

NWD CROSS COUNTRY CHAMPIONSHIP 2023Stephens City, VA
Sherando HS Track

Wednesday, October 25, 2023

OFFICIAL MEET REPORT

printed: 10/25/2023 12:59 PM

Race #1
Varsity Girls 5k**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 James Wood High School	26	1-2-6-7-10(11)(14)	1:40:48	20:10	2:13.4
2 Kettle Run	67	3-5-17-20-22(25)(53)	1:46:10	21:14	1:43.7
3 Meridian	74	4-8-15-16-31(34)(54)	1:47:07	21:26	2:37.8
4 Sherando	103	9-12-18-27-37(39)(41)	1:50:08	22:02	2:24.6
5 Skyline	163	13-23-36-44-47(56)(60)	1:55:17	23:04	3:06.0
6 John Handley	169	24-32-33-35-45(46)	1:56:06	23:14	1:44.3
7 Warren County	187	21-26-28-55-57(58)	1:58:44	23:45	3:55.1
8 Brentsville District	202	19-30-40-48-65	2:01:28	24:18	6:55.9
9 Fauquier	212	29-38-42-51-52	2:00:48	24:10	2:20.5
10 Liberty (Bealeton) High Sch	275	43-49-59-61-63(64)(66)	2:08:55	25:47	3:08.6
11 Millbrook	316	50-62-67-68-69	2:31:25	30:17	9:09.7

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	Avg. Mile	Avg. kM
1 KONYAR, Kate	James Wood High	1	18:59.90	6:06.5	3:48.0
2 OSTRANDER, Ruby	James Wood High	2	19:31.20	6:16.6	3:54.2
3 GARNER, Abigail	Kettle Run	3	20:17.60	6:31.5	4:03.5
4 MOORE, Molly	Meridian	4	20:24.40	6:33.7	4:04.9
5 GAYTAN, Maria	Kettle Run	5	20:29.20	6:35.2	4:05.8
6 PALMER, Katelyn	James Wood High	6	20:31.20	6:35.9	4:06.2
7 KIEFFER, Alina	James Wood High	7	20:31.40	6:35.9	4:06.3
8 STURGILL, Lydia	Meridian	8	20:47.60	6:41.2	4:09.5
9 WALLIN, Addy	Sherando	9	21:06.10	6:47.1	4:13.2
10 MOSS, Sarah	James Wood High	10	21:13.30	6:49.4	4:14.7
11 COMBS, Kaitlin	James Wood High	(11)	21:13.80	6:49.6	4:14.8
12 DEFIBAUGH, Gracie	Sherando	12	21:14.30	6:49.7	4:14.9
13 GAMBILL, Ashley	Skyline	13	21:17.90	6:50.9	4:15.6
14 THOMPSON, Lauren	James Wood High	(14)	21:18.70	6:51.2	4:15.7
15 MALHEIRO, Michelle	Meridian	15	21:19.00	6:51.3	4:15.8
16 STEYN, Katherine	Meridian	16	21:33.40	6:55.9	4:18.7
17 MARTIN, Sarah	Kettle Run	17	21:34.20	6:56.1	4:18.8
18 ADAMS, Mia	Sherando	18	21:34.50	6:56.2	4:18.9
19 NATYSIN, Reese	Brentsville District	19	21:39.10	6:57.7	4:19.8
20 THIRIOT, Chloe	Kettle Run	20	21:46.90	7:00.2	4:21.4
21 NASHED, Kirin	James Wood High	-	21:58.10	7:03.8	4:23.6
22 RILEY, Amber	Warren County	21	22:00.40	7:04.6	4:24.1
23 SUDDARTH, Isabella	Kettle Run	22	22:01.30	7:04.9	4:24.3
24 SEARS, Alison	Skyline	23	22:05.10	7:06.1	4:25.0
25 WELPOTT, Seneca	John Handley	24	22:27.70	7:13.3	4:29.5
26 DEVER, Emily	Kettle Run	(25)	22:34.20	7:15.4	4:30.8
27 MUSIL, Allie	Warren County	26	22:34.30	7:15.5	4:30.9
28 RYAN, Avery	Sherando	27	22:41.90	7:17.9	4:32.4
29 BLODGETT, Graceleigh	Warren County	28	22:45.40	7:19.0	4:33.1
30 HUNTER, Eliana	Fauquier	29	22:48.90	7:20.2	4:33.8

