

2016 ODAC CROSS COUNTRY CHAMPIONSHIPS

Buean Vista, VA
 Vista Links Golf Course
 Weather: Sunny, 65 degrees and calm
 Host: Washington & Lee University
 October 29, 2016

MEET OFFICIALS

Meet Director:
 Brandon Spalding
Meet Referee:
 Joe Laracoo
Timing:
 www.blueridgetiming.com



OFFICIAL MEET REPORT
 printed: 10/29/2016 12:37 PM

Race #1
Men's Championship - 8000m

Final Results**RACE SUMMARY**

Start Time: 10:00

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Washington and Lee	32	1-2-6-8-15(19)(20)	2:13:00	26:36	1:04.2
2 Lynchburg	63	4-7-10-16-26(38)(45)	2:15:23	27:05	1:27.3
3 Bridgewater (Va.)	69	3-5-12-24-25(30)(39)	2:15:49	27:10	1:29.8
4 Eastern Mennonite	94	11-13-18-21-31(35)(44)	2:17:09	27:26	1:10.5
5 Roanoke	115	14-17-23-27-34(36)(37)	2:18:33	27:43	1:10.2
6 Virginia Wesleyan	192	9-42-46-47-48(51)(60)	2:22:42	28:33	2:20.2
7 Shenandoah	204	29-32-41-49-53(57)(62)	2:24:00	28:48	1:49.3
8 Emory & Henry	209	28-33-40-50-58(59)(69)	2:24:35	28:55	2:20.2
9 Hampden-Sydney	243	22-43-54-61-63(65)(66)	2:28:57	29:48	3:56.8
10 Guilford	294	52-55-56-64-67(68)	2:36:52	31:23	5:34.6

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1k	3k	5k	7k
1 Mac Strehler *All-ODAC*	SR	218	Washington and Le	1	26:07.2	5:15.3	3:15.9	3:31.2	10:12.1	16:38.0	23:10.9
2 Mackenzye Leroy *All-ODAC		213	Washington and Le	2	26:25.5	5:19.0	3:18.2	3:32.6	10:20.7	16:55.4	23:33.8
3 Robert Hiegel *All-ODAC*	SO	106	Bridgewater (Va.)	3	26:27.1	5:19.3	3:18.4	3:31.5	10:19.7	16:55.4	23:33.8
4 Josh Shaw *All-ODAC*	SO	158	Lynchburg	4	26:30.6	5:20.0	3:18.8	3:35.4	10:23.9	16:55.9	23:33.7
5 Trey Gibson *All-ODAC*	JR	103	Bridgewater (Va.)	5	26:32.5	5:20.4	3:19.1	3:30.9	10:24.0	16:56.4	23:34.8
6 Ian Mcdonald *All-ODAC*		214	Washington and Le	6	26:33.8	5:20.7	3:19.2	3:32.3	10:19.5	16:55.5	23:33.3
7 Drew Smith *All-ODAC*	SR	159	Lynchburg	7	26:40.2	5:22.0	3:20.0	3:35.3	10:22.8	16:59.6	23:43.0
8 Cooper Baird *All-ODAC*	SO	207	Washington and Le	8	26:41.5	5:22.2	3:20.2	3:32.8	10:20.6	17:00.5	23:45.9
9 Trevor Maloney *All-ODAC*	SR	201	Virginia Wesleyan	9	26:49.3	5:23.8	3:21.2	3:36.7	10:24.2	17:00.9	23:47.2
10 Tristan Lucy-Speidel *All-OD		153	Lynchburg	10	26:57.1	5:25.4	3:22.1	3:36.6	10:24.2	17:00.9	23:47.2
11 Alec Thibodeaux *All-ODAC*		128	Eastern Mennonite	11	26:58.4	5:25.6	3:22.3	3:31.0	10:20.0	16:58.8	24:05.6
12 Connor Maguder *All-ODAC*	SR	109	Bridgewater (Va.)	12	27:04.0	5:26.8	3:23.0	3:32.2	10:19.3	17:06.3	24:01.9
13 Abraham Amine *All-ODAC*		114	Eastern Mennonite	13	27:05.9	5:27.1	3:23.2	3:31.8	10:22.4	17:08.6	24:06.3
14 Kevin Waterman *All-ODAC*	JR	177	Roanoke	14	27:07.8	5:27.5	3:23.5	3:35.6	10:23.7	17:15.3	24:14.9
15 Phillip Harmon	SR	210	Washington and Le	15	27:11.4	5:28.2	3:23.9	3:32.5	10:19.7	17:04.3	24:05.4
16 Andrew Osborne	SR	155	Lynchburg	16	27:16.7	5:29.3	3:24.6	3:34.7	10:21.9	17:03.0	24:03.2
17 Howard Daniels		170	Roanoke	17	27:18.6	5:29.7	3:24.8	3:32.9	10:24.4	17:16.7	24:04.2
18 Steven Anhold		115	Eastern Mennonite	18	27:21.8	5:30.3	3:25.2	3:32.3	10:25.5	17:15.7	24:16.8
19 Austin Kinne	FR	212	Washington and Le	(19)	27:25.6	5:31.1	3:25.7	3:34.3	10:25.4	17:11.2	24:12.0
20 Alex Dolwick		209	Washington and Le	(20)	27:29.0	5:31.8	3:26.1	3:33.5	10:24.9	17:12.4	24:26.7
21 Joe Carmody	SO	208	Washington and Le	-	27:32.5	5:32.5	3:26.6	3:34.3	10:25.0	17:21.6	24:29.2
22 Jared Nisly		126	Eastern Mennonite	21	27:33.7	5:32.7	3:26.7	3:30.8	10:24.0	17:24.8	24:29.6
23 Patrick Hunter	SO	211	Washington and Le	-	27:39.8	5:34.0	3:27.5	3:33.5	10:24.5	17:24.2	24:32.6
24 Hank Patrick	SO	216	Washington and Le	-	27:41.8	5:34.4	3:27.7	3:34.2	10:27.8	17:24.2	24:32.6
25 Lewis Brooks	SO	142	Hampden-Sydney	22	27:43.4	5:34.7	3:27.9	3:33.2	10:25.7	17:26.8	24:35.9
26 Tyler Barrett	FR	166	Roanoke	23	27:46.7	5:35.3	3:28.3	3:36.2	10:34.0	17:35.4	24:39.7
27 Max Weidman	FR	112	Bridgewater (Va.)	24	27:48.4	5:35.7	3:28.5	3:32.6	10:23.5	17:26.9	24:42.3
28 Robert Theimer	SO	110	Bridgewater (Va.)	25	27:56.9	5:37.4	3:29.6	3:32.8	10:27.0	17:30.4	24:41.7
29 Ben Stern	SR	160	Lynchburg	26	27:57.8	5:37.6	3:29.7	3:35.9	10:33.8	17:30.4	24:52.2

