

Region 3 Cross Country JO Championship - 11/21/2009  
 Milliken Center Spartanburg, SC  
 Last Completed Event

Event 1 3k Run CC Bantam Girls

Name	Year	Team	Avg Mile	Finals	Points
1 #7750 Brown, Kayla	99	University City	6:17.6	11:43.74	
2 #7638 Enderle, Halee	99	13 Junior Striders	6:26.5	12:00.45	
3 #7867 Wilson, Matoaka	99	New Birth Tr	6:26.7	12:00.72	
4 #494 Hall, Carly	00	55 Mt Pleasant "a"	6:36.6	12:19.25	1
5 #7513 Caldwell, Reilly	99	10 Lightning	6:40.9	12:27.25	
6 #7533 Smith, Lindsay	99	10 Vienna Youth	6:41.9	12:29.11	
7 #7755 Rhodes, Akira	00	University City	6:45.3	12:35.51	
8 #7923 Slocumb, Nichole	99	45 Ptc Flash	6:47.6	12:39.82	
9 #7780 Walsh, Macki	99	Eytc	6:48.7	12:41.74	
10 #7621 Hathaway, Paige	00	Durham Striders	6:49.6	12:43.40	
11 #1481 Crosby, Anna Grace	99	55 Summerville A	6:52.6	12:49.02	
12 #7615 Bowdry, Ashlan	00	Durham Striders	7:04.1	13:10.54	
13 #496 Inman, Caroline	00	55 Mt Pleasant "a"	7:07.5	13:16.88	2
14 #454 Lawrence, Emma	99	55 Charleston Sw	7:09.9	13:21.36	
15 #7510 Sidor, Mackenzie	99	10 Fairfax P	7:10.6	13:22.53	
16 #7603 Palmer, Molly	99	13 CC Pacers	7:11.4	13:24.07	3
17 #7873 Davis, Mara	99	Northside Re	7:12.1	13:25.49	
18 #7901 Hammond, Madeline	99	45 Ptc Flash	7:14.4	13:29.68	
19 #455 Pizzo, Emma	00	55 Charleston Sw	7:15.0	13:30.84	
20 #7596 Irwin, Eliza	99	13 CC Pacers	7:15.7	13:32.13	4
21 #1483 Ellenburg, Amanda	99	55 Summerville A	7:16.6	13:33.84	
22 #7604 Pedersen, Claire	00	13 CC Pacers	7:29.3	13:57.55	5
23 #462 Newman, Faith	99	55 Florence	7:31.2	14:01.00	
24 #7944 Siegel, Libby	99	Spirit Alpha	7:34.7	14:07.56	
25 #525 Wyman, Olivia	00	55 Mt Pleasant "a"	7:36.1	14:10.20	6
26 #7954 Bridges, Vivian	99	45 Walton Youth TC	7:37.3	14:12.33	
27 #7776 Rensel, Emily	99	Eytc	7:41.0	14:19.31	
28 #7753 Dula, Destiny	99	University City	7:43.4	14:23.84	
29 #7664 Hetzel, Grace	00	13 NC Unattached	7:44.4	14:25.57	
30 #523 Walmet, Rachel	00	55 Mt Pleasant "a"	7:45.6	14:27.84	7
31 #7592 Drake, Isabel	99	13 CC Pacers	7:55.8	14:46.90	8
32 #1491 Mann, Aisha	00	55 Summerville A	7:56.1	14:47.49	
33 #543 Lamont, Kendall	00	55 Mt Pleasant "a"	8:00.6	14:55.82	9
34 #547 Pauldine, Madison	99	55 Mt Pleasant "a"	8:02.1	14:58.65	10
35 #544 Lee, Olivia	00	55 Mt Pleasant "a"	8:02.3	14:59.02	11
36 #7504 Farjadi, Tatjana	99	10 Fairfax P	8:06.8	15:07.31	
37 #7968 Ott, Lacy	00	45 Walton Youth TC	8:10.4	15:14.02	
38 #7874 Garvin, Abigale	00	Northside Re	8:12.2	15:17.39	
39 #534 Courville, Grace	99	55 Mt Pleasant "a"	8:13.8	15:20.36	12
40 #7929 Daly, Catherine	99	Spirit Alpha	8:17.5	15:27.33	
41 #7769 Manivannan, Sindhu	99	Eytc	8:23.2	15:38.03	
42 #1475 Abercrombie, Hanah	99	55 Summerville A	8:27.7	15:46.37	
43 #7747 Stallings, Dajah	99	Triangle Champ	8:30.3	15:51.09	
44 #7694 Yoakum, Eleanor	00	13 North Wake TC	8:35.1	16:00.18	
45 #7588 Bolon, Roxane	00	13 CC Pacers	8:45.2	16:19.03	13
46 #7907 Lail, Caroline	00	45 Ptc Flash	8:48.4	16:24.91	
47 #7966 Ott, Ilsa	99	45 Walton Youth TC	8:50.2	16:28.24	
48 #7658 Foster, Caroline	00	13 NC Unattached	9:02.0	16:50.34	
49 #7872 Campbell, Samaria	00	Northside Re	9:08.8	17:02.93	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	55 Mt Pleasant "a"	25	1	2	6	7	9	10	11	12	
	Total Time:	1:09:09.99									
	Average:	13:50.00									
2	13 CC Pacers	33	3	4	5	8	13				
	Total Time:	1:11:59.68									
	Average:	14:23.94									

