



NXR Southwest Regional

Grande Sports Academy, Casa Grande, AZ

Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Team Race Results

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	PCXC	161	1:38:36	19:43	6:20	0:34	21, 32, 36, 44, 48, 58, 67	19, 29, 33, 38, 42, 50, 58
2	REAL TRAINING	163	1:38:34	19:42	6:20	1:06	11, 13, 17, 70, 73, 115, 198	10, 12, 16, 61, 64, 99, 155
3	SHAKE 'N BAKE	168	1:38:19	19:39	6:19	1:04	8, 28, 31, 62, 63, 136, 170	8, 25, 28, 53, 54, 115, 140
4	EAGLES XC CLUB	184	1:37:44	19:32	6:17	2:34	1, 3, 51, 54, 99, 212	1, 3, 45, 48, 87, 165
5	GOLDEN EAGLE XC	198	1:38:58	19:47	6:22	1:25	7, 10, 35, 83, 90, 126, 151	7, 9, 32, 72, 78, 106, 125
6	O-TOWN TIGERS	198	1:39:06	19:49	6:22	0:57	14, 29, 50, 60, 72, 132, 168	13, 26, 44, 52, 63, 111, 139
7	GOLDEN	200	1:39:13	19:50	6:23	1:25	4, 25, 45, 68, 87, 88, 108	4, 23, 39, 59, 75, 76, 94
8	OLYMPUS TITANS	266	1:40:19	20:03	6:27	2:03	5, 33, 39, 106, 124, 174, 188	5, 30, 35, 92, 104, 141, 149
9	DESERT LIGHTNING	267	1:39:59	19:59	6:26	2:33	2, 6, 66, 94, 143, 150, 158	2, 6, 57, 82, 120, 124, 130
10	OREM XC	279	1:40:48	20:09	6:29	1:09	23, 41, 69, 84, 102, 153, 193	21, 36, 60, 73, 89, 126, 153
11	RAPTOR XC	280	1:40:52	20:10	6:29	1:02	34, 46, 55, 81, 103, 186, 209	31, 40, 49, 70, 90, 148, 162
12	TIMPANOGOS XC	293	1:41:10	20:14	6:30	1:33	22, 49, 65, 77, 128, 159, 195	20, 43, 56, 67, 107, 131, 154
13	COLORADO SPRINGS TRACK CLUB (WEST)	312	1:41:15	20:15	6:31	1:29	24, 53, 82, 89, 111, 125, 180	22, 47, 71, 77, 95, 105, 145
14	CEDAR CITY	382	1:42:26	20:29	6:35	0:58	38, 95, 98, 101, 104, 107, 139	34, 83, 86, 88, 91, 93, 118
15	HOGBACK XC	415	1:43:12	20:38	6:38	1:51	27, 47, 130, 142, 146, 175, 189	24, 41, 109, 119, 122, 142, 150
16	RACIN' RAMS RUNNING CLUB	428	1:43:34	20:42	6:40	2:49	15, 59, 112, 137, 190	14, 51, 96, 116, 151
17	STANSBURY XC	438	1:43:52	20:46	6:41	0:52	71, 74, 118, 123, 129, 134, 154	62, 65, 100, 103, 108, 113, 127



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Team Race Results

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
18	VALOR XC & DISTANCE	470	1:44:15	20:51	6:42	2:30	16, 76, 138, 156, 178	15, 66, 117, 128, 144
19	PRESCOTT XC CLUB	474	1:45:11	21:02	6:46	3:39	20, 42, 121, 164, 244	18, 37, 102, 135, 182
20	SPRINGVILLE XC	476	1:44:46	20:57	6:44	2:46	19, 52, 148, 162, 199, 229, 257	17, 46, 123, 134, 156, 174, 186
21	SFXC	516	1:45:40	21:08	6:48	3:05	30, 97, 119, 166, 215, 231, 239	27, 85, 101, 137, 166, 175, 181
22	TRI-LAKES RUNNERS	562	1:47:24	21:28	6:54	4:54	12, 133, 135, 161, 277	11, 112, 114, 133, 192
23	TRIBAL ELITE	567	1:46:31	21:18	6:51	2:00	79, 96, 114, 204, 205, 235	68, 84, 98, 158, 159, 178
24	VCR 2	592	1:56:06	23:13	7:28	12:12	64, 80, 131, 192, 306	55, 69, 110, 152, 206
25	SCOTTSDALE CATS	659	1:48:15	21:39	6:58	2:29	91, 145, 165, 177, 237, 266, 283	79, 121, 136, 143, 180, 188, 196
26	EXCELER8 TC	667	1:48:59	21:47	7:00	2:12	85, 113, 207, 216, 218, 220, 223	74, 97, 161, 167, 168, 169, 170
27	SECURITY	739	1:51:45	22:21	7:11	3:51	93, 167, 210, 211, 279	81, 138, 163, 164, 193
28	LOS ALAMOS CROSS COUNTRY CLUB	817	1:52:35	22:31	7:14	0:58	184, 185, 224, 233, 234, 262	146, 147, 171, 176, 177, 187
29	BENGALS	833	2:01:14	24:14	7:48	8:25	92, 206, 269, 288, 301	80, 160, 189, 199, 205
30	MAVERICKS	872	1:56:11	23:14	7:28	2:46	160, 226, 246, 275, 280, 285	132, 173, 183, 190, 194, 198
31	BRONCOS	895	1:59:32	23:54	7:41	5:44	200, 225, 236, 251, 298, 299, 300	157, 172, 179, 185, 202, 203, 204
32	WARRIOR ELITE	896	1:58:22	23:40	7:37	3:14	157, 248, 276, 282, 284, 292, 297	129, 184, 191, 195, 197, 200, 201
DNP	UNA CO		1:41:47	20:21	6:33	1:08	40, 56, 78, 105, 110, 127	
DNP	UNA NM		1:50:12	22:02	7:05	3:53	100, 116, 144, 217, 281	
DNP	DISCO THUNDER		1:19:39	19:54	6:24		18, 26, 37, 120	4 Runners
DNP	WINGS OF AMERICA		1:22:15	20:33	6:37		43, 61, 122, 140	4 Runners
DNP	UNA AZ		1:25:21	21:20	6:52		57, 141, 171, 201	4 Runners
DNP	RICH RIVER ATHLETICS CLUB		1:31:13	22:48	7:20		152, 163, 179, 293	4 Runners
DNP	EL MIRAGE STRIDERS		1:35:52	23:58	7:42		181, 247, 272, 294	4 Runners
DNP	UNA UT		39:37	19:48	6:22		9, 75	2 Runners
DNP	TOTAH XC		43:56	21:58	7:04		117, 232	2 Runners



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Team Race Results

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
DNP	SKYHAWK XC CLUB		44:08	22:04	7:06		155, 219	2 Runners
DNP	FACON		45:58	22:59	7:23		86, 287	2 Runners
DNP	DORADO RUNNING CLUB		21:18	21:18	6:51		149	1 Runner
DNP	CITIZEN		21:21	21:21	6:52		147	1 Runner
DNP	COSMIC COBRAS		23:08	23:08	7:27		240	1 Runner



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
1	Kenadi Krueger	12	Eagles XC Club	18:04.33	1	39	Jane Fredrick	12	Olympus Titans	19:42.98	35
2	Laurel Froehlich	11	Desert Lightning	18:45.29	2	40	Julia Solano	12	UNA CO	19:43.09	
3	Olivia Krueger	10	Eagles XC Club	18:50.13	3	41	Mia Legas	12	Orem XC	19:46.50	36
4	Lily Mourer	9	Golden	18:51.86	4	42	Briar Williams	9	Prescott XC Club	19:47.61	37
5	Kate Thomas	12	Olympus Titans	18:55.68	5	43	Whitney James	10	Wings of America	19:48.65	
6	Kylie Wild	9	Desert Lightning	18:56.14	6	44	Lotte DeJager	9	PCXC	19:50.46	38
7	Camilla Adams	11	Golden Eagle XC	18:58.84	7	45	Kylie Sisco	9	Golden	19:50.75	39
8	Jadyn Heil	10	Shake 'N Bake	19:01.27	8	46	Cruzio Dudley	10	Raptor XC	19:51.70	40
9	Madison Patrick	11	UNA UT	19:06.59		47	Lauren Dynda	10	Hogback XC	19:53.39	41
10	Zanna Perry	10	Golden Eagle XC	19:06.79	9	48	Samantha Herman	11	PCXC	19:53.40	42
11	Evelyn Boyd	10	REAL Training	19:09.69	10	49	Brooke Mashburn	12	Timpanogos XC	19:53.77	43
12	Aubrey Surage	11	Tri-Lakes Runners	19:09.79	11	50	Sasha Willie	11	O-Town Tigers	19:54.08	44
13	Gabby Thomas	12	REAL Training	19:10.93	12	51	Jayda Nix	10	Eagles XC Club	19:54.55	45
14	Kate Allred	12	O-Town Tigers	19:12.52	13	52	Paige Ballard	10	Springville XC	19:56.04	46
15	Emma Berg	11	Racin' Rams Runnin	19:15.73	14	53	Jensen Enterman	12	Colorado Springs Tr	19:56.47	47
16	Taylor Rorick	9	Valor XC & Distance	19:17.55	15	54	Victoria Kavvadas	12	Eagles XC Club	19:56.82	48
17	Eva Lennert	11	REAL Training	19:20.23	16	55	Elle Murray	9	Raptor XC	19:56.91	49
18	Loren Linnenburger	11	Disco Thunder	19:20.77		56	Delaney Gilfillan	11	UNA CO	19:57.69	
19	Laurissa Blakey	10	Springville XC	19:21.73	17	57	Sada DeWitt	11	UNA AZ	19:58.89	
20	Kaliyah Greer-Gipson	12	Prescott XC Club	19:22.55	18	58	Hailey McGuire	9	PCXC	19:58.99	50
21	Erika Skylling	9	PCXC	19:23.00	19	59	Mary Cate Golden	11	Racin' Rams Runnir	19:59.07	51
22	Sidney Preator	12	Timpanogos XC	19:23.76	20	60	Eliza Loosli	11	O-Town Tigers	19:59.90	52
23	Analisa Dean	10	Orem XC	19:24.81	21	61	Alexandria Bewanika	10	Wings of America	20:00.36	
24	Brooke Heinicke	11	Colorado Springs Tr	19:25.06	22	62	Elaina Arcand	11	Shake 'N Bake	20:01.18	53
25	Grace Searls	12	Golden	19:25.72	23	63	Amanda McGill	10	Shake 'N Bake	20:03.50	54
26	Emma Baron	12	Disco Thunder	19:26.01		64	Raquel Chavez	12	VCR 2	20:07.01	55
27	Eva Bennion	9	Hogback XC	19:26.23	24	65	Abby Benson	11	Timpanogos XC	20:07.39	56
28	Mekenzie Clark	10	Shake 'N Bake	19:27.07	25	66	Reagan Kraft	11	Desert Lightning	20:09.68	57
29	Tate Beasley	11	O-Town Tigers	19:28.35	26	67	Sydney LaPine	12	PCXC	20:11.22	58
30	Bayleigh Redd	11	SFXC	19:28.70	27	68	Harmony McMullin	11	Golden	20:11.77	59
31	Ashlynn Squires	12	Shake 'N Bake	19:28.97	28	69	Ari Trimble	10	Orem XC	20:11.83	60
32	Ava Coccoaro	9	PCXC	19:30.96	29	70	Ashley Edwards	10	REAL Training	20:12.22	61
33	Emma Barnett	12	Olympus Titans	19:34.39	30	71	Joelle Spilker	12	Stansbury XC	20:12.32	62
34	Abby Fostveit	12	Raptor XC	19:34.57	31	72	Katie Crabtree	11	O-Town Tigers	20:13.15	63
35	Kennady Bird	10	Golden Eagle XC	19:39.01	32	73	Lauren Hendershot	9	REAL Training	20:14.85	64
36	Mackenna Doilney	12	PCXC	19:39.29	33	74	Shelby Archer	12	Stansbury XC	20:16.98	65
37	Isabella Fife	11	Disco Thunder	19:39.72		75	Alexis Patrick	10	UNA UT	20:17.83	
38	Olivia Webster	10	Cedar City	19:40.80	34	76	Dylan Daniels	10	Valor XC & Distance	20:18.17	66



