

San Diego Imperial USATF Association JO Cross Country Championships
November 16, 2014
Kit Carson Park
Results

Event 1 2000 Meter Run CC 8 & Under Division Girls

Name	Year Team	Avg Mile	Finals	Age-Grading Points
1 Low, Abbie	06 San Diego Waves Xtc	7:04.3	8:47.30	
2 Berry, Kai	06 Flo-Jo Inter	9:59.6	12:25.06	

Event 2 2000 Meter Run CC 8 & Under Division Boys

Name	Year Team	Avg Mile	Finals	Age-Grading Points
1 Wetzel, Zachary	06 San Diego Ro	6:59.1	8:40.75	
2 O'Toole, Aidan	06 San Diego Waves Xtc	7:03.1	8:45.79	
3 Gainey, Anthony	07 Flo-Jo Inter	7:55.2	9:50.50	
4 Mora, Alejandro	06 San Diego Ro	10:28.8	13:01.34	
5 Gainey, Andre	09 Flo-Jo Inter	11:36.5	14:25.54	

Event 3 3k Run CC 9-10 Division Girls

Name	Year Team	Avg Mile	Finals	Age-Grading Points
1 Nauman, Samantha	04 San Diego As	6:49.1	12:42.46	
2 Sucato, Riley	05 San Diego As	7:09.4	13:20.38	
3 Wilson, Mia	05 San Diego Waves Xtc	7:27.4	13:53.98	1
4 Ligon, Hannah	04 San Diego Waves Xtc	7:28.3	13:55.70	2
5 Bheemarasetti, Daksha	04 Unattached	7:57.7	14:50.32	
6 Liljenback, Emma	04 San Diego Waves Xtc	8:18.0	15:28.21	3
7 Garbrecht, Olivia	05 San Diego Waves Xtc	8:35.2	16:00.39	4
8 Liljenback, Hanna	05 San Diego Waves Xtc	8:48.0	16:24.20	5

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 San Diego Waves Xtc	15	1	2	3	4	5				
Total Time:	1:15:42.48									
Average:	15:08.50									

Event 4 3k Run CC 9-10 Division Boys

Name	Year Team	Avg Mile	Finals	Age-Grading Points
1 Semprebbon, Eric	04 San Diego Ro	6:28.9	12:04.90	
2 Berry, Amaree	04 Flo-Jo Inter	6:39.4	12:24.40	
3 Gill, Arthur	04 San Diego Waves Xtc	6:54.5	12:52.65	
4 Trandem, Brooks	04 San Diego Ro	7:22.0	13:43.85	
5 Abell, Quintin	05 San Diego Waves Xtc	7:22.7	13:45.13	
6 Marchesino, Isaac	04 San Diego Ro	7:45.1	14:26.99	
7 Klaudt, Alec	05 San Diego Waves Xtc	7:49.8	14:35.75	
8 McFarlane, Finlay	05 San Diego Waves Xtc	7:51.8	14:39.48	
9 Monroe, Gavin	04 San Diego Ro	7:58.4	14:51.68	
10 Lemos, Kevin	05 Unattached	8:09.6	15:12.66	

Event 5 3k Run CC 11-12 Division Girls

Name	Year Team	Avg Mile	Finals	Age-Grading Points
------	-----------	----------	--------	--------------------

1	Brown, Amy	02	San Diego As	6:02.9	11:16.32
2	Marquez, Dasha	02	San Diego Cheetahs	6:28.3	12:03.75
3	Hoffman, Tristin	02	San Diego Waves Xtc	6:44.7	12:34.33
4	White, Rachel	02	San Diego As	6:47.9	12:40.39
5	Umsted, Lyndsey	02	San Diego As	7:05.2	13:12.54
6	Shea, Morgan	02	San Diego As	7:23.2	13:46.02

