

2019 SNO-KING MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIPS
Presented By Shoreline School District
Wednesday - October 23, 2019
Shoreline Stadium - Shoreline, WA
8th Grade Girls - Team Results

RANK	TEAM	TEAM	OVERALL PLACES OF FINISHERS							AVERAGE	TOP 5
		SCORE	#1	#2	#3	#4	#5	#6*	#7*	TIME	SPREAD
1	Einstein	40	1	3	11	16	20	38	40	14:27.21	02:28
2	Evergreen	93	2	9	17	41	47			14:46.80	03:07
3	Brier Terrace	103	18	19	21	34	39	42	48	15:24.14	00:53
4	Heatherwood	129	7	14	26	58	62	82	84	16:27.10	03:01
5	Harbour Pointe	131	8	29	30	46	55	60	71	15:50.67	02:46
6	Meadowdale	156	23	27	33	53	63	69	77	16:14.33	01:47
7	Gateway	184	12	15	44	76	90	92	95	17:41.04	05:28
8	Kellogg	186	22	45	54	57	59	64	65	16:21.21	01:43
9	North	236	35	37	70	75	83	87	91	17:47.19	03:39
10	Eisenhower	240	4	36	74	96	103	106		19:32.55	09:47
11	Voyager	272	31	67	68	85	100	102		18:44.32	06:01
12	Alderwood	293	51	61	73	97	98			18:27.62	04:33
	Explorer	0	5	13	28	56				-	-
	College Place	0	6	49	72	78				-	-
	Olympic View	0	10	24	25	32				-	-

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8th Grade Girls - Team Breakdown

Einstein

Score	Name	Grade	Time
1	SEVERN, Amelia	8	12:28.30
3	LARA-KERR, Harper	8	13:05.80
8	MARIEKA, Staheli	8	14:23.60
12	JENISH, Kaylee	8	14:45.00
16	MACDONALD, Maceana	8	14:56.60
30	COSTELLO, Maddy	8	15:42.80
32	SPADAFORA, Kaitlin	8	15:48.40
40			

Evergreen

Score	Name	Grade	Time
2	MARSALL, Avery	8	13:01.40
7	PENTZ, Teagan	8	14:06.80
13	BUCHANAN, Lucie	8	14:48.00
33	NGUYEN, Katrina	8	15:49.90
38	CHANG, Shannon	8	16:07.90
93			

Brier Terrace

Score	Name	Grade	Time
14	MERID, Tsion	8	14:51.70
15	VELEBER, Molly	8	14:52.00
17	MCKNIGHT, Lily	8	14:57.90
26	SWENSON, Aubrey	8	15:20.40
31	TRIHN, Haley	8	15:44.90
34	CORTEZZO, Dani	8	15:51.30
39	GRACHEV, Angela	8	16:10.80
103			

Heatherwood

Score	Name	Grade	Time
5	BOARD, Bailey	8	13:45.40
10	LEAVENS, Arielle	8	14:44.60
20	SISTRUNK, Jillian	8	15:03.70
45	AMAZONA, Meiweya	8	16:42.00
49	LEE, Stephanie	8	16:46.70
63	MCGEE, Caitlin	8	18:54.70
65	AKERS, Aubrey	8	19:12.60
129			

Harbour Pointe

Score	Name	Grade	Time
6	HASAN, Bella	8	13:49.70
22	BAIS, Karis	8	15:13.30
23	BALE, Chloe	8	15:15.70
37	BINGHAM, Saili	8	16:06.20
43	THOMSEN, Yi	8	16:36.10
47	WARME, Maggie	8	16:45.80
57	ELBAHR, Natalie	8	17:07.90
131			

Meadowdale

Score	Name	Grade	Time
19	POWELL, Gia	8	15:00.60
21	LE, Lynn	8	15:05.80
25	WONG, Eliana	8	15:19.40
41	JINNEMAN, Danika	8	16:20.30
50	KIM, Sofie	8	16:47.50
55	BERHANE, Naomi	8	17:01.60
62	CURAMENG, Margo	8	18:05.10
156			

