

**GSL Meet 5 Spokane Valley Plantes Ferry 5 km 21-Oct-2010**

North Central NC | University UHi | Mt Spokane MtS | Shadle Park SP

5:40 PM sunny & calm, mid 60's, dry course, gorgeous autumn day!

Race4

**Varsity Girls**

		Time	Avg	Spr
1	Katie Knight	10 NC	18:38	
2	Katie Morris	11 SP	19:22	
3	Kendra Weitz	10 SP	19:22	0
4	Brooklin Young	10 MtS	20:12	
5	Molly Cole	11 MtS	20:31	20:22 19
6	Emily Stone	10 SP	20:42	19:49 1:20
7	Chelsea Chandler	12 SP	20:43	20:02 1:21
8	Michaela Roske	10 NC	20:47	19:43 2:09
9	Sammie Pedersen	12 MtS	21:15	20:39 1:03
10	Brittany Cermak	11 UHi	21:17	
11	Kellie Duchow	11 MtS	21:27	20:51 1:15
12	Jasmine McDaniel	10 UHi	21:36	21:27 19
13	Sierra Dodd	9 MtS	21:41	21:01 1:29
14	Zoey Henson	12 UHi	21:52	21:35 35
15	Afton McKinlay	12 MtS	21:57	21:11 1:45
16	Maddy Cook	9 SP	22:00	20:26 2:38
17	Kira Johnston	10 UHi	22:03	21:42 46
18	Abigail Fall	12 NC	22:15	20:33 3:37
19	Magen Potter	11 UHi	22:21	21:50 1:04
20	Mariya Sichkar	12 UHi	22:22	21:55 1:05
21	Lisa DePledge	9 MtS	22:30	21:22 2:18
22	Emily Palmer	9 NC	22:33	21:03 3:55
23	Molly Martin	12 NC	22:46	21:24 4:08
24	Hannah Fall	12 NC	22:48	21:38 4:10
25	Megan Skinner	10 SP	22:59	20:51 3:37
26	Selena Lehman	11 UHi	23:02	22:05 1:45
27	Michaela Lindley	11 SP	23:04	21:10 3:42
28	Emily Stewart	9 NC	23:23	21:53 4:45

UHi	NC	MtS	NC	SP	NC	MtS	UHi	SP	UHi	SP	MtS
26	31	23	37	21	34	18	39	18	37	25	31
	1		1		1						
				2				1		1	
				3				2		2	
		2				1					3
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3A  
District  
Score

1	☺
2	★
3	★
4	★
5	★
6	★
7	★
8	☺
9	★
10	☺
11	★
12	☺
13	★
14	☺
15	★
16	★
17	☺
18	☺
19	
20	
21	★
22	
23	
24	
25	★
26	
27	★
28	

no score -> •

3A Regional qualifier, Team -> ★

3A Regional qualifier, Individual -> ☺

**3A District Championship**

	Total	Scores								Avg.5	Spr	Avg.7	Spr
1 Shadle Park	SP	34	2	3	6	7	16	25	27	20:26	2:38	21:10	3:42
2 Mt Spokane	MtS	42	4	5	9	11	13	15	21	21:01	1:29	21:22	2:18
3 University	UHi	72	10	12	14	17	19	20	26	21:50	1:04	22:05	1:45
4 North Central	NC	72	1	8	18	22	23	24	28	21:24	4:08	21:53	4:45

**GSL Meet 5   Spokane Valley Plantes Ferry   5 km   21-Oct-2010**  
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**Girls Varsity**

UHi 26 , NC 31  
 MtS 23 , NC 37  
 SP 21 , NC 34  
 MtS 18 , UHi 39  
 SP 18 , UHi 37  
 SP 25 , MtS 31

**Girls JV**

NC 25 , UHi 31  
 MtS 17 , NC 41  
 NC 23 , SP 36  
 MtS 17 , UHi 43  
 UHi 26 , SP 31  
 MtS 21 , SP 40