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Race #1
Men's Championship - 8000m

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1k	3k	5k	7k
30 Colin Brennan	JR	167	Roanoke	27	28:02.0	5:38.4	3:30.2	3:37.4	10:38.4	17:43.6	25:02.2
31 Austin Tolbert	SO	134	Emory & Henry	28	28:02.4	5:38.5	3:30.3	3:34.6	10:32.8	17:43.2	24:55.1
32 Ray Parsons	JR	190	Shenandoah	29	28:02.7	5:38.6	3:30.3	3:31.4	10:29.7	17:42.7	24:54.2
33 Cameron Henken		105	Bridgewater (Va.)	(30)	28:03.3	5:38.7	3:30.4	3:33.6	10:24.0	17:25.7	24:50.9
34 Benjamin Stutzman		127	Eastern Mennonite	31	28:08.8	5:39.8	3:31.1	3:41.3	10:42.7	17:49.8	24:57.6
35 Matthew Horton	JR	188	Shenandoah	32	28:12.2	5:40.5	3:31.5	3:31.4	10:22.5	17:30.5	24:57.2
36 Alex Cooper	SR	129	Emory & Henry	33	28:15.0	5:41.0	3:31.9	3:35.7	10:33.4	17:49.0	25:03.7
37 Alec Carlson	FR	168	Roanoke	34	28:18.0	5:41.6	3:32.2	3:37.6	10:38.4	17:49.8	25:12.3
38 Tyler Denlinger		121	Eastern Mennonite	(35)	28:18.2	5:41.7	3:32.3	3:34.9	10:40.9	17:49.8	25:12.3
39 Tim Shay	FR	175	Roanoke	(36)	28:20.2	5:42.1	3:32.5	3:46.0	10:51.1	18:02.2	25:12.2
40 John Wiggins	SR	178	Roanoke	(37)	28:22.6	5:42.6	3:32.8	3:37.5	10:51.1	17:50.3	25:12.4
41 Justin Dörner-Thomas	FR	151	Lynchburg	(38)	28:31.9	5:44.4	3:34.0	3:36.0	10:25.5	17:24.7	25:07.1
42 Scott Long	SR	108	Bridgewater (Va.)	(39)	28:38.3	5:45.7	3:34.8	3:36.4	10:28.9	17:45.4	25:22.2
43 Shane Gibson	FR	102	Bridgewater (Va.)	-	28:38.6	5:45.8	3:34.8	3:33.5	10:32.5	17:54.7	25:22.5
44 Kevin Watts	SR	135	Emory & Henry	40	28:40.3	5:46.1	3:35.0	3:36.2	10:40.5	18:01.5	25:31.7
45 Justin Mehrer	SO	189	Shenandoah	41	28:42.7	5:46.6	3:35.3	3:31.8	10:26.3	17:49.3	25:32.0
46 Trevor Cerone	FR	196	Virginia Wesleyan	42	28:43.3	5:46.7	3:35.4	3:45.3	10:50.6	18:09.6	25:33.5
47 Max Morgan	SR	145	Hampden-Sydney	43	28:44.8	5:47.0	3:35.6	3:33.8	10:28.3	17:49.7	25:29.9
48 Timothy Martin		125	Eastern Mennonite	(44)	28:45.7	5:47.2	3:35.7	3:44.4	10:53.5	18:11.6	25:32.3
49 Nathaniel Willis	FR	179	Roanoke	-	28:45.9	5:47.3	3:35.7	3:39.9	10:45.3	18:04.5	25:34.6
50 Reid Sharkey	FR	157	Lynchburg	(45)	28:52.1	5:48.5	3:36.5	3:36.7	10:34.2	17:54.6	25:31.8
51 Joshua Wilt	SO	113	Bridgewater (Va.)	-	28:53.3	5:48.7	3:36.7	3:36.2	10:28.9	17:48.6	25:34.0
