

# NXR Southwest

## Toka Sticks Golf Club

### Race 4 - Girls Medium 2 - 5K

11/23/2024 - 8:09am

### Team Results

| Place | Team                         | Score | Team Time | Runner Avg | Avg Mile | 5 Man Gap | Finish Order               | Scoring Order        |
|-------|------------------------------|-------|-----------|------------|----------|-----------|----------------------------|----------------------|
| 1     | Thunder XC                   | 50    | 1:35:34   | 19:07      | 6:10     | 1:20      | 2-14-18-25-30-50-53        | 1-8-9-14-18-34-37    |
| 2     | Springville Running Club     | 100   | 1:37:56   | 19:36      | 6:19     | 3:49      | 4-8-19-27-108-113-146      | 3-6-10-16-65-70-87   |
| 3     | Viewmont                     | 120   | 1:38:29   | 19:42      | 6:21     | 1:23      | 6-37-40-45-47-49-65        | 4-25-28-31-32-33-43  |
| 4     | Timpanogos                   | 122   | 1:39:11   | 19:51      | 6:24     | 1:09      | 26-28-31-41-64-82-89       | 15-17-19-29-42-53-57 |
| 5     | Pine View XC Club            | 130   | 1:39:14   | 19:51      | 6:24     | 2:16      | 7-20-38-52-81-104-109      | 5-11-26-36-52-64-66  |
| 6     | Summit                       | 153   | 1:40:27   | 20:06      | 6:28     | 1:35      | 33-35-36-44-87-101-121     | 21-23-24-30-55-63-74 |
| 7     | Thompson Valley-REAL Trainin | 194   | 1:42:34   | 20:31      | 6:37     | 1:21      | 34-56-58-70-80             | 22-38-39-44-51       |
| 8     | Mead                         | 216   | 1:43:57   | 20:48      | 6:42     | 4:28      | 3-24-90-111-122            | 2-13-58-68-75        |
| 9     | Salem Running Club           | 237   | 1:49:56   | 22:00      | 7:05     | 9:00      | 23-32-83-92-162            | 12-20-54-59-92       |
| 10    | Orem XC                      | 240   | 1:44:53   | 20:59      | 6:46     | 1:49      | 39-74-76-94-97             | 27-45-47-60-61       |
| 11    | Ridge Runners                | 243   | 1:45:14   | 21:03      | 6:47     | 2:05      | 51-61-78-79-112            | 35-40-49-50-69       |
| 12    | O-Town Tigers                | 283   | 1:48:14   | 21:39      | 6:59     | 3:56      | 12-88-116-120-125-132-143  | 7-56-71-73-76-80-85  |
| 13    | Nebo XC                      | 295   | 1:48:53   | 21:47      | 7:01     | 2:40      | 62-77-99-110-128-129-130   | 41-48-62-67-77-78-79 |
| 14    | Titans XC                    | 364   | 1:56:00   | 23:12      | 7:28     | 3:30      | 75-118-133-140-141-142-151 | 46-72-81-82-83-84-88 |
| 15    | NDP                          | 449   | 2:23:26   | 28:42      | 9:14     | 11:45     | 144-154-156-161-165        | 86-89-90-91-93       |
| DNF   | Unattached                   |       | 1:33:16   | 18:40      | 6:01     | 1:17      | 1-5-10-13-16-21-54         | Non-Scoring          |
| DNF   | Wings Of America             |       | 1:38:26   | 19:42      | 6:21     | 1:28      | 15-17-22-48-60-71-106      | Non-Scoring          |
| DNP   | Stansbury XC                 |       | 1:23:15   | 20:49      | 6:42     |           | 9-85-91-103                | 4 Runners            |
| DNP   | Poudre XC                    |       | 59:35     | 19:52      | 6:24     |           | 11-43-66                   | 3 Runners            |
| DNP   | Mullen XC Club               |       | 1:04:30   | 21:30      | 6:56     |           | 84-95-102                  | 3 Runners            |
| DNP   | Prescott High School         |       | 1:11:57   | 23:59      | 7:44     |           | 123-127-148                | 3 Runners            |

