

2022 Northwest Lions Girls Cross Country Stan Nelson Invitational on 9/10/2022 at Northwest Early Childhood Center.



Weather: Partly Sunny, 73-78• Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	NA	NA	9		Kirk-60,FHC-73,Eur-74,PW-88,Sec-88,Mar-154,Lin-180,DeS-196,Pat-205
Jr Varsity	121	5th	7		Eur-24,Kirk-58,PW-77,Lind-95,NW-121,Marq-154,Patt-220
Freshmen	92	4th	5		Kirk-30,Eur-48,Lind-77,NW-92,PW-110
Fresh/Soph					
Open					

Event	Name	Results	Place	PR	Notes	Splits
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Division: Varsity

Cross Country 5k

9:30am

Emily Oleson	21:46.08	26th		Medaled	4:08/8:34(4:26)/12:54(4:20)/17:47(4:53)/(3:59)
Rachel Nicholls	22:46.59	45th			4:08/8:34(4:26)/13:07(4:33)/18:12(5:05)/(4:34)

Division: Junior Varsity

Cross Country 5k

10:30am

Leah Vandaveer	24:04.77	15th	PR	Medaled	4:50/9:31(4:41)/14:11(4:40)/19:32(5:21)/(4:32)
Lucero Orozco	24:07.59	16th	PR	Medaled	4:50/9:31(4:41)/14:09(4:38)/19:33(5:24)/(4:34)
Alexa Layton	25:33.10	41st	PR		5:28/9:48(4:20)/14:57(5:09)/20:42(5:45)
Anna Kelly	25:41.37	43rd	PR		4:24/9:46(5:22)/14:56(5:12)/20:33(5:37)/(5:08)
Michaelie Kettmann	26:57.97	65th	PR		4:56/10:05(5:09)/15:40(5:35)/21:49(6:09)/(5:08)
Madison Delashmet	27:10.92	71st	PR		5:29/10:06(4:37)/15:37(5:31)/21:50(6:13)/(5:20)
Vereniz Orozco	27:28.82	77th	PR		5:04/10:28(5:24)/16:00(5:32)/22:24(6:24)/(5:04)
Ashley Ambrocio	28:29.44	88th			5:24/11:04(5:40)/16:31(5:27)/23:01(5:30)/(5:28)
Riley Brant	28:34.84	89th			5:24/11:05(5:41)/16:47(5:42)/23:19(6:32)/(5:15)
Gena Melton	32:34.61	114th			5:29/12:07(6:38)/18:38(6:31)/26:08(7:30)/(6:26)
Emily Horton	34:12.90	121st	PR		6:25/12:06(5:41)/19:39(7:33)/27:44(8:05)/(6:28)

Division: Freshmen

Cross Country 5k

11:30am

Ava Tucker	26:14.86	13th	PR	Medaled	4:38/10:00(5:22)/15:26(5:26)/20:13(5:47)/(6:01)
Raegan Patton	29:23.24	25th	PR		5:00/10:51(5:51)/16:54(6:03)/23:06(6:12)/(6:27)
Lucy Winecoff	30:39.46	29th	PR		5:00/10:52(5:52)/17:25(6:33)/24:09(6:44)/(6:30)
Erandi Ambrocio	31:56.19	33rd	PR		5:17/12:37(7:20)/18:29(5:52)/26:20(7:51)/(5:36)
Paige Schlichting	33:18.26	36th	PR		5:30/13:56(8:26)/19:23(5:27)/26:30(7:07)/(6:48)
Megan Cox	37:26.02	41st	PR		6:06/15:02(8:56)/21:25(6:23)/30:46(9:21)/(6:40)