52 Michael Ward	SO	204	Virginia Wesleyan	46	28:56.3	5:49.3	3:37.0	3:52.5	11:15.9	18:36.9	25:51.8
53 Logan Good	JR	104	Bridgewater (Va.)	-	29:02.9	5:50.7	3:37.9	3:33.8	10:29.4	17:59.6	25:43.3
54 Michael Class	SO	197	Virginia Wesleyan	47	29:03.1	5:50.7	3:37.9	3:52.3	11:17.2	18:41.2	25:43.3
55 Robert Cook		120	Eastern Mennonite	-	29:04.0	5:50.9	3:38.0	3:34.6	10:44.3	18:10.0	25:42.3
56 Levi Rees	JR	156	Lynchburg	-	29:06.9	5:51.5	3:38.4	3:36.6	10:30.5	17:55.5	25:39.8
57 Alex Clem	SO	161	Randolph	-	29:08.3	5:51.8	3:38.5	3:40.7	10:48.4	18:12.5	25:47.5
58 Dustin Ogburn	SO	202	Virginia Wesleyan	48	29:09.5	5:52.0	3:38.7	3:52.5	11:17.3	18:41.4	26:00.5
59 Zachary Barton	SO	182	Shenandoah	49	29:10.0	5:52.1	3:38.7	3:42.9	10:50.4	18:27.3	26:05.7
60 Justin Ginnings	JR	172	Roanoke	-	29:11.5	5:52.4	3:38.9	3:38.3	10:46.9	18:10.7	25:45.8
61 Kevin Elliott		171	Roanoke	-	29:12.5	5:52.6	3:39.1	3:48.5	11:08.3	18:36.7	26:01.9
62 Ethan Batchelor		150	Lynchburg	-	29:13.7	5:52.8	3:39.2	3:39.5	11:08.3	18:36.7	25:59.0
63 Zane Moran	SO	132	Emory & Henry	50	29:14.6	5:53.0	3:39.3	3:35.8	10:41.7	18:13.6	25:58.6
64 Skyler Zunk	SO	219	Washington and Le	-	29:15.4	5:53.2	3:39.4	3:37.4	10:52.8	18:22.9	26:02.7
65 Matt Kirkbide	SO	200	Virginia Wesleyan	(51)	29:24.6	5:55.0	3:40.6	3:53.0	11:13.6	18:36.6	26:09.2
66 Diego Avila		116	Eastern Mennonite	-	29:42.5	5:58.6	3:42.8	3:44.8	11:03.7	18:41.4	26:26.1
67 Caleb Amstutz	SO	136	Guilford	52	29:44.0	5:59.0	3:43.0	3:36.3	10:51.4	18:30.3	26:20.5
68 Ryan Wilson	SO	180	Roanoke	-	29:49.5	6:00.1	3:43.7	3:44.8	11:03.3	18:42.7	26:26.0
69 Kyle Albert	FR	181	Shenandoah	53	29:51.9	6:00.5	3:44.0	3:43.7	11:11.6	18:50.7	26:35.1
70 Matt Macnab	JR	154	Lynchburg	-	29:53.8	6:00.9	3:44.2	3:39.9	10:53.8	18:32.3	26:32.4
71 John Dyke	FR	143	Hampden-Sydney	54	29:53.9	6:00.9	3:44.2	3:49.5	11:17.8	18:54.4	26:35.4
72 Colin Dossel	FR	138	Guilford	55	29:57.9	6:01.7	3:44.7	3:40.9	11:05.3	18:54.6	26:40.8
73 Quint Simones	SR	140	Guilford	56	30:03.8	6:02.9	3:45.5	3:38.4	11:05.7	18:53.2	26:41.3
74 Winston Davis	JR	185	Shenandoah	(57)	30:07.5	6:03.7	3:45.9	3:36.5	11:01.3	18:47.7	26:44.9
75 Collin Longenecker		124	Eastern Mennonite	-	30:08.9	6:04.0	3:46.1	3:48.7	11:13.9	18:53.0	26:44.9

