Total Finishers

156

Total Finishers

265

TOP 5 TIME GAP:

1:59

TOP 5 TIME GAP:

1:21

Dakota's Athlete of the Meet:

Janaya Baker (PR of 13 seconds)
Rachel Sliger (Last HS race, ran 14 seconds off her PR)
Olivia Moore (fastest time since Cleverly)
Mariah Michalak (SB of 20 seconds)

Medals earned by Dakota

6