

2019 Northwest Lions Girls Cross Country Jackson Invitational on 8/31/2019 at Jackson City Park.



Weather: Cloudy, humid, 70's Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	111	8th	8		Senior Division
Jr Varsity	91	6th	7		Junior Division
Freshmen	56	5th	10		Sophomore Division
Fresh/Soph	99	6th	7		Freshman Division
Open					

Event Name Results Place PR Notes Splits

Divisions: Senior, junior, sophomore, freshmen

Division: Varsity

Cross Country 2.35 mile

Senior Division

Name	Time	Place	PR	Awards	Splits
Kinsey Morris	18:12.00	22nd	PR	Medaled	4:40/8:58(4:18)/13:40(4:42)
Emma Zrodowski	20:56.00		PR		5:19/10:19(5:00)/16:01(5:40)
Rachel Kelly	21:53.00				5:17/10:37(5:20)/16:36(5:59)
Cheyenne Dickemper	22:57.00		PR		5:40/11:16(5:36)/17:29(6:13)
Jasmine Kaasa				DNF-Dropped out after 1k	4:50/

Division: Junior Varsity

Cross Country 2.35 mile

Junior Division

Name	Time	Place	PR	Awards	Splits
Holly Benish	19:50.00	24th	PR	Medaled	4:50/9:34(4:44)/15:03(5:29)
Alexis McAteer	20:55.00	32nd			5:00/10:05(5:05)/15:58(5:53)
Pura DeLuca	21:25.00	35th	PR		5:28/10:43(5:15)/16:36(5:53)
Alyssa Brown	21:33.00	37th	PR		5:18/10:15(4:57)/16:22(6:07)

Division: Freshman/Sophomore

Cross Country 2.35 mile

Sophomore Division

Name	Time	Place	PR	Awards	Splits
Samantha Brown	15:44.00	2nd	PR	Medaled	4:00/7:43(3:43)/11:50(4:07)
Karley Wheeler	16:07.00	4th	PR	Medaled	4:05/7:58(3:53)/12:05(4:07)
Kayla Winecoff	19:43.00		PR		4:56/9:38(4:42)/14:54(5:16)
Maegan Ryan	20:37.00		PR		5:14/10:11(4:57)/15:45(5:34)
Jadyn Wood	20:42.00		PR		4:56/9:58(5:02)/15:47(5:49)
Macy Karg	20:44.00		PR		5:05/9:56(4:51)/15:47(5:51)
Claire Robinson	21:20.00		PR		5:28/10:37(5:09)/16:30(5:53)
Emma Bell	22:20.00		PR		5:11/10:28(5:17)/17:00(4:32)
Karlie Ricks	22:51.00		PR		5:28/11:03(5:35)/17:18(6:15)
Kat Cooper	25:35.00		PR		5:25/12:15(6:50)/19:51(7:36)

Division: Freshmen

Cross Country 1.9 mile

Freshman Division

Name	Time	Place	PR	Awards	Splits
Rachel Nicholls	15:27.00	15th	PR	Medaled	4:40/9:15(4:35)
Pamela Davis					5:53/11:47(5:54)
Lily Haas					4:43/9:58(5:15)