

# 2019 Northwest Lions Girls Cross Country

## Trinity/Valkyrie Invitational on 9/21/2019 at E.P. Tom Sawyer State Park.



Weather: Overcast, 79° Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	293	11th	22		
Jr Varsity					
Freshmen					
Fresh/Soph					
Open					

Event Name	Results	Place	PR	Notes	Splits
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### Division: Varsity

#### Cross Country 5k

Samantha Brown	20:41.90	12th		Medaled	3:42/7:35(3:53)/11:53(4:18)/16:12(4:19)/(4:29)
Claire Meisch	20:49.60	15th		Medaled	3:43/7:38(3:55)/11:59(4:21)/16:18(4:19)/(4:31)
Kinsey Morris	24:37.80	102nd			4:36/9:15(4:39)/14:26(5:11)/19:25(5:01)/(5:12)
Alexis McAteer	24:43.50	104th			4:20/8:57(4:37)/14:06(5:09)/19:18(5:12)/(5:21)
Rachel Nicholls	24:54.50	108th			4:33/9:15(4:42)/14:26(5:11)/19:29(5:03)/(5:25)
Lucero Orozco	25:44.50	121st			4:34/9:16(4:42)/14:26(5:10)/19:29(5:03)/(6:15)
Karley Wheeler				DNF-Fell, shin pain	3:43/7:39(3:56)