

2019 EMERALD CITY / NISQUALLY LEAGUE XC MEET #3
Presented By Emerald City / Nisqually League
Thursday - October 17, 2019
Lake Sammamish State Park - Issaquah, WA
Women's Open - Team Results

RANK	TEAM	TEAM	PLACES OF FINISHERS							AVERAGE	TOP 5
		SCORE	#1	#2	#3	#4	#5	#6*	#7*	TIME	SPREAD
1	Bush	39	4	6	7	8	14	17	22	21:05.59	01:11
2	Northwest	41	2	3	5	12	19	31	33	21:18.94	01:47
3	Overlake	91	10	11	16	25	35	53	61	22:33.81	01:43
4	Seattle Academy	100	15	18	20	23	24	29	52	22:21.24	00:27
5	Charles Wright Academ	109	1	9	36	39	71	82		23:49.98	06:15
6	University Prep	139	13	21	47	63	69	73	78	24:45.43	04:38
	Bear Creek	0	26	45	62					-	-
	Annie Wright	0	27	38						-	-
	Seattle Christian	0	28							-	-
	Vashon Island	0	30	48						-	-
	Bellevue Christian	0	32	37	41					-	-
	Eastside Preparatory	0	40	54	58	72				-	-
	Forest Ridge School Of	0	75	81	84					-	-
	Cascade Christian	0	85							-	-

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Women's Open - Team Breakdown

Bush

Score	Name	Grade	Time
4	DEDERER, Lolo	12	20:23.30
6	GOODFRIED, Abby	10	20:33.80
7	SHAPIRO, Ruby	9	20:35.50
8	MIKSOVSKY, Liya	11	20:38.20
14	FERREIRA, Ava	9	21:33.90
17	CUNDIFF, Dylan	10	21:44.90
22	NYHAN, Adelaide	9	22:09.50
39			

Northwest

Score	Name	Grade	Time
2	HERRINGTON, Greta	12	20:07.90
3	BLEAKLEY-HARRIS, Haylie	11	20:12.40
5	BALASKI, Sasha	12	20:31.20
12	CHADSEY, Isla	9	21:17.40
19	SIMS, Maleda	11	21:54.70
27	GONZALEZ, Iliana	11	22:31.30
28	HEIPT, Reese	11	22:37.70
41			

Overlake

Score	Name	Grade	Time
10	SHARP, Sophie	10	20:59.80
11	SHARMA, Anya	11	21:12.90
16	DANGI, Sameeksha	9	21:44.10
25	BOZARTH, Raini	12	22:11.80
29	MIHATA, Annika	11	22:42.60
34	PAPE, Trinity	10	24:15.00
35	COLLERAN, Jessica	12	24:50.50
91			

Seattle Academy

Score	Name	Grade	Time
15	SHAW, Olivia	12	21:43.00
18	SEGALL, Anika	10	21:48.60
20	MISKO, Elle	12	22:02.30
23	ROBINSON, Rachel	9	22:09.90
24	MCCONNELL, Hannah	12	22:10.00
26	STANTON, Chloe	9	22:26.50
33	SPIELHOLZ, Aubrey	10	24:08.40
100			

Charles Wright Academy

Score	Name	Grade	Time
1	JULIAN, Erica	12	19:54.10
9	MASTRAS, Isabella	11	20:43.50
30	KIM, Charis	9	22:45.80
31	BRASSARD, Dylan	9	23:04.50
38	SHENG, Aries	11	26:08.60
41	GLENN, Sammy	11	30:23.40
109			

University Prep

Score	Name	Grade	Time
13	HOFFMAN, Haley	9	21:23.40
21	POOLOS, Olivia	12	22:03.80
32	EGRARI, Layli	12	23:45.40
36	WADHAWAN, Siona	10	25:27.70
37	GLEASON, Sidney	10	26:00.90
39	HEALY, Katya	11	26:35.10
40	RHENIFEL, Laila	11	28:01.70
139			

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Women's Open - Individual Results

