



ASHLEY PROCHAZKA

CLASS OF 2023

EVENTS: DISTANCE

HIGH SCHOOL: SOUTHEAST OF SALINE

CLASS: 3A

DOB: 12/14/04

HEIGHT: 5'3"

CONTACT: HUEY.COUNTS@LIVE.COM

RUNNING BIO

2022-2023 SEASON BESTS

XC: 20:16.58

*PLACED 7TH AT STATE

2021-2022 SEASON BESTS

XC: 19:55.60

*PLACED 11TH AT STATE

3200: 12:21.91

1600: 5:29.14

*QUALIFIED FOR STATE IN THE 3200 & 1600

2020-2021 SEASON BESTS

XC: 20:31.00

*QUALIFIED FOR STATE

3200: 12:04.87

1600: 5:34.18

800: 2:28.70

*PLACED 3RD IN THE 3200 AND QUALIFIED IN THE 1600 AT STATE

2019-2020 SEASON BESTS

XC: 20:44.30

*PLACED 10TH AT STATE