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Men's Championship - 8000m

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1k	3k	5k	7k
76 Colin Wall	JR	176	Roanoke	-	30:18.6	6:05.9	3:47.3	3:46.4	11:08.0	18:51.4	26:49.5
77 Adam Bailey	FR	101	Bridgewater (Va.)	-	30:19.0	6:06.0	3:47.4	3:37.2	10:53.0	18:48.9	26:49.5
78 Jackson Feezell	SR	130	Emory & Henry	58	30:22.6	6:06.7	3:47.8	3:40.5	11:08.8	18:56.7	26:55.4
79 Buck Kirtland	JR	131	Emory & Henry	(59)	30:30.2	6:08.2	3:48.8	3:47.9	11:31.5	19:20.6	27:10.2
80 Philip Blevins	JR	195	Virginia Wesleyan	(60)	30:33.3	6:08.9	3:49.2	3:56.5	11:33.5	19:23.9	27:20.5
81 Jacob Fleck	SR	152	Lynchburg	-	30:37.4	6:09.7	3:49.7	3:37.0	11:33.5	19:23.9	27:01.7
82 Kollin Baer	FR	194	Virginia Wesleyan	-	30:37.7	6:09.8	3:49.7	3:53.3	11:30.5	19:23.7	27:20.4
83 Derrick Chirinos		119	Eastern Mennonite	-	30:44.3	6:11.1	3:50.5	3:45.8	11:21.8	19:12.6	27:17.5
84 Spencer Ruby	FR	174	Roanoke	-	30:52.7	6:12.8	3:51.6	3:57.8	11:40.6	19:32.9	27:27.8
85 Cecil Tiblin	JR	147	Hampden-Sydney	61	30:54.6	6:13.2	3:51.8	3:54.8	11:34.6	19:30.5	27:35.8
86 Paul Lankford		123	Eastern Mennonite	-	30:57.3	6:13.7	3:52.2	4:01.1	11:53.9	19:48.1	27:37.2
87 Michael Tres	FR	203	Virginia Wesleyan	-	31:05.5	6:15.3	3:53.2	3:56.3	11:33.7	19:35.3	27:46.0
88 Adam Gleissner	SO	186	Shenandoah	(62)	31:16.7	6:17.6	3:54.6	3:53.3	11:38.6	19:41.4	27:49.3
89 Trey White	FR	205	Virginia Wesleyan	-	31:24.2	6:19.1	3:55.5	3:57.3	11:40.6	19:41.4	28:07.7
90 Matthew Gussiaas	SR	187	Shenandoah	-	31:24.3	6:19.1	3:55.5	3:53.2	11:29.5	19:34.2	27:48.9
91 Lucas Paris		146	Hampden-Sydney	63	31:40.2	6:22.3	3:57.5	3:54.2	11:32.6	19:41.8	28:07.3
92 Caleb Anderson	JR	137	Guilford	64	31:47.4	6:23.8	3:58.4	3:45.9	11:40.8	19:41.8	28:26.0
93 Kenneth Jones	FR	107	Bridgewater (Va.)	-	31:47.9	6:23.9	3:58.5	3:44.0	11:32.0	19:49.9	28:18.6
94 Gavin Fry	SO	199	Virginia Wesleyan	-	31:49.6	6:24.2	3:58.7	3:56.7	11:40.6	20:02.3	28:22.0
95 Reed Mingione	SO	144	Hampden-Sydney	(65)	32:11.5	6:28.6	4:01.4	3:49.7	11:32.8	20:01.2	28:35.4
96 Donald Shubrooks	SR	191	Shenandoah	-	32:17.2	6:29.8	4:02.1	3:48.3	11:32.3	19:59.7	28:43.2
97 Tyler Williams	SO	149	Hampden-Sydney	(66)	33:14.3	6:41.3	4:09.3	4:00.7	12:15.0	20:52.3	29:34.2
98 Tory Myrick	FR	165	Randolph	-	33:18.7	6:42.1	4:09.8	3:45.4	12:15.0	20:43.6	29:49.2
99 Ian Tiblin	FR	148	Hampden-Sydney	-	33:30.9	6:44.6	4:11.4	4:01.3	12:22.7	21:00.1	29:46.2
100 Naol Bayisa	FR	183	Shenandoah	-	33:41.5	6:46.7	4:12.7	3:53.7	11:59.2	21:00.2	29:58.9
101 Jonathan Sumner	SR	141	Guilford	67	35:18.6	7:06.3	4:24.8	3:49.7	12:20.7	21:54.7	31:24.8
102 Nick Jones	JR	139	Guilford	(68)	35:54.5	7:13.5	4:29.3	3:49.7	13:19.4	22:53.9	32:12.7
103 Seth Antozzi	FR	193	Virginia Wesleyan	-	35:58.7	7:14.3	4:29.8	4:27.4	13:28.0	22:42.6	32:03.5
104 Colt Pierce	FR	133	Emory & Henry	(69)	36:47.4	7:24.1	4:35.9	4:24.0	13:33.5	23:07.4	32:50.3
105 Andrew Harman	FR	164	Randolph	-	37:26.5	7:32.0	4:40.8	4:02.6	13:18.4	23:07.6	33:07.9