Start Time

4:30 PM

Race Distance

5,000 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
1	1	1490	JULIAN, Erica	Charles Wright Acad	12	19:54.10	00:00	06:24
2	2	1514	HERRINGTON, Greta	Northwest	12	20:07.90	00:13	06:29
3	3	1507	BLEAKLEY-HARRIS, Haylie	Northwest	11	20:12.40	00:18	06:30
4	4	1471	DEDERER, Lolo	Bush	12	20:23.30	00:29	06:34
5	5	1506	BALASKI, Sasha	Northwest	12	20:31.20	00:37	06:36
6	6	1473	GOODFRIED, Abby	Bush	10	20:33.80	00:39	06:37
7	7	1481	SHAPIRO, Ruby	Bush	9	20:35.50	00:41	06:38
8	8	1476	MIKSOVSKY, Liya	Bush	11	20:38.20	00:44	06:39
9	9	1494	MASTRAS, Isabella	Charles Wright Acad	11	20:43.50	00:49	06:40
10	10	1541	SHARP, Sophie	Overlake	10	20:59.80	01:05	06:45
11	11	1543	SHARMA, Anya	Overlake	11	21:12.90	01:18	06:50
12	12	1530	CHADSEY, Isla	Northwest	9	21:17.40	01:23	06:51
13	13	1565	HOFFMAN, Haley	University Prep	9	21:23.40	01:29	06:53
14	14	1472	FERREIRA, Ava	Bush	9	21:33.90	01:39	06:56
15	15	1551	SHAW, Olivia	Seattle Academy	12	21:43.00	01:49	06:59
16	16	1544	DANGI, Sameeksha	Overlake	9	21:44.10	01:50	07:00
17	17	1470	CUNDIFF, Dylan	Bush	10	21:44.90	01:50	07:00
18	18	1550	SEGALL, Anika	Seattle Academy	10	21:48.60	01:54	07:01
19	19	1527	SIMS, Maleda	Northwest	11	21:54.70	02:00	07:03
20	20	1549	MISKO, Elle	Seattle Academy	12	22:02.30	02:08	07:06
21	21	1564	POOLOS, Olivia	University Prep	12	22:03.80	02:09	07:06
22	22	1477	NYHAN, Adelaide	Bush	9	22:09.50	02:15	07:08
23	23	1554	ROBINSON, Rachel	Seattle Academy	9	22:09.90	02:15	07:08
24	24	1548	MCCONNELL, Hannah	Seattle Academy	12	22:10.00	02:16	07:08
25	25	1534	BOZARTH, Raini	Overlake	12	22:11.80	02:17	07:09
26		1461	CHINN, Hannah	Bear Creek	9	22:18.80	02:24	07:11
27		1460	PENDRAS, Maxine	Annie Wright	10	22:21.00	02:27	07:12
28		1557	VINTHER, Macy	Seattle Christian	12	22:21.20	02:27	07:12
29	26	1553	STANTON, Chloe	Seattle Academy	9	22:26.50	02:32	07:13
30		1571	YARKIN, Ella	Vashon Island	11	22:28.80	02:34	07:14
31	27	1511	GONZALEZ, Iliana	Northwest	11	22:31.30	02:37	07:15
32		1467	SHIRLEY, Kate	Bellevue Christian	10	22:32.60	02:38	07:15
33	28	1513	HEIPT, Reese	Northwest	11	22:37.70	02:43	07:17
34		1475	LOMBARDI, Elise	Bush	9	22:38.60	02:44	07:17
35	29	1538	MIHATA, Annika	Overlake	11	22:42.60	02:48	07:19
36	30	1493	KIM, Charis	Charles Wright Acad	9	22:45.80	02:51	07:20