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
77	Ellia Hays	9	Timpanogos XC	20:19.50	67	115	Autumn Carlston	12	REAL Training	20:51.68	99
78	Mandy Moran	11	UNA CO	20:20.07		116	Kaleia Vicenti	11	UNA NM	20:52.97	
79	Kendra Emery	9	Tribal Elite	20:20.15	68	117	Shyla Rogers	9	Total XC	20:56.66	
80	Amanda Sparks	11	VCR 2	20:20.60	69	118	Elena Allen	11	Stansbury XC	20:58.20	100
81	Cami Fischmann	12	Raptor XC	20:21.63	70	119	Camryn Marshall	10	SFXC	20:58.49	101
82	Breanne Raley	11	Colorado Springs Tr	20:22.14	71	120	Abigail Braun	12	Disco Thunder	20:59.07	
83	Ashlyne Murray	10	Golden Eagle XC	20:22.52	72	121	Michelle Parent	10	Prescott XC Club	20:59.32	102
84	Mariah McDonald	12	Orem XC	20:23.10	73	122	LuSundrai Baldwin	9	Wings of America	20:59.42	
85	Nichole Smith	11	Excelsior TC	20:23.24	74	123	Erin Allen	9	Stansbury XC	20:59.50	103
86	Sydney Gasper	11	Facon	20:23.62		124	Lane Chipman	11	Olympus Titans	21:00.48	104
87	Elin Philips	11	Golden	20:24.10	75	125	Josie Diffendaffer	10	Colorado Springs Tr	21:00.59	105
88	Sienna Vuijsters	9	Golden	20:24.23	76	126	Lydia West	9	Golden Eagle XC	21:00.80	106
89	Cora McLain	10	Colorado Springs Tr	20:24.63	77	127	Leah Goodloe	12	UNA CO	21:01.14	
90	Kate Cooper	11	Golden Eagle XC	20:24.79	78	128	Amy Robinson	12	Timpanogos XC	21:01.33	107
91	Mary Evans	10	Scottsdale Cats	20:25.41	79	129	Brooke Call	11	Stansbury XC	21:02.98	108
92	Celine Nez	11	Bengals	20:26.93	80	130	Annie Whipple	11	Hogback XC	21:03.74	109
93	Sophia Mena	11	Security	20:27.46	81	131	Rebakah Sparks	11	VCR 2	21:04.41	110
94	Lexi Lambert	11	Desert Lightning	20:29.82	82	132	Chloe Caldwell	11	O-Town Tigers	21:05.73	111
95	Maren Street	12	Cedar City	20:31.20	83	133	Haley Wood	12	Tri-Lakes Runners	21:06.33	112
96	Destiny Marquez	9	Tribal Elite	20:33.08	84	134	Katelin Chipman	12	Stansbury XC	21:07.04	113
97	McKenzie Gladding	12	SFXC	20:33.68	85	135	Emma Thomas	10	Tri-Lakes Runners	21:08.64	114
98	Erica Davis	12	Cedar City	20:34.43	86	136	Taylor Kincaid	12	Shake 'N Bake	21:08.85	115
99	Grace Reichhardt	9	Eagles XC Club	20:34.78	87	137	Celia Frazier	11	Racin' Rams Runnir	21:09.26	116
100	Maya Holder	12	UNA NM	20:35.27		138	Avery Sprout	11	Valor XC & Distance	21:10.01	117
101	Diamond Sonerholm	12	Cedar City	20:35.55	88	139	Kenadee Stubbs	12	Cedar City	21:10.73	118
102	Suzanna Tresner	10	Orem XC	20:38.39	89	140	Leiyah Light	12	Wings of America	21:11.30	
103	Olivia Hinklin	11	Raptor XC	20:41.11	90	141	Rya Oliver	10	UNA AZ	21:12.22	
104	Carissa Hofeling	10	Cedar City	20:41.52	91	142	Madisen Hamai	10	Hogback XC	21:12.48	119
105	Jeanne Kilcullen	11	UNA CO	20:41.55		143	Bella Caldwell	9	Desert Lightning	21:12.90	120
106	Maya Connolly	11	Olympus Titans	20:42.12	92	144	Tasheena Thompson	10	UNA NM	21:14.83	
107	MaKell Corry	11	Cedar City	20:42.91	93	145	Aranea Duncley	11	Scottsdale Cats	21:16.11	121
108	Britt Stratton	10	Golden	20:42.97	94	146	Chloe Meehan	11	Hogback XC	21:16.38	122
109	Kate Hathway	10	Golden	20:44.18		147	Faith Kelly		Citizen	21:17.43	
110	Katherine Nieuwlandt	12	UNA CO	20:44.86		148	Kaylana Price	11	Springville XC	21:17.87	123
111	Kate Twede	10	Colorado Springs Tr	20:46.94	95	149	Delaney Kaminski	10	Dorado Running Clu	21:18.01	
112	Metcalf Grace	11	Racin' Rams Runnin	20:48.14	96	150	Nique Teixeira	11	Desert Lightning	21:19.30	124
113	Nicole Day	10	Excelsior TC	20:48.37	97	151	Riley Wolfgramm	11	Golden Eagle XC	21:19.95	125
114	Iris Emery	12	Tribal Elite	20:51.41	98	152	Sasha Ogburn	10	Rich River Athletics	21:20.09	



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
153	Emma Brown	11	Orem XC	21:20.10	126	191	Eliza Koger	9	Golden Eagle XC	22:04.05	
154	Olivia Packer	12	Stansbury XC	21:20.26	127	192	Kiyah Padilla	9	VCR 2	22:06.05	152
155	Rylee Jensen	9	Skyhawk XC Club	21:21.68		193	Amelia Mitchell	10	Orem XC	22:07.19	153
156	Rosie McVane	11	Valor XC & Distance	21:26.44	128	194	Cecily Eagleton	10	O-Town Tigers	22:07.51	
157	Sara Gagler	10	Warrior Elite	21:27.77	129	195	Ellie Doxey	12	Timpanogos XC	22:08.95	154
158	Taylor Thomas	12	Desert Lightning	21:27.86	130	196	Tatelyn Larsen	9	Stansbury XC	22:09.82	
159	Kysa Webb	11	Timpanogos XC	21:30.60	131	197	Carly Day	9	Olympus Titans	22:11.66	
160	Lauren Caldwell	9	Mavericks	21:30.97	132	198	Mary McLean	12	REAL Training	22:11.94	155
161	Samantha Weese	10	Tri-Lakes Runners	21:31.08	133	199	Katie Rex	12	Springville XC	22:12.27	156
162	Paityn Bird	9	Springville XC	21:32.90	134	200	Valeria Zavalza	11	Broncos	22:12.87	157
163	Gisell Bojorquez	11	Rich River Athletics	21:34.00		201	Cara Super	11	UNA AZ	22:13.43	
164	Geneva Raber	12	Prescott XC Club	21:34.80	135	202	Kati Weber	12	Timpanogos XC	22:14.29	
165	Chloe Smith	12	Scottsdale Cats	21:35.81	136	203	Hannah Kurtz	11	Hogback XC	22:15.33	
166	Sarah Seeley	9	SFXC	21:37.55	137	204	Alexis Aquino	9	Tribal Elite	22:17.54	158
167	Alyssa Mclean	11	Security	21:38.79	138	205	Diandra Toya	12	Tribal Elite	22:18.08	159
168	Elisa Boehm	11	O-Town Tigers	21:39.01	139	206	Kiera Livingston	9	Bengals	22:19.11	160
169	Ellie Savage	11	Golden Eagle XC	21:39.88		207	Danielle Day	10	Excelsior TC	22:19.95	161
170	Arianna Kincaid	12	Shake 'N Bake	21:40.23	140	208	Lindsey Brown	9	Orem XC	22:21.79	
171	Bethany Brooks	12	UNA AZ	21:43.04		209	Lindsay Beckwith	12	Raptor XC	22:24.23	162
172	Julie Starr	12	Stansbury XC	21:44.04		210	Cassandra Nelson	9	Security	22:24.93	163
173	Claire Ewert	10	O-Town Tigers	21:44.16		211	Vadianna Martinez	12	Security	22:26.59	164
174	Kate Fuhrman	12	Olympus Titans	21:45.19	141	212	Lexy Orr	11	Eagles XC Club	22:26.82	165
175	Ashley Morris	12	Hogback XC	21:45.89	142	213	Olivia Larsen	9	Golden Eagle XC	22:27.85	
176	Marisa Oveson	9	Cedar City	21:46.92		214	Marian Ogden	10	Stansbury XC	22:28.61	
177	Simone Stephens	9	Scottsdale Cats	21:47.06	143	215	Alyx Scheetz	12	SFXC	22:31.91	166
178	Megan Suedkamp	11	Valor XC & Distance	21:47.56	144	216	Grace Gulig	12	Excelsior TC	22:32.40	167
179	Angela Holman	10	Rich River Athletics	21:48.31		217	Maya Ellers	11	UNA NM	22:32.81	
180	Skyler Korkowski	11	Colorado Springs Tr	21:48.33	145	218	Rebecca Gearhart	12	Excelsior TC	22:33.44	168
181	Cailyn Ainsworth	10	El Mirage Striders	21:49.35		219	Morgan McKinney	10	Skyhawk XC Club	22:34.69	
182	Lydia Evans	11	Golden Eagle XC	21:51.87		220	Ella Nagaraj	10	Excelsior TC	22:41.04	169
183	Cari Goddard	11	Cedar City	21:52.65		221	Julia Prata	10	Colorado Springs Tr	22:41.87	
184	Nyla Lee	9	Los Alamos Cross C	21:55.14	146	222	Tessa Everett	10	REAL Training	22:42.17	
185	Maya Price	9	Los Alamos Cross C	21:57.57	147	223	Heather Taylor	10	Excelsior TC	22:42.49	170
186	Riley Crawford	10	Raptor XC	21:58.37	148	224	Naomi Starkenburg	9	Los Alamos Cross C	22:44.25	171
187	Natalie O'Neil	12	Cedar City	21:59.20		225	Jane Crockett	10	Broncos	22:44.65	172
188	Meg Spence	12	Olympus Titans	22:02.56	149	226	Frances Hudson	9	Mavericks	22:45.31	173
189	Krysta Vanderpol	11	Hogback XC	22:03.39	150	227	Brielle Boer	9	O-Town Tigers	22:46.50	
190	Bridget Golden	10	Racin' Rams Runnin	22:03.83	151	228	Sydney Day	12	Excelsior TC	22:48.05	



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
229	Angela Harris	9	Springville XC	22:48.67	174	267	Clara Johnson	9	Colorado Springs Tr	23:45.38	
230	Brynlee Fish	11	Orem XC	22:49.73		268	Ellie Ihler	10	Cedar City	23:45.68	
231	Sophie Riding	9	SFXC	22:50.27	175	269	Jaymi Watson	9	Bengals	23:46.53	189
232	Naomi Wagoner	9	Total XC	22:53.08		270	Madeline Duncan	10	Colorado Springs Tr	23:47.03	
233	Pearl Hilderbrand	10	Los Alamos Cross C	22:53.17	176	271	Gracie Glahn	9	Orem XC	23:47.19	
234	Nina Johnson	10	Los Alamos Cross C	22:54.10	177	272	Isabel Quintero-Soria	11	El Mirage Striders	23:55.86	
235	Arianna Montoya	9	Tribal Elite	22:54.15	178	273	Hope Golly	10	Timpanogos XC	23:57.76	
236	Alexis Young	10	Broncos	22:56.23	179	274	Amanda Day	10	Timpanogos XC	24:02.80	
237	Unique Zuniga	10	Scottsdale Cats	22:57.15	180	275	Kyla Kinzie	12	Mavericks	24:03.64	190
238	Julia Matson	11	Excelsior TC	22:58.00		276	Kora Handy	11	Warrior Elite	24:07.37	191
239	Josie Wright	11	SFXC	22:59.33	181	277	TianYu Melzer	10	Tri-Lakes Runners	24:07.48	192
240	Megan Arganbright	10	Cosmic Cobras	23:02.69		278	Pearl Marden	11	O-Town Tigers	24:16.84	
241	Natalie McDonald	10	Orem XC	23:03.25		279	Madelyn Rodrigues	12	Security	24:17.56	193
242	Abigail Bufkin	9	Colorado Springs Tr	23:04.80		280	Kenna Stephen	11	Mavericks	24:24.19	194
243	Sarah Barry	10	Colorado Springs Tr	23:04.91		281	Amber Lujan	11	UNA NM	24:26.48	
244	Carley Davis	12	Prescott XC Club	23:05.15	182	282	Hope Watson	10	Warrior Elite	24:29.71	195
245	Kaydenz Critchlow	10	SFXC	23:05.74		283	Rya Shackelford	9	Scottsdale Cats	24:41.17	196
246	Mary Feters	9	Mavericks	23:07.10	183	284	Morgan O'Rourke	10	Warrior Elite	24:44.53	197
247	Alexa Prieto Saenz	11	El Mirage Striders	23:08.03		285	Cambrie Martin	12	Mavericks	25:00.28	198
248	Rebekah Espinoza	11	Warrior Elite	23:11.11	184	286	Jessana Crouse	9	Colorado Springs Tr	25:20.40	
249	Jayden Bane	9	Excelsior TC	23:11.47		287	Taylor Thorp	11	Facon	25:22.74	
250	Millie Cox	12	Timpanogos XC	23:13.09		288	Jordan Watson	11	Bengals	25:23.39	199
251	Elena Escanuela	11	Broncos	23:14.37	185	289	Lucy Herbert	10	Scottsdale Cats	25:33.83	
252	Kali Benson	10	Timpanogos XC	23:15.52		290	Rachel Ballard	11	O-Town Tigers	25:50.70	
253	Maleah Dameron	10	Timpanogos XC	23:18.28		291	Brooklyn Gardner	10	Timpanogos XC	26:02.53	
254	Mckenzie Jordan	10	Orem XC	23:18.59		292	Ashley Nowak	10	Warrior Elite	26:05.06	200
255	Lindsay Jensen	11	Excelsior TC	23:24.14		293	Emily Rodgers	11	Rich River Athletics	26:26.14	
256	Jayden Kailey	9	Excelsior TC	23:25.95		294	Viviana Silva Mercado	9	El Mirage Striders	26:43.46	
257	Naomi Ogles	11	Springville XC	23:26.56	186	295	Aubrey Bruno	10	Timpanogos XC	26:47.30	
258	Aubrey Banks	9	Colorado Springs Tr	23:29.32		296	Sydney Hill	9	Colorado Springs Tr	27:20.26	
259	Shannon Lunt	12	Cedar City	23:31.38		297	Masey Kay	10	Warrior Elite	27:26.41	201
260	Ashley Min	11	Timpanogos XC	23:31.91		298	Larenia Murray	9	Broncos	28:01.41	202
261	Tasha DeMille	10	Cedar City	23:33.11		299	Annabelle Sauber	9	Broncos	28:05.64	203
262	Sofia Enriquez	10	Los Alamos Cross C	23:34.51	187	300	Emily Castro	11	Broncos	28:08.99	204
263	Emma Larkin	12	Cedar City	23:34.80		301	Tevielynn Yazzie	10	Bengals	28:52.86	205
264	Bella Morris	10	Timpanogos XC	23:39.12		302	Emma Kellerhoff	11	Timpanogos XC	30:32.42	
265	Malina Ceballes	9	Colorado Springs Tr	23:39.75		303	Maya Kohlhepp	12	Colorado Springs Tr	31:14.14	
266	Jalyn Krenzen	9	Scottsdale Cats	23:44.27	188	304	Ashley Johnson	9	Broncos	31:40.39	



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points
305	Hannah Martinez	11	Springville XC	31:59.67	
306	Audrey Abeita	10	VCR 2	32:10.92	206



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Split points results are below.

These results are unofficial and for
entertainment purposes only.