## Race 4 - Girls Medium 2 - 5K

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### Team Results

| Place | Team                      | Score | Team Time | Runner Avg | Avg Mile | 5 Man Gap | Finish Order | Scoring Order |
|-------|---------------------------|-------|-----------|------------|----------|-----------|--------------|---------------|
| DNP   | Team Run Flagstaff        |       | 40:35     | 20:18      | 6:32     |           | 46-55        | 2 Runners     |
| DNP   | Run Electric              |       | 41:37     | 20:49      | 6:42     |           | 42-96        | 2 Runners     |
| DNP   | Mountain View XC Club     |       | 41:50     | 20:55      | 6:44     |           | 63-86        | 2 Runners     |
| DNP   | Running Hot Chile Peppers |       | 44:07     | 22:04      | 7:06     |           | 59-131       | 2 Runners     |
| DNP   | MMHS XC                   |       | 53:31     | 26:46      | 8:37     |           | 149-158      | 2 Runners     |
| DNP   | Rich River AC             |       | 19:33     | 19:33      | 6:18     |           | 29           | 1 Runner      |

# Race 4 - Girls Medium 2 - 5K

11/23/2024 - 8:09am

## Individual Results

| Place | Name               | Grade | Team                         | Time     | Points |
|-------|--------------------|-------|------------------------------|----------|--------|
| 1     | Sabina Stroia      | 12    | Unattached                   | 17:51.78 |        |
| 2     | Griffin Stoughton  | 9     | Thunder XC                   | 18:14.28 | 1      |
| 3     | Ava Mierau         | 11    | Mead                         | 18:15.30 | 2      |
| 4     | Maya Boyer         | 11    | Springville Running Club     | 18:17.36 | 3      |
| 5     | Waverly Puckett    | 12    | Unattached                   | 18:23.51 |        |
| 6     | Audrey Lemon       | 12    | Viewmont                     | 18:42.22 | 4      |
| 7     | Tevye Geddes       | 9     | Pine View XC Club            | 18:47.56 | 5      |
| 8     | Anna Kent          | 11    | Springville Running Club     | 18:48.94 | 6      |
| 9     | Ellie Dangerfield  | 12    | Stansbury XC                 | 18:51.23 |        |
| 10    | Sydney Brantley    | 11    | Unattached                   | 18:52.08 |        |
| 11    | Leah McDonald      | 12    | Poudre XC                    | 18:54.38 |        |
| 12    | Clara Geddes       | 10    | O-Town Tigers                | 18:57.11 | 7      |
| 13    | Indianna Lundell   | 12    | Unattached                   | 18:59.99 |        |
| 14    | Shayla Miller      | 11    | Thunder XC                   | 19:04.29 | 8      |
| 15    | Damira Allen       | 11    | Wings Of America             | 19:07.79 |        |
| 16    | Eliana DiManna     | 12    | Unattached                   | 19:08.32 |        |
| 17    | Kylie Montano      | 11    | Wings Of America             | 19:12.27 |        |
| 18    | Anna Mullholland   | 11    | Thunder XC                   | 19:12.93 | 9      |
| 19    | Savannah Galbraith | 12    | Springville Running Club     | 19:13.28 | 10     |
| 20    | Vanessa Ruiz       | 10    | Pine View XC Club            | 19:13.33 | 11     |
| 21    | Brecklyn Bugnet    | 12    | Unattached                   | 19:13.36 |        |
| 22    | Jazelle Thompson   | 10    | Wings Of America             | 19:21.60 |        |
| 23    | Piper Mcdaniel     | 9     | Salem Running Club           | 19:23.27 | 12     |
| 24    | Marni Martin       | 11    | Mead                         | 19:24.74 | 13     |
| 25    | Brinly Barnes      | 9     | Thunder XC                   | 19:27.59 | 14     |
| 26    | Elsa Keith         | 9     | Timpanogos                   | 19:29.84 | 15     |
| 27    | Analía Boyer       | 12    | Springville Running Club     | 19:30.68 | 16     |
| 28    | Brianna Pence      | 11    | Timpanogos                   | 19:31.26 | 17     |
| 29    | Isabella Bravo     | 11    | Rich River AC                | 19:32.56 |        |
| 30    | Kate Morrow        | 12    | Thunder XC                   | 19:34.24 | 18     |
| 31    | Anna Bliss         | 10    | Timpanogos                   | 19:34.74 | 19     |
| 32    | Eira Groberg       | 11    | Salem Running Club           | 19:39.27 | 20     |
| 33    | Lily Benbow        | 10    | Summit                       | 19:41.40 | 21     |
| 34    | Hadassah Shiver    | 11    | Thompson Valley-REAL Trainin | 19:41.64 | 22     |
| 35    | Avery Eytel        | 12    | Summit                       | 19:43.34 | 23     |