**Girls 9th**

UHi • , NC •  
 MtS • , NC •  
 SP • , NC •  
 UHi • , MtS •  
 UHi • , SP •  
 MtS • , SP •

1 Katie Knight	10 NC	18:38	1 Emily Pringle	10 SP	22:22	1 Elizabeth Smith	9 UHi	22:11
2 Katie Morris	11 SP	19:22	2 Alexa Adams	10 MtS	22:44	2 Kelsey Jerome	9 UHi	23:46
3 Kendra Weitz	10 SP	19:22	3 Robin Ganahl	11 MtS	22:54	3 Morgan Layton	9 MtS	25:42
4 Brooklin Young	10 MtS	20:12	4 Melissa Inouye	11 MtS	22:56	4 Chelsea Johnson	9 SP	25:43
5 Molly Cole	11 MtS	20:31	5 Sophie Spilker	10 MtS	23:21	5 Emily Barville	9 UHi	27:10
6 Emily Stone	10 SP	20:42	6 TaylorShae Martins	11 UHi	23:30	6 Cori Maines	9 MtS	28:03
7 Chelsea Chandler	12 SP	20:43	7 Jamie Ward	11 NC	23:30	7 Katrina Taylor	9 NC	28:05
8 Michaela Roske	10 NC	20:47	8 Channa Goodwin	10 NC	23:53			
9 Sammie Pedersen	12 MtS	21:15	9 Lexie Cooper	10 SP	23:53			
10 Brittany Cermak	11 UHi	21:17	10 Caylee Lamm	12 UHi	23:53			
11 Kellie Duchow	11 MtS	21:27	11 Chelsea Taylor	11 MtS	24:04			
12 Jasmine McDaniel	10 UHi	21:36	12 Hayley Hohman	11 MtS	24:11			
13 Sierra Dodd	9 MtS	21:41	13 India Coburn	10 NC	24:25			
14 Zoey Henson	12 UHi	21:52	14 Jessica Durbin	10 UHi	24:27			
15 Afton McKinlay	12 MtS	21:57	15 Taylor Ray	10 NC	24:44			
16 Maddy Cook	9 SP	22:00	16 Hailey Markham-Patti	11 NC	24:44			
17 Kira Johnston	10 UHi	22:03	17 Katie Klier	10 MtS	25:06			
18 Abigail Fall	12 NC	22:15	18 Ashley Skinner	10 SP	25:07			
19 Magen Potter	11 UHi	22:21	19 Justine Hetrick	10 UHi	25:12			
20 Mariya Sichkar	12 UHi	22:22	20 Jessica Reed	12 MtS	25:15			
21 Lisa DePledge	9 MtS	22:30	21 KellyAnn Cameron	10 NC	25:32			
22 Emily Palmer	9 NC	22:33	22 Katie Dowling	10 UHi	25:58			
23 Molly Martin	12 NC	22:46	23 Heather Geist	12 NC	26:00			
24 Hannah Fall	12 NC	22:48	24 Hannah Miltenberger	11 UHi	26:02			
25 Megan Skinner	10 SP	22:59	25 Megan Turner	10 SP	26:24			
26 Selena Lehman	11 UHi	23:02	26 Mikayla Wash	10 NC	26:24			
27 Michaela Lindley	11 SP	23:04	27 Julia Yen	11 MtS	26:41			
28 Emily Stewart	9 NC	23:23	28 MacKenzie Roark	10 SP	27:02			
			29 Rhonnalee Risinger	10 SP	27:10			
			30 Brielle Cosgrove	10 SP	28:05			
			31 Lifen Guo	11 NC	29:02			
			32 Sara Bauer	10 SP	29:18			
			33 Dani Yount	10 SP	30:10			
			34 Jacque Bradley	10 NC	30:38			
			35 Ariel Maneval	11 NC	31:45			
			36 Shelly Murphy	11 MtS	33:00			
			37 Sarah Bobbet	12 UHi	33:32			
			38 Denisse Martinez	12 UHi	34:06			
			39 Sierra Montese	12 MtS	36:25			

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4:00 PM sunny & calm, mid 60's, dry course, gorgeous autumn day!

