

Gena Melton

Season Report for 2021 Northwest Lions Girls Cross Country

Varsity Seasons

Varsity Points
JV Points
FR Points

Meet Name Meet Date Results Division Place Points PR Notes

Cross Country 5k

Season PR: 28:49.86

All Time PR: 28:49.86

Ft. Zumwalt North Twilight Meet	8/28/2021	37:26.00	JV	256th		PR	6:07/13:25(7:18)/21:28
Stan Nelson Invitational	9/11/2021	35:20.92	JV	102nd		PR	5:49/13:00(7:11)/20:16
Gans Creek Classic	9/25/2021	33:35.90	JV	138th		PR	5:29/11:46(6:16)19:28
Hillsboro Frank Schultz	10/2/2021	32:24.18	JV	94th		PR	5:32/11:44(6:12)/18:34
Webster Groves Invitational	10/9/2021	32:21.30	JV	105th		PR	
SPHSAAA Conference Meet	10/16/2021	30:21.23	JV	106th		PR	
Northwest Last Chance Meet	10/21/2021	28:49.86	JV	45th		PR	

Number of Events 7
Number of PR's 7

Total V Pts
Total JV Pts
Total FR Pts