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Event 7 5k Run CC Intermediate Girls

=====				
Name	Year	Team	Avg Mile	Finals Points
=====				
1 #7890	Wetterhall, Meghan	94 Northside Re	6:03.9	18:50.55
2 #7556	Spiers, Anna	93 Richmond Tra	6:04.3	18:51.58
3 #69	Jackson, Tameka	93 55 SC Unattached	6:19.6	19:39.30
4 #7885	Sanborn, Lindsey	93 Northside Re	6:22.7	19:48.96
5 #7684	Thornburg, Whitney	93 13 NC Unattached	6:24.7	19:55.11
6 #7692	Wilberding, Gabrie	93 13 North Wake TC	6:27.9	20:05.00
7 #7939	Mai, Nissa	93 Spirit Alpha	6:43.0	20:52.02
8 #7988	Khan, Aleisha	93 Unattached	6:51.3	21:17.73
9 #7548	Keller, Noemie	94 Richmond Tra	6:59.6	21:43.66
10 #7836	Martin, Cara	93 Lanier Runni	7:02.9	21:53.68
11 #7841	Neukum, Kelsey	93 Lanier Runni	7:09.6	22:14.70
12 #7690	Smitherman, Maggie	94 13 North Wake TC	7:10.7	22:18.06
13 #7823	Harper, Sarah	93 Lanier Runni	7:27.1	23:09.01
14 #7835	Mancin, Laura	93 Lanier Runni	7:46.5	24:09.10
15 #74	Mathias, Amanda	93 55 SC Unattached	7:57.5	24:43.40
16 #7787	Eklund, Celina	94 Unattached	8:13.8	25:33.90
17 #7725	Hatch, Dania	94 Tri City Relays	8:33.0	26:33.70

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Event 3 3k Run CC Midget Girls