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Race #2
Women's Championship - 6000m

Final Results**RACE SUMMARY**

Start Time: 11:00

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Washington and Lee	38	2-3-8-11-14(19)(34)	1:58:25	23:41	1:27.0
2 Roanoke	67	1-4-16-17-29(33)(38)	2:00:09	24:02	2:41.7
3 Eastern Mennonite	103	13-20-21-24-25(37)(42)	2:04:03	24:49	0:48.7
4 Shenandoah	126	9-12-26-39-40(41)(44)	2:06:10	25:14	2:41.3
5 Bridgewater (Va.)	130	15-22-27-31-35(36)(45)	2:06:10	25:14	1:34.3
6 Lynchburg	134	5-6-18-43-62	2:09:24	25:53	7:41.8
7 Virginia Wesleyan	155	7-23-28-48-49(52)(55)	2:09:48	25:58	4:43.2
8 Emory & Henry	229	30-32-54-56-57	2:20:10	28:02	4:46.6
9 Guilford	233	10-46-53-61-63	2:22:11	28:27	7:12.0
10 Hollins	281	47-51-59-60-64(66)(67)	2:29:22	29:53	4:00.1
11 Sweet Briar	310	50-58-65-68-69(70)	2:45:18	33:04	9:56.5

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1k	3k	5k
1 Kerri Dalton *All-ODAC*	SR	281	Roanoke	1	22:39.1	6:04.4	3:46.5	3:53.6	11:38.4	19:10.3
2 Samantha Yates *All-ODAC*		328	Washington and Le	2	22:53.3	6:08.2	3:48.9	3:56.7	11:39.6	19:24.0
3 Margaret Seybold *All-ODAC	SO	326	Washington and Le	3	23:19.4	6:15.2	3:53.2	3:56.5	11:42.4	19:46.3
4 Claire Brooks *All-ODAC*	SR	280	Roanoke	4	23:23.3	6:16.2	3:53.9	3:56.8	11:51.3	19:53.7
5 Morgan Alvis *All-ODAC*	SO	265	Lynchburg	5	23:28.4	6:17.6	3:54.7	3:56.9	11:51.9	19:54.7
6 Samantha Schreiber *All-OD		269	Lynchburg	6	23:32.3	6:18.6	3:55.4	3:53.3	11:34.5	19:47.8
7 Marissa Coombs *All-ODAC*	JR	306	Virginia Wesleyan	7	23:39.2	6:20.5	3:56.5	3:56.0	11:52.8	20:11.8
8 Kirsten Mcmichael *All-ODA		321	Washington and Le	8	23:44.4	6:21.9	3:57.4	3:55.2	11:43.4	20:05.0
9 Shelby Shrader *All-ODAC*	SR	295	Shenandoah	9	23:53.9	6:24.4	3:59.0	3:56.9	12:01.2	20:21.8
10 Sommer Fanny *All-ODAC*	JR	251	Guilford	10	23:58.8	6:25.7	3:59.8	3:55.4	12:09.4	20:29.6
11 Julia Moody *All-ODAC*	FR	323	Washington and Le	11	24:07.8	6:28.2	4:01.3	3:59.5	12:02.3	20:28.3
12 Emily Miller *All-ODAC*	FR	294	Shenandoah	12	24:09.0	6:28.5	4:01.5	4:03.0	12:13.7	20:30.6
13 Megan Good *All-ODAC*		230	Eastern Mennonite	13	24:16.2	6:30.4	4:02.7	4:07.8	12:18.0	20:38.4
14 Katie Bearup *All-ODAC*	FR	315	Washington and Le	14	24:20.3	6:31.5	4:03.4	4:11.2	12:18.7	20:39.4
15 Magdalene Mann	FR	226	Bridgewater (Va.)	15	24:22.4	6:32.0	4:03.7	4:07.0	12:18.7	20:40.8
16 Ellen Bauer	JR	276	Roanoke	16	24:22.6	6:32.1	4:03.8	4:07.9	12:20.7	20:44.6
17 Jennifer Barthol	JR	275	Roanoke	17	24:23.0	6:32.2	4:03.8	4:05.2	12:16.7	20:44.3
18 Michela Cholak	FR	266	Lynchburg	18	24:28.2	6:33.6	4:04.7	3:58.0	12:06.6	20:42.8
19 Rachel Steffen	JR	327	Washington and Le	(19)	24:35.9	6:35.7	4:06.0	4:00.5	12:16.3	20:50.7
20 Juni Schirch		239	Eastern Mennonite	20	24:48.6	6:39.1	4:08.1	4:09.9	12:24.8	21:01.2
21 Laurie Serrell		240	Eastern Mennonite	21	24:50.9	6:39.7	4:08.5	4:09.3	12:25.5	21:07.4
22 Erin Quinn	SR	227	Bridgewater (Va.)	22	24:59.8	6:42.1	4:10.0	4:03.8	12:30.6	21:13.4
23 Emily Latimer	JR	309	Virginia Wesleyan	23	25:01.0	6:42.4	4:10.2	4:08.2	12:35.6	21:21.7
24 Elizabeth Nisly		237	Eastern Mennonite	24	25:02.3	6:42.8	4:10.4	4:09.3	12:24.7	21:02.8
25 Katherine Lehman		234	Eastern Mennonite	25	25:04.9	6:43.4	4:10.8	4:08.3	12:29.6	21:17.5
26 Aislynn Smith	SO	296	Shenandoah	26	25:06.3	6:43.8	4:11.0	4:03.2	12:26.4	21:17.4
27 Maryellen Hauver	JR	225	Bridgewater (Va.)	27	25:13.5	6:45.7	4:12.2	4:07.6	12:34.8	21:26.0

2016 ODAC CROSS COUNTRY CHAMPIONSHIPS

Buean Vista, VA
 Vista Links Golf Course
 Weather: Sunny, 65 degrees and calm
 Host: Washington & Lee University
 October 29, 2016

MEET OFFICIALS

Meet Director:
 Brandon Spalding
Meet Referee:
 Joe Laracoo
Timing:
 www.blueridgetiming.com



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 printed: 10/29/2016 12:37 PM