Race 3 - 1 Mile

11/23/2019 - 8:27am

Split Point - Team Race Results - Split Point

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	REAL TRAINING	82	30:26	06:05	1:57	0:10	8, 13, 21, 24, 39, 103, 190	7, 11, 16, 18, 30, 84, 152
2	PCXC	129	30:42	06:08	1:58	0:11	14, 18, 32, 37, 59, 65	12, 15, 25, 29, 48, 54
3	DESERT LIGHTNING	153	30:24	06:04	1:57	0:37	1, 4, 33, 57, 89, 105, 150	1, 4, 26, 46, 76, 86, 122
4	SHAKE 'N BAKE	174	30:51	06:10	1:59	0:17	6, 31, 55, 60, 62, 132, 166	6, 24, 44, 49, 51, 108, 137
5	GOLDEN EAGLE XC	205	31:01	06:12	1:59	0:24	10, 17, 50, 74, 99, 127, 147	9, 14, 40, 62, 80, 104, 120
6	O-TOWN TIGERS	206	31:06	06:13	2:00	0:20	23, 27, 51, 56, 101, 104, 156	17, 21, 41, 45, 82, 85, 127
7	RAPTOR XC	209	31:05	06:13	2:00	0:06	43, 44, 47, 48, 75, 176, 196	34, 35, 38, 39, 63, 144, 155
8	GOLDEN	214	30:54	06:10	1:59	0:25	3, 29, 61, 79, 85, 87, 111	3, 22, 50, 67, 72, 74, 91
9	EAGLES XC CLUB	260	30:58	06:11	1:59	0:45	2, 5, 82, 83, 136, 230	2, 5, 70, 71, 112, 175
10	OREM XC	280	31:19	06:15	2:00	0:07	40, 53, 76, 81, 86, 169, 178	31, 43, 64, 69, 73, 139, 146
11	TRIBAL ELITE	350	31:49	06:21	2:02	0:24	36, 72, 80, 102, 135, 181	28, 60, 68, 83, 111, 147
12	TIMPANOGOS XC	356	31:51	06:22	2:03	0:30	30, 66, 73, 109, 157, 159, 160	23, 55, 61, 89, 128, 130, 131
13	OLYMPUS TITANS	367	31:54	06:22	2:03	0:27	26, 77, 91, 117, 133, 175, 210	20, 65, 78, 95, 109, 143, 161
14	CEDAR CITY	408	32:19	06:27	2:04	0:27	25, 113, 120, 122, 123, 126, 153	19, 93, 97, 99, 100, 103, 124
15	HOGBACK XC	408	32:07	06:25	2:04	0:35	15, 88, 110, 124, 158, 163, 168	13, 75, 90, 101, 129, 134, 138
16	COLORADO SPRINGS TRACK CLUB (WEST)	446	32:20	06:28	2:04	0:29	41, 69, 130, 144, 162, 164, 186	32, 58, 106, 117, 133, 135, 151
17	RACIN' RAMS RUNNING CLUB	449	32:17	06:27	2:04	0:46	9, 67, 137, 152, 184	8, 56, 113, 123, 149
18	VALOR XC & DISTANCE	458	32:24	06:28	2:05	0:41	11, 106, 108, 161, 171	10, 87, 88, 132, 141
19	PRESCOTT XC CLUB	460	32:29	06:29	2:05	0:41	42, 46, 131, 155, 199	33, 37, 107, 126, 157
20	STANSBURY XC	474	32:39	06:31	2:06	0:08	100, 116, 118, 121, 129, 134, 139	81, 94, 96, 98, 105, 110, 114
21	VCR 2	561	35:12	07:02	2:15	3:04	52, 78, 112, 198, 303	42, 66, 92, 156, 205



Race 3 - 1 Mile

11/23/2019 - 8:27am

Split Point - Team Race Results - Split Point

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
22	SPRINGVILLE XC	574	33:06	06:37	2:07	0:43	64, 141, 146, 154, 212, 238, 251	53, 115, 119, 125, 162, 182, 185
23	SFXC	586	33:26	06:41	2:09	0:55	45, 98, 142, 231, 235, 236, 237	36, 79, 116, 176, 179, 180, 181
24	EXCELER8 TC	599	33:14	06:38	2:08	0:43	68, 90, 183, 193, 215, 225, 226	57, 77, 148, 153, 164, 173, 174
25	SCOTTSDALE CATS	606	33:12	06:38	2:08	0:38	63, 145, 165, 173, 202, 259, 272	52, 118, 136, 142, 158, 188, 194
26	SECURITY	639	33:54	06:46	2:10	1:01	34, 125, 206, 219, 242	27, 102, 160, 167, 183
27	TRI-LAKES RUNNERS	743	34:42	06:56	2:14	1:08	58, 220, 221, 222, 263	47, 168, 169, 170, 189
28	BENGALS	789	36:25	07:17	2:20	2:14	71, 177, 253, 287, 299	59, 145, 186, 197, 202
29	BRONCOS	851	36:17	07:15	2:20	1:41	185, 214, 218, 223, 298, 300, 301	150, 163, 166, 171, 201, 203, 204
30	MAVERICKS	854	35:28	07:05	2:17	0:41	170, 203, 224, 267, 270, 271	140, 159, 172, 191, 192, 193
31	LOS ALAMOS CROSS COUNTRY CLUB	858	35:17	07:03	2:16	0:20	194, 216, 233, 234, 245, 265	154, 165, 177, 178, 184, 190
32	WARRIOR ELITE	897	36:22	07:16	2:20	0:56	149, 255, 274, 275, 288, 290, 296	121, 187, 195, 196, 198, 199, 200
DNP	UNA CO		31:25	06:17	2:01	0:33	12, 35, 38, 97, 138, 140	
DNP	UNA NM		33:21	06:40	2:08	0:53	84, 94, 95, 227, 246	
DNP	DISCO THUNDER		24:32	06:08	1:58		7, 19, 22, 92	4 Runners
DNP	WINGS OF AMERICA		25:17	06:19	2:02		20, 49, 93, 148	4 Runners
DNP	UNA AZ		26:10	06:32	2:06		28, 119, 174, 179	4 Runners
DNP	RICH RIVER ATHLETICS CLUB		27:23	06:50	2:12		96, 128, 143, 292	4 Runners
DNP	EL MIRAGE STRIDERS		29:38	07:24	2:23		172, 254, 269, 297	4 Runners
DNP	UNA UT		12:21	06:10	1:59		16, 70	2 Runners
DNP	FACON		13:38	06:49	2:11		54, 273	2 Runners
DNP	SKYHAWK XC CLUB		13:43	06:51	2:12		195, 197	2 Runners



Race 3 - 1 Mile

11/23/2019 - 8:27am

Split Point - Team Race Results - Split Point

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
DNP	TOTAH XC		13:46	06:53	2:12		115, 248	2 Runners
DNP	DORADO RUNNING CLUB		06:30	06:30	2:05		107	1 Runner
DNP	COSMIC COBRAS		06:38	06:38	2:08		151	1 Runner
DNP	CITIZEN		06:42	06:42	2:09		167	1 Runner



Race 3 - 1 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
1	Laurel Froehlich	11	Desert Lightning	5:43.2	1	39	Lauren Hendershot	9	REAL Training	6:11.2	30
2	Kenadi Krueger	12	Eagles XC Club	5:49.3	2	40	Suzanna Tresner	10	Orem XC	6:11.3	31
3	Lily Mourer	9	Golden	5:53.8	3	41	Brooke Heinicke	11	Colorado Springs Tr	6:11.4	32
4	Kylie Wild	9	Desert Lightning	5:56.2	4	42	Kaliyah Greer-Gipson	12	Prescott XC Club	6:11.4	33
5	Olivia Krueger	10	Eagles XC Club	5:56.4	5	43	Cruzdie Dudley	10	Raptor XC	6:11.6	34
6	JadyN Heil	10	Shake 'N Bake	5:58.0	6	44	Abby Fostveit	12	Raptor XC	6:11.7	35
7	Loren Linnenburger	11	Disco Thunder	5:59.3		45	Bayleigh Redd	11	SFXC	6:11.8	36
8	Evelyn Boyd	10	REAL Training	6:00.4	7	46	Briar Williams	9	Prescott XC Club	6:11.9	37
9	Emma Berg	11	Racin' Rams Runnin	6:00.5	8	47	Elle Murray	9	Raptor XC	6:12.2	38
10	Zanna Perry	10	Golden Eagle XC	6:01.5	9	48	Cami Fischmann	12	Raptor XC	6:12.3	39
11	Taylor Rorick	9	Valor XC & Distance	6:01.7	10	49	Whitney James	10	Wings of America	6:12.4	
12	Julia Solano	12	UNA CO	6:02.8		50	Kennady Bird	10	Golden Eagle XC	6:12.5	40
13	Eva Lennert	11	REAL Training	6:02.8	11	51	Eliza Loosli	11	O-Town Tigers	6:12.8	41
14	Mackenna Doilney	12	PCXC	6:03.3	12	52	Raquel Chavez	12	VCR 2	6:12.9	42
15	Eva Bennion	9	Hogback XC	6:03.7	13	53	Analisa Dean	10	Orem XC	6:13.1	43
16	Madison Patrick	11	UNA UT	6:04.1		54	Sydney Gasper	11	Facon	6:13.2	
17	Camilla Adams	11	Golden Eagle XC	6:04.5	14	55	Ashlynn Squires	12	Shake 'N Bake	6:13.5	44
18	Ava Coccaro	9	PCXC	6:04.6	15	56	Sasha Willie	11	O-Town Tigers	6:13.9	45
19	Emma Baron	12	Disco Thunder	6:04.7		57	Lexi Lambert	11	Desert Lightning	6:14.4	46
20	Alexandria Bewanika	10	Wings of America	6:05.0		58	Aubrey Surage	11	Tri-Lakes Runners	6:14.4	47
21	Gabby Thomas	12	REAL Training	6:05.3	16	59	Samantha Herman	11	PCXC	6:14.5	48
22	Isabella Fife	11	Disco Thunder	6:05.5		60	Elaina Arcand	11	Shake 'N Bake	6:15.4	49
23	Tate Beasley	11	O-Town Tigers	6:05.6	17	61	Kylie Sisco	9	Golden	6:15.5	50
24	Ashley Edwards	10	REAL Training	6:06.4	18	62	Amanda McGill	10	Shake 'N Bake	6:15.6	51
25	Olivia Webster	10	Cedar City	6:06.5	19	63	Mary Evans	10	Scottsdale Cats	6:15.7	52
26	Kate Thomas	12	Olympus Titans	6:07.0	20	64	Laurissa Blakey	10	Springville XC	6:15.8	53
27	Kate Allred	12	O-Town Tigers	6:07.7	21	65	Hailey McGuire	9	PCXC	6:16.1	54
28	Sada DeWitt	11	UNA AZ	6:07.9		66	Abby Benson	11	Timpanogos XC	6:16.1	55
29	Grace Searls	12	Golden	6:07.9	22	67	Mary Cate Golden	11	Racin' Rams Runnin	6:16.5	56
30	Sidney Preator	12	Timpanogos XC	6:08.3	23	68	Nichole Smith	11	Exceler8 TC	6:16.7	57
31	Mekenzie Clark	10	Shake 'N Bake	6:08.5	24	69	Jensen Enterman	12	Colorado Springs Tr	6:16.9	58
32	Sydney LaPine	12	PCXC	6:09.5	25	70	Alexis Patrick	10	UNA UT	6:17.0	
33	Reagan Kraft	11	Desert Lightning	6:09.8	26	71	Celine Nez	11	Bengals	6:17.3	59
34	Sophia Mena	11	Security	6:10.3	27	72	Destiny Marquez	9	Tribal Elite	6:17.4	60
35	Delaney Gilfillan	11	UNA CO	6:10.6		73	Brooke Mashburn	12	Timpanogos XC	6:17.5	61
36	Kendra Emery	9	Tribal Elite	6:10.7	28	74	Ashlyne Murray	10	Golden Eagle XC	6:17.6	62
37	Lotte DeJager	9	PCXC	6:10.8	29	75	Olivia Hinklin	11	Raptor XC	6:17.6	63
38	Mandy Moran	11	UNA CO	6:11.0		76	Mia Legas	12	Orem XC	6:17.8	64



Race 3 - 1 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
77	Emma Barnett	12	Olympus Titans	6:17.9	65	115	Shyla Rogers	9	Total XC	6:32.1	
78	Amanda Sparks	11	VCR 2	6:18.0	66	116	Joelle Spilker	12	Stansbury XC	6:32.6	94
79	Harmony McMullin	11	Golden	6:18.1	67	117	Lane Chipman	11	Olympus Titans	6:32.7	95
80	Iris Emery	12	Tribal Elite	6:18.1	68	118	Elena Allen	11	Stansbury XC	6:33.2	96
81	Ari Trimble	10	Orem XC	6:18.2	69	119	Cara Super	11	UNA AZ	6:33.5	
82	Jayda Nix	10	Eagles XC Club	6:18.6	70	120	Maren Street	12	Cedar City	6:33.6	97
83	Victoria Kavvadas	12	Eagles XC Club	6:18.6	71	121	Shelby Archer	12	Stansbury XC	6:33.7	98
84	Maya Holder	12	UNA NM	6:18.6		122	Diamond Sonerholm	12	Cedar City	6:33.7	99
85	Elin Philips	11	Golden	6:18.8	72	123	Erica Davis	12	Cedar City	6:33.7	100
86	Mariah McDonald	12	Orem XC	6:19.0	73	124	Chloe Meehan	11	Hogback XC	6:33.7	101
87	Britt Stratton	10	Golden	6:19.2	74	125	Alyssa Mclean	11	Security	6:33.9	102
88	Lauren Dynda	10	Hogback XC	6:20.3	75	126	MaKell Corry	11	Cedar City	6:33.9	103
89	Bella Caldwell	9	Desert Lightning	6:20.6	76	127	Riley Wolfram	11	Golden Eagle XC	6:33.9	104
90	Nicole Day	10	Exceler8 TC	6:21.4	77	128	Angela Holman	10	Rich River Athletics	6:34.1	
91	Jane Fredrick	12	Olympus Titans	6:21.8	78	129	Olivia Packer	12	Stansbury XC	6:34.2	105
92	Abigail Braun	12	Disco Thunder	6:22.9		130	Kate Twede	10	Colorado Springs Tr	6:34.3	106
93	Leiyah Light	12	Wings of America	6:23.0		131	Michelle Parent	10	Prescott XC Club	6:34.5	107
94	Kaleia Vicenti	11	UNA NM	6:23.4		132	Taylor Kincaid	12	Shake 'N Bake	6:34.6	108
95	Tasheena Thompson	10	UNA NM	6:24.2		133	Maya Connolly	11	Olympus Titans	6:34.8	109
96	Sasha Ogburn	10	Rich River Athletics	6:24.3		134	Katelin Chipman	12	Stansbury XC	6:34.9	110
97	Leah Goodloe	12	UNA CO	6:25.4		135	Alexis Aquino	9	Tribal Elite	6:35.1	111
98	McKenzie Gladding	12	SFXC	6:25.5	79	136	Grace Reichhardt	9	Eagles XC Club	6:35.1	112
99	Kate Cooper	11	Golden Eagle XC	6:25.8	80	137	Metcalf Grace	11	Racin' Rams Runnir	6:35.2	113
100	Brooke Call	11	Stansbury XC	6:26.0	81	138	Katherine Nieuwlandt	12	UNA CO	6:35.8	
101	Katie Crabtree	11	O-Town Tigers	6:26.4	82	139	Erin Allen	9	Stansbury XC	6:35.8	114
102	Diandra Toya	12	Tribal Elite	6:27.7	83	140	Jeanne Kilcullen	11	UNA CO	6:35.9	
103	Autumn Carlston	12	REAL Training	6:28.8	84	141	Kaylana Price	11	Springville XC	6:36.1	115
104	Chloe Caldwell	11	O-Town Tigers	6:29.4	85	142	Camryn Marshall	10	SFXC	6:36.8	116
105	Nique Teixeira	11	Desert Lightning	6:29.8	86	143	Gisell Bojorquez	11	Rich River Athletics	6:36.9	
106	Dylan Daniels	10	Valor XC & Distance	6:29.8	87	144	Breanne Raley	11	Colorado Springs Tr	6:37.0	117
107	Delaney Kaminski	10	Dorado Running Clu	6:30.0		145	Aranea Duncley	11	Scottsdale Cats	6:37.2	118
108	Avery Sprout	11	Valor XC & Distance	6:30.0	88	146	Paige Ballard	10	Springville XC	6:37.3	119
109	Ellia Hays	9	Timpanogos XC	6:30.1	89	147	Lydia West	9	Golden Eagle XC	6:37.3	120
110	Annie Whipple	11	Hogback XC	6:30.9	90	148	LuSundrai Baldwin	9	Wings of America	6:37.5	
111	Kate Hathway	10	Golden	6:31.6	91	149	Sara Gagler	10	Warrior Elite	6:37.7	121
112	Rebakah Sparks	11	VCR 2	6:31.7	92	150	Taylor Thomas	12	Desert Lightning	6:37.8	122
113	Carissa Hofeling	10	Cedar City	6:31.7	93	151	Megan Arganbright	10	Cosmic Cobras	6:38.1	
114	Sienna Vuijsters	9	Golden	6:31.8		152	Celia Frazier	11	Racin' Rams Runnir	6:38.3	123



