

2019 Northwest Lions Girls Cross Country State Championship on 11/9/2019 at Gans Creek Recreation Area.



Weather: Sunny, 57°, light breeze Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	NA	NA	16		
Jr Varsity					
Freshmen					
Fresh/Soph					
Open					

Event Name Results Place PR Notes Splits

Division: Varsity

Cross Country 5k

Ryley Posey	19:51.50	67th	PR	6th Fastest School history	3:38/7:37(3:59)/11:48(4:10)/15:53(4:05)/(3:57)
Claire Meisch	20:37.30	123rd			3:35/7:33(3:57)/11:53(4:20)/16:17(4:23)/(4:20)
Samantha Brown	21:04.10	143rd			3:41/7:44(4:03)/12:26(4:41)/16:57(4:31)/(4:06)