

# 2020 Northwest Lions Girls Cross Country Stan Nelson Invitational on 9/12/2020 at Northwest Early Childhood Center.



Weather: Cloudy, 76° Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	171	7th	9th		FH-63,DeS-78,Hill-82,Lind-87,FHC-135,StPX-142,NW-171,Herc-197,StCW-203
Jr Varsity	170	7th	8th		FH-21,FHC-78,Lind-80,Seck-108,DeS-135,Fox-137,NW-170,FZW-195
Freshmen					
Fresh/Soph					
Open					

Event Name Results Place PR Notes Splits

## Division: Varsity

Cross Country 5k

Name	Time	Place	PR	Awards	Splits
Samantha Brown	21:20.67	9th		Medaled	4:00/8:13(4:13)/12:36(4:23)/17:01(4:25)/(4:19)
Ryley Posey	21:45.54	14th		Medaled	4:15/8:40(4:25)/13:03(4:23)/17:35(4:32)/(4:10)
Karley Wheeler	24:52.57	56th			4:29/9:23(4:54)/14:24(5:01)/19:39(5:15)/(5:13)
Gabby Bauwens	25:29.99	62nd			4:32/9:34(5:02)/14:50(5:16)/20:21(5:31)/(5:08)
Kayla Winecoff	25:39.69	64th			4:33/9:35(5:02)/14:52(5:17)/20:22(5:30)/(5:17)
Holly Benish	26:54.89	71st			4:37/9:54(5:17)/15:33(5:39)/21:28(5:55)/(5:26)

## Division: Junior Varsity

Cross Country 5k

Name	Time	Place	PR	Awards	Splits
Cami Surratt	24:45.52	20th	PR	Medaled	4:20/8:58(4:48)/14:10(5:12)/19:31(5:21)/(5:24)
Maegan Ryan	25:27.60	29th			4:40/9:36(4:56)/14:45(5:09)/20:14(5:29)/(5:13)
Alexis McAteer	27:41.73	56th			4:42/10:22(5:40)/16:08(5:46)/22:04(5:56)/(5:37)
Leah Vandaveer	27:51.19	59th	PR		4:52/10:08(5:16)/15:57(5:49)/22:08(6:11)/(5:43)
Jadyn Wood	27:59.03	60th			4:58/10:28(5:30)/16:20(5:52)/22:12(5:52)/(5:47)
Emma Bell	28:03.73	61st			4:57/10:25(5:28)/15:59(5:24)/22:15(6:16)/(5:48)
Hallie Becker	28:38.24	65th	PR		4:30/9:54(5:24)/16:23(6:29)/23:08(6:45)/(5:30)
Pura DeLuca	28:42.10	66th			5:05/10:51(5:46)/16:53(6:02)/23:03(6:10)/(5:39)
Ashley Ambrocio	31:10.13	80th			5:06/11:16(6:10)/18:04(6:48)/24:31(6:27)/(6:39)
Karlie Ricks	32:49.25	85th			5:35/11:58(6:23)/19:23(7:25)/26:15(6:52)/(6:34)