Name	Year	Team	Avg Mile	Finals	Points
1 #7617 Dekker, Eliza	97	Durham Striders	5:41.6	10:36.70	
2 #76 Morris, Logan	98	55 SC Unattached	6:03.2	11:17.02	
3 #7728 Marshall, Elisabet	97	Tri City Relays	6:05.5	11:21.30	
4 #7757 Vaughn, Aziza	97	University City	6:16.7	11:42.23	
5 #7785 Carnahan, Savannah	97	Unattached	6:19.5	11:47.32	
6 #7572 De Carmo, Kamryn	97	Unattached	6:20.5	11:49.30	
7 #7754 Mills, Tatiana	97	University City	6:22.1	11:52.16	
8 #7637 Delfino, Angela	98	13 Junior Striders	6:23.3	11:54.50	
9 #7632 Sanborn, Kate	97	Fayville Flyers	6:23.6	11:55.07	
10 #7517 Greaney, Rachel	98	10 McLean Yo	6:23.8	11:55.38	
11 #7920 Sanders, Christina	97	45 Ptc Flash "a"	6:24.0	11:55.68	1
12 #7634 Ramsey, Blair	97	G'Boro Pacesette	6:25.4	11:58.39	
13 #68 Howell, Carly	97	55 SC Unattached	6:25.9	11:59.21	
14 #83 Roach, Kaleigh	97	55 SC Unattached	6:27.3	12:01.93	
15 #488 Grant, Amy	98	55 Mt Pleasant "a"	6:27.5	12:02.32	2
16 #7641 Brown, Kaitlyn	98	Mav Runners	6:27.7	12:02.69	
17 #7653 Costen, Emmie	97	13 NC Unattached	6:32.0	12:10.65	
18 #7921 Sanders, Katherine	97	45 Ptc Flash "a"	6:32.2	12:11.01	3
19 #7663 Hetzel, Anna	98	13 NC Unattached	6:32.4	12:11.34	
20 #1493 Shuler, Emily	97	55 Summerville A	6:32.8	12:12.24	
21 #7680 Owre, Sara	97	13 NC Unattached	6:33.6	12:13.67	
22 #1478 Bozarth, Abigail	97	55 Summerville A	6:34.8	12:15.91	
23 #7866 Wilson, Alexia	98	New Birth Tr	6:36.2	12:18.47	
24 #7955 Brown, Jocelyn	98	45 Walton Youth TC	6:39.0	12:23.71	
25 #507 Milton, Gabrielle	97	55 Mt Pleasant "a"	6:40.6	12:26.71	4
26 #7777 Rensel, Shelby	98	Eytc	6:42.4	12:30.12	
27 #81 Phetkhamyath, Teyl	97	55 SC Unattached	6:50.2	12:44.51	
28 #7591 Crook, Marija	98	13 CC Pacers	6:52.4	12:48.67	
29 #7643 Hennessey, Kylie	97	Mav Runners	6:52.9	12:49.54	
30 #470 Blalock, Elizabeth	97	55 Mt Pleasant "a"	6:56.4	12:56.16	5
31 #503 Mason, Emily	97	55 Mt Pleasant "a"	6:57.4	12:58.02	6
32 #7503 Broccoli, Briana	97	10 Fairfax P	6:59.2	13:01.43	
33 #458 Davis, Hariotte	97	55 Florence	7:00.0	13:02.92	
34 #7756 Shipp, Zenethia	97	University City	7:02.0	13:06.53	
35 #7526 McAnally, Alexa	98	10 Southwest	7:04.7	13:11.64	
36 #7774 Melehan, Alexandra	97	Eytc	7:05.3	13:12.75	
37 #7942 Olsen, Lauren	98	Spirit Alpha	7:07.1	13:16.01	
38 #7904 King, Cameron	98	45 Ptc Flash "a"	7:08.9	13:19.50	7
39 #7740 Johnson, Makaela	98	Triangle Champ	7:09.7	13:20.93	
40 #7934 Hogg, Caitlin	98	Spirit Alpha	7:12.0	13:25.23	
41 #7791 Johnson, Ashlie	98	Unattached	7:13.0	13:27.12	
42 #7571 Coggins, Caroline	97	Unattached	7:15.4	13:31.63	
43 #513 Satzger, Chloe	98	55 Mt Pleasant "a"	7:21.0	13:42.07	8
44 #7803 Faber, Quincy	97	Heart And So	7:29.0	13:56.88	
45 #7719 Marsich, Mikayla	98	13 Track Xplosion	7:31.3	14:01.28	
46 #7892 Bilsky, Alexa	97	45 Ptc Flash "a"	7:31.5	14:01.60	9
47 #7915 Olson, Emily	98	45 Ptc Flash "a"	7:31.7	14:01.96	10
48 #7718 Lindelof, Kira	97	13 Track Xplosion	7:32.1	14:02.65	
49 #1484 Gaines, Madison	97	55 Summerville A	7:33.5	14:05.23	
50 #7781 Walton, Shannon	97	Eytc	7:35.9	14:09.86	
51 #7567 Zervoudis, Kristin	98	The Running	7:36.6	14:11.11	
52 #7798 Reeves, Olivia	98	Unattached	7:39.8	14:17.08	
53 #514 Smith, MacKenna	98	55 Mt Pleasant "a"	7:48.2	14:32.79	11
54 #7614 Bibbs, Blake	97	Durham Striders	7:52.1	14:39.96	
55 #530 Rawls, Maya	97	55 Mount Pleasant	7:54.9	14:45.24	
56 #7894 Chamberlain, Laure	98	45 Ptc Flash "a"	8:00.2	14:55.12	12
57 #7644 Jones, Kirsten	98	Mav Runners	8:11.9	15:16.84	
58 #519 Stribling, Eileen	98	55 Mt Pleasant "a"	8:24.5	15:40.36	13
59 #477 Courville, Sarah	98	55 Mt Pleasant "a"	8:36.8	16:03.38	14
60 #7721 Ripley, Allysa	97	13 Track Xplosion	9:28.1	17:38.85	
61 #7720 Ray,Carolynn	98	13 Track Xplosion	10:16.7	19:09.46	
62 #7580 Thomas, Anna	97	Unattached	10:57.0	20:24.60	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	55 Mt Pleasant "a"	25	2	4	5	6	8	11	13	14	
	Total Time:	1:04:05.28									
	Average:	12:49.06									
2	45 Ptc Flash "a"	30	1	3	7	9	10	12			
	Total Time:	1:05:29.75									