| Place | Name                 | Grade | Team                         | Time     | Points |
|-------|----------------------|-------|------------------------------|----------|--------|
| 36    | Sophie Dinse         | 9     | Summit                       | 19:43.73 | 24     |
| 37    | Quincy Marshall      | 9     | Viewmont                     | 19:44.46 | 25     |
| 38    | Avery Smith          | 11    | Pine View XC Club            | 19:46.62 | 26     |
| 39    | Lucy Lowry           | 9     | Orem XC                      | 19:52.80 | 27     |
| 40    | Lexi Toronto         | 12    | Viewmont                     | 19:55.31 | 28     |
| 41    | Adelyn Hart          | 11    | Timpanogos                   | 19:57.15 | 29     |
| 42    | Jordain Stutzman     | 12    | Run Electric                 | 19:57.92 |        |
| 43    | Zola Morgan          | 11    | Poudre XC                    | 20:00.94 |        |
| 44    | Paige Ratliff        | 9     | Summit                       | 20:01.42 | 30     |
| 45    | Josie Lee            | 9     | Viewmont                     | 20:02.21 | 31     |
| 46    | Naomi Ketter         | 10    | Team Run Flagstaff           | 20:04.50 |        |
| 47    | Lyndsey Parke        | 12    | Viewmont                     | 20:04.78 | 32     |
| 48    | Catherine Denetclaw  | 10    | Wings Of America             | 20:07.88 |        |
| 49    | Sarah Scott          | 12    | Viewmont                     | 20:09.97 | 33     |
| 50    | Molly McDowell       | 12    | Thunder XC                   | 20:13.48 | 34     |
| 51    | Olivia Sawyer        | 10    | Ridge Runners                | 20:13.94 | 35     |
| 52    | Andi Baker           | 9     | Pine View XC Club            | 20:22.40 | 36     |
| 53    | Sophia Rodriguez     | 9     | Thunder XC                   | 20:23.93 | 37     |
| 54    | Mailie Bradbury      | 12    | Unattached                   | 20:26.81 |        |
| 55    | Haley Johnson        | 12    | Team Run Flagstaff           | 20:30.22 |        |
| 56    | Izzy Javernick       | 11    | Thompson Valley-REAL Trainin | 20:30.91 | 38     |
| 57    | Sophie Swanson       | 9     | Unattached                   | 20:32.71 |        |
| 58    | Marin Rossman        | 11    | Thompson Valley-REAL Trainin | 20:34.61 | 39     |
| 59    | Sophie Grijalva      | 11    | Running Hot Chile Peppers    | 20:34.65 |        |
| 60    | Kaylee Mitchell      | 10    | Wings Of America             | 20:35.50 |        |
| 61    | Sophia Simmons       | 9     | Ridge Runners                | 20:36.14 | 40     |
| 62    | Sofia Colton         | 12    | Nebo XC                      | 20:36.78 | 41     |
| 63    | Ella Smith           | 10    | Mountain View XC Club        | 20:37.77 |        |
| 64    | Zazie Johnson        | 12    | Timpanogos                   | 20:37.85 | 42     |
| 65    | Tempe Anderson       | 12    | Viewmont                     | 20:38.11 | 43     |
| 66    | Maya Leisz           | 9     | Poudre XC                    | 20:39.21 |        |
| 67    | Emery Perry          | 9     | Viewmont                     | 20:40.35 |        |
| 68    | Brooklyn Brady       | 11    | Viewmont                     | 20:42.10 |        |
| 69    | Katelyn (Kate) Egnew | 11    | Viewmont                     | 20:43.76 |        |
| 70    | Ada Reichhardt       | 12    | Thompson Valley-REAL Trainin | 20:43.96 | 44     |

