

GSL Meet 5 Spokane Valley Plantes Ferry 5 k 19-Oct-2011

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

4:40 PM sunny & calm, mid 50's, dry course, gorgeous autumn day!

3A

Race3

Varsity Girls

			Time	Avg	Spr
1	Katie Knight	11 NC	18:32		
2	Kendra Weitz	11 SP	18:58		
3	Brooklin Young	11 MtS	20:03		
4	Molly Cole	12 MtS	20:09	20:06	6
5	Kellie Duchow	12 MtS	20:24	20:12	21
6	Elizabeth Smith	10 Uni	20:34		
7	Courtney Sherick	10 Uni	20:36	20:35	2
8	Ashlie Standow	11 Uni	20:42	20:37	8
9	Michaela Roske	11 NC	20:49	19:41	2:17
10	Michaela Lindley	12 SP	21:12	20:05	2:14
11	Sophie Spilker	11 MtS	21:13	20:27	1:10
12	Emily Stone	11 SP	21:25	20:32	2:27
13	Gabi Gomez-Wint	9 SP	21:28	20:46	2:30
14	Lauren Dunnell	9 SP	21:30	20:55	2:32
15	Annie Hughey	10 SP	21:48	21:03	2:50
16	Brittany Cermak	12 Uni	21:58	20:58	1:24
17	Kira Johnston	11 Uni	21:59	21:10	1:25
18	Maddy Cook	10 SP	22:04	21:12	3:06
19	Emily Palmer	10 NC	22:08	20:30	3:36
20	Magen Potter	12 Uni	22:12	21:20	1:38
21	Deja Svastisalee	10 NC	22:19	20:57	3:47
22	Rachel Friesen	9 MtS	22:19	20:50	2:16
23	Stephanie Bayless	12 NC	22:28	21:15	3:56
24	Lisa DePledge	10 MtS	22:33	21:07	2:30
25	Taylor Shae Martins	12 Uni	22:33	21:31	1:59
26	Emily Stewart	10 NC	23:15	21:35	4:43
27	Taylor Ray	11 NC	24:29	22:00	5:57
28	Melissa Inouye	12 MtS	25:06	21:41	5:03

MtS		NC		Uni		NC		SP		NC		MtS		Uni		MtS		SP		SP		Uni		District
24	31	22	35	24	37	24	32	27	30	27	30	27	30	27	30	27	30	27	30	27	30	Score		
	1		1		1																		1 ☺	
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	6									6													11 ★	
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			13			14																	27	
	14																						28 ★	

no score -> •

3A Regional qualifier, Team -> ★

3A Regional qualifier, Individual -> ☺

3A District Championship

	Total	Scores										Avg.5	Spr	Avg.7	Spr
1 Mt Spokane	MtS	45	3	4	5	11	22	24	28	20:50	2:16	21:41	5:03		
2 Shadle Park	SP	51	2	10	12	13	14	15	18	20:55	2:32	21:12	3:06		
3 University	Uni	54	6	7	8	16	17	20	25	21:10	1:25	21:31	1:59		
4 North Central	NC	73	1	9	19	21	23	26	27	21:15	3:56	22:00	5:57		