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Gateway			Kellogg		
Score	Name	Grade Time	Score	Name	Grade Time
9	HENG, Cheri	8 14:25.40	18	PIERCE, Ruby	8 14:59.50
11	BREIWICK, Baylie	8 14:45.00	36	TESFIHUEN, Nuhamin	8 15:59.50
35	WONG, Beonica	8 15:52.30	42	ZLAB, Sadie	8 16:25.80
61	SOWA, Maddie	8 18:03.30	44	APOLONIO, Genna	8 16:39.10
68	YAMAMOTO, Makensie	8 19:52.90	46	GRAMS, Siana	8 16:42.10
70	LAHTI, Chrissy	8 20:11.60	51	KINCAID, Tatum	8 16:48.60
71	HAN, Natalie	8 20:36.80	52	CHIN, Lydia	8 16:53.90
184			186		

North			Eisenhower		
Score	Name	Grade Time	Score	Name	Grade Time
27	HARO, Diala	8 15:21.10	4	KORTEN, Kira A	8 13:32.80
29	LITTLEWOOD, Sawyer	8 15:34.30	28	ZEGHUZI, Ala	8 15:26.90
56	TORRES, India	8 17:04.40	59	FRANSSEN, Skylar	8 18:01.60
60	JONES-MITTS, Cassie	8 18:01.70	72	CARRILLO, Isabella	8 20:42.90
64	MOORE, Kiera	8 19:00.40	77	GROSS, Lillyonna A	8 23:20.00
67	MENDEZ-MARGARITO, Axcely	8 19:31.40	78	NGUYEN, Kayla	8 26:11.10
69	CALLAGHAN, Sophia	8 19:57.00			
236			240		

Voyager			Alderwood		
Score	Name	Grade Time	Score	Name	Grade Time
24	MENDSOZA, Ashley	8 15:18.80	40	CRAMER, Elspeth	8 16:17.70
53	HEREDIA, Carolina	8 16:57.30	48	BELL, Iris	8 16:46.00
54	PAZDALSKI, Alora	8 17:01.00	58	BROOKMAN, Elizabeth	8 17:36.10
66	WALKER, Sadie	8 19:16.90	73	KAHILF, Ahnya	8 20:47.40
75	SYDNEY, Estes	8 21:19.60	74	VO, Makenzy	8 20:50.90
76	BASTIDA, Keira	8 22:32.30			
272			293		

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8th Grade Girls - Individual Results

Start Time

12:00 AM

Race Distance

3,315 meters

PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
1	1	1468	SEVERN, Amelia	Einstein	8	12:28.30	00:00	06:03
2	2	1483	MARSALL, Avery	Evergreen	8	13:01.40	00:33	06:19
3	3	1463	LARA-KERR, Harper	Einstein	8	13:05.80	00:37	06:21
4	4	1475	KORTEN, Kira A	Eisenhower	8	13:32.80	01:04	06:35
5		1486	CZECH, Lena	Explorer	8	13:37.90	01:09	06:37
6		1452	HATZENBELER, Izzy	College Place	8	13:42.40	01:14	06:39
7	5	1514	BOARD, Bailey	Heatherwood	8	13:45.40	01:17	06:41
8	6	1507	HASAN, Bella	Harbour Pointe	8	13:49.70	01:21	06:43
9	7	1485	PENTZ, Teagan	Evergreen	8	14:06.80	01:38	06:51
10		1548	PLITNIK, Elizabeth	Olympic View	8	14:19.50	01:51	06:57
11	8	1465	MARIEKA, Staheli	Einstein	8	14:23.60	01:55	06:59
12	9	1494	HENG, Cheri	Gateway	8	14:25.40	01:57	07:00
13		1487	SALINAS, Xitlalli	Explorer	8	14:37.10	02:09	07:06
14	10	1517	LEAVENS, Arielle	Heatherwood	8	14:44.60	02:16	07:09
15	11	1490	BREIWICK, Baylie	Gateway	8	14:45.00	02:17	07:10
16	12	1462	JENISH, Kaylee	Einstein	8	14:45.00	02:17	07:10
17	13	1480	BUCHANAN, Lucie	Evergreen	8	14:48.00	02:20	07:11
18	14	1445	MERID, Tsion	Brier Terrace	8	14:51.70	02:23	07:13
19	15	1451	VELEBER, Molly	Brier Terrace	8	14:52.00	02:24	07:13
20	16	1464	MACDONALD, Maceana	Einstein	8	14:56.60	02:28	07:15
21	17	1444	MCKNIGHT, Lily	Brier Terrace	8	14:57.90	02:29	07:16
22	18	1527	PIERCE, Ruby	Kellogg	8	14:59.50	02:31	07:17
23	19	1535	POWELL, Gia	Meadowdale	8	15:00.60	02:32	07:17
24		1549	RAJALA, Nazareth	Olympic View	8	15:00.90	02:32	07:17
25		1547	KRUINGER, Zhara	Olympic View	8	15:02.30	02:34	07:18
26	20	1520	SISTRUNK, Jillian	Heatherwood	8	15:03.70	02:35	07:19
27	21	1534	LE, Lynn	Meadowdale	8	15:05.80	02:37	07:20
28		1488	YUN, Esther	Explorer	8	15:08.50	02:40	07:21
29	22	1503	BAIS, Karis	Harbour Pointe	8	15:13.30	02:45	07:23
30	23	1504	BALE, Chloe	Harbour Pointe	8	15:15.70	02:47	07:25
31	24	1552	MENDSOZA, Ashley	Voyager	8	15:18.80	02:50	07:26
32		1546	GIDI, Ruhama	Olympic View	8	15:19.10	02:51	07:26
33	25	1537	WONG, Eliana	Meadowdale	8	15:19.40	02:51	07:26
34	26	1447	SWENSON, Aubrey	Brier Terrace	8	15:20.40	02:52	07:27
35	27	1539	HARO, Diala	North	8	15:21.10	02:53	07:27
36	28	1478	ZEGHUZI, Ala	Eisenhower	8	15:26.90	02:58	07:30