Race2

**JV Girls**

			<u>Time</u>	<u>Avg</u>	<u>Spr</u>
1	Emily Pringle	10 SP	22:22		
2	Alexa Adams	10 MtS	22:44		
3	Robin Ganahl	11 MtS	22:54	22:49	10
4	Melissa Inouye	11 MtS	22:56	22:51	12
5	Sophie Spilker	10 MtS	23:21	22:59	37
6	TaylorShae Martins	11 UHi	23:30		
7	Jamie Ward	11 NC	23:30		
8	Channa Goodwin	10 NC	23:53	23:42	23
9	Lexie Cooper	10 SP	23:53	23:07	1:31
10	Caylee Lamm	12 UHi	23:53	23:42	23
11	Chelsea Taylor	11 MtS	24:04	23:12	1:20
12	Hayley Hohman	11 MtS	24:11	23:22	1:27
13	India Coburn	10 NC	24:25	23:56	55
14	Jessica Durbin	10 UHi	24:27	23:57	57
15	Taylor Ray	10 NC	24:44	24:08	1:14
16	Hailey Markham-Patti	11 NC	24:44	24:15	1:14
17	Katie Klier	10 MtS	25:06	23:37	2:22
18	Ashley Skinner	10 SP	25:07	23:47	2:45
19	Justine Hetrick	10 UHi	25:12	24:16	1:42
20	Jessica Reed	12 MtS	25:15	23:49	2:31
21	KellyAnn Cameron	10 NC	25:32	24:28	2:02
22	Katie Dowling	10 UHi	25:58	24:36	2:28
23	Heather Geist	12 NC	26:00	24:41	2:30
24	Hannah Miltenberger	11 UHi	26:02	24:50	2:32
25	Megan Turner	10 SP	26:24	24:26	4:02
26	Mikayla Wash	10 NC	26:24	24:54	2:54
27	Julia Yen	11 MtS	26:41	24:08	3:57
28	MacKenzie Roark	10 SP	27:02	24:58	4:40
29	Rhonnalee Risinger	10 SP	27:10	25:20	4:48
30	Brielle Cosgrove	10 SP	28:05	25:43	5:43
31	Lifen Guo	11 NC	29:02	25:22	5:32
32	Sara Bauer	10 SP	29:18	26:10	6:56
33	Dani Yount	10 SP	30:10	26:37	7:48
34	Jacque Bradley	10 NC	30:38	25:53	7:08
35	Ariel Maneval	11 NC	31:45	26:25	8:15
36	Shelly Murphy	11 MtS	33:00	25:01	10:16
37	Sarah Bobbet	12 UHi	33:32	26:05	10:02
38	Denisse Martinez	12 UHi	34:06	27:05	10:36
39	Sierra Montese	12 MtS	36:25	26:03	13:41

NC	UHi	MtS	NC	NC	SP	MtS	UHi	UHi	SP	MtS	SP
25	31	17	41	23	36	17	43	26	31	21	40
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Race2

**9th Girls**

		<u>Time</u>	<u>Avg</u>	<u>Spr</u>
1 Elizabeth Smith	9 UHi	22:11		
2 Kelsey Jerome	9 UHi	23:46	22:58	1:35
3 Morgan Layton	9 MtS	25:42		
4 Chelsea Johnson	9 SP	25:43		
5 Emily Barville	9 UHi	27:10	24:22	4:59
6 Cori Maines	9 MtS	28:03	26:52	2:21
7 Katrina Taylor	9 NC	28:05		

UHi	NC	MtS	NC	SP	NC	UHi	MtS	UHi	SP	MtS	SP
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