Race 3 - 1 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
153	Kenadee Stubbs	12	Cedar City	6:38.3	124	191	Tatelyn Larsen	9	Stansbury XC	6:48.8	
154	Paityn Bird	9	Springville XC	6:38.4	125	192	Natalie O'Neil	12	Cedar City	6:50.2	
155	Geneva Raber	12	Prescott XC Club	6:38.5	126	193	Danielle Day	10	Excelsior TC	6:50.3	153
156	Cecily Eagleton	10	O-Town Tigers	6:38.7	127	194	Nyla Lee	9	Los Alamos Cross C	6:51.4	154
157	Kysa Webb	11	Timpanogos XC	6:39.0	128	195	Rylee Jensen	9	Skyhawk XC Club	6:51.5	
158	Madisen Hamai	10	Hogback XC	6:39.0	129	196	Lindsay Beckwith	12	Raptor XC	6:51.6	155
159	Kati Weber	12	Timpanogos XC	6:39.3	130	197	Morgan McKinney	10	Skyhawk XC Club	6:51.7	
160	Amy Robinson	12	Timpanogos XC	6:39.4	131	198	Kiyah Padilla	9	VCR 2	6:52.6	156
161	Rosie McVaney	11	Valor XC & Distance	6:39.4	132	199	Carley Davis	12	Prescott XC Club	6:53.1	157
162	Cora McLain	10	Colorado Springs Tr	6:40.7	133	200	Eliza Koger	9	Golden Eagle XC	6:53.3	
163	Krysta Vanderpol	11	Hogback XC	6:41.0	134	201	Hannah Kurtz	11	Hogback XC	6:53.4	
164	Josie Diffendaffer	10	Colorado Springs Tr	6:41.1	135	202	Unique Zuniga	10	Scottsdale Cats	6:54.5	158
165	Chloe Smith	12	Scottsdale Cats	6:41.8	136	203	Frances Hudson	9	Mavericks	6:54.6	159
166	Arianna Kincaid	12	Shake 'N Bake	6:42.1	137	204	Olivia Larsen	9	Golden Eagle XC	6:54.8	
167	Faith Kelly		Citizen	6:42.2		205	Ellie Doxey	12	Timpanogos XC	6:54.8	
168	Ashley Morris	12	Hogback XC	6:42.7	138	206	Cassandra Nelson	9	Security	6:56.9	160
169	Emma Brown	11	Orem XC	6:42.9	139	207	Claire Ewert	10	O-Town Tigers	6:57.2	
170	Lauren Caldwell	9	Mavericks	6:43.2	140	208	Brielle Boer	9	O-Town Tigers	6:58.1	
171	Megan Suedkamp	11	Valor XC & Distance	6:43.4	141	209	Ellie Savage	11	Golden Eagle XC	6:58.3	
172	Cailyn Ainsworth	10	El Mirage Striders	6:43.5		210	Carly Day	9	Olympus Titans	6:58.3	161
173	Simone Stephens	9	Scottsdale Cats	6:43.5	142	211	Lydia Evans	11	Golden Eagle XC	6:58.6	
174	Bethany Brooks	12	UNA AZ	6:44.4		212	Katie Rex	12	Springville XC	6:59.2	162
175	Kate Fuhrman	12	Olympus Titans	6:44.5	143	213	Cari Goddard	11	Cedar City	6:59.5	
176	Riley Crawford	10	Raptor XC	6:44.9	144	214	Jane Crockett	10	Broncos	6:59.6	163
177	Kiera Livingston	9	Bengals	6:45.0	145	215	Jayden Bane	9	Excelsior TC	6:59.9	164
178	Amelia Mitchell	10	Orem XC	6:45.0	146	216	Maya Price	9	Los Alamos Cross C	7:00.1	165
179	Rya Oliver	10	UNA AZ	6:45.1		217	Lindsey Brown	9	Orem XC	7:00.7	
180	Elisa Boehm	11	O-Town Tigers	6:45.1		218	Alexis Young	10	Broncos	7:01.0	166
181	Arianna Montoya	9	Tribal Elite	6:45.4	147	219	Vadianna Martinez	12	Security	7:01.4	167
182	Marisa Oveson	9	Cedar City	6:45.7		220	Emma Thomas	10	Tri-Lakes Runners	7:01.5	168
183	Rebecca Gearhart	12	Excelsior TC	6:46.3	148	221	Samantha Weese	10	Tri-Lakes Runners	7:01.6	169
184	Bridget Golden	10	Racin' Rams Runnin	6:46.6	149	222	Haley Wood	12	Tri-Lakes Runners	7:01.7	170
185	Valeria Zavalza	11	Broncos	6:46.7	150	223	Elena Escanuela	11	Broncos	7:02.0	171
186	Julia Prata	10	Colorado Springs Tr	6:46.8	151	224	Mary Fetters	9	Mavericks	7:02.3	172
187	Julie Starr	12	Stansbury XC	6:47.3		225	Ella Nagaraj	10	Excelsior TC	7:02.7	173
188	Marian Ogden	10	Stansbury XC	6:47.9		226	Heather Taylor	10	Excelsior TC	7:02.9	174
189	Skyler Korkowski	11	Colorado Springs Tr	6:48.6		227	Maya Ellers	11	UNA NM	7:02.9	
190	Mary McLean	12	REAL Training	6:48.7	152	228	Sydney Day	12	Excelsior TC	7:02.9	



Race 3 - 1 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
229	Julia Matson	11	Exceler8 TC	7:03.7		267	Kyla Kinzle	12	Mavericks	7:23.6	191
230	Lexy Orr	11	Eagles XC Club	7:03.9	175	268	Maleah Dameron	10	Timpanogos XC	7:23.9	
231	Sarah Seeley	9	SFXC	7:04.5	176	269	Isabel Quintero-Soria	11	El Mirage Striders	7:24.4	
232	Ashley Min	11	Timpanogos XC	7:05.6		270	Cambrie Martin	12	Mavericks	7:24.7	192
233	Pearl Hilderbrand	10	Los Alamos Cross C	7:06.7	177	271	Kenna Stephen	11	Mavericks	7:24.9	193
234	Naomi Starkenburg	9	Los Alamos Cross C	7:07.6	178	272	Jalyn Krenzen	9	Scottsdale Cats	7:25.1	194
235	Alyx Scheetz	12	SFXC	7:07.7	179	273	Taylor Thorp	11	Facon	7:25.3	
236	Josie Wright	11	SFXC	7:08.1	180	274	Kora Handy	11	Warrior Elite	7:25.6	195
237	Sophie Riding	9	SFXC	7:08.3	181	275	Hope Watson	10	Warrior Elite	7:25.7	196
238	Angela Harris	9	Springville XC	7:08.5	182	276	Sarah Barry	10	Colorado Springs Tr	7:26.0	
239	Brynlee Fish	11	Orem XC	7:08.9		277	Amanda Day	10	Timpanogos XC	7:26.0	
240	Meg Spence	12	Olympus Titans	7:09.4		278	Bella Morris	10	Timpanogos XC	7:26.1	
241	Kali Benson	10	Timpanogos XC	7:09.6		279	Hope Golly	10	Timpanogos XC	7:26.2	
242	Madelyn Rodrigues	12	Security	7:11.7	183	280	Aubrey Banks	9	Colorado Springs Tr	7:26.4	
243	Grace Gulig	12	Exceler8 TC	7:11.8		281	Rya Shackelford	9	Scottsdale Cats	7:27.5	
244	Gracie Glahn	9	Orem XC	7:11.8		282	Abigail Bufkin	9	Colorado Springs Tr	7:28.0	
245	Nina Johnson	10	Los Alamos Cross C	7:12.0	184	283	Clara Johnson	9	Colorado Springs Tr	7:28.1	
246	Amber Lujan	11	UNA NM	7:12.3		284	Madeline Duncan	10	Colorado Springs Tr	7:28.3	
247	Natalie Mcdonald	10	Orem XC	7:13.4		285	Malina Ceballes	9	Colorado Springs Tr	7:28.8	
248	Naomi Wagoner	9	Total XC	7:14.3		286	Pearl Marden	11	O-Town Tigers	7:31.4	
249	Lindsay Jenson	11	Exceler8 TC	7:14.8		287	Jordan Watson	11	Bengals	7:32.9	197
250	Tessa Everett	10	REAL Training	7:15.0		288	Morgan O'Rourke	10	Warrior Elite	7:34.2	198
251	Ruby Jensen	11	Springville XC	7:15.3	185	289	Brooklyn Gardner	10	Timpanogos XC	7:44.4	
252	Mckenzie Jordan	10	Orem XC	7:18.5		290	Ashley Nowak	10	Warrior Elite	7:44.4	199
253	Jaymi Watson	9	Bengals	7:18.8	186	291	Rachel Ballard	11	O-Town Tigers	7:46.0	
254	Alexa Prieto Saenz	11	El Mirage Striders	7:18.9		292	Emily Rodgers	11	Rich River Athletics	7:48.6	
255	Rebekah Espinoza	11	Warrior Elite	7:19.1	187	293	Jessana Crouse	9	Colorado Springs Tr	8:02.9	
256	Tasha DeMille	10	Cedar City	7:20.0		294	Sydney Hill	9	Colorado Springs Tr	8:03.4	
257	Ellie Ihler	10	Cedar City	7:20.5		295	Aubrey Bruno	10	Timpanogos XC	8:09.3	
258	Shannon Lunt	12	Cedar City	7:20.8		296	Masey Kay	10	Warrior Elite	8:11.0	200
259	Lucy Herbert	10	Scottsdale Cats	7:21.0	188	297	Viviana Silva Mercado	9	El Mirage Striders	8:12.1	
260	Emma Larkin	12	Cedar City	7:21.0		298	Annabelle Sauber	9	Broncos	8:28.1	201
261	Naomi Ogles	11	Springville XC	7:21.1		299	Tevielynn Yazzie	10	Bengals	8:31.9	202
262	Millie Cox	12	Timpanogos XC	7:22.4		300	Larenia Murray	9	Broncos	8:45.1	203
263	TianYu Melzer	10	Tri-Lakes Runners	7:22.8	189	301	Emily Castro	11	Broncos	8:45.2	204
264	Kaydenz Critchlow	10	SFXC	7:23.0		302	Ashley Johnson	9	Broncos	9:17.0	
265	Sofia Enriquez	10	Los Alamos Cross C	7:23.4	190	303	Audrey Abeita	10	VCR 2	9:17.1	205
266	Jayden Kailey	9	Exceler8 TC	7:23.5		304	Emma Kellerhoff	11	Timpanogos XC	9:18.5	



Race 3 - 1 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points
305	Maya Kohlhepp	12	Colorado Springs Tr	9:19.3	
306	Hannah Martinez	11	Springville XC	9:31.0	



Race 3 - 2 Mile

11/23/2019 - 8:27am

Split Point - Team Race Results - Split Point

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
+1 1	PCXC	155	1:03:21	12:40	4:04	0:17	20, 24, 37, 51, 53, 66	18, 21, 30, 42, 44, 57
-1 2	REAL TRAINING	163	1:03:04	12:36	4:03	0:40	9, 17, 18, 65, 79, 128, 196	9, 15, 16, 56, 67, 106, 153
+1 3	SHAKE 'N BAKE	172	1:03:13	12:38	4:04	0:39	6, 30, 31, 63, 68, 143, 166	6, 26, 27, 54, 59, 118, 136
+4 4	GOLDEN	184	1:03:18	12:39	4:04	0:43	5, 13, 49, 72, 78, 87, 99	5, 12, 40, 61, 66, 75, 85
+4 5	EAGLES XC CLUB	192	1:02:53	12:34	4:02	1:39	1, 3, 57, 58, 108, 222	1, 3, 48, 49, 91, 170
6	O-TOWN TIGERS	196	1:03:46	12:45	4:06	0:39	22, 25, 43, 50, 91, 115, 169	19, 22, 36, 41, 78, 95, 139
-2 7	GOLDEN EAGLE XC	197	1:03:28	12:41	4:05	0:52	8, 10, 41, 80, 89, 139, 140	8, 10, 34, 68, 77, 115, 116
-1 8	RAPTOR XC	221	1:04:00	12:48	4:07	0:25	39, 40, 45, 56, 83, 179, 208	32, 33, 38, 47, 71, 146, 161
-6 9	DESERT LIGHTNING	245	1:03:52	12:46	4:06	1:33	2, 4, 54, 105, 126, 160	2, 4, 45, 89, 105, 132
10	OREM XC	276	1:04:28	12:53	4:09	0:24	42, 47, 76, 77, 85, 146, 191	35, 39, 64, 65, 73, 120, 151
+2 11	OLYMPUS TITANS	283	1:04:38	12:55	4:09	1:08	7, 44, 62, 102, 119, 165, 200	7, 37, 53, 87, 99, 135, 157
12	TIMPANOGOS XC	305	1:04:57	12:59	4:10	1:00	19, 60, 61, 88, 132, 150, 164	17, 51, 52, 76, 109, 124, 134
+3 13	COLORADO SPRINGS TRACK CLUB (WEST)	339	1:05:23	13:04	4:12	0:51	27, 59, 93, 104, 118, 129, 185	23, 50, 80, 88, 98, 107, 148
14	CEDAR CITY	403	1:06:07	13:13	4:15	0:47	32, 110, 113, 114, 116, 117, 144	28, 92, 93, 94, 96, 97, 119
15	HOGBACK XC	428	1:06:13	13:14	4:15	1:16	16, 74, 125, 148, 151, 163, 177	14, 63, 104, 122, 125, 133, 144
+1 16	RACIN' RAMS RUNNING CLUB	432	1:06:23	13:16	4:16	1:39	12, 64, 123, 142, 181	11, 55, 102, 117, 147
+2 17	PRESCOTT XC CLUB	462	1:07:04	13:24	4:19	2:07	23, 38, 133, 147, 237	20, 31, 110, 121, 180
+2 18	STANSBURY XC	464	1:06:48	13:21	4:18	0:17	96, 97, 107, 122, 130, 135, 137	82, 83, 90, 101, 108, 111, 113
-1 19	VALOR XC & DISTANCE	465	1:06:43	13:20	4:17	1:29	15, 101, 121, 155, 168	13, 86, 100, 128, 138
-9 20	TRIBAL ELITE	479	1:06:58	13:23	4:18	1:08	52, 82, 94, 175, 176, 206	43, 70, 81, 142, 143, 160
+1 21	SPRINGVILLE XC	506	1:07:23	13:28	4:20	1:40	34, 86, 138, 158, 205, 224, 248	29, 74, 114, 130, 159, 171, 184