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PLACE	TEAM POINTS	BIB	ATHLETE	TEAM	GRADE	FINISH TIME	TIME BACK	MILE PACE
37	29	1541	LITTLEWOOD, Sawyer	North	8	15:34.30	03:06	07:34
38	30	1456	COSTELLO, Maddy	Einstein	8	15:42.80	03:14	07:38
39	31	1450	TRIHN, Haley	Brier Terrace	8	15:44.90	03:16	07:39
40	32	1470	SPADAFORA, Kaitlin	Einstein	8	15:48.40	03:20	07:40
41	33	1484	NGUYEN, Katrina	Evergreen	8	15:49.90	03:21	07:41
42	34	1440	CORTEZZO, Dani	Brier Terrace	8	15:51.30	03:23	07:42
43		1459	EMANUEL, Ella	Einstein	8	15:51.30	03:23	07:42
44	35	1501	WONG, Beonica	Gateway	8	15:52.30	03:24	07:42
45	36	1528	TESFIHUEN, Nuhamin	Kellogg	8	15:59.50	03:31	07:46
46	37	1505	BINGHAM, Saili	Harbour Pointe	8	16:06.20	03:38	07:49
47	38	1481	CHANG, Shannon	Evergreen	8	16:07.90	03:39	07:50
48	39	1443	GRACHEV, Angela	Brier Terrace	8	16:10.80	03:42	07:51
49		1453	LIMB, Naomi	College Place	8	16:13.40	03:45	07:53
50		1460	HERNANDEZ, Madison	Einstein	8	16:16.40	03:48	07:54
51	40	1435	CRAMER, Elspeth	Alderwood	8	16:17.70	03:49	07:55
52		1446	RARING, Mika	Brier Terrace	8	16:20.00	03:52	07:56
53	41	1532	JINNEMAN, Danika	Meadowdale	8	16:20.30	03:52	07:56
54	42	1529	ZLAB, Sadie	Kellogg	8	16:25.80	03:57	07:59
55	43	1510	THOMSEN, Yi	Harbour Pointe	8	16:36.10	04:08	08:04
56		1489	YUN, Sarah	Explorer	8	16:36.90	04:08	08:04
57	44	1522	APOLONIO, Genna	Kellogg	8	16:39.10	04:11	08:05
58	45	1513	AMAZONA, Meiweya	Heatherwood	8	16:42.00	04:14	08:06
59	46	1526	GRAMS, Siana	Kellogg	8	16:42.10	04:14	08:06
60	47	1511	WARME, Maggie	Harbour Pointe	8	16:45.80	04:17	08:08
61	48	1432	BELL, Iris	Alderwood	8	16:46.00	04:18	08:08
62	49	1518	LEE, Stephanie	Heatherwood	8	16:46.70	04:18	08:09
63	50	1533	KIM, Sofie	Meadowdale	8	16:47.50	04:19	08:09
64	51	1237	KINCAID, Tatum	Kellogg	8	16:48.60	04:20	08:10
65	52	1524	CHIN, Lydia	Kellogg	8	16:53.90	04:25	08:12
66		1523	BROWN, Shey	Kellogg	8	16:55.40	04:27	08:13
67	53	1551	HEREDIA, Carolina	Voyager	8	16:57.30	04:29	08:14
68	54	1553	PAZDALSKI, Alora	Voyager	8	17:01.00	04:33	08:16
69	55	1530	BERHANE, Naomi	Meadowdale	8	17:01.60	04:33	08:16
70	56	1544	TORRES, India	North	8	17:04.40	04:36	08:17
71	57	1506	ELBAHR, Natalie	Harbour Pointe	8	17:07.90	04:39	08:19
72		1455	RECTOR, Ava	College Place	8	17:19.60	04:51	08:25