Race #2
Women's Championship - 6000m

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1k	3k	5k
28 Emma Phillips	SO	311	Virginia Wesleyan	28	25:17.2	6:46.8	4:12.9	4:07.3	12:32.5	21:20.9
29 Caity Ashley	SR	274	Roanoke	29	25:20.8	6:47.7	4:13.5	4:07.8	12:26.9	21:26.8
30 Erica Grupp	FR	244	Emory & Henry	30	25:31.9	6:50.7	4:15.3	4:04.7	12:44.2	21:38.0
31 Calista Ariel	FR	221	Bridgewater (Va.)	31	25:36.9	6:52.0	4:16.2	4:08.9	12:33.6	21:34.9
32 Elizabeth Wilson	SR	249	Emory & Henry	32	25:37.0	6:52.1	4:16.2	4:14.2	12:52.6	21:50.4
33 Abigail Supplee	FR	286	Roanoke	(33)	25:41.3	6:53.2	4:16.9	4:11.4	12:48.9	21:48.2
34 Kristi Miluski	SO	322	Washington and Le	(34)	25:47.3	6:54.8	4:17.9	4:11.5	12:47.4	21:52.7
35 Sarah Wright	FR	228	Bridgewater (Va.)	35	25:56.7	6:57.3	4:19.4	4:11.2	12:46.0	21:48.4
36 Scarlett Bavin	JR	222	Bridgewater (Va.)	(36)	26:08.6	7:00.5	4:21.4	4:15.0	12:58.0	22:08.4
37 Emma Hoover		231	Eastern Mennonite	(37)	26:10.5	7:01.0	4:21.7	4:12.2	12:58.7	22:03.4
38 Nora Deboer		282	Roanoke	(38)	26:14.2	7:02.0	4:22.4	4:11.7	13:01.2	22:18.6
39 Mackenzie Fennell	SO	289	Shenandoah	39	26:24.8	7:04.9	4:24.1	4:22.8	13:13.3	22:22.2
40 Alexandria Caljean	SO	288	Shenandoah	40	26:35.2	7:07.7	4:25.9	4:14.5	13:08.8	22:35.8
41 Sarah Mann	SO	291	Shenandoah	(41)	26:38.9	7:08.7	4:26.5	4:18.0	13:12.8	22:40.0
42 Taylor Rama	SR	272	Randolph	-	26:39.4	7:08.8	4:26.6	4:06.9	13:09.6	22:30.0
43 Hannah Nichols		236	Eastern Mennonite	(42)	26:40.5	7:09.1	4:26.7	4:13.0	13:05.4	22:39.5
44 Jenna Hyde	JR	267	Lynchburg	43	26:44.8	7:10.2	4:27.5	4:12.4	13:12.7	22:43.4
45 Ellie Bradach	FR	316	Washington and Le	-	26:48.7	7:11.3	4:28.1	4:25.9	13:29.8	22:51.5
46 Kayla Mcghee		292	Shenandoah	(44)	26:51.2	7:12.0	4:28.5	4:18.7	13:31.3	22:57.4
47 Emily Young		229	Bridgewater (Va.)	(45)	26:57.6	7:13.7	4:29.6	4:22.5	13:21.5	22:54.9
48 Kate Jenkins-Sullivan	SR	252	Guilford	46	27:00.4	7:14.4	4:30.1	4:27.9	13:30.6	22:49.8
49 Adrienne Spring	FR	285	Roanoke	-	27:24.6	7:20.9	4:34.1	4:27.5	13:31.7	23:05.8
50 Jhovanna Ramirez-Salmeron	JR	262	Hollins	47	27:26.6	7:21.4	4:34.4	4:16.2	13:32.5	23:11.5
