

# Ashley Ambrocio

## Career Cross Country Report



Completed Seasons **1**  
Varsity Seasons

Career V Points  
Career JV Points **0.75**

Event	Meet Name	Meet Date	Results	Time	Div	Place	Pts	PR	Notes	Splits
<b>Cross Country 2 mile</b>		<b>All Time PR: 19:07.09</b>								
	Fleet Feet Invitational	9/1/2020	19:07.09		JV	187th		PR		
<b>Cross Country 5k</b>		<b>All Time PR: 25:25.20</b>								
	Ft. Zumwalt North Twilight	9/7/2019	32:28.43		JV	334th		PR		
	Northwest Challenge JV Tri-	9/24/2019	29:17.98		JV	31st		PR		5:15/11:30(6:15)/17:48
	Northwest JV Meet	10/1/2019	33:02.00		JV	30th				5:30/11:52(6:22)/19:50
	All-Suburban Conference	10/12/2019	29:31.14		JV	124th				
	Patriot Classic	10/17/2019	26:55.39		JV	124th		PR		
	Stan Nelson Invitational	9/12/2020	31:10.13		JV	80th				5:06/11:16(6:10)/18:04
	Northwest JV v. Parkway South	9/29/2020	29:35.06		JV	19th				4:30/10:58(6:28)/16:58
	Frank Schultz Hillsboro	10/3/2020	29:22.75		JV	54th				
	Stan Nelson Invitational	9/11/2021	28:23.09		JV	68th				4:52/10:34(5:42)/16:05
	Gans Creek Classic	9/25/2021	27:41.60		JV	95th			Season Best	4:59/10:20(5:21)/16:13
	Hillsboro Frank Schultz	10/2/2021	27:57.87		JV	61st				5:28/10:52(5:24)/16:25
	Webster Groves Invitational	10/9/2021	29:05.90		JV	79th				
	Stan Nelson Invitational	9/10/2022	28:29.44		JV	88th				5:24/11:04(5:40)/16:31
	Lutheran North Invitational	9/15/2022	28:42.65		V	119th			1k-108th/119th (-11)	5:02
	Gans Creek Classic	9/24/2022	28:55.10		JV	56th			Runners: +11/+11/-1/0	5:06/10:37(5:30)/16:49
	Frank Schultz Invitational	10/1/2022	27:07.70		JV	49th			Place-65/51/55/49= -16(-2)	5:20/11:34(6:14)/16:24
	Patriot/Statenmen XC Classic	10/8/2022	27:37.80		JV	40th				
	SPHSAAA Conference	10/15/2022	25:34.20		JV	82nd		PR		
	Northwest Last Chance Meet	10/19/2022	25:25.20		JV	44th		PR		
	District	10/29/2022	25:53.50		OPEN					