Race 3 - 2 Mile

11/23/2019 - 8:27am

Split Point - Team Race Results - Split Point

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
+1 22	SFXC	538	1:07:59	13:35	4:22	1:57	28, 98, 136, 188, 220, 235, 236	24, 84, 112, 150, 168, 178, 179
-2 23	VCR 2	580	1:14:21	14:52	4:47	7:57	55, 81, 124, 201, 303	46, 69, 103, 158, 204
+3 24	TRI-LAKES RUNNERS	632	1:09:36	13:55	4:28	2:43	29, 167, 170, 171, 268	25, 137, 140, 141, 189
-1 25	EXCELER8 TC	633	1:09:20	13:52	4:27	1:21	84, 92, 198, 211, 214, 219, 221	72, 79, 155, 163, 164, 167, 169
-1 26	SCOTTSDALE CATS	639	1:08:59	13:47	4:26	1:41	73, 152, 159, 178, 230, 265, 281	62, 126, 131, 145, 175, 188, 195
-1 27	SECURITY	699	1:10:47	14:09	4:33	2:19	67, 153, 210, 218, 262	58, 127, 162, 166, 186
28	BENGALS	792	1:16:39	15:19	4:56	5:18	71, 186, 258, 285, 296	60, 149, 185, 197, 201
+2 29	LOS ALAMOS CROSS COUNTRY CLUB	840	1:12:21	14:28	4:39	0:37	197, 199, 228, 231, 240, 264	154, 156, 173, 176, 181, 187
30	MAVERICKS	846	1:13:35	14:43	4:44	1:48	149, 215, 234, 275, 276, 279	123, 165, 177, 190, 191, 194
-2 31	BRONCOS	880	1:16:09	15:13	4:54	3:52	194, 225, 229, 241, 295, 297, 298	152, 172, 174, 182, 200, 202, 203
32	WARRIOR ELITE	893	1:15:28	15:05	4:51	2:02	157, 245, 277, 278, 282, 289, 294	129, 183, 192, 193, 196, 198, 199
	DNP UNA CO	1:04:46	12:57	4:10	0:51	21, 48, 69, 95, 111, 112		
	DNP UNA NM	1:09:53	13:58	4:29	2:06	90, 106, 131, 223, 270		
	DNP EL MIRAGE STRIDERS	1:01:42	15:25	4:57		187, 247, 269, 293	4 Runners	
	DNP DISCO THUNDER	50:50	12:42	4:05		14, 26, 36, 100	4 Runners	
	DNP WINGS OF AMERICA	52:06	13:01	4:11		33, 35, 109, 127	4 Runners	
	DNP UNA AZ	54:11	13:32	4:21		46, 156, 161, 174	4 Runners	
	DNP RICH RIVER ATHLETICS CLUB	57:48	14:27	4:39		141, 154, 162, 290	4 Runners	
	DNP UNA UT	25:16	12:38	4:04		11, 75	2 Runners	
	DNP TOTAH XC	28:13	14:06	4:32		120, 239	2 Runners	
	DNP SKYHAWK XC CLUB	28:16	14:08	4:32		172, 207	2 Runners	
	DNP FACON	28:50	14:25	4:38		70, 283	2 Runners	



Race 3 - 2 Mile

11/23/2019 - 8:27am

Split Point - Team Race Results - Split Point

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
	DNP DORADO RUNNING CLUB		13:32	13:32	4:21		134	1 Runner
	DNP CITIZEN		13:38	13:38	4:23		145	1 Runner
	DNP COSMIC COBRAS		14:25	14:25	4:38		212	1 Runner



Race 3 - 2 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points		
+1	1	Kenadi Krueger	12	Eagles XC Club	11:42.4	1	+5	39	Abby Fostveit	12	Raptor XC	12:40.3	32
-1	2	Laurel Froehlich	11	Desert Lightning	11:57.3	2	+3	40	Cruzie Dudley	10	Raptor XC	12:40.3	33
+2	3	Olivia Krueger	10	Eagles XC Club	12:07.2	3	+9	41	Kennady Bird	10	Golden Eagle XC	12:41.8	34
	4	Kylie Wild	9	Desert Lightning	12:14.1	4	+11	42	Analisa Dean	10	Orem XC	12:41.8	35
-2	5	Lily Mourer	9	Golden	12:15.4	5	+13	43	Sasha Willie	11	O-Town Tigers	12:42.5	36
	6	Jadyn Heil	10	Shake 'N Bake	12:15.9	6	+33	44	Emma Barnett	12	Olympus Titans	12:42.7	37
+19	7	Kate Thomas	12	Olympus Titans	12:17.9	7	+2	45	Elle Murray	9	Raptor XC	12:43.7	38
+9	8	Camilla Adams	11	Golden Eagle XC	12:18.0	8	-18	46	Sada DeWitt	11	UNA AZ	12:43.9	
-1	9	Evelyn Boyd	10	REAL Training	12:18.1	9	+29	47	Mia Legas	12	Orem XC	12:43.9	39
	10	Zanna Perry	10	Golden Eagle XC	12:18.5	10	-13	48	Delaney Gilfillan	11	UNA CO	12:44.3	
+5	11	Madison Patrick	11	UNA UT	12:19.1		+12	49	Kylie Sisco	9	Golden	12:46.0	40
-3	12	Emma Berg	11	Racin' Rams Runnin	12:22.3	11	+1	50	Eliza Loosli	11	O-Town Tigers	12:48.0	41
+16	13	Grace Searls	12	Golden	12:22.4	12	-19	51	Sydney LaPine	12	PCXC	12:48.6	42
-7	14	Loren Linnenburger	11	Disco Thunder	12:23.8		-16	52	Kendra Emery	9	Tribal Elite	12:48.9	43
-4	15	Taylor Rorick	9	Valor XC & Distance	12:24.0	13	+6	53	Samantha Herman	11	PCXC	12:49.3	44
-1	16	Eva Bennion	9	Hogback XC	12:25.0	14	-21	54	Reagan Kraft	11	Desert Lightning	12:49.8	45
-4	17	Eva Lennert	11	REAL Training	12:26.3	15	-3	55	Raquel Chavez	12	VCR 2	12:50.2	46
+3	18	Gabby Thomas	12	REAL Training	12:27.3	16	-8	56	Cami Fischmann	12	Raptor XC	12:50.5	47
+11	19	Sidney Preator	12	Timpanogos XC	12:30.9	17	+25	57	Jayda Nix	10	Eagles XC Club	12:50.6	48
-6	20	Mackenna Doilney	12	PCXC	12:31.4	18	+25	58	Victoria Kavvadas	12	Eagles XC Club	12:50.9	49
-9	21	Julia Solano	12	UNA CO	12:31.5		+10	59	Jensen Enterman	12	Colorado Springs Tr	12:51.7	50
+5	22	Kate Allred	12	O-Town Tigers	12:31.8	19	+6	60	Abby Benson	11	Timpanogos XC	12:52.5	51
+19	23	Kaliyah Greer-Gipson	12	Prescott XC Club	12:32.8	20	+12	61	Brooke Mashburn	12	Timpanogos XC	12:52.6	52
-6	24	Ava Coccoaro	9	PCXC	12:32.9	21	+29	62	Jane Fredrick	12	Olympus Titans	12:53.1	53
-2	25	Tate Beasley	11	O-Town Tigers	12:33.0	22	-1	63	Amanda McGill	10	Shake 'N Bake	12:53.3	54
-7	26	Emma Baron	12	Disco Thunder	12:33.2		+3	64	Mary Cate Golden	11	Racin' Rams Runnin	12:53.4	55
+14	27	Brooke Heinicke	11	Colorado Springs Tr	12:33.8	23	-26	65	Lauren Hendershot	9	REAL Training	12:54.1	56
+17	28	Bayleigh Redd	11	SFXC	12:33.9	24	-1	66	Hailey McGuire	9	PCXC	12:54.3	57
+29	29	Aubrey Surage	11	Tri-Lakes Runners	12:34.1	25	-33	67	Sophia Mena	11	Security	12:54.8	58
+1	30	Mekenzie Clark	10	Shake 'N Bake	12:34.5	26	-8	68	Elaina Arcand	11	Shake 'N Bake	12:54.9	59
+24	31	Ashlynn Squires	12	Shake 'N Bake	12:35.1	27	-31	69	Mandy Moran	11	UNA CO	12:54.9	
-7	32	Olivia Webster	10	Cedar City	12:35.6	28	-16	70	Sydney Gasper	11	Facon	12:55.4	
+16	33	Whitney James	10	Wings of America	12:36.2			71	Celine Nez	11	Bengals	12:56.1	60
+30	34	Laurissa Blakey	10	Springville XC	12:36.9	29	+7	72	Harmony McMullin	11	Golden	12:56.1	61
-15	35	Alexandria Bewanika	10	Wings of America	12:37.6		-10	73	Mary Evans	10	Scottsdale Cats	12:56.3	62
-14	36	Isabella Fife	11	Disco Thunder	12:38.7		+14	74	Lauren Dynda	10	Hogback XC	12:56.4	63
	37	Lotte DeJager	9	PCXC	12:39.2	30	-5	75	Alexis Patrick	10	UNA UT	12:57.5	
+8	38	Briar Williams	9	Prescott XC Club	12:39.4	31	+5	76	Ari Trimble	10	Orem XC	12:57.8	64



Race 3 - 2 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points				
-37	77	Suzanna	Tresner	10	Orem XC	12:58.8	65	-11	115	Chloe	Caldwell	11	O-Town Tigers	13:23.1	95
+7	78	Elin	Philips	11	Golden	12:58.9	66	+7	116	Erica	Davis	12	Cedar City	13:23.3	96
-55	79	Ashley	Edwards	10	REAL Training	12:59.0	67	+9	117	MaKell	Corry	11	Cedar City	13:25.1	97
-6	80	Ashlyne	Murray	10	Golden Eagle XC	12:59.3	68	+44	118	Cora	McLain	10	Colorado Springs Tr	13:25.2	98
-3	81	Amanda	Sparks	11	VCR 2	13:02.2	69	-2	119	Lane	Chipman	11	Olympus Titans	13:26.8	99
-10	82	Destiny	Marquez	9	Tribal Elite	13:02.4	70	-5	120	Shyla	Rogers	9	Total XC	13:27.4	
-8	83	Olivia	Hinklin	11	Raptor XC	13:05.7	71	-13	121	Avery	Sprout	11	Valor XC & Distance	13:28.1	100
-16	84	Nichole	Smith	11	Exceler8 TC	13:05.7	72	-4	122	Elena	Allen	11	Stansbury XC	13:28.8	101
+1	85	Mariah	McDonald	12	Orem XC	13:06.2	73	+14	123	Metcalf	Grace	11	Racin' Rams Runnin	13:29.0	102
+60	86	Paige	Ballard	10	Springville XC	13:09.0	74	-12	124	Rebakah	Sparks	11	VCR 2	13:29.2	103
	87	Britt	Stratton	10	Golden	13:09.0	75	-15	125	Annie	Whipple	11	Hogback XC	13:30.6	104
+21	88	Ellia	Hays	9	Timpanogos XC	13:09.9	76	-21	126	Nique	Teixeira	11	Desert Lightning	13:30.7	105
+10	89	Kate	Cooper	11	Golden Eagle XC	13:10.5	77	+21	127	LuSundrai	Baldwin	9	Wings of America	13:30.7	
-6	90	Maya	Holder	12	UNA NM	13:11.3		-25	128	Autumn	Carlston	12	REAL Training	13:30.8	106
+10	91	Katie	Crabtree	11	O-Town Tigers	13:11.6	78	+35	129	Josie	Diffendaffer	10	Colorado Springs Tr	13:31.0	107
-2	92	Nicole	Day	10	Exceler8 TC	13:12.2	79	+9	130	Erin	Allen	9	Stansbury XC	13:31.2	108
+51	93	Breanne	Raley	11	Colorado Springs Tr	13:12.5	80	-36	131	Tasheena	Thompson	10	UNA NM	13:31.2	
-14	94	Iris	Emery	12	Tribal Elite	13:12.8	81	+28	132	Amy	Robinson	12	Timpanogos XC	13:31.6	109
+2	95	Leah	Goodloe	12	UNA CO	13:12.9		-2	133	Michelle	Parent	10	Prescott XC Club	13:32.0	110
+25	96	Shelby	Archer	12	Stansbury XC	13:13.6	82	-27	134	Delaney	Kaminski	10	Dorado Running Clu	13:32.5	
+19	97	Joelle	Spilker	12	Stansbury XC	13:13.9	83	-6	135	Olivia	Packer	12	Stansbury XC	13:33.3	111
	98	McKenzie	Gladding	12	SFXC	13:13.9	84	+6	136	Camryn	Marshall	10	SFXC	13:33.4	112
+15	99	Sienna	Vuijsters	9	Golden	13:14.4	85	-3	137	Katelin	Chipman	12	Stansbury XC	13:34.3	113
-8	100	Abigail	Braun	12	Disco Thunder	13:14.9		+3	138	Kaylana	Price	11	Springville XC	13:34.5	114
+5	101	Dylan	Daniels	10	Valor XC & Distance	13:15.2	86	-12	139	Riley	Wolfgramm	11	Golden Eagle XC	13:34.8	115
+31	102	Maya	Connolly	11	Olympus Titans	13:18.4	87	+7	140	Lydia	West	9	Golden Eagle XC	13:35.0	116
+8	103	Kate	Hathway	10	Golden	13:18.6		-45	141	Sasha	Ogburn	10	Rich River Athletics	13:35.4	
+26	104	Kate	Twede	10	Colorado Springs Tr	13:20.2	88	+10	142	Celia	Frazier	11	Racin' Rams Runnin	13:36.5	117
-16	105	Bella	Caldwell	9	Desert Lightning	13:20.2	89	-11	143	Taylor	Kincaid	12	Shake 'N Bake	13:37.6	118
-12	106	Kaleia	Vicenti	11	UNA NM	13:20.5		+9	144	Kenadee	Stubbs	12	Cedar City	13:38.9	119
-7	107	Brooke	Call	11	Stansbury XC	13:20.8	90	+22	145	Faith	Kelly		Citizen	13:38.9	
+28	108	Grace	Reichhardt	9	Eagles XC Club	13:21.9	91	+23	146	Emma	Brown	11	Orem XC	13:39.7	120
-16	109	Leiyah	Light	12	Wings of America	13:22.2		+8	147	Geneva	Raber	12	Prescott XC Club	13:40.2	121
+10	110	Maren	Street	12	Cedar City	13:22.3	92	-24	148	Chloe	Meehan	11	Hogback XC	13:40.6	122
+29	111	Jeanne	Kilcullen	11	UNA CO	13:22.5		+21	149	Lauren	Caldwell	9	Mavericks	13:40.6	123
+26	112	Katherine	Nieuwlandt	12	UNA CO	13:22.6		+7	150	Kysa	Webb	11	Timpanogos XC	13:40.7	124
+9	113	Diamond	Sonerholm	12	Cedar City	13:22.9	93	+7	151	Madisen	Hamai	10	Hogback XC	13:41.1	125
-1	114	Carissa	Hofeling	10	Cedar City	13:23.1	94	-7	152	Aranea	Dunkley	11	Scottsdale Cats	13:41.2	126