51 Megan Boyles	JR	279	Roanoke	-	27:27.0	7:21.5	4:34.5	4:26.7	13:52.2	23:28.7
52 Alexis Thomas	FR	312	Virginia Wesleyan	48	27:27.9	7:21.8	4:34.6	4:21.8	13:32.8	23:22.4
53 Abby Keller	FR	319	Washington and Le	-	27:35.5	7:23.8	4:35.9	4:26.4	13:42.2	23:25.6
54 Abigail Shelly		241	Eastern Mennonite	-	27:36.4	7:24.1	4:36.1	4:14.8	13:25.2	23:17.9
55 Lindsey Baxter	FR	277	Roanoke	-	27:52.2	7:28.3	4:38.7	4:27.2	13:47.9	23:42.6
56 Bailey Sanders	SO	325	Washington and Le	-	27:56.2	7:29.4	4:39.4	4:45.5	14:10.2	23:45.3
57 Meredith Holding	FR	290	Shenandoah	-	28:10.1	7:33.1	4:41.7	4:32.7	13:56.4	23:44.2
58 Caroline Lehman		233	Eastern Mennonite	-	28:18.8	7:35.4	4:43.1	4:22.4	13:50.9	23:46.0
59 Brittany Williams		242	Eastern Mennonite	-	28:21.3	7:36.1	4:43.5	4:44.6	13:50.2	24:15.4
60 Kwonsha Washington	SO	313	Virginia Wesleyan	49	28:22.4	7:36.4	4:43.7	4:31.9	14:10.7	24:16.5
61 Katelynn Belfatto	FR	278	Roanoke	-	28:38.3	7:40.7	4:46.4	4:27.7	14:04.0	24:12.2
62 Victoria Lawson	FR	301	Sweet Briar	50	28:44.9	7:42.4	4:47.5	4:16.8	14:15.9	24:28.5
63 Sarah Rubin	SR	264	Hollins	51	28:46.9	7:43.0	4:47.8	4:42.8	14:22.8	24:31.0
64 Shay Mills	SR	310	Virginia Wesleyan	(52)	29:00.6	7:46.6	4:50.1	4:48.9	14:35.0	24:37.4
65 Samantha Brooks	SO	250	Guilford	53	29:03.6	7:47.4	4:50.6	4:27.5	14:24.8	24:40.3
66 Kenna Tankersley	SO	248	Emory & Henry	54	29:10.1	7:49.2	4:51.7	4:21.8	14:15.4	24:41.3
67 Ann Marie Elder	FR	307	Virginia Wesleyan	(55)	29:18.4	7:51.4	4:53.1	4:49.0	14:59.3	25:01.5
68 Ella Reist		238	Eastern Mennonite	-	29:21.9	7:52.3	4:53.6	4:45.2	14:27.6	24:52.0
69 Maddie Copenhaver	FR	243	Emory & Henry	56	29:32.2	7:55.1	4:55.4	4:30.4	14:39.3	25:08.6
70 Angela Squillaro	FR	297	Shenandoah	-	29:41.4	7:57.6	4:56.9	4:41.9	14:45.2	25:14.0
71 Taylor Henderson	SO	245	Emory & Henry	57	30:18.5	8:07.5	5:03.1	4:51.9	15:17.4	25:41.2
72 Autumn Gill	SO	224	Bridgewater (Va.)	-	30:40.4	8:13.4	5:06.7	4:46.4	15:11.2	26:01.6
73 Jessie Melrose	FR	302	Sweet Briar	58	30:46.5	8:15.0	5:07.8	4:53.3	15:27.0	26:07.5

