



## Girls JV 5k

PI	Athlete Name		Affiliation	2k	2k PI	+/-	Time	Pts
1	Rachel Lloyd	18	Albemarle HS,Charlo	7:58.9	6	▲5	19:58.9	1
2	Grayson Lawrence	20	Blacksburg H,Blacks	7:59.7	7	▲5	20:32.5	2
3	Audrey Link	22	Blacksburg H,Blacks	7:58.1	4	▲1	20:35.6	3
4	Chloe Martin	21	Midlothian H,Midlot	8:00.8	8	▲4	20:36.6	4
5	Kayla Fedison	21	Hidden Valle,Roanok	7:58.3	5	—	20:41.0	5
6	Caroline Dumais	21	James Madiso,Vienna	7:49.9	1	▼5	20:47.1	6
7	Laura Phillips	20	Hidden Valle,Roanok	7:56.0	2	▼5	21:07.2	7
8	Sophie Tesla	19	Saratoga Spr,Sarato	7:56.5	3	▼5	21:08.8	8
9	Alex Murias	20	Midlothian H,Midlot	8:11.0	15	▲6	21:12.2	9
10	Christina Pantzer	19	James Madiso,Vienna	8:15.0	19	▲9	21:18.1	10
11	Olivia Morris	19	Midlothian H,Midlot	8:11.4	16	▲5	21:23.5	11
12	Kathryn Dudash	18	Cardinal Gib,Raleig	8:23.2	30	▲18	21:23.6	12
13	Frances Gillespie	19	Cardinal Gib,Raleig	8:09.1	12	▼1	21:27.7	13
14	Gracie Perkins	19	Satellite HS,Satell	8:23.4	31	▲17	21:30.8	14
15	Bethany Hsiao	19	Blacksburg H,Blacks	8:25.2	32	▲17	21:33.1	15
16	Meg Penaganti	19	Green Hope H,Cary,	8:16.0	20	▲4	21:35.2	16
17	Elly Zarzyski	19	Albemarle HS,Charlo	8:18.5	25	▲8	21:35.7	17
18	Sophia Park	22	Western Albe,Crozet	8:28.0	35	▲17	21:39.3	18
19	Ainsley Lester	21	Hidden Valle,Roanok	8:13.7	17	▼2	21:40.2	19
20	Sarah Leech	20	Albemarle HS,Charlo	8:06.8	9	▼11	21:40.7	20
21	Kennedy Henderson	20	James Madiso,Vienna	8:16.2	21	—	21:43.2	21
22	Kylie Hughes	20	James Madiso,Vienna	8:19.1	26	▲4	21:44.5	22
23	Amelia Ballou	21	Hidden Valle,Roanok	8:16.8	22	▼1	21:48.2	23
24	Kate Ratcliffe	21	Western Albe,Crozet	8:30.2	38	▲14	21:50.4	24
25	Audrey Smith	20	Cardinal Gib,Raleig	8:09.5	13	▼12	21:54.2	25
26	Ciara Barrett	18	James Madiso,Vienna	8:14.6	18	▼8	21:55.9	26
27	Annika Cleven	19	Dobyns Benne,Kingsp	8:08.9	11	▼16	21:56.8	
28	Julia Buddington	20	Albemarle HS,Charlo	8:37.3	51	▲23	21:58.9	27
29	Liz Wombacher	19	Albemarle HS,Charlo	8:37.5	52	▲23	21:59.4	28
30	Skye Southall	20	Albemarle HS,Charlo	8:21.3	29	▼1	21:59.8	29
31	Virginia Peng	21	Western Albe,Crozet	8:32.5	40	▲9	22:02.5	30
32	Peyton Hays	20	Tatnall Scho,Wilmin	8:34.0	44	▲12	22:07.7	31
33	Alexandra McGrath	19	Saratoga Spr,Sarato	8:21.1	28	▼5	22:13.5	32
34	Ellie Macken	21	Cardinal Gib,Raleig	8:19.8	27	▼7	22:14.8	33
35	Xoe Bergman	19	Satellite HS,Satell	8:31.7	39	▲4	22:16.2	34
36	Ella Taylor	21	Western Albe,Crozet	8:38.9	53	▲17	22:18.3	35
37	Nadia Lanz	21	Walt Whitman,Bethes	8:33.7	43	▲6	22:19.6	36
38	Maddie Henning	20	Albemarle HS,Charlo	8:41.8	56	▲18	22:22.0	37
39	Julie Tonon	19	Green Hope H,Cary,	8:16.9	23	▼16	22:22.2	38
40	Lena Caffall	21	Midlothian H,Midlot	8:18.2	24	▼16	22:26.5	39