Average: 13:05.95

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Event 11 2000 Meter Run CC Sub-Bantam Girls

Name	Year	Team	Avg Mile	Finals	Points
1 #7778 Runyan, Sydney	01	Eytc	7:05.4	8:48.67	
2 #499 Kuisel, Katherine	01	55 Mt Pleasant "a"	7:16.7	9:02.64	
3 #7749 Boyd, De'Elijah	01	University City	7:23.3	9:10.81	
4 #7768 Ledford, Lexie	01	Eytc	7:30.5	9:19.81	
5 #1488 Hamilton, Elizabeth	01	55 Summerville A	7:33.6	9:23.60	
6 #7535 Sullivan, Anna	02	10 Vienna Youth	7:39.8	9:31.37	
7 #7605 Pedersen, Ella	02	13 CC Pacers	7:42.4	9:34.60	
8 #7784 Johnson, Simone	01	45 First Light TC	7:43.4	9:35.83	
9 #7933 Hogg, Amanda	01	Spirit Alpha	7:45.1	9:37.99	
10 #453 Lawrence, Anne	02	55 Charleston Sw	7:55.4	9:50.69	
11 #7624 Mitchell, Kai'Aish	01	Durham Striders	8:00.6	9:57.23	
12 #7748 Torain, Briona	01	Triangle Champ	8:04.8	10:02.45	
13 #7972 Poma, Michela	03	45 Walton Youth TC	8:11.1	10:10.22	
14 #512 Ray, Summer	01	55 Mt Pleasant "a"	8:15.6	10:15.89	
15 #7625 Penny-Campbell, Ak	02	Durham Striders	8:16.3	10:16.72	
16 #464 Parham, Margaret	01	55 Florence	8:16.7	10:17.18	
17 #506 Milton, Dahnielle	01	55 Mt Pleasant "a"	8:18.0	10:18.88	
18 #1494 Tackett, Micah	01	55 Summerville A	8:19.5	10:20.71	
19 #7688 Hemming, Abigail	01	13 North Wake TC	8:32.1	10:36.41	
20 #7629 Turner, Tynisha	01	Durham Striders	8:37.3	10:42.78	
21 #465 Parham, Mary Tinda	03	55 Florence	8:40.6	10:46.94	
22 #520 Stribling, Kate	02	55 Mt Pleasant "a"	9:11.5	11:25.38	
23 #7743 Murrell, Machaela	02	Triangle Champ	9:16.5	11:31.52	
24 #7804 Faber, Spencer	01	Heart And So	9:44.1	12:05.80	
25 #7875 Garvin, Katherine	03	Northside Re	9:59.2	12:24.66	
26 #1474 Abercrombie, Audre	02	55 Summerville A	10:27.3	12:59.55	