Event 6 3k Run CC 11-12 Division Boys

Name	Year Team	Avg Mile	Finals	Age-Grading Points	
1	Wilson, Maxwell	02 San Diego Waves Xtc	5:34.0	10:22.53	1
2	Hoban, Justin	03 Unattached	6:10.3	11:30.26	
3	Murray, Jake	02 San Diego Ro	6:14.4	11:37.77	2
4	Balazs, Cody	03 San Diego Ro	6:15.6	11:40.07	3
5	Ranney, Paul	02 San Diego Waves Xtc	6:22.3	11:52.56	4
6	Hess, Harrison	02 San Diego Cheetahs	6:27.3	12:01.98	
7	Lacour, Vaughn	03 San Diego Ro	6:29.9	12:06.80	5
8	Prince, Drake	02 San Diego Cheetahs	6:36.5	12:19.12	
9	Calcutt, Aidan	02 San Diego Cheetahs	6:36.7	12:19.45	
10	Low, Charlie	02 San Diego Waves Xtc	6:50.5	12:45.16	6
11	Sims, Kai	03 San Diego Ro	6:57.3	12:57.79	7
12	Semprebon, Anthony	02 San Diego Ro	7:07.5	13:16.83	8
13	Lazelle, Adam	03 San Diego Waves Xtc	7:17.2	13:34.93	9
14	Ingle, Owen	03 San Diego Waves Xtc	7:46.6	14:29.75	10

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 San Diego RoadRunners	25	2	3	5	7	8				
Total Time: 1:01:39.26										
Average: 12:19.86										
2 San Diego Waves Xtc	30	1	4	6	9	10				
Total Time: 1:03:04.93										
Average: 12:36.99										

Event 7 4k Run CC 13-14 Division Girls

Name	Year Team	Avg Mile	Finals	Age-Grading Points	
1	Mahan, Olivia	01 San Diego As	6:27.7	16:03.54	1
2	Khatib, Yasmine	01 San Diego As	6:28.0	16:04.29	2
3	Sullivan, Madeline	01 San Diego As	6:29.6	16:08.25	3
4	Lehn, Allison	01 San Diego As	6:29.8	16:08.66	4
5	Brana, Jennifer	01 San Diego As	6:47.5	16:52.71	5
6	Fast, Mackenzie	01 San Diego Waves Xtc	7:05.0	17:36.12	
7	George, Ava	01 San Diego Cheetahs	7:16.5	18:04.88	
8	Ocampo, Carmen	01 San Diego As	7:28.1	18:33.53	6
9	Norris, Laurel	01 San Diego Ro	7:35.5	18:52.05	
10	Madden, Meredith	00 Horizon Prep	7:47.3	19:21.39	
11	Hoven, Victoria	00 Horizon Prep	8:29.6	21:06.56	

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 San Diego Aslans Youth XC	15	1	2	3	4	5	6			
Total Time: 1:21:17.45										
Average: 16:15.49										

Event 8 4k Run CC 13-14 Division Boys

Name	Year Team	Avg Mile	Finals	Age-Grading Points	
1	Reading, Ares	01 San Diego Ro	5:36.8	13:57.11	1
2	Sanchez, Carson	01 San Diego Cheetahs	5:39.4	14:03.55	

3 Fowlie, Hunter	01 San Diego Ro	5:39.7	14:04.21	2
4 Prince, Rashad	01 San Diego Ro	5:43.8	14:14.39	3
5 Cassol, Nicholas	00 San Diego Ro	5:46.8	14:21.75	4
6 LaDesma, Evan	00 San Diego Ro	5:52.1	14:35.08	5
7 Worthen, Christian	00 San Diego Ro	5:56.4	14:45.82	6
8 Veuger, Ryan	00 San Diego Cheetahs	6:14.7	15:31.29	
9 Dickinson, Ian	01 San Diego Cheetahs	6:15.9	15:34.13	
10 Williams, Brady	01 San Diego Waves Xtc	6:37.9	16:28.97	
11 Black, Samuel	01 San Diego Waves Xtc	7:06.5	17:40.05	
12 Sandfer, Connor	01 San Diego Ro	7:15.7	18:02.81	7

Team Scores

```

=====
Rank Team                               Total    1    2    3    4    5    *6    *7    *8    *9
=====
  1 San Diego RoadRunners                15    1    2    3    4    5    6    7
    Total Time:  1:11:12.54
    Average:    14:14.51

```

Event 9 5k Run CC 15-16 Division Girls

```

=====
Name                               Year Team                               Avg Mile    Finals    Age-Grading Points
=====
  1 Preske, Kylie                    99 Horizon Prep                               8:12.5    25:30.01
  2 Gammel, Carly                     99 Horizon Prep                               8:12.9    25:31.16

```

Event 10 5k Run CC 15-16 Division Boys

```

=====
Name                               Year Team                               Avg Mile    Finals    Age-Grading Points
=====
  1 LaZelle, Andrew                   00 Unattached                               6:13.4    19:20.01
  2 Monroe, Evan                      99 San Diego Ro                              6:47.2    21:05.03

```