# Great American XC Festival

WakeMed Soccer Park -- Cary, NC

October 7, 2017

41	Madison Ragsdale	19	Eastern HS-K,Louisv	8:29.2	37	▼4	22:29.7	40
42	Julia Priu	21	Cardinal Gib,Raleig	8:08.0	10	▼32	22:31.0	41
43	Abby Cannon	20	James Madiso,Vienna	8:35.1	47	▲4	22:33.1	42
44	Aarati Pokharel	18	Blacksburg H,Blacks	8:57.3	73	▲29	22:37.2	43
45	Shreya Jain	20	Walton HS-GA,Mariet	8:34.1	45	—	22:38.7	
46	Grace Sheldon	20	Daniel Boone,Gray,	8:33.0	41	▼5	22:42.4	44
47	Chloe Guenette	21	Blacksburg H,Blacks	8:49.0	65	▲18	22:43.5	45
48	Keely Dent	21	James Madiso,Vienna	8:28.6	36	▼12	22:44.3	46
49	Emma Pace	18	Blacksburg HS-VA,BI	8:58.3	80	▲31	22:46.1	
50	Maddy Barzee	20	Saratoga Spr,Sarato	8:33.3	42	▼8	22:48.2	47
51	Audrey Ballard	19	Satellite HS,Satell	9:08.6	93	▲42	22:52.1	48
52	Megan Cushing	18	Walton HS-GA,Mariet	8:34.3	46	▼6	22:54.0	
53	Tatayiana Young	20	Woodrow Wils,Portsn	8:27.2	34	▼19	22:56.2	
54	Charlotte Thomas-Clarke	20	Western Albe,Crozet	8:39.5	54	—	22:56.5	49
55	Parker Gorman	21	Cardinal Gib,Raleig	8:55.9	71	▲16	22:56.7	50
56	Megan Gullett	21	Eastern HS-K,Louisv	8:36.8	49	▼7	23:01.2	51
57	Austin Winslow	22	Western Albe,Crozet	8:36.7	48	▼9	23:03.5	52
58	Lindsay McGrath	19	Saratoga Spr,Sarato	8:25.9	33	▼25	23:03.8	53
59	Caroline Jones	21	Western Albe,Crozet	9:09.0	94	▲35	23:03.8	54
60	Camryn Dermott	20	Hidden Valle,Roanok	8:47.1	64	▲4	23:05.1	55
61	Siena Smith	20	Walt Whitman,Bethes	8:36.9	50	▼11	23:08.3	56
62	Anna Czech	18	Saratoga Spr,Sarato	8:46.6	63	▲1	23:10.6	57
63	Lauren Kuo	20	Winston Chur,Potoma	8:43.9	58	▼5	23:14.4	
64	Jessica Bowen	20	Winston Chur,Potoma	8:45.3	61	▼3	23:21.8	
65	Julia Kempster	20	Walt Whitman,Bethes	8:58.0	77	▲12	23:23.6	58
66	Julianna McReynolds	20	Dobyns Benne,Kingsp	8:10.2	14	▼52	23:24.8	
67	Ava Wagner	20	Hidden Valle,Roanok	8:44.5	60	▼7	23:27.6	59
68	Sarah Roller	20	Hidden Valle,Roanok	8:45.3	61	▼7	23:31.3	60
69	Mary Grace McLeod	18	Lambert HS-G,Suwane	8:52.8	69	—	23:34.5	
70	Carson Mercer	18	Eastern HS-K,Louisv	9:04.9	89	▲19	23:35.0	61
71	Keely Wells	18	Eastern HS-K,Louisv	8:44.3	59	▼12	23:35.7	62
72	Hannah Kimber	19	Creekview HS,Canton	9:00.5	83	▲11	23:37.2	63
73	Lauren Spry	20	Daniel Boone,Gray,	8:52.0	68	▼5	23:41.1	64
74	Sarah Carroll	20	Tatnall Scho,Wilmin	9:03.3	88	▲14	23:41.3	65
75	Miranda Walls	21	Daniel Boone,Gray,	9:00.1	82	▲7	23:42.4	66
76	Sydney Carpenter	20	Midlothian H,Midlot	8:43.1	57	▼19	23:44.6	67
77	Bridget Duckworth	19	Creekview HS,Canton	8:40.2	55	▼22	23:46.3	68
78	Rebecca Ginsburg	19	Sherwood HS-,Sandy	9:11.8	101	▲23	23:46.9	69
79	Natalie Fellers	21	Daniel Boone,Gray,	8:51.2	67	▼12	23:51.8	70
80	Jasmine Shakir	18	Walt Whitman,Bethes	8:57.9	75	▼5	23:52.9	71
81	Berry Choi	18	Lambert HS-G,Suwane	8:51.0	66	▼15	23:55.9	
82	Kelly Orbell	20	Satellite HS,Satell				23:56.6	72
83	Madison Weisskopf	20	Walt Whitman,Bethes	8:57.9	75	▼8	23:58.2	73