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11/23/2024 - 8:09am

## Individual Results

| Place | Name                      | Grade | Team                         | Time     | Points |
|-------|---------------------------|-------|------------------------------|----------|--------|
| 71    | Shelby McCray             | 11    | Wings Of America             | 20:48.98 |        |
| 72    | Aletheia Bigelow          | 12    | Unattached                   | 20:50.97 |        |
| 73    | Marley Gandee             | 12    | Unattached                   | 20:51.94 |        |
| 74    | Maggie Glahn              | 9     | Orem XC                      | 20:55.52 | 45     |
| 75    | Samantha Gagnon           | 9     | Titans XC                    | 20:56.38 | 46     |
| 76    | Ellie Schwen              | 9     | Orem XC                      | 20:57.48 | 47     |
| 77    | Lyndi O'Neal              | 10    | Nebo XC                      | 21:01.25 | 48     |
| 78    | Jessica Richardson        | 10    | Ridge Runners                | 21:02.24 | 49     |
| 79    | Sophia Cappozzo           | 9     | Ridge Runners                | 21:02.42 | 50     |
| 80    | Adalie Korthaus           | 12    | Thompson Valley-REAL Trainin | 21:02.57 | 51     |
| 81    | Jordyn Andrew             | 12    | Pine View XC Club            | 21:03.23 | 52     |
| 82    | Megan Searle              | 9     | Timpanogos                   | 21:04.12 | 53     |
| 83    | Danica Hughes             | 9     | Salem Running Club           | 21:06.22 | 54     |
| 84    | Megan James               | 9     | Mullen XC Club               | 21:07.04 |        |
| 85    | Eliza Scown               | 12    | Stansbury XC                 | 21:12.08 |        |
| 86    | Kellie Judd               | 12    | Mountain View XC Club        | 21:12.19 |        |
| 87    | Cecelia Miner             | 12    | Summit                       | 21:16.40 | 55     |
| 88    | Georgia Smith             | 10    | O-Town Tigers                | 21:17.06 | 56     |
| 89    | Lexi Peters               | 11    | Timpanogos                   | 21:18.73 | 57     |
| 90    | Greta Freed               | 10    | Mead                         | 21:18.84 | 58     |
| 91    | Amelia Dimond             | 12    | Stansbury XC                 | 21:22.80 |        |
| 92    | Lydia Wall                | 12    | Salem Running Club           | 21:23.29 | 59     |
| 93    | Taylie Allen              | 10    | Unattached                   | 21:23.91 |        |
| 94    | Elisabeth (Elle) Crawford | 11    | Orem XC                      | 21:24.77 | 60     |
| 95    | Carolyn Shumsky           | 9     | Mullen XC Club               | 21:35.87 |        |
| 96    | Abigial Chavez            | 11    | Run Electric                 | 21:38.52 |        |
| 97    | Cadence Hosford           | 9     | Orem XC                      | 21:41.76 | 61     |
| 98    | Kimberly Wright           | 10    | Timpanogos                   | 21:42.57 |        |
| 99    | Claire Ludlow             | 9     | Nebo XC                      | 21:43.01 | 62     |
| 100   | Bre Williams              | 11    | Timpanogos                   | 21:43.68 |        |
| 101   | Anna Stafford             | 9     | Summit                       | 21:43.75 | 63     |
| 102   | Olive Randall             | 10    | Mullen XC Club               | 21:46.87 |        |
| 103   | Alison Lovell             | 11    | Stansbury XC                 | 21:48.60 |        |
| 104   | Laura Langford            | 10    | Pine View XC Club            | 21:49.00 | 64     |
| 105   | Camry Randall             | 9     | Viewmont                     | 21:50.03 |        |
| 106   | Kyla Yazzie               | 11    | Wings Of America             | 21:50.12 |        |
| 107   | Maysen White              | 11    | Unattached                   | 21:58.35 |        |