Race 3 - 2 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points		
-28	153	Alyssa Mclean	11	Security	13:41.8	127	-13	191	Amelia Mitchell	10	Orem XC	14:07.9	151
-11	154	Gisell Bojorquez	11	Rich River Athletics	13:41.9		+21	192	Cari Goddard	11	Cedar City	14:08.1	
+6	155	Rosie McVaney	11	Valor XC & Distance	13:42.9	128	-1	193	Natalie O'Neil	12	Cedar City	14:08.4	
+23	156	Rya Oliver	10	UNA AZ	13:43.0		-9	194	Valeria Zavalza	11	Broncos	14:09.2	152
-8	157	Sara Gagler	10	Warrior Elite	13:43.7	129	-7	195	Marian Ogden	10	Stansbury XC	14:09.3	
-4	158	Paityn Bird	9	Springville XC	13:44.9	130	-6	196	Mary McLean	12	REAL Training	14:09.5	153
+6	159	Chloe Smith	12	Scottsdale Cats	13:45.4	131	-3	197	Nyla Lee	9	Los Alamos Cross C	14:09.5	154
-10	160	Taylor Thomas	12	Desert Lightning	13:46.2	132	-5	198	Danielle Day	10	Exceler8 TC	14:10.3	155
-42	161	Cara Super	11	UNA AZ	13:47.9		+17	199	Maya Price	9	Los Alamos Cross C	14:11.9	156
-34	162	Angela Holman	10	Rich River Athletics	13:50.4		+10	200	Carly Day	9	Olympus Titans	14:12.2	157
	163	Krysta Vanderpol	11	Hogback XC	13:50.7	133	-3	201	Kiyah Padilla	9	VCR 2	14:12.2	158
-5	164	Kati Weber	12	Timpanogos XC	13:51.6	134	-2	202	Eliza Koger	9	Golden Eagle XC	14:14.6	
+10	165	Kate Fuhrman	12	Olympus Titans	13:51.7	135	-2	203	Hannah Kurtz	11	Hogback XC	14:15.9	
	166	Arianna Kincaid	12	Shake 'N Bake	13:52.1	136		204	Olivia Larsen	9	Golden Eagle XC	14:16.4	
+53	167	Emma Thomas	10	Tri-Lakes Runners	13:52.6	137	+7	205	Katie Rex	12	Springville XC	14:17.7	159
+3	168	Megan Suedkamp	11	Valor XC & Distance	13:53.3	138	-25	206	Arianna Montoya	9	Tribal Elite	14:19.5	160
+11	169	Elisa Boehm	11	O-Town Tigers	13:54.5	139	-10	207	Morgan McKinney	10	Skyhawk XC Club	14:19.9	
+51	170	Samantha Weese	10	Tri-Lakes Runners	13:56.1	140	-12	208	Lindsay Beckwith	12	Raptor XC	14:20.1	161
+51	171	Haley Wood	12	Tri-Lakes Runners	13:56.3	141	-23	209	Julia Prata	10	Colorado Springs Tr	14:20.6	
+23	172	Rylee Jensen	9	Skyhawk XC Club	13:56.4		-4	210	Cassandra Nelson	9	Security	14:25.3	162
+14	173	Julie Starr	12	Stansbury XC	13:56.4		-28	211	Rebecca Gearhart	12	Exceler8 TC	14:25.3	163
	174	Bethany Brooks	12	UNA AZ	13:56.8		-61	212	Megan Arganbright	10	Cosmic Cobras	14:25.7	
-40	175	Alexis Aquino	9	Tribal Elite	13:57.1	142	+4	213	Lindsey Brown	9	Orem XC	14:26.3	
-74	176	Diandra Toya	12	Tribal Elite	13:57.7	143	+12	214	Heather Taylor	10	Exceler8 TC	14:27.1	164
-9	177	Ashley Morris	12	Hogback XC	13:58.1	144	-12	215	Frances Hudson	9	Mavericks	14:27.6	165
-5	178	Simone Stephens	9	Scottsdale Cats	13:59.0	145	-8	216	Brielle Boer	9	O-Town Tigers	14:27.9	
-3	179	Riley Crawford	10	Raptor XC	14:00.9	146	+23	217	Meg Spence	12	Olympus Titans	14:29.9	
-24	180	Cecily Eagleton	10	O-Town Tigers	14:01.7		+1	218	Vadianna Martinez	12	Security	14:31.3	166
+3	181	Bridget Golden	10	Racin' Rams Runnin	14:02.2	147	+9	219	Sydney Day	12	Exceler8 TC	14:31.5	167
+27	182	Ellie Savage	11	Golden Eagle XC	14:03.3		+15	220	Alyx Scheetz	12	SFXC	14:31.6	168
+24	183	Claire Ewert	10	O-Town Tigers	14:04.0		+4	221	Ella Nagaraj	10	Exceler8 TC	14:31.6	169
-2	184	Marisa Oveson	9	Cedar City	14:04.7		+8	222	Lexy Orr	11	Eagles XC Club	14:31.9	170
+4	185	Skyler Korkowski	11	Colorado Springs Tr	14:05.4	148	+4	223	Maya Ellers	11	UNA NM	14:31.9	
-9	186	Kiera Livingston	9	Bengals	14:06.5	149	+14	224	Angela Harris	9	Springville XC	14:31.9	171
-15	187	Cailyn Ainsworth	10	El Mirage Striders	14:06.5		-11	225	Jane Crockett	10	Broncos	14:33.3	172
+43	188	Sarah Seeley	9	SFXC	14:06.7	150	+17	226	Grace Gulig	12	Exceler8 TC	14:34.4	
+16	189	Ellie Doxey	12	Timpanogos XC	14:06.8		+2	227	Julia Matson	11	Exceler8 TC	14:34.5	
+21	190	Lydia Evans	11	Golden Eagle XC	14:07.4		+6	228	Naomi Starkenburg	9	Los Alamos Cross C	14:35.3	173



Race 3 - 2 Mile

11/23/2019 - 8:27am

Split Point - Individual Race Results - Split Point

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
-11	229 Alexis Young	10	Broncos	14:36.6	174	+12	267 Hope Golly	10	Timpanogos XC	15:17.6	
-28	230 Unique Zuniga	10	Scottsdale Cats	14:37.3	175	-5	268 TianYu Melzer	10	Tri-Lakes Runners	15:17.7	189
+2	231 Pearl Hilderbrand	10	Los Alamos Cross C	14:37.6	176		269 Isabel Quintero-Soria	11	El Mirage Striders	15:18.1	
+18	232 Tessa Everett	10	REAL Training	14:37.6		-24	270 Amber Lujan	11	UNA NM	15:18.1	
+6	233 Brynlee Fish	11	Orem XC	14:38.1		-5	271 Jayden Kailey	9	Excels8 TC	15:18.8	
-10	234 Mary Feters	9	Mavericks	14:38.3	177	+12	272 Madeline Duncan	10	Colorado Springs Tr	15:19.9	
+2	235 Sophie Riding	9	SFXC	14:38.4	178	+12	273 Malina Ceballes	9	Colorado Springs Tr	15:19.9	
	236 Josie Wright	11	SFXC	14:39.9	179	+3	274 Amanda Day	10	Timpanogos XC	15:20.0	
-38	237 Carley Davis	12	Prescott XC Club	14:40.1	180	-8	275 Kyla Kinzie	12	Mavericks	15:20.2	190
-23	238 Jayden Bane	9	Excels8 TC	14:45.7		-5	276 Kenna Stephen	11	Mavericks	15:29.0	191
+9	239 Naomi Wagoner	9	Total XC	14:46.4		-3	277 Kora Handy	11	Warrior Elite	15:30.9	192
+5	240 Nina Johnson	10	Los Alamos Cross C	14:47.3	181	-3	278 Hope Watson	10	Warrior Elite	15:33.0	193
-18	241 Elena Escanuela	11	Broncos	14:48.0	182	-9	279 Cambrie Martin	12	Mavericks	15:33.7	194
+5	242 Natalie Mcdonald	10	Orem XC	14:48.7		+6	280 Pearl Marden	11	O-Town Tigers	15:40.0	
-11	243 Ashley Min	11	Timpanogos XC	14:53.2			281 Rya Shackelford	9	Scottsdale Cats	15:42.1	195
+20	244 Kaydenz Critchlow	10	SFXC	14:54.1		+6	282 Morgan O'Rourke	10	Warrior Elite	15:46.1	196
+10	245 Rebekah Espinoza	11	Warrior Elite	14:54.8	183	-10	283 Taylor Thorp	11	Facon	15:55.3	
-5	246 Kali Benson	10	Timpanogos XC	14:55.3		-25	284 Lucy Herbert	10	Scottsdale Cats	16:03.0	
+7	247 Alexa Prieto Saenz	11	El Mirage Striders	14:55.9		+2	285 Jordan Watson	11	Bengals	16:12.8	197
+13	248 Naomi Ogles	11	Springville XC	14:56.3	184	+5	286 Rachel Ballard	11	O-Town Tigers	16:27.4	
+13	249 Millie Cox	12	Timpanogos XC	14:59.6		+2	287 Brooklyn Gardner	10	Timpanogos XC	16:31.4	
+18	250 Maleah Dameron	10	Timpanogos XC	15:02.0		+5	288 Jessana Crouse	9	Colorado Springs Tr	16:32.8	
+25	251 Sarah Barry	10	Colorado Springs Tr	15:02.8		+1	289 Ashley Nowak	10	Warrior Elite	16:38.9	198
	252 Mckenzie Jordan	10	Orem XC	15:03.2		+2	290 Emily Rodgers	11	Rich River Athletics	16:41.1	
+29	253 Abigail Bufkin	9	Colorado Springs Tr	15:03.9		+4	291 Aubrey Bruno	10	Timpanogos XC	17:05.3	
-5	254 Lindsay Jenson	11	Excels8 TC	15:04.3		+2	292 Sydney Hill	9	Colorado Springs Tr	17:11.7	
+3	255 Shannon Lunt	12	Cedar City	15:05.0		+4	293 Viviana Silva Mercado	9	El Mirage Striders	17:21.5	
-12	256 Gracie Glahn	9	Orem XC	15:05.6		+2	294 Masey Kay	10	Warrior Elite	17:25.6	199
+23	257 Aubrey Banks	9	Colorado Springs Tr	15:06.7		+3	295 Annabelle Sauber	9	Broncos	18:02.1	200
-5	258 Jaymi Watson	9	Bengals	15:08.7	185	+3	296 Tevielynn Yazzie	10	Bengals	18:14.9	201
-3	259 Tasha DeMille	10	Cedar City	15:11.2		+3	297 Larenia Murray	9	Broncos	18:29.7	202
	260 Emma Larkin	12	Cedar City	15:11.8		+3	298 Emily Castro	11	Broncos	18:30.0	203
-4	261 Ellie Ihler	10	Cedar City	15:12.2		+5	299 Emma Kellerhoff	11	Timpanogos XC	19:46.8	
-20	262 Madelyn Rodrigues	12	Security	15:14.0	186	+5	300 Maya Kohlhepp	12	Colorado Springs Tr	19:49.9	
+20	263 Clara Johnson	9	Colorado Springs Tr	15:14.7		+1	301 Ashley Johnson	9	Broncos	20:05.7	
+1	264 Sofia Enriquez	10	Los Alamos Cross C	15:16.2	187	+4	302 Hannah Martinez	11	Springville XC	20:10.2	
+7	265 Jalyn Krenzen	9	Scottsdale Cats	15:17.1	188		303 Audrey Abeita	10	VCR 2	20:47.6	204
+12	266 Bella Morris	10	Timpanogos XC	15:17.4							