Results available at [flashresults.com](http://flashresults.com)



# Great American XC Festival

WakeMed Soccer Park -- Cary, NC

October 7, 2017

84	Isabel Ayala	21	Eastern HS-K,Louisv	9:09.8	96	▲12	23:58.3	74
85	Emily Vosler	21	Seneca HS-NJ,Tabern	9:00.9	86	▲1	23:59.1	75
86	Sinead Claffey	19	Sherwood HS-,Sandy	9:17.2	103	▲17	23:59.4	76
87	Anna Vosler	19	Seneca HS-NJ,Tabern	9:00.8	84	▼3	24:00.2	77
88	Lauren Scott	18	Creekview HS,Canton	9:01.9	87	▼1	24:00.9	78
89	Annika Griggs	21	Blacksburg H,Blacks	8:58.3	80	▼9	24:04.7	79
90	Sophia Modell	21	Walt Whitman,Bethes	8:58.0	77	▼13	24:08.1	80
91	Shelly Boerth	21	Blacksburg H,Blacks	9:46.3	126	▲35	24:11.6	81
92	Joceyln Royall	19	Green Hope H,Cary,	9:33.8	114	▲22	24:16.6	82
93	Molly Niverth	21	Sherwood HS-,Sandy	9:19.5	106	▲13	24:17.4	83
94	Anna Robinson	20	Creekview HS,Canton	9:11.7	100	▲6	24:18.1	84
95	Rachel Mohr	19	Sanderson HS,Raleig	8:57.4	74	▼21	24:19.4	85
96	Emma Daniels	21	Seneca HS-NJ,Tabern	9:00.8	84	▼12	24:20.3	86
97	Michelle Guevara	20	Sherwood HS-,Sandy	8:58.2	79	▼18	24:21.7	87
98	Annie Rollins	19	Seneca HS-NJ,Tabern	9:10.9	98	—	24:22.8	88
99	Evelyn Locke	20	Seneca HS-NJ,Tabern	8:54.3	70	▼29	24:29.7	89
100	Anna Ratnavale	20	Winston Chur,Potoma	8:56.2	72	▼28	24:38.8	
101	Nicole Mitterling	20	Millbrook HS,Raleig	9:30.8	113	▲12	24:42.6	90
102	Delfi Ortega	20	Millbrook HS,Raleig	9:10.7	97	▼5	24:47.3	91
103	Alyssa Franklin	18	Lambert HS-G,Suwane	9:11.2	99	▼4	24:47.7	
104	Carly Coriell	19	Lambert HS-G,Suwane	9:08.3	92	▼12	24:49.7	
105	Stephanie Strahler	19	Northern Gui,Greens	9:25.1	109	▲4	24:50.1	
106	Danielle Bakley	20	Green Hope H,Cary,	9:38.4	117	▲11	24:52.4	92
107	Ciara Bernard	19	Satellite HS,Satell	9:26.4	110	▲3	24:52.5	93
108	Anna Cate Broome	21	Millbrook HS,Raleig	9:05.1	90	▼18	24:54.4	94
109	Julia Greeley	21	Seneca HS-NJ-B,Tabe	9:06.4	91	▼18	24:55.5	
110	Jenna Birnbohm-Kaminski	18	Seneca HS-NJ-B,Tabe	9:18.2	105	▼5	24:59.7	
111	Abby Chant	20	Seneca HS-NJ,Tabern	9:24.8	107	▼4	25:00.6	95
112	Leah Peloff	18	Sherwood HS-,Sandy	9:17.2	103	▼9	25:02.7	96
113	Caroline Woods	21	Galileo Magn,Danvil	9:41.5	118	▲5	25:11.4	
114	Ava Phillips	19	Sherwood HS-,Sandy	9:45.5	125	▲11	25:12.5	97
115	Jordan Guerrera	19	Seneca HS-NJ,Tabern	9:24.8	107	▼8	25:16.2	98
116	Whitney Miles	18	Cardinal Gib,Raleig	9:26.8	111	▼5	25:17.7	99
117	Tamia Yancy	21	Woodrow Wils,Portsn	9:09.7	95	▼22	25:18.0	
118	Olivia Lannom	19	Sanderson HS,Raleig	9:37.7	116	▼2	25:18.2	100
119	Mallory Dolan	18	Creekview HS,Canton	9:11.8	101	▼18	25:19.3	101
120	Samantha Wilson	21	Millbrook HS,Raleig	9:35.6	115	▼5	25:38.4	102
121	Miranda Cundick	18	Sherwood HS-MD-B,Sa	9:42.6	121	—	25:44.0	
122	Megan Kendall	19	Sherwood HS-,Sandy	9:58.6	131	▲9	25:46.5	103
123	Mckenna Barry	21	Tatnall Scho,Wilmin	9:42.5	120	▼3	25:52.6	104
124	Sophia Morales	18	Sherwood HS-MD-B,Sa	9:28.0	112	▼12	25:55.3	
125	Sarah Bass	18	Sanderson HS,Raleig	9:44.3	122	▼3	26:05.4	105
126	Adalena Band	19	Garner Magne,Garner	9:46.5	127	▲1	26:09.6	