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Athlete	Team	Score	Time	Avg. Mile	Avg. kM
31 MOHLER, Ava	Brentsville District	30	22:56.80	7:22.7	4:35.4
32 ANDERSON, Katie	Meridian	31	23:02.20	7:24.4	4:36.4
33 RINKER, Audrey	John Handley	32	23:03.90	7:25.0	4:36.8
34 DORAN, Isabel	John Handley	33	23:07.00	7:26.0	4:37.4
35 VIGIL JIMENEZ, Jimena	Manassas Park	-	23:08.10	7:26.3	4:37.6
36 KIM, Clementine	Meridian	(34)	23:13.40	7:28.0	4:38.7
37 BALIO, Isabella	John Handley	35	23:14.80	7:28.5	4:39.0
38 ANTONELLI, Kaitlyn	Skyline	36	23:19.80	7:30.1	4:40.0
39 LEE, Olivia	Sherando	37	23:30.70	7:33.6	4:42.1
40 STRICKLAND, Josie	Fauquier	38	23:36.80	7:35.6	4:43.4
41 CLARK, Natalie	Sherando	(39)	23:45.40	7:38.3	4:45.1
42 MADDOX, Regan	Brentsville District	40	23:51.20	7:40.2	4:46.2
43 CARPENTER, Ella	Sherando	(41)	23:57.80	7:42.3	4:47.6
44 CURRY, Danica	Fauquier	42	24:04.00	7:44.3	4:48.8
45 SNYDER, Anna	Liberty (Bealeton) H	43	24:06.60	7:45.1	4:49.3
46 RIVERA, Ariela	Sherando	-	24:08.20	7:45.7	4:49.6
47 FLORES, Scarlett	Skyline	44	24:09.80	7:46.2	4:50.0
48 PEREZ, Zenaída	John Handley	45	24:12.00	7:46.9	4:50.4
49 VICENTE, Meyly	John Handley	(46)	24:19.80	7:49.4	4:52.0
50 DEFRATES, Olivia	Skyline	47	24:23.90	7:50.7	4:52.8
51 BARTON, Olina	Brentsville District	48	24:25.10	7:51.1	4:53.0
52 WASHINGTON, Jacinta	Liberty (Bealeton) H	49	24:35.80	7:54.5	4:55.2
53 KOCH, Gabriella	Sherando	-	24:45.80	7:57.7	4:57.2
54 MURPHY, Allie	Millbrook	50	24:46.40	7:57.9	4:57.3
55 BOROWCZYK, Alexa	Sherando	-	24:48.10	7:58.5	4:57.6
56 BROWN, Laurel	Fauquier	51	25:08.50	8:05.0	5:01.7
57 HEISLIP, Addison	Fauquier	52	25:09.40	8:05.3	5:01.9
58 BROOKS, Sophia	Kettle Run	(53)	25:13.80	8:06.8	5:02.8
59 ALVARAZ, Carmen	Kettle Run	-	25:18.20	8:08.2	5:03.6
60 ABSTONE, Wendy	Meridian	(54)	25:24.70	8:10.3	5:04.9
61 BAKER, Angel	Warren County	55	25:27.70	8:11.2	5:05.5
62 PHILLIPS, Nicole	Skyline	(56)	25:38.90	8:14.8	5:07.8
63 OYLER, Abi	Warren County	57	25:55.50	8:20.2	5:11.1
64 RAPPOLE, Isabelle	Warren County	(58)	26:08.10	8:24.2	5:13.6
65 QUANSAH, Bonnie	Liberty (Bealeton) H	59	26:20.10	8:28.1	5:16.0
66 SWANSON, Caroline	Skyline	(60)	26:30.50	8:31.4	5:18.1
67 WASHINGTON, Elyssa	Liberty (Bealeton) H	61	26:36.50	8:33.3	5:19.3
68 WARNER, Carrie	Millbrook	62	26:38.20	8:33.9	5:19.6
69 RITCHIE, Molly	Liberty (Bealeton) H	63	27:15.20	8:45.8	5:27.0
70 ANDRINGA, Katinka	Liberty (Bealeton) H	(64)	28:26.10	9:08.6	5:41.2
71 KIRBY, Addison	Brentsville District	65	28:35.00	9:11.4	5:43.0
72 MARCIAND, Nya	Manassas Park	-	28:35.90	9:11.7	5:43.2
73 DOWNEY, Ally	Liberty (Bealeton) H	(66)	31:09.40	10:01.1	6:13.9
74 SMEDLEY, Sophia	Millbrook	67	32:17.90	10:23.1	6:27.6
75 DAVIDSON, Kate	Millbrook	68	33:45.50	10:51.3	6:45.1
76 CHEBBI, Zainab	Millbrook	69	33:56.10	10:54.7	6:47.2