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Event 9 5k Run CC Young Women

Name	Year	Team	Avg Mile	Finals	Points
1 #7555 Schick, Clarissa	92	Richmond Tra	5:54.4	18:21.06	
2 #7839 McCue, Kiara	92	45 Lanier "a"	6:08.3	19:04.13	1
3 #7551 Newcomb, Caroline	92	Richmond Tra	6:22.1	19:46.86	
4 #7578 Saunders, Melissa	92	Unattached	6:31.0	20:14.60	
5 #7579 Stockton, Jessica	92	Unattached	6:39.7	20:41.55	
6 #7557 Swart, Madison	92	Richmond Tra	6:42.2	20:49.40	
7 #7829 Lawson, Ansley	92	45 Lanier "a"	6:46.0	21:01.37	2
8 #58 Davidson, Mary Eli	92	55 SC Unattached	6:46.1	21:01.65	
9 #7812 Barcnas, Nitzia	92	45 Lanier "a"	7:01.3	21:48.89	3
10 #7552 Pickering, Elizabe	91	Richmond Tra	7:03.3	21:54.88	
11 #7833 Lopera, Ana	92	45 Lanier "a"	7:09.1	22:13.05	4
12 #60 Fawcett, Olivia	91	55 SC Unattached	7:19.0	22:43.68	
13 #7817 Davis, Sallie	92	45 Lanier "a"	7:21.6	22:51.71	5
14 #7657 Doeffinger, Hillia	92	13 NC Unattached	9:37.2	29:53.30	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	45 Lanier Running Club "a"	15	1	2	3	4	5				
	Total Time:	1:46:59.15									
	Average:	21:23.83									

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Event 5 4k Run CC Youth Girls