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Team Race Results

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	PCXC	161	1:38:36	19:43	6:20	0:34	21, 32, 36, 44, 48, 58, 67	19, 29, 33, 38, 42, 50, 58
2	REAL TRAINING	163	1:38:34	19:42	6:20	1:06	11, 13, 17, 70, 73, 115, 198	10, 12, 16, 61, 64, 99, 155
3	SHAKE 'N BAKE	168	1:38:19	19:39	6:19	1:04	8, 28, 31, 62, 63, 136, 170	8, 25, 28, 53, 54, 115, 140
+1 4	EAGLES XC CLUB	184	1:37:44	19:32	6:17	2:34	1, 3, 51, 54, 99, 212	1, 3, 45, 48, 87, 165
+2 5	GOLDEN EAGLE XC	198	1:38:58	19:47	6:22	1:25	7, 10, 35, 83, 90, 126, 151	7, 9, 32, 72, 78, 106, 125
6	O-TOWN TIGERS	198	1:39:06	19:49	6:22	0:57	14, 29, 50, 60, 72, 132, 168	13, 26, 44, 52, 63, 111, 139
-3 7	GOLDEN	200	1:39:13	19:50	6:23	1:25	4, 25, 45, 68, 87, 88, 108	4, 23, 39, 59, 75, 76, 94
+3 8	OLYMPUS TITANS	266	1:40:19	20:03	6:27	2:03	5, 33, 39, 106, 124, 174, 188	5, 30, 35, 92, 104, 141, 149
9	DESERT LIGHTNING	267	1:39:59	19:59	6:26	2:33	2, 6, 66, 94, 143, 150, 158	2, 6, 57, 82, 120, 124, 130
10	OREM XC	279	1:40:48	20:09	6:29	1:09	23, 41, 69, 84, 102, 153, 193	21, 36, 60, 73, 89, 126, 153
-3 11	RAPTOR XC	280	1:40:52	20:10	6:29	1:02	34, 46, 55, 81, 103, 186, 209	31, 40, 49, 70, 90, 148, 162
12	TIMPANOGOS XC	293	1:41:10	20:14	6:30	1:33	22, 49, 65, 77, 128, 159, 195	20, 43, 56, 67, 107, 131, 154
13	COLORADO SPRINGS TRACK CLUB (WEST)	312	1:41:15	20:15	6:31	1:29	24, 53, 82, 89, 111, 125, 180	22, 47, 71, 77, 95, 105, 145
14	CEDAR CITY	382	1:42:26	20:29	6:35	0:58	38, 95, 98, 101, 104, 107, 139	34, 83, 86, 88, 91, 93, 118
15	HOGBACK XC	415	1:43:12	20:38	6:38	1:51	27, 47, 130, 142, 146, 175, 189	24, 41, 109, 119, 122, 142, 150
16	RACIN' RAMS RUNNING CLUB	428	1:43:34	20:42	6:40	2:49	15, 59, 112, 137, 190	14, 51, 96, 116, 151
+1 17	STANSBURY XC	438	1:43:52	20:46	6:41	0:52	71, 74, 118, 123, 129, 134, 154	62, 65, 100, 103, 108, 113, 127
+1 18	VALOR XC & DISTANCE	470	1:44:15	20:51	6:42	2:30	16, 76, 138, 156, 178	15, 66, 117, 128, 144
-2 19	PRESCOTT XC CLUB	474	1:45:11	21:02	6:46	3:39	20, 42, 121, 164, 244	18, 37, 102, 135, 182



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Team Race Results

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
+1 20	SPRINGVILLE XC	476	1:44:46	20:57	6:44	2:46	19, 52, 148, 162, 199, 229, 257	17, 46, 123, 134, 156, 174, 186
+1 21	SFXC	516	1:45:40	21:08	6:48	3:05	30, 97, 119, 166, 215, 231, 239	27, 85, 101, 137, 166, 175, 181
+2 22	TRI-LAKES RUNNERS	562	1:47:24	21:28	6:54	4:54	12, 133, 135, 161, 277	11, 112, 114, 133, 192
-3 23	TRIBAL ELITE	567	1:46:31	21:18	6:51	2:00	79, 96, 114, 204, 205, 235	68, 84, 98, 158, 159, 178
-1 24	VCR 2	592	1:56:06	23:13	7:28	12:12	64, 80, 131, 192, 306	55, 69, 110, 152, 206
+1 25	SCOTTSDALE CATS	659	1:48:15	21:39	6:58	2:29	91, 145, 165, 177, 237, 266, 283	79, 121, 136, 143, 180, 188, 196
-1 26	EXCELER8 TC	667	1:48:59	21:47	7:00	2:12	85, 113, 207, 216, 218, 220, 223	74, 97, 161, 167, 168, 169, 170
27	SECURITY	739	1:51:45	22:21	7:11	3:51	93, 167, 210, 211, 279	81, 138, 163, 164, 193
+1 28	LOS ALAMOS CROSS COUNTRY CLUB	817	1:52:35	22:31	7:14	0:58	184, 185, 224, 233, 234, 262	146, 147, 171, 176, 177, 187
-1 29	BENGALS	833	2:01:14	24:14	7:48	8:25	92, 206, 269, 288, 301	80, 160, 189, 199, 205
30	MAVERICKS	872	1:56:11	23:14	7:28	2:46	160, 226, 246, 275, 280, 285	132, 173, 183, 190, 194, 198
31	BRONCOS	895	1:59:32	23:54	7:41	5:44	200, 225, 236, 251, 298, 299, 300	157, 172, 179, 185, 202, 203, 204
32	WARRIOR ELITE	896	1:58:22	23:40	7:37	3:14	157, 248, 276, 282, 284, 292, 297	129, 184, 191, 195, 197, 200, 201
	DNP UNA CO		1:41:47	20:21	6:33	1:08	40, 56, 78, 105, 110, 127	
	DNP UNA NM		1:50:12	22:02	7:05	3:53	100, 116, 144, 217, 281	
	DNP DISCO THUNDER		1:19:39	19:54	6:24		18, 26, 37, 120	4 Runners
	DNP WINGS OF AMERICA		1:22:15	20:33	6:37		43, 61, 122, 140	4 Runners
	DNP UNA AZ		1:25:21	21:20	6:52		57, 141, 171, 201	4 Runners
	DNP RICH RIVER ATHLETICS CLUB		1:31:13	22:48	7:20		152, 163, 179, 293	4 Runners
	DNP EL MIRAGE STRIDERS		1:35:52	23:58	7:42		181, 247, 272, 294	4 Runners
	DNP UNA UT		39:37	19:48	6:22		9, 75	2 Runners



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Team Race Results

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
	DNP TOTAH XC		43:56	21:58	7:04		117, 232	2 Runners
	DNP SKYHAWK XC CLUB		44:08	22:04	7:06		155, 219	2 Runners
	DNP FACON		45:58	22:59	7:23		86, 287	2 Runners
	DNP DORADO RUNNING CLUB		21:18	21:18	6:51		149	1 Runner
	DNP CITIZEN		21:21	21:21	6:52		147	1 Runner
	DNP COSMIC COBRAS		23:08	23:08	7:27		240	1 Runner



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
1	Kenadi Krueger	12	Eagles XC Club	18:04.33	1	+23 39	Jane Fredrick	12	Olympus Titans	19:42.98	35
2	Laurel Froehlich	11	Desert Lightning	18:45.29	2	-19 40	Julia Solano	12	UNA CO	19:43.09	
3	Olivia Krueger	10	Eagles XC Club	18:50.13	3	+6 41	Mia Legas	12	Orem XC	19:46.50	36
+1 4	Lily Mourer	9	Golden	18:51.86	4	-4 42	Briar Williams	9	Prescott XC Club	19:47.61	37
+2 5	Kate Thomas	12	Olympus Titans	18:55.68	5	-10 43	Whitney James	10	Wings of America	19:48.65	
-2 6	Kylie Wild	9	Desert Lightning	18:56.14	6	-7 44	Lotte DeJager	9	PCXC	19:50.46	38
+1 7	Camilla Adams	11	Golden Eagle XC	18:58.84	7	+4 45	Kylie Sisco	9	Golden	19:50.75	39
-2 8	Jadyn Heil	10	Shake 'N Bake	19:01.27	8	-6 46	Cruzie Dudley	10	Raptor XC	19:51.70	40
+2 9	Madison Patrick	11	UNA UT	19:06.59		+27 47	Lauren Dynda	10	Hogback XC	19:53.39	41
10	Zanna Perry	10	Golden Eagle XC	19:06.79	9	+5 48	Samantha Herman	11	PCXC	19:53.40	42
-2 11	Evelyn Boyd	10	REAL Training	19:09.69	10	+12 49	Brooke Mashburn	12	Timpanogos XC	19:53.77	43
+17 12	Aubrey Surage	11	Tri-Lakes Runners	19:09.79	11	-7 50	Sasha Willie	11	O-Town Tigers	19:54.08	44
+5 13	Gabby Thomas	12	REAL Training	19:10.93	12	+6 51	Jayda Nix	10	Eagles XC Club	19:54.55	45
+8 14	Kate Allred	12	O-Town Tigers	19:12.52	13	+34 52	Paige Ballard	10	Springville XC	19:56.04	46
-3 15	Emma Berg	11	Racin' Rams Runnin	19:15.73	14	+6 53	Jensen Enterman	12	Colorado Springs Tr	19:56.47	47
-1 16	Taylor Rorick	9	Valor XC & Distance	19:17.55	15	+4 54	Victoria Kavvadas	12	Eagles XC Club	19:56.82	48
17	Eva Lennert	11	REAL Training	19:20.23	16	-10 55	Elle Murray	9	Raptor XC	19:56.91	49
-4 18	Loren Linnenburger	11	Disco Thunder	19:20.77		-8 56	Delaney Gilfillan	11	UNA CO	19:57.69	
+15 19	Laurissa Blakey	10	Springville XC	19:21.73	17	-11 57	Sada DeWitt	11	UNA AZ	19:58.89	
+3 20	Kalayah Greer-Gipson	12	Prescott XC Club	19:22.55	18	+8 58	Hailey McGuire	9	PCXC	19:58.99	50
21	Erika Skylling	9	PCXC	19:23.00	19	+5 59	Mary Cate Golden	11	Racin' Rams Runnin	19:59.07	51
-3 22	Sidney Preator	12	Timpanogos XC	19:23.76	20	-10 60	Eliza Loosli	11	O-Town Tigers	19:59.90	52
+19 23	Analisa Dean	10	Orem XC	19:24.81	21	-26 61	Alexandria Bewanika	10	Wings of America	20:00.36	
+3 24	Brooke Heinicke	11	Colorado Springs Tr	19:25.06	22	+6 62	Elaina Arcand	11	Shake 'N Bake	20:01.18	53
-12 25	Grace Searls	12	Golden	19:25.72	23	63	Amanda McGill	10	Shake 'N Bake	20:03.50	54
26	Emma Baron	12	Disco Thunder	19:26.01		-9 64	Raquel Chavez	12	VCR 2	20:07.01	55
-11 27	Eva Bennion	9	Hogback XC	19:26.23	24	-5 65	Abby Benson	11	Timpanogos XC	20:07.39	56
+2 28	Mekenzie Clark	10	Shake 'N Bake	19:27.07	25	-12 66	Reagan Kraft	11	Desert Lightning	20:09.68	57
-4 29	Tate Beasley	11	O-Town Tigers	19:28.35	26	-16 67	Sydney LaPine	12	PCXC	20:11.22	58
-2 30	Bayleigh Redd	11	SFXC	19:28.70	27	+4 68	Harmony McMullin	11	Golden	20:11.77	59
31	Ashlynn Squires	12	Shake 'N Bake	19:28.97	28	+7 69	Ari Trimble	10	Orem XC	20:11.83	60
-8 32	Ava Coccoaro	9	PCXC	19:30.96	29	+9 70	Ashley Edwards	10	REAL Training	20:12.22	61
+11 33	Emma Barnett	12	Olympus Titans	19:34.39	30	+26 71	Joelle Spilker	12	Stansbury XC	20:12.32	62
+5 34	Abby Fostveit	12	Raptor XC	19:34.57	31	+19 72	Katie Crabtree	11	O-Town Tigers	20:13.15	63
+6 35	Kennady Bird	10	Golden Eagle XC	19:39.01	32	-8 73	Lauren Hendershot	9	REAL Training	20:14.85	64
-16 36	Mackenna Doilney	12	PCXC	19:39.29	33	+22 74	Shelby Archer	12	Stansbury XC	20:16.98	65
-1 37	Isabella Fife	11	Disco Thunder	19:39.72		75	Alexis Patrick	10	UNA UT	20:17.83	
-6 38	Olivia Webster	10	Cedar City	19:40.80	34	+25 76	Dylan Daniels	10	Valor XC & Distance	20:18.17	66



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
+11 77	Ellia Hays	9	Timpanogos XC	20:19.50	67	+13 115	Autumn Carlston	12	REAL Training	20:51.68	99
-9 78	Mandy Moran	11	UNA CO	20:20.07		-10 116	Kaleia Vicenti	11	UNA NM	20:52.97	
-27 79	Kendra Emery	9	Tribal Elite	20:20.15	68	+3 117	Shyla Rogers	9	Total XC	20:56.66	
+1 80	Amanda Sparks	11	VCR 2	20:20.60	69	+4 118	Elena Allen	11	Stansbury XC	20:58.20	100
-25 81	Cami Fischmann	12	Raptor XC	20:21.63	70	+17 119	Camryn Marshall	10	SFXC	20:58.49	101
+11 82	Breanne Raley	11	Colorado Springs Tr	20:22.14	71	-20 120	Abigail Braun	12	Disco Thunder	20:59.07	
-3 83	Ashlyne Murray	10	Golden Eagle XC	20:22.52	72	+12 121	Michelle Parent	10	Prescott XC Club	20:59.32	102
+1 84	Mariah McDonald	12	Orem XC	20:23.10	73	+5 122	LuSundrai Baldwin	9	Wings of America	20:59.42	
-1 85	Nichole Smith	11	Exceler8 TC	20:23.24	74	+7 123	Erin Allen	9	Stansbury XC	20:59.50	103
-16 86	Sydney Gasper	11	Facon	20:23.62		-5 124	Lane Chipman	11	Olympus Titans	21:00.48	104
-9 87	Elin Philips	11	Golden	20:24.10	75	+4 125	Josie Diffendaffer	10	Colorado Springs Tr	21:00.59	105
+11 88	Sienna Vuijsters	9	Golden	20:24.23	76	+14 126	Lydia West	9	Golden Eagle XC	21:00.80	106
+29 89	Cora McLain	10	Colorado Springs Tr	20:24.63	77	-32 127	Leah Goodloe	12	UNA CO	21:01.14	
-1 90	Kate Cooper	11	Golden Eagle XC	20:24.79	78	+4 128	Amy Robinson	12	Timpanogos XC	21:01.33	107
-18 91	Mary Evans	10	Scottsdale Cats	20:25.41	79	-22 129	Brooke Call	11	Stansbury XC	21:02.98	108
-21 92	Celine Nez	11	Bengals	20:26.93	80	-5 130	Annie Whipple	11	Hogback XC	21:03.74	109
-26 93	Sophia Mena	11	Security	20:27.46	81	-7 131	Rebakah Sparks	11	VCR 2	21:04.41	110
94	Lexi Lambert	11	Desert Lightning	20:29.82	82	-17 132	Chloe Caldwell	11	O-Town Tigers	21:05.73	111
+15 95	Maren Street	12	Cedar City	20:31.20	83	+38 133	Haley Wood	12	Tri-Lakes Runners	21:06.33	112
-14 96	Destiny Marquez	9	Tribal Elite	20:33.08	84	+3 134	Katelin Chipman	12	Stansbury XC	21:07.04	113
+1 97	McKenzie Gladding	12	SFXC	20:33.68	85	+32 135	Emma Thomas	10	Tri-Lakes Runners	21:08.64	114
+18 98	Erica Davis	12	Cedar City	20:34.43	86	+7 136	Taylor Kincaid	12	Shake 'N Bake	21:08.85	115
+9 99	Grace Reichhardt	9	Eagles XC Club	20:34.78	87	+5 137	Celia Frazier	11	Racin' Rams Runnin	21:09.26	116
-10 100	Maya Holder	12	UNA NM	20:35.27		-17 138	Avery Sprout	11	Valor XC & Distance	21:10.01	117
+12 101	Diamond Sonerholm	12	Cedar City	20:35.55	88	+5 139	Kenadee Stubbs	12	Cedar City	21:10.73	118
-25 102	Suzanna Tresner	10	Orem XC	20:38.39	89	-31 140	Leiyah Light	12	Wings of America	21:11.30	
-20 103	Olivia Hinklin	11	Raptor XC	20:41.11	90	+15 141	Rya Oliver	10	UNA AZ	21:12.22	
+10 104	Carissa Hofeling	10	Cedar City	20:41.52	91	+9 142	Madisen Hamai	10	Hogback XC	21:12.48	119
+6 105	Jeanne Kilcullen	11	UNA CO	20:41.55		-38 143	Bella Caldwell	9	Desert Lightning	21:12.90	120
-4 106	Maya Connolly	11	Olympus Titans	20:42.12	92	-13 144	Tasheena Thompson	10	UNA NM	21:14.83	
+10 107	MaKell Corry	11	Cedar City	20:42.91	93	+7 145	Aranea Duncley	11	Scottsdale Cats	21:16.11	121
-21 108	Britt Stratton	10	Golden	20:42.97	94	+2 146	Chloe Meehan	11	Hogback XC	21:16.38	122
-6 109	Kate Hathway	10	Golden	20:44.18		-2 147	Faith Kelly		Citizen	21:17.43	
+2 110	Katherine Nieuwlandt	12	UNA CO	20:44.86		-10 148	Kaylana Price	11	Springville XC	21:17.87	123
-7 111	Kate Twede	10	Colorado Springs Tr	20:46.94	95	-15 149	Delaney Kaminski	10	Dorado Running Clu	21:18.01	
+11 112	Metcalf Grace	11	Racin' Rams Runnin	20:48.14	96	-24 150	Nique Teixeira	11	Desert Lightning	21:19.30	124
-21 113	Nicole Day	10	Exceler8 TC	20:48.37	97	-12 151	Riley Wolfgramm	11	Golden Eagle XC	21:19.95	125
-20 114	Iris Emery	12	Tribal Elite	20:51.41	98	-11 152	Sasha Ogburn	10	Rich River Athletics	21:20.09	