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Varsity Girls 5k

Final Results

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Athlete	Team	Score	Time	Avg. Mile	Avg. kM
77 BURGESS, Jisella	Manassas Park	-	36:40.10	11:47.4	7:20.0

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Race #3
JV Girls 5k**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 James Wood High School	15	1-2-3-4-5(7)(8)	1:57:14	23:27	1:15.0
2 Sherando	48	6-9-10-11-12(14)(15)	2:11:45	26:21	2:24.0
3 Warren County	83	13-16-17-18-19	2:25:09	29:02	3:28.4

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	Avg. Mile	Avg. kM
1 LESCALLEET, Hallie	James Wood High	1	22:50.56	7:20.7	4:34.1
2 OLIVER, Ally	James Wood High	2	23:20.29	7:30.3	4:40.1
3 LESSARD, Reese	James Wood High	3	23:20.54	7:30.3	4:40.1
4 RHEINBERGER, Julia	James Wood High	4	23:36.16	7:35.4	4:43.2
5 KIESEWALTER, Ella	James Wood High	5	24:05.52	7:44.8	4:49.1
6 SILVER, Mercedes	Sherando	6	24:32.14	7:53.4	4:54.4
7 HENRIKSON, Kaitlyn	Meridian	-	24:52.16	7:59.8	4:58.4
8 CURLEY, Kaylah	Meridian	-	24:52.44	7:59.9	4:58.5
9 HALL, Julia	Meridian	-	24:54.23	8:00.5	4:58.8
10 WOSHNER, Emma	James Wood High	(7)	25:28.33	8:11.4	5:05.7
11 PECHIE, Addyson	Kettle Run	-	25:35.69	8:13.8	5:07.1
12 KLUGE, Jocelyn	James Wood High	(8)	26:07.91	8:24.2	5:13.6
13 LOGAN, Sophia	James Wood High	-	26:11.50	8:25.3	5:14.3
14 SNELL, Katherine	James Wood High	-	26:15.38	8:26.6	5:15.1
15 LAWSON, Alli	Sherando	9	26:34.30	8:32.6	5:18.9
16 HARTMAN, Emma	Sherando	10	26:50.93	8:38.0	5:22.2
17 BUSCH, Kelcie	Sherando	11	26:51.37	8:38.1	5:22.3
18 BURNS, Sydney	Sherando	12	26:56.12	8:39.7	5:23.2
19 SPEAR, Carissa	Warren County	13	27:24.93	8:48.9	5:29.0
20 WINGFIELD, Josie	Sherando	(14)	27:26.27	8:49.3	5:29.3
21 BLOWE, Meghan	Sherando	(15)	27:35.26	8:52.2	5:31.1
22 BLODGETT, Emmie	Warren County	16	27:57.88	8:59.5	5:35.6
23 POWELL, Ava	Warren County	17	29:22.15	9:26.6	5:52.4
24 HUSTON, Evie	Warren County	18	29:30.51	9:29.3	5:54.1
25 MORGAN, Emily	James Wood High	-	29:32.44	9:29.9	5:54.5
26 SHARPE, Oliva	Kettle Run	-	29:49.23	9:35.3	5:57.8
27 SOLOMON, Gemma	James Wood High	-	30:09.32	9:41.8	6:01.9
28 ROSE, Kennedy	Kettle Run	-	30:31.89	9:49.0	6:06.4
29 LLAMAS, Arelly	Warren County	19	30:53.30	9:55.9	6:10.7
30 SMITH, Olivia	James Wood High	-	31:01.05	9:58.4	6:12.2
31 NEWMAN, Grace	James Wood High	-	31:01.14	9:58.4	6:12.2
32 QUIRKE, Alaina	Sherando	-	32:48.83	10:33.1	6:33.8
33 MALLACE, Anna	James Wood High	-	34:30.65	11:05.8	6:54.1
34 MALLACE, Maria	James Wood High	-	34:31.73	11:06.2	6:54.3