

UC Girls Cross Country
vs. OLP/Monte Vista

Girls

		OLP 11/4/10				CC/SR 10/28/10			LJ/MB 10/14/10			H 10/7/10			PR'09
	Mile	2	Finish	PI	Finish	PI		PI		PI		PI			
1	Shelby Huffaker	6:45	14:04	21:01	1	18:56	2	19:01	1	20:19	2	20:19	2		
2	Sophia Volk	6:45	14:04	21:02	2	19:20	4	19:16	2	20:19	1	20:19	1	19:13	
3	Jessy Hansen	6:45	14:04	21:04	3	20:39	15							18:54	
4	Sarah Openshaw	6:51	14:04	21:22	5	21:15	20	dnr				20:49	4	22:03	
5	Alexia Kalal	6:51	14:32	22:10	7	21:40	29	21:23	12	22:35	8	22:35	8	20:32	
6	Roxanne Esquivel	6:45	14:26	22:45	10	20:44	16	20:18	8	20:24	3	20:24	3	19:43	
7	Megan Gramlich	7:13	15:28	23:12	12	22:20	33							19:35	
8	Marin Sanders	6:51	15:15	23:48	16	22:36	35							21:40	
9	Katy Cawdrey	7:19	15:42	24:15	17	23:20	37	21:57	14	22:51	10	22:51	10	25:15	
10	Nicole Tan	7:20	16:13	25:06	18	23:56	16	22:36	17	24:26	14	24:26	14	25:05	
11	Jackie Vallon	7:22	16:14	25:10	19	24:07	20	23:27	23	24:43	17	24:43	17		
12	Kinyee Fong	7:18	16:13	25:11	20	25:30	29	23:36	24	24:54	18	24:54	18	22:15	
13	Lindsay Williams	7:19	16:15	25:17	21	23:06	36							21:38 '08	
14	Sarah Levy	7:33	16:59	25:50	23	23:44	38	21:55	13	23:51	11	23:51	11		
15	Danielle Westerlund	7:36	16:59	25:59	25	dnf		20:19	9	22:46	9	22:46	9		
16	Emily Siegler	7:54	17:22	27:22	27	24:38	21	25:46	39	23:55	12	23:55	12		
17	Laine Niederberger	8:21	17:59	27:23	28	dnr		dnr		25:10	19	25:10	19		
18	Jessica Capo	8:43	20:32	30:21	32									24:46	
19	Veronica Charbonier	9:00	20:18	30:37	33	26:24	37	25:15	35	dnr		dnr			
	Ashley Charles	6:45	14:04	dnf		20:39	14	20:14	5	21:36	6	21:36	6		
	Sandy Komar	6:45		dnf		21:22	1								
	Aracely Ceballos	8:20	19:22	dnf											
	Cassie Berta			dnr		24:07	39							23:49	
	Malive Gomez-Romo			dnr		32:08	48	27:42	49	30:39	20	30:39	20	31:47	
	Eliza Paynel			dnr		dnf									
	Kate Maschan			dnr		dnr		22:16	16	22:25	7	22:25	7	24:50	
	Hannah McCrory			dnf		dnr		24:30	31	24:39	16	24:39	16		
	Paola Perez			dnr		dnr		dnr		24:28	15	24:28	15		

Scores:

UC 18
OLP 38
UC 27
MV 30

WOW!
Crushed
OLP

Extremely Cool: Running as a team really does work! This was a great day for the team despite the temperature registering 100 degrees today! We were forced to run as a solid group, and it made several run well. The team effort was the key, not the times or PR's. Those will come later. Next week: Touch test. Stay with the plan: Close together.