Name	Year	Team	Avg Mile	Finals	Points
1 #7889 Wetterhall, Madeli	95	45 Northside "a"	6:02.6	15:01.04	1
2 #7869 Branch, Hailey	95	45 Northside "a"	6:11.6	15:23.50	2
3 #75 Miller, London	95	55 SC Unattached	6:18.7	15:41.20	
4 #456 Stansell, Sara	96	55 Charleston Sw	6:20.3	15:45.21	
5 #7868 Alyamani, Amel	95	45 Northside "a"	6:22.1	15:49.69	3
6 #7695 Yoakum, Grace	95	13 North Wake TC	6:22.6	15:50.92	
7 #7546 Galton, Rachel	95	12richmond T&F A	6:25.0	15:56.78	4
8 #7949 Thorne, Rachel	95	Spirit Alpha	6:25.9	15:58.95	
9 #7550 Lull, Jessica	95	12richmond T&F A	6:33.2	16:17.11	5
10 #7645 Kesseniah, Alden	96	Mav Runners	6:37.2	16:27.16	
11 #7913 Nail, Mackenzie	95	45 Ptc Flash	6:38.7	16:30.89	
12 #7668 Kapheim, Brianna	96	13 NC Unattached	6:40.4	16:35.02	
13 #7675 Mezzatesta, Isabel	96	13 NC Unattached	6:41.0	16:36.57	
14 #7953 Bridges, Emily	95	45 Walton Youth TC	6:41.9	16:38.72	
15 #7887 Stubbs, Sarah	95	45 Northside "a"	6:42.0	16:38.98	6
16 #7845 Rogers, Victoria	95	45 Lanier "a"	6:42.6	16:40.60	7
17 #7696 Yoakum, Rebecca	95	13 North Wake TC	6:45.0	16:46.62	
18 #7729 Nicklas-Morris, Gr	95	Tri City Relays	6:45.3	16:47.34	
19 #52 Aune, Madeline	96	55 SC Unattached	6:47.6	16:52.87	
20 #7547 Huennekens, Kendal	95	12richmond T&F A	6:47.9	16:53.65	8
21 #7716 Greer, Kathleen	95	13 Track Xplosion	6:50.4	16:59.83	
22 #7824 Hayes, Sara	96	45 Lanier "a"	6:50.5	17:00.23	9
23 #7745 Ratcliffe, Hana	96	Triangle Champ	6:50.7	17:00.74	
24 #7537 Sullivan, Laura	96	10 Vienna Youth	6:51.4	17:02.51	
25 #7876 Hailey, Mary	96	45 Northside "a"	6:52.6	17:05.50	10
26 #501 Lamontagne, Emily	96	55 Mt Pleasant "a"	6:53.4	17:07.37	11
27 #57 Cummins, Olivia	95	55 SC Unattached	6:54.7	17:10.67	
28 #7831 Loggins, Kaitlin	95	45 Lanier "a"	6:55.2	17:11.82	12
29 #7799 Sanford, Hannah	96	Unattached	6:57.7	17:18.12	
30 #7560 Fennell, Mackenzie	96	The Running	6:57.8	17:18.43	
31 #7832 Long, Taylor	95	45 Lanier "a"	7:00.1	17:24.15	13
32 #481 Dibona, Elizabeth	96	55 Mt Pleasant "a"	7:02.1	17:29.03	14
33 #459 Grimsley, Logan	95	55 Florence	7:05.3	17:36.92	
34 #7544 Gaffney, Casey	95	12richmond T&F A	7:06.7	17:40.40	15
35 #7811 Barcenas, Narsheem	95	45 Lanier "a"	7:07.3	17:41.98	16
36 #510 Pitts, Emily	96	55 Mt Pleasant "a"	7:07.6	17:42.62	17
37 #7808 Powell, Christy	95	Heart And So	7:07.7	17:42.90	
38 #505 Meis, Caroline	96	55 Mt Pleasant "a"	7:10.5	17:49.85	18
39 #7507 Schweikert, Macey	95	10 Fairfax P	7:17.4	18:06.96	
40 #67 Hohmann, Brianna	95	55 SC Unattached	7:19.8	18:13.03	
41 #7967 Ott, Isabel	96	45 Walton Youth TC	7:20.8	18:15.44	
42 #490 Grant, Kristina	95	55 Mt Pleasant "a"	7:27.9	18:33.10	19
43 #7685 Warner, Natalie	96	13 NC Unattached	7:35.0	18:50.73	
44 #7600 Nolting, Jessica	96	13 CC Pacers	7:36.8	18:55.36	
45 #7870 Branch, Hunter	95	45 Northside "a"	7:41.1	19:06.05	20
46 #7639 Genna, Andrea	96	13 Junior Striders	7:44.5	19:14.40	
47 #7744 Powell, Stefanee	95	Triangle Champ	7:45.9	19:17.77	
48 #7877 Islas, Kimberly	95	45 Northside "a"	7:52.5	19:34.40	21
49 #7549 Li, Yanwei	95	12richmond T&F A	8:01.7	19:57.07	22
50 #1492 Mitchell, Rachel	96	55 Summerville A	8:03.1	20:00.71	
51 #7825 Hoolahan, Megan	95	45 Lanier "a"	8:16.6	20:34.22	23
52 #7611 Vilen, Leigha	96	13 CC Pacers	8:31.1	21:10.34	
53 #502 Mason, Caroline	95	55 Mt Pleasant "a"	8:46.5	21:48.40	24
54 #7814 Bennett, Shelby	95	45 Lanier "a"	8:52.5	22:03.42	25

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	45 Nortside Red Runners "	22	1	2	3	6	10	20	21		
	Total Time: 1:19:58.71										
	Average: 15:59.75										
2	12 Richmond Track & Field	54	4	5	8	15	22				
	Total Time: 1:26:45.01										
	Average: 17:21.01										
3	45 Lanier Running Club "a	57	7	9	12	13	16	23	25		
	Total Time: 1:25:58.78										
	Average: 17:11.76										
4	55 Mt Pleasant "a"	79	11	14	17	18	19	24			
	Total Time: 1:28:41.97										
	Average: 17:44.40										