

2010 Northwest Lions Girls Cross Country Fox Warrior Invitational on 9/21/2010 at Arnold Park.



Weather: Sunny, hot, humid, 90° Course Conditions: Okay, some rough footing

	Score	Place	# Teams	Awards	Notes
Varsity	133	6th	7		Web-48,Urs-62,Laf-97,Oak-121,Seck-132,NW-133,CJ-134,PN-NTS,Fox-NTS
Jr Varsity	431	9th	10		Laf-49,Web-60,Urs-93,Seck-165,CJ-180,PW-184,Marq-263,PN-367,NW-431,Rit-456,Fox-NTS, Oak-NTS
Freshmen					
Fresh/Soph					
Open					

Event	Name	Results	Place	PR	Notes	Splits
-------	------	---------	-------	----	-------	--------

Division: Varsity

Cross Country 5k

Minda Weible	22:30.76	5th	PR	Medaled	6:45/14:21(7:36)/21:55(7:34)
Tess Kliethermes	23:38.78	16th		Medaled	6:48/14:47(7:59)/23:03(8:16)
Savannah Mulenex	24:51.25	28th			7:01/15:17(8:16)/24:11(8:54)
Amanda LaFrance	25:46.43	35th	PR	1st varsity race	7:50/16:05(8:15)/25:00(8:55)
Macy Patrick	27:37.17	49th		Season Best	7:51/17:10(9:19)/26:52(9:42)
Kelsey Chitwood	30:04.74	50th		Sick	6:59/17:22(10:23)/29:14(11:48)

Division: Junior Varsity

Cross Country 5k

Blake Nolda	26:42.68	37th			8:05/16:34(8:29)/26:02(9:28)
Laura Stewart	27:12.28	52nd	PR		8:15/17:09(8:54)/26:30(9:21)
Victoria Howell	28:27.77	84th	PR		8:39/17:54(9:15)/27:40(9:46)
Jessica Risinger	31:02.74	125th			8:20/19:03(10:43)/30:10(11:07)
Samantha Jacquemin	31:22.87	133rd	PR		9:26/19:45(10:19)/30:30(10:45)
Mikala Plopper	31:51.37	137th			9:25/18:51(9:26)/31:05(12:14)
Amanda Holdenried	32:27.83	142nd			9:15/19:59(10:44)/31:37(11:38)
Samantha Patriarca	32:51.72	148th		Season Best	9:25/20:08(10:43)/32:00(11:52)
Katie Diener	33:48.81	156th	PR		9:55/21:17(11:22)/33:00(11:43)
Itzel Verdad	35:41.95	165th			9:27/22:41(13:08)/34:50(12:09)
Mary Ostlund	37:11.71	168th			10:25/22:41(12:16)/36:15(13:34)
Haley Ide				DNF-Shin Pain	
Maria Nguyen				DNF-Sprained ankle	8:19/18:31(10:12)