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5,000 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
37		1465	MILBURN, Allie	Bellevue Christian	10	22:48.20	02:54	07:20
38		1459	PARROTT, Anna	Annie Wright	10	23:00.30	03:06	07:24
39	31	1492	BRASSARD, Dylan	Charles Wright Acad	9	23:04.50	03:10	07:26
40		1501	VERNON, Sydney	Eastside Preparatory	11	23:07.70	03:13	07:27
41		1466	SOL, Aline	Bellevue Christian	11	23:15.90	03:21	07:29
42		1483	WILIAMS, Lucy	Bush	9	23:16.90	03:22	07:30
43		1469	CAPE, Dalia	Bush	10	23:20.40	03:26	07:31
44		1485	HARMON, Mary	Bush	9	23:22.60	03:28	07:31
45		1463	DUNN, Sophia	Bear Creek	10	23:40.50	03:46	07:37
46		1482	STROBLE, Livy	Bush	9	23:40.70	03:46	07:37
47	32	1560	EGRARI, Layli	University Prep	12	23:45.40	03:51	07:39
48		1570	SPENCE, Isabelle	Vashon Island	12	23:46.10	03:52	07:39
49		1509	CARDENAS-HABELL, Viviana	Northwest	9	23:46.70	03:52	07:39
50		1524	PIERSON, June	Northwest	9	23:57.70	04:03	07:43
51		1516	HOWELL, Charlotte	Northwest	11	24:04.10	04:10	07:45
52	33	1552	SPIELHOLZ, Aubrey	Seattle Academy	10	24:08.40	04:14	07:46
53	34	1540	PAPE, Trinity	Overlake	10	24:15.00	04:21	07:48
54		1497	EDWARDS, Katherine	Eastside Preparatory	12	24:15.80	04:21	07:49
55		1532	WEBER, Annika	Northwest	10	24:19.10	04:25	07:50
56		1478	ROGERSON, Audrey	Bush	12	24:22.10	04:28	07:51
57		1480	SCHOFIELD, Emma	Bush	10	24:28.50	04:34	07:53
58		1499	JOHNSTON, Luci	Eastside Preparatory	10	24:32.40	04:38	07:54
59		1547	MCCLOSKEY, Mckenzie	Seattle Academy	9	24:33.60	04:39	07:54
60		1474	IYER, Aditi	Bush	9	24:46.80	04:52	07:59
61	35	1535	COLLERAN, Jessica	Overlake	12	24:50.50	04:56	08:00
62		1464	XU, Sherri	Bear Creek	10	25:10.30	05:16	08:06
63	36	1568	WADHAWAN, Siona	University Prep	10	25:27.70	05:33	08:12
64		1529	VIRZI, Maya	Northwest	9	25:28.20	05:34	08:12
65		1546	BRATHWAITE, Jasmine	Seattle Academy	9	25:37.90	05:43	08:15
66		1523	OSHINS, Ceci	Northwest	11	25:41.90	05:47	08:16
67		1484	FREDLUND, Sigrid	Bush	9	25:43.60	05:49	08:17
68		1515	HOWELL, Annabelle	Northwest	9	25:55.80	06:01	08:21
69	37	1562	GLEASON, Sidney	University Prep	10	26:00.90	06:06	08:22
70		1519	LEE, Charlotte	Northwest	9	26:05.20	06:11	08:24
71	38	1491	SHENG, Aries	Charles Wright Acad	11	26:08.60	06:14	08:25
72		1500	MARTINEZ, Tessa	Eastside Preparatory	12	26:28.30	06:34	08:31

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73	39	1563	HEALY, Katya	University Prep	11	26:35.10	06:41	08:33
74		1521	MASHUDA, Ansley	Northwest	9	27:44.20	07:50	08:56
75		1502	HE, Lucy	Forest Ridge School C	11	27:49.20	07:55	08:57
76		1510	DUCHOVNAY, Ayden	Northwest	9	27:51.40	07:57	08:58
77		1528	TAN, Shelley	Northwest	9	27:54.60	08:00	08:59
78	40	1567	RHENIFEL, Laila	University Prep	11	28:01.70	08:07	09:01
79		1518	JEONG, Mingyo	Northwest	10	28:59.90	09:05	09:20
80		1533	AJITH, Akshaya	Overlake	9	29:11.20	09:17	09:24
81		1504	WANG, Amy	Forest Ridge School C	9	30:14.50	10:20	09:44
82	41	1489	GLENN, Sammy	Charles Wright Acad	11	30:23.40	10:29	09:47
83		1561	FALICOV, Nikki	University Prep	12	30:38.20	10:44	09:52
84		1505	YANG, Maggie	Forest Ridge School C	9	31:11.10	11:17	10:02
85		1487	HART, Jayden	Cascade Christian	10	31:13.60	11:19	10:03
86		1545	KHAN, Xainab	Overlake	9	31:25.90	11:31	10:07
87		1537	JOHNSON, Elisa	Overlake	9	32:45.70	12:51	10:33