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73	58	1433	BROOKMAN, Elizabeth	Alderwood	8	17:36.10	05:08	08:33
74	59	1473	FRANSSEN, Skylar	Eisenhower	8	18:01.60	05:33	08:45
75	60	1540	JONES-MITTS, Cassie	North	8	18:01.70	05:33	08:45
76	61	1499	SOWA, Maddie	Gateway	8	18:03.30	05:35	08:46
77	62	1531	CURAMENG, Margo	Meadowdale	8	18:05.10	05:37	08:47
78		1454	RECTOR, Alana	College Place	8	18:07.10	05:39	08:48
79		1508	KWON, Caroline	Harbour Pointe	8	18:24.70	05:56	08:56
80		1536	TERWILLIGER, Malia	Meadowdale	8	18:26.00	05:58	08:57
81		1441	CORTEZZO, Mara	Brier Terrace	8	18:51.50	06:23	09:09
82	63	1519	MCGEE, Caitlin	Heatherwood	8	18:54.70	06:26	09:11
83	64	1543	MOORE, Kiera	North	8	19:00.40	06:32	09:14
84	65	1512	AKERS, Aubrey	Heatherwood	8	19:12.60	06:44	09:20
85	66	1555	WALKER, Sadie	Voyager	8	19:16.90	06:48	09:22
86		1469	SITARAS, Katerina	Einstein	8	19:29.20	07:01	09:28
87	67	1542	MENDEZ-MARGARITO, Axcel	North	8	19:31.40	07:03	09:29
88		1461	HERNANDEZ-OROBIO, Sam	Einstein	8	19:36.60	07:08	09:31
89		1509	NGUYEN, Kayla	Harbour Pointe	8	19:45.60	07:17	09:36
90	68	1502	YAMAMOTO, Makensie	Gateway	8	19:52.90	07:24	09:39
91	69	1538	CALLAGHAN, Sophia	North	8	19:57.00	07:29	09:41
92	70	1496	LAHTI, Chrissy	Gateway	8	20:11.60	07:43	09:48
93		1467	SALAZAR-HERNANDEZ, Mar	Einstein	8	20:28.90	08:00	09:57
94		1521	TURCOTT, Maddie	Heatherwood	8	20:31.40	08:03	09:58
95	71	1493	HAN, Natalie	Gateway	8	20:36.80	08:08	10:00
96	72	1472	CARRILLO, Isabella	Eisenhower	8	20:42.90	08:14	10:03
97	73	1436	KAHILF, Ahnya	Alderwood	8	20:47.40	08:19	10:06
98	74	1438	VO, Makenzy	Alderwood	8	20:50.90	08:22	10:07
99		1500	WILSON, Natalie	Gateway	8	21:06.90	08:38	10:15
100	75	1554	SYDNEY, Estes	Voyager	8	21:19.60	08:51	10:21
101		1515	DELGADO, Wendy	Heatherwood	8	21:43.40	09:15	10:33
102	76	1550	BASTIDA, Keira	Voyager	8	22:32.30	10:04	10:57
103	77	1474	GROSS, Lillyonna A	Eisenhower	8	23:20.00	10:52	11:20
104		1516	ENGSTROM, Paige	Heatherwood	8	23:41.10	11:13	11:30
105		1495	JOHNSON, Sol Ana	Gateway	8	24:13.70	11:45	11:46
106	78	1477	NGUYEN, Kayla	Eisenhower	8	26:11.10	13:43	12:43