

2019 Northwest Lions Girls Cross Country Stan Nelson Invitational on 9/14/2019 at Northwest Early Childhood Center.



Weather: Sunny 70's. light breeze Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	205	9th	14		PW-76,Mar-96,Kirk-99,DeS-118,Pat-139,Lind-158,Seck-172,Jack-188,NW-205,Web-251,Mehl-272,SCW-273,SPX-285,ArcV-344 PW-71,Lind-77,Kirk-88,Marq-95,DeS-114,FHC-117,Web-144,NW-273,OrcF-277,Mehl-292,Oak-307,Patt-346,HC-357 Kirk-53,Marq-68,Lind-90,Web-91,Jack-118,PW-125,Fox-151
Jr Varsity	273	8th	13th		
Freshmen	NTS	NA	7		
Fresh/Soph					
Open					

Event Name Results Place PR Notes Splits

Division: Varsity

Cross Country 5k

Karley Wheeler	20:52.29	15th		Medaled	3:52/8:10(4:18)/12:27(4:17)/16:30(3:57)/(4:22)
Claire Meisch	21:16.48	26th		Medaled	3:56/8:15(4:19)/12:37(4:23)/16:50(4:13)/(4:26)
Samantha Brown	21:44.75	34th			3:47/8:00(4:13)/12:25(4:25)/17:00(4:35)/(4:44)
Kinsey Morris	24:05.02	69th			4:31/9:25(4:54)/14:24(4:59)/19:05(4:41)/(5:00)
Alexis McAteer	25:27.86	86th			4:21/9:30(5:09)/14:50(5:20)/20:20(5:30)/(5:07)
Rachel Nicholls	25:59.59	89th			4:31/9:30(4:59)/15:05(5:35)/20:00(4:55)/(5:59)

Division: Junior Varsity

Cross Country 5k

Gabby Bauwens	26:15.71	59th	PR		4:32/9:50(5:18)/15:41(5:51)/21:13(5:32)/(5:02)
Kayla Winecoff	26:17.17	61st			4:44/9:50(5:14)/15:13(5:23)/20:49(5:36)/(5:28)
Rachel Kelly	26:37.22	66th			4:50/10:10(5:20)/15:42(5:32)/21:15(5:33)/(5:22)
Holly Benish	26:50.62	71st			4:40/9:50(5:10)/15:41(5:51)/21:30(5:51)/(5:20)
Maegan Ryan	26:55.92	72nd			4:55/10:10(5:15)/15:44(5:34)/21:30(5:46)/(5:25)
Jadyn Wood	27:13.24	79th			4:55/10:10(5:15)/16:06(5:56)/21:39(5:33)/(5:34)
Macy Karg	27:14.44	80th			4:52/10:23(5:31)/16:06(5:43)/21:39(5:33)/(5:35)
Kat Cooper	27:51.05	90th	PR		4:39/10:12(5:33)/16:25(6:13)/22:30(6:05)/(5:21)
Karlie Ricks	29:06.18	115th			4:42/10:36(5:54)/16:48(6:12)/23:02(6:14)/(6:04)
Claire Robinson	29:10.36	117th			5:29/11:30(6:01)/17:29(5:59)/23:30(6:01)/(5:40)
Cheyenne Dickemper	29:44.83	126th			5:24/11:32(6:08)/17:41(6:09)/23:47(6:06)/(5:57)
Pura DeLuca	30:07.95	128th			5:11/11:20(6:09)/17:40(6:20)/24:23(6:43)/(5:44)
Alyssa Brown					5:05/11:11(6:06)/17:32(6:21)/25:15(7:43)/(

Division: Freshmen

Cross Country 5k

Lucero Orozco	26:04.10	29th			4:10/9:22(5:12)/14:46(5:24)/20:20(5:34)/(5:44)
Lily Haas	27:10.80	34th	PR		4:48/10:20(5:32)/16:03(5:43)/21:59(5:56)/(5:11)
Kimberly Sebastian	31:17.37	70th			5:08/11:37(6:29)/18:16(6:39)/25:03(6:47)/(6:14)