2016 ODAC CROSS COUNTRY CHAMPIONSHIPS

Buean Vista, VA

Vista Links Golf Course

Weather: Sunny, 65 degrees and calm

Host: Washington & Lee University

October 29, 2016

MEET OFFICIALS**Meet Director:**

Brandon Spalding

Meet Referee:

Joe Laracoo

Timing:

www.blueridgetiming.com

**OFFICIAL MEET REPORT**

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**Race #2
Women's Championship - 6000m****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1k	3k	5k
74 Levene Leblanc		260	Hollins	59	30:50.5	8:16.1	5:08.4	5:01.3	15:33.2	26:16.6
75 Antonia Perez-Bravo	SR	261	Hollins	60	30:51.2	8:16.3	5:08.5	5:00.5	15:30.4	26:16.4
76 Kayli Reyna	JR	254	Guilford	61	30:57.5	8:18.0	5:09.6	4:49.4	15:15.3	26:16.8
77 Camille Mccarthy		268	Lynchburg	62	31:10.2	8:21.4	5:11.7	4:43.8	15:16.6	26:08.6
78 Ava Nadel	SR	253	Guilford	63	31:10.8	8:21.5	5:11.8	5:03.5	15:16.0	26:43.5
79 Margaret Dick	SR	318	Washington and Le	-	31:24.0	8:25.1	5:14.0	4:47.5	14:58.2	26:39.9
80 Kalyn Chapman	FR	257	Hollins	64	31:26.7	8:25.8	5:14.4	5:16.3	16:09.6	26:44.2
81 Trini Cole	FR	305	Virginia Wesleyan	-	31:33.6	8:27.7	5:15.6	5:07.3	15:49.8	27:00.2
82 Sophia Dill	JR	270	Randolph	-	31:46.4	8:31.1	5:17.7	4:35.7	15:18.7	27:10.9
83 Lydia Gullicksen	JR	298	Sweet Briar	65	31:53.9	8:33.1	5:19.0	5:42.4	16:31.6	27:20.2
84 Meagan Rioux		263	Hollins	(66)	32:20.8	8:40.3	5:23.5	5:08.4	16:02.8	27:23.4
85 Valerie Helmbrecht	SO	258	Hollins	(67)	32:36.8	8:44.6	5:26.1	5:01.8	16:27.5	27:46.4
86 Natalie Badawy	SR	255	Hollins	-	32:54.2	8:49.3	5:29.0	5:11.0	16:09.2	27:48.9
87 Jocelin James	FR	308	Virginia Wesleyan	-	33:36.3	9:00.6	5:36.0	5:20.1	16:35.0	28:36.9
88 Jessica Hinds	SR	259	Hollins	-	33:47.2	9:03.5	5:37.9	5:32.3	17:03.8	28:54.8
89 Claire Zak	JR	304	Sweet Briar	68	35:11.4	9:26.0	5:51.9	5:55.4	17:49.7	29:56.3
90 Sara Garcia	FR	271	Randolph	-	35:19.2	9:28.1	5:53.2	5:09.6	17:19.3	30:15.2
91 Natasha Campbell	SO	256	Hollins	-	38:01.2	10:11.6	6:20.2	6:02.9	18:59.0	32:26.7
92 Kimberlin Uglum	SR	303	Sweet Briar	69	38:41.4	10:22.4	6:26.9	6:06.8	19:06.0	32:43.6
93 Bailey Jones	FR	299	Sweet Briar	(70)	39:21.8	10:33.2	6:33.6	6:17.8	19:58.3	33:36.8