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points
-7	153 Emma Brown	11	Orem XC	21:20.10	126	+11	191 Eliza Koger	9	Golden Eagle XC	22:04.05	
-19	154 Olivia Packer	12	Stansbury XC	21:20.26	127	+9	192 Kiyah Padilla	9	VCR 2	22:06.05	152
+17	155 Rylee Jensen	9	Skyhawk XC Club	21:21.68		-2	193 Amelia Mitchell	10	Orem XC	22:07.19	153
-1	156 Rosie McVane	11	Valor XC & Distance	21:26.44	128	-14	194 Cecily Eagleton	10	O-Town Tigers	22:07.51	
	157 Sara Gagler	10	Warrior Elite	21:27.77	129	-6	195 Ellie Doxey	12	Timpanogos XC	22:08.95	154
+2	158 Tayler Thomas	12	Desert Lightning	21:27.86	130		196 Tatelyn Larsen	9	Stansbury XC	22:09.82	
-9	159 Kysa Webb	11	Timpanogos XC	21:30.60	131	+3	197 Carly Day	9	Olympus Titans	22:11.66	
-11	160 Lauren Caldwell	9	Mavericks	21:30.97	132	-2	198 Mary McLean	12	REAL Training	22:11.94	155
+9	161 Samantha Weese	10	Tri-Lakes Runners	21:31.08	133	+6	199 Katie Rex	12	Springville XC	22:12.27	156
-4	162 Paityn Bird	9	Springville XC	21:32.90	134	-6	200 Valeria Zavalza	11	Broncos	22:12.87	157
-9	163 Gisell Bojorquez	11	Rich River Athletics	21:34.00		-40	201 Cara Super	11	UNA AZ	22:13.43	
-17	164 Geneva Raber	12	Prescott XC Club	21:34.80	135	-38	202 Kati Weber	12	Timpanogos XC	22:14.29	
-6	165 Chloe Smith	12	Scottsdale Cats	21:35.81	136		203 Hannah Kurtz	11	Hogback XC	22:15.33	
+22	166 Sarah Seeley	9	SFXC	21:37.55	137	-29	204 Alexis Aquino	9	Tribal Elite	22:17.54	158
-14	167 Alyssa Mclean	11	Security	21:38.79	138	-29	205 Diandra Toya	12	Tribal Elite	22:18.08	159
+1	168 Elisa Boehm	11	O-Town Tigers	21:39.01	139	-20	206 Kiera Livingston	9	Bengals	22:19.11	160
+13	169 Ellie Savage	11	Golden Eagle XC	21:39.88		-9	207 Danielle Day	10	Excels8 TC	22:19.95	161
-4	170 Arianna Kincaid	12	Shake 'N Bake	21:40.23	140	+5	208 Lindsey Brown	9	Orem XC	22:21.79	
+3	171 Bethany Brooks	12	UNA AZ	21:43.04		-1	209 Lindsay Beckwith	12	Raptor XC	22:24.23	162
+1	172 Julie Starr	12	Stansbury XC	21:44.04			210 Cassandra Nelson	9	Security	22:24.93	163
+10	173 Claire Ewert	10	O-Town Tigers	21:44.16		+7	211 Vadianna Martinez	12	Security	22:26.59	164
-9	174 Kate Fuhrman	12	Olympus Titans	21:45.19	141	+10	212 Lexy Orr	11	Eagles XC Club	22:26.82	165
+2	175 Ashley Morris	12	Hogback XC	21:45.89	142	-9	213 Olivia Larsen	9	Golden Eagle XC	22:27.85	
+8	176 Marisa Oveson	9	Cedar City	21:46.92		-19	214 Marian Ogden	10	Stansbury XC	22:28.61	
+1	177 Simone Stephens	9	Scottsdale Cats	21:47.06	143	+5	215 Alyx Scheetz	12	SFXC	22:31.91	166
-10	178 Megan Suedkamp	11	Valor XC & Distance	21:47.56	144	+10	216 Grace Gulig	12	Excels8 TC	22:32.40	167
-17	179 Angela Holman	10	Rich River Athletics	21:48.31		+6	217 Maya Ellers	11	UNA NM	22:32.81	
+5	180 Skyler Korkowski	11	Colorado Springs Tr	21:48.33	145	-7	218 Rebecca Gearhart	12	Excels8 TC	22:33.44	168
+6	181 Cailyn Ainsworth	10	El Mirage Striders	21:49.35		-12	219 Morgan McKinney	10	Skyhawk XC Club	22:34.69	
+8	182 Lydia Evans	11	Golden Eagle XC	21:51.87		+1	220 Ella Nagaraj	10	Excels8 TC	22:41.04	169
+9	183 Cari Goddard	11	Cedar City	21:52.65		-12	221 Julia Prata	10	Colorado Springs Tr	22:41.87	
+13	184 Nyla Lee	9	Los Alamos Cross C	21:55.14	146	+10	222 Tessa Everett	10	REAL Training	22:42.17	
+14	185 Maya Price	9	Los Alamos Cross C	21:57.57	147	-9	223 Heather Taylor	10	Excels8 TC	22:42.49	170
-7	186 Riley Crawford	10	Raptor XC	21:58.37	148	+4	224 Naomi Starkenburg	9	Los Alamos Cross C	22:44.25	171
+6	187 Natalie O'Neil	12	Cedar City	21:59.20			225 Jane Crockett	10	Broncos	22:44.65	172
+29	188 Meg Spence	12	Olympus Titans	22:02.56	149	-11	226 Frances Hudson	9	Mavericks	22:45.31	173
-26	189 Krysta Vanderpol	11	Hogback XC	22:03.39	150	-11	227 Brielle Boer	9	O-Town Tigers	22:46.50	
-9	190 Bridget Golden	10	Racin' Rams Runnin	22:03.83	151	-9	228 Sydney Day	12	Excels8 TC	22:48.05	



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points	Place	Name	Grade	School	Time	Points		
-5	229	Angela Harris	9	Springville XC	22:48.67	174	-4	267	Clara Johnson	9	Colorado Springs Tr	23:45.38	
+3	230	Brynlee Fish	11	Orem XC	22:49.73		-7	268	Ellie Ihler	10	Cedar City	23:45.68	
+4	231	Sophie Riding	9	SFXC	22:50.27	175	-11	269	Jaymi Watson	9	Bengals	23:46.53	189
+7	232	Naomi Wagoner	9	Total XC	22:53.08		+2	270	Madeline Duncan	10	Colorado Springs Tr	23:47.03	
-2	233	Pearl Hilderbrand	10	Los Alamos Cross C	22:53.17	176	-15	271	Gracie Glahn	9	Orem XC	23:47.19	
+6	234	Nina Johnson	10	Los Alamos Cross C	22:54.10	177	-3	272	Isabel Quintero-Soria	11	El Mirage Striders	23:55.86	
-29	235	Arianna Montoya	9	Tribal Elite	22:54.15	178	-6	273	Hope Golly	10	Timpanogos XC	23:57.76	
-7	236	Alexis Young	10	Broncos	22:56.23	179		274	Amanda Day	10	Timpanogos XC	24:02.80	
-7	237	Unique Zuniga	10	Scottsdale Cats	22:57.15	180		275	Kyla Kinzie	12	Mavericks	24:03.64	190
-11	238	Julia Matson	11	Exceler8 TC	22:58.00		+1	276	Kora Handy	11	Warrior Elite	24:07.37	191
-3	239	Josie Wright	11	SFXC	22:59.33	181	-9	277	TianYu Melzer	10	Tri-Lakes Runners	24:07.48	192
-28	240	Megan Arganbright	10	Cosmic Cobras	23:02.69		+2	278	Pearl Marden	11	O-Town Tigers	24:16.84	
+1	241	Natalie Mcdonald	10	Orem XC	23:03.25		-17	279	Madelyn Rodrigues	12	Security	24:17.56	193
+11	242	Abigail Bufkin	9	Colorado Springs Tr	23:04.80		-4	280	Kenna Stephen	11	Mavericks	24:24.19	194
+8	243	Sarah Barry	10	Colorado Springs Tr	23:04.91		-11	281	Amber Lujan	11	UNA NM	24:26.48	
-7	244	Carley Davis	12	Prescott XC Club	23:05.15	182	-4	282	Hope Watson	10	Warrior Elite	24:29.71	195
-1	245	Kaydenz Critchlow	10	SFXC	23:05.74		-2	283	Rya Shackelford	9	Scottsdale Cats	24:41.17	196
-12	246	Mary Feters	9	Mavericks	23:07.10	183	-2	284	Morgan O'Rourke	10	Warrior Elite	24:44.53	197
	247	Alexa Prieto Saenz	11	El Mirage Striders	23:08.03		-6	285	Cambrie Martin	12	Mavericks	25:00.28	198
-3	248	Rebekah Espinoza	11	Warrior Elite	23:11.11	184	+2	286	Jessana Crouse	9	Colorado Springs Tr	25:20.40	
-11	249	Jayden Bane	9	Exceler8 TC	23:11.47		-4	287	Taylor Thorp	11	Facon	25:22.74	
-1	250	Millie Cox	12	Timpanogos XC	23:13.09		-3	288	Jordan Watson	11	Bengals	25:23.39	199
-10	251	Elena Escanuela	11	Broncos	23:14.37	185	-5	289	Lucy Herbert	10	Scottsdale Cats	25:33.83	
-6	252	Kali Benson	10	Timpanogos XC	23:15.52		-4	290	Rachel Ballard	11	O-Town Tigers	25:50.70	
-3	253	Maleah Dameron	10	Timpanogos XC	23:18.28		-4	291	Brooklyn Gardner	10	Timpanogos XC	26:02.53	
-2	254	Mckenzie Jordan	10	Orem XC	23:18.59		-3	292	Ashley Nowak	10	Warrior Elite	26:05.06	200
-1	255	Lindsay Jenson	11	Exceler8 TC	23:24.14		-3	293	Emily Rodgers	11	Rich River Athletics	26:26.14	
+15	256	Jayden Kailey	9	Exceler8 TC	23:25.95		-1	294	Viviana Silva Mercado	9	El Mirage Striders	26:43.46	
-9	257	Naomi Ogles	11	Springville XC	23:26.56	186	-4	295	Aubrey Bruno	10	Timpanogos XC	26:47.30	
-1	258	Aubrey Banks	9	Colorado Springs Tr	23:29.32		-4	296	Sydney Hill	9	Colorado Springs Tr	27:20.26	
-4	259	Shannon Lunt	12	Cedar City	23:31.38		-3	297	Masey Kay	10	Warrior Elite	27:26.41	201
-17	260	Ashley Min	11	Timpanogos XC	23:31.91		-1	298	Larenia Murray	9	Broncos	28:01.41	202
-2	261	Tasha DeMille	10	Cedar City	23:33.11		-4	299	Annabelle Sauber	9	Broncos	28:05.64	203
+2	262	Sofia Enriquez	10	Los Alamos Cross C	23:34.51	187	-2	300	Emily Castro	11	Broncos	28:08.99	204
-3	263	Emma Larkin	12	Cedar City	23:34.80		-5	301	Tevielynn Yazzie	10	Bengals	28:52.86	205
+2	264	Bella Morris	10	Timpanogos XC	23:39.12		-3	302	Emma Kellerhoff	11	Timpanogos XC	30:32.42	
+8	265	Malina Ceballes	9	Colorado Springs Tr	23:39.75		-3	303	Maya Kohlhepp	12	Colorado Springs Tr	31:14.14	
-1	266	Jalyn Krenzen	9	Scottsdale Cats	23:44.27	188	-3	304	Ashley Johnson	9	Broncos	31:40.39	



Race 3 - Girls Medium School I - 5K

11/23/2019 - 8:27am

Individual Race Results

Place	Name	Grade	School	Time	Points
-3 305	Hannah Martinez	11	Springville XC	31:59.67	
-3 306	Audrey Abeita	10	VCR 2	32:10.92	206