# Great American XC Festival

WakeMed Soccer Park -- Cary, NC

October 7, 2017

127	Roxanna Mulrooney	21	Northern Gui, Greens	10:20.9	141	▲14	26:17.5	
128	Sophie Bene	21	Northern Gui, Greens	9:52.6	130	▲2	26:17.6	
129	Mackenzie Law	19	Sanderson HS, Raleigh	9:44.4	123	▼6	26:27.2	106
130	Ideliya Khismatova	19	Green Hope H, Cary,	9:49.1	129	▼1	26:27.7	107
131	Tricia Scott	18	Green Hope H, Cary,	9:41.7	119	▼12	26:28.5	108
132	Angel Lin	20	Galileo Magn, Danvil	10:15.6	139	▲7	26:47.1	
133	Sara Deen	19	Sherwood HS-MD-B, Sa	10:12.3	137	▲4	26:58.0	
134	Caroline Craig	20	Satellite HS, Satell	10:12.2	136	▲2	26:58.8	109
135	Emma Kemp	19	Middle Creek, Apex,	10:03.6	133	▼2	27:00.8	
136	Reagan Williams	20	Millbrook HS, Raleigh	9:47.1	128	▼8	27:02.6	110
137	Valentyna Semenova		Sanderson HS-NC	9:44.7	124	▼13	27:16.7	111
138	Rose Kyser	21	Eastern HS-K, Louisv	10:28.5	142	▲4	27:19.2	112
139	Nicole Griffin	21	Daniel Boone, Gray,	10:05.4	135	▼4	27:40.8	113
140	Rachel Menechella	18	Middle Creek, Apex,	10:00.3	132	▼8	28:03.2	
141	Megan Mou	21	Green Hope H, Cary,	10:17.0	140	▼1	28:05.8	114
142	Not Yet Known		Sanderson HS-NC	10:13.5	138	▼4	28:21.8	115
143	Jena Reis	19	Middle Creek, Apex,	10:29.9	143	—	28:39.6	
144	Nyssa Holmquist	19	Satellite HS, Satell	10:04.4	134	▼10	29:15.4	116
145	Christa Zakhary	21	Galileo Magn, Danvil	11:03.5	144	▼1	29:25.5	
146	Mirabelle Gerts	20	Satellite HS, Satell	11:17.6	145	▼1	29:58.0	
147	Kassady Cheyunski	19	Middle Creek, Apex,	11:45.2	148	▲1	30:20.6	
148	Mary McLaughlin	20	Galileo Magn, Danvil	11:24.6	147	▼1	31:04.4	
149	Anna Fisher	21	Tatnall Scho, Wilmin	11:24.3	146	▼3	31:25.0	117
150	Nailah Kellman	21	Tatnall Scho, Wilmin	12:00.9	150	—	35:22.7	118
151	Isabelle Combs	18	Satellite HS, Satell	13:39.5	153	▲2	35:34.2	
152	Stephanie Washburn	20	Satellite HS, Satell	13:38.8	152	—	35:35.1	
153	Emily Garcia	20	Creekview HS, Canton	12:10.2	151	▼2	35:35.1	119
--	Joanna Clark	20	Tatnall Scho, Wilmin	11:55.9	149		DNF	





## Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	<b>James Madison HS-VA,Vienn</b> <i>Total Time: 1:47:28.80</i> <i>Average: 21:29.76</i>	85	6	10	21	22	26	42	46
2	<b>Albemarle HS-VA,Charlotte</b> <i>Total Time: 1:47:13.60</i> <i>Average: 21:26.72</i>	93	1	17	20	27	28	29	37
3	<b>Blacksburg HS-VA,Blacksbu</b> <i>Total Time: 1:48:01.90</i> <i>Average: 21:36.38</i>	108	2	3	15	43	45	79	81
4	<b>Hidden Valley HS-VA,Roano</b> <i>Total Time: 1:48:21.70</i> <i>Average: 21:40.34</i>	109	5	7	19	23	55	59	60
5	<b>Cardinal Gibbons HS-NC,Ra</b> <i>Total Time: 1:49:31.30</i> <i>Average: 21:54.26</i>	124	12	13	25	33	41	50	99
6	<b>Midlothian HS-VA,Midlothi</b> <i>Total Time: 1:49:23.40</i> <i>Average: 21:52.68</i>	130	4	9	11	39	67		
7	<b>Western Albemarle HS-VA-G</b> <i>Total Time: 1:50:47.00</i> <i>Average: 22:09.40</i>	156	18	24	30	35	49	52	54
8	<b>Saratoga Springs HS-NY,Sa</b> <i>Total Time: 1:52:24.90</i> <i>Average: 22:28.98</i>	197	8	32	47	53	57		
9	<b>Satellite HS-FL,Satellite</b> <i>Total Time: 1:55:28.20</i> <i>Average: 23:05.64</i>	261	14	34	48	72	93	109	116
10	<b>Eastern HS-KY,Louisville,</b> <i>Total Time: 1:56:39.90</i> <i>Average: 23:19.98</i>	288	40	51	61	62	74	112	
11	<b>Walt Whitman HS-MD,Bethes</b> <i>Total Time: 1:56:42.60</i> <i>Average: 23:20.52</i>	294	36	56	58	71	73	80	
12	<b>Green Hope HS-NC,Cary, NC</b> <i>Total Time: 1:59:34.10</i> <i>Average: 23:54.82</i>	335	16	38	82	92	107	108	114
13	<b>Daniel Boone HS-TN,Gray,</b> <i>Total Time: 2:01:38.50</i> <i>Average: 24:19.70</i>	357	44	64	66	70	113		
14	<b>Creekview HS-GA,Canton, G</b> <i>Total Time: 2:01:01.80</i> <i>Average: 24:12.36</i>	394	63	68	78	84	101	119	
15	<b>Sherwood HS-MD,Sandy Spri</b> <i>Total Time: 2:01:28.11</i> <i>Average: 24:17.62</i>	411	69	76	83	87	96	97	103





# Great American XC Festival

WakeMed Soccer Park -- Cary, NC

October 7, 2017

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16	<b>Seneca HS-NJ,Tabernacle,</b>	415	75	77	86	88	89	95	98
	<i>Total Time: 2:01:12.10</i>								
	<i>Average: 24:14.42</i>								
17	<b>Tatnall School-DE,Wilming</b>	435	31	65	104	117	118		
	<i>Total Time: 2:18:29.30</i>								
	<i>Average: 27:41.86</i>								
18	<b>Millbrook HS-NC,Raleigh,</b>	487	90	91	94	102	110		
	<i>Total Time: 2:07:05.30</i>								
	<i>Average: 25:25.06</i>								
19	<b>Sanderson HS-NC,Raleigh,</b>	507	85	100	105	106	111	115	
	<i>Total Time: 2:09:26.90</i>								
	<i>Average: 25:53.38</i>								

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