

2019 Northwest Lions Girls Cross Country

Ft. Zumwalt North Twilight Invitational on 9/7/2019 at Pheasant Run Golf Course.



Weather: 70's and comfortable at night Course Conditions: Good, some water on course

	Score	Place	# Teams	Awards	Notes
Varsity	NTS	NA	17		LSW-33,NH-76,Eur-94,FH-145,Laf-157,Farm-164,Lind-186,Jac-239,FZS-255,JB-299,PC-316,FHC-329,RS-373,Warr-FZE-495. Eur-49,LSW-50,RS-162,Lind-180,FH-186,Farm-203,Lad-216,FZW-232,Laf-242,FZS-256,FZN-309,Jac-314-FHC-328.Patt-329.NH-383.PC-406.NW-436.JB-486.Rit-562.Urs-652.FZE-653
Jr Varsity	436	17th	21		
Freshmen					
Fresh/Soph					
Open					

Event Name Results Place PR Notes Splits

Division: Varsity

Cross Country 5k

Samantha Brown	19:54.94	25th		Medaled	5:57/12:38(6:41)/19:14(6:36)
Karley Wheeler	20:21.88	40th	PR		6:05/12:44(6:39)/19:41(6:57)
Claire Meisch	20:50.95	57th			6:05/13:04(6:59)/20:10(7:06)
Audrey May				DNF-Shins	6:22

Division: Junior Varsity

Cross Country 5k

Kinsey Morris	23:54.43	82nd			
Rachel Nicholls	24:00.39	88th	PR		
Alexis McAteer	24:15.76	103rd			
Holly Benish	24:48.88	117th	PR		
Lucero Orozco	24:53.03	122nd	PR		
Kayla Winecoff	25:13.55	148th	PR		
Rachel Kelly	25:39.80	162nd			
Maegan Ryan	25:43.15	163rd			
Jasmine Kaasa	25:49.80	172nd			
Macy Karg	25:52.50	17th			
Jadyn Wood	26:13.69	194th			
Emma Zrodowski	26:24.39	202nd	PR		
Claire Robinson	27:07.03	230th			
Alyssa Brown	27:15.69	238th	PR		
Lily Haas	27:18.60	241st	PR		
Karlie Ricks	27:39.69	256th			
Emma Bell	27:44.91	260th	PR		
Cheyenne Dickemper	28:21.81	280th			
Kat Cooper	28:27.00	283rd	PR		
Kimberly Sebastian	28:51.94	283rd	PR		
Ashley Ambrocio	32:28.43	334th	PR		