| Place | Name               | Grade | Team                      | Time     | Points |
|-------|--------------------|-------|---------------------------|----------|--------|
| 108   | Angelina Love      | 11    | Springville Running Club  | 22:05.47 | 65     |
| 109   | Sydney Smith       | 11    | Pine View XC Club         | 22:10.11 | 66     |
| 110   | Sarah Schwartz     | 12    | Nebo XC                   | 22:14.67 | 67     |
| 111   | Elena Freed        | 12    | Mead                      | 22:15.43 | 68     |
| 112   | Ash Gladieux       | 10    | Ridge Runners             | 22:18.50 | 69     |
| 113   | Clarissa Jensen    | 11    | Springville Running Club  | 22:18.85 | 70     |
| 114   | Deborah Griffin    | 10    | Timpanogos                | 22:21.19 |        |
| 115   | Dagen Carnahan     | 10    | Pine View XC Club         | 22:31.10 |        |
| 116   | Olivia Geddes      | 9     | O-Town Tigers             | 22:31.22 | 71     |
| 117   | Brinley Bergen     | 9     | Viewmont                  | 22:32.50 |        |
| 118   | Charlotte Hopper   | 12    | Titans XC                 | 22:33.01 | 72     |
| 119   | Maylin Lundell     | 11    | Unattached                | 22:34.30 |        |
| 120   | Ally Stark         | 9     | O-Town Tigers             | 22:35.37 | 73     |
| 121   | Claire Jackson     | 11    | Summit                    | 22:41.04 | 74     |
| 122   | Morgan McDonald    | 11    | Mead                      | 22:42.46 | 75     |
| 123   | Audrey Delaney     | 10    | Prescott High School      | 22:42.63 |        |
| 124   | Charlotte Bradbury | 9     | Unattached                | 22:50.69 |        |
| 125   | Sophie Smith       | 12    | O-Town Tigers             | 22:52.89 | 76     |
| 126   | Makinzie Godfrey   | 12    | Timpanogos                | 23:02.91 |        |
| 127   | Jenna Smith        | 10    | Prescott High School      | 23:11.27 |        |
| 128   | Leann Solis        | 12    | Nebo XC                   | 23:16.73 | 77     |
| 129   | Megan Brogdon      | 9     | Nebo XC                   | 23:25.11 | 78     |
| 130   | Ella Biggs         | 9     | Nebo XC                   | 23:31.84 | 79     |
| 131   | Giorgia Longo      | 11    | Running Hot Chile Peppers | 23:32.03 |        |
| 132   | Miley Torres       | 10    | O-Town Tigers             | 23:36.59 | 80     |
| 133   | Evra Therien       | 10    | Titans XC                 | 23:39.44 | 81     |
| 134   | Lila Ellison       | 11    | Summit                    | 23:45.02 |        |
| 135   | Callie Parker      | 12    | Nebo XC                   | 24:01.89 |        |
| 136   | Camilla Partridge  | 10    | Timpanogos                | 24:07.22 |        |
| 137   | Daphne Green       | 10    | Nebo XC                   | 24:13.45 |        |
| 138   | Neeve Ryskamp      | 11    | Nebo XC                   | 24:15.21 |        |
| 139   | Jatae Bridges      | 12    | Nebo XC                   | 24:23.76 |        |
| 140   | Branwen Thatcher   | 10    | Titans XC                 | 24:24.31 | 82     |
| 141   | Gianna Catton      | 10    | Titans XC                 | 24:25.92 | 83     |
| 142   | Sofia Budden       | 10    | Titans XC                 | 24:26.24 | 84     |
| 143   | Annie Hunter       | 10    | O-Town Tigers             | 24:52.45 | 85     |
| 144   | Kate Smith         | 11    | NDP                       | 25:02.67 | 86     |

## Race 4 - Girls Medium 2 - 5K

11/23/2024 - 8:09am

### Individual Results

| Place | Name                     | Grade | Team                     | Time     | Points |
|-------|--------------------------|-------|--------------------------|----------|--------|
| 145   | Maren Andersen           | 10    | Timpanogos               | 25:07.38 |        |
| 146   | Zoe Haws                 | 10    | Springville Running Club | 25:40.18 | 87     |
| 147   | Elise Green              | 10    | Springville Running Club | 25:46.48 |        |
| 148   | Millie Nyman             | 11    | Prescott High School     | 26:02.70 |        |
| 149   | Nicole Devine            | 10    | MMHS XC                  | 26:11.42 |        |
| 150   | Emma Roesch              | 10    | Unattached               | 26:20.72 |        |
| 151   | Jenna Mukavitz           | 12    | Titans XC                | 26:35.74 | 88     |
| 152   | Eliza Memmott            | 10    | Springville Running Club | 26:38.36 |        |
| 153   | Hadlee Woodward          | 9     | Nebo XC                  | 26:52.50 |        |
| 154   | Chloe Handel             | 11    | NDP                      | 26:55.37 | 89     |
| 155   | Elliotte (Ellie) Goodman | 10    | Springville Running Club | 26:57.89 |        |
| 156   | Teresa Matura            | 11    | NDP                      | 27:07.48 | 90     |
| 157   | Priya Shurtleff          | 11    | Timpanogos               | 27:14.36 |        |
| 158   | Jillian Hager            | 12    | MMHS XC                  | 27:18.63 |        |
| 159   | Rachel Hubbard           | 10    | Springville Running Club | 27:21.11 |        |
| 160   | Gretchen Kondel          | 11    | Timpanogos               | 27:30.38 |        |
| 161   | Gianna DiCaudo           | 9     | NDP                      | 27:32.75 | 91     |
| 162   | Laylah Roberts           | 9     | Salem Running Club       | 28:23.11 | 92     |
| 163   | Melissa Cruz             | 10    | Pine View XC Club        | 28:40.11 |        |
| 164   | Kiara Tappeser           | 11    | Timpanogos               | 29:51.49 |        |
| 165   | Meadow Davey             | 9     | NDP                      | 36:47.60 | 93     |