

# Rachel Nicholls

## Career Cross Country Report



Completed Seasons 2  
Varsity Seasons 2

Career V Points 17.5  
Career JV Points 10.75

Event	Meet Name	Meet Date	Results	Time	Div	Place	Pts	PR	Notes	Splits
Cross Country 1.9		All Time PR: 15:27.00								
	Jackson Invitational	8/31/2019	15:27.00		FR	15th		PR	Medaled	4:40/9:15(4:35)
Cross Country 2 mile		All Time PR: 13:28.20								
	Fleet Feet Classic	8/30/2022	13:28.20		V	41st		PR	6th fastest 2 mile school	4:03/8:24(4:21)
Cross Country 5k		All Time PR: 21:57.80								
	Ft. Zumwalt North Twilight	9/7/2019	24:00.39		JV	88th		PR		
	Stan Nelson Invitational	9/14/2019	25:59.59		V	89th				4:31/9:30(4:59)/15:05
	Trinity/Valkyrie Invitational	9/21/2019	24:54.50		V	108th				4:33/9:15(4:42)/14:26
	Gans Creek Classic State	9/28/2019	24:46.70		V	145th			PI/k: 120,138,143,144,145 (-25)	4:08/9:03(4:55)/14:27
	All-Suburban Conference	10/12/2019	23:42.61		JV	16th		PR	Medaled	
	Patriot Classic	10/17/2019	23:29.28		JV	32nd		PR		
	District	10/26/2019	24:10.30		V	68th				
	Fort Zumwalt North Twilight	9/5/2020	23:25.80		V	66th		PR		4:17/8:50(4:33)/13:53
	Gans Creek State Preview	9/26/2020	23:40.90		V	82nd				4:17/8:51(4:34)/13:48
	Frank Schultz Hillsboro	10/3/2020	23:52.60		V	25th				
	Farmington Invitational	10/17/2020	23:14.99		V	46th		PR		4:16/8:49(4:33)/13:54
	Lions Last Chance Invitational	10/22/2020	25:02.90		V	30th				4:22/9:17(4:55)/14:15
	District	10/31/2020	23:31.10		V	32nd				4:12/8:44(4:32)/13:48
	Ft. Zumwalt North Twilight	8/28/2021	22:48.00		V	88th		PR		4:21/8:30(4:09)/13:25
	Stan Nelson Invitational	9/11/2021	22:58.53		V	45th				4:06/8:33(4:27)/13:13
	Gans Creek Classic	9/25/2021	21:57.80		V	108th		PR	Season Best	4:05/8:20(4:15)/12:54
	Hillsboro Frank Schultz	10/2/2021	24:07.38		V	30th				4:15/8:56(4:41)/13:57
	Webster Groves Invitational	10/9/2021	23:01.00		V	35th				
	SPHSAAA Conference Meet	10/16/2021	22:12.66		V	68th				4:14/8:41(4:27)/13:07
	District	10/30/2021			V				DNF-dropped out after 1k	
	Ft. Zumwalt North Invitational	8/27/2022	23:39.10		JV	10th			Medaled	3:45/8:30(4:45)/13:20
	Stan Nelson Invitational	9/10/2022	22:46.59		V	45th				4:08/8:34(4:26)/13:07
	Gans Creek Classic	9/24/2022	22:30.00		V	56th			Runners: +17/+3/-7/-7 (+6)	4:09/8:27(4:17)/13:06
	Patriot/Statenmen XC Classic	10/8/2022	22:34.70		V	30th				
	SPHSAAA Conference	10/15/2022			V				DNF-injury	4:06/8:36(4:30)
	District	10/29/2022	26:54.40		V	104th				



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