

**Shawn Gray Run - 8/5/2023****PLHS XC Course****Results****Women 1-99 3000 Meter Run**

Name	Year Team	Finals	Points
Results - Women 1-99			
1 Hegge, Emily	Unattached	12:44.10	
2 Henningsen, Mabel	Unattached	12:45.20	
3 Karnik, Becka	Unattached	13:44.10	
4 Schukar, Eliza	Unattached	14:11.90	
5 Gallagher, Olivia	Unattached	14:19.90	
6 Karnik, Josie	Unattached	14:46.10	
7 Purcell, Reagan	Unattached	14:53.10	
8 Phillips, Layla	Unattached	15:14.10	
9 Henningsen, Christine	Unattached	15:58.30	
10 Plum, Riley	Unattached	19:10.60	
11 Dickamore, Amy	Unattached	19:12.20	
12 Weeks, Neve	Unattached	19:17.60	
13 Jorczak, Amelia	Unattached	19:44.70	
14 Plum, Lexi	Unattached	20:07.50	
15 Parks, Katelyn	Unattached	20:13.20	
16 Purcell, Ashlee	Unattached	20:18.00	
17 Phillips, Sarah	Unattached	21:48.10	
18 Weeks, Michelle	Unattached	21:51.90	
19 Jensen, Sara	Unattached	22:14.00	
20 Dickamore, Sara	Unattached	22:17.90	
-- Sherlock, Jessa	Unattached	NT	
-- Sherlock, Ellie	Unattached	NT	
-- Wagner-McDowell, Sheri	Unattached	NT	
-- Schroeder, Nicole	Unattached	NT	
-- Sherlock, Ashley	Unattached	NT	
-- Kapalka, Stacia	Unattached	NT	
-- Hubert, Gretta	Unattached	NT	
-- Lawhorn, Bobbi	Unattached	NT	
-- Clarke, Rosina	Unattached	NT	
-- Baratta, Taylor	Unattached	NT	
-- Deck, Samantha	Unattached	NT	
-- McGrath, Emma	Unattached	NT	
-- McGrath, Denise	Unattached	NT	
-- Perry, Paige	Unattached	NT	
-- Lawhorn, Reese	Unattached	NT	
-- Lawhorn, Ryann	Unattached	NT	

**Shawn Gray Run - 8/5/2023****PLHS XC Course****Results****Men 1-99 3000 Meter Run**

Name	Year Team	Finals	Points
Results - Men 1-99			
1 Ryan, Jack	Unattached	12:13.40	
2 Heath, Gabriel	Unattached	12:48.00	
3 Tapper, Brayden	Unattached	12:51.50	
3 Tapper, Jackson	Unattached	12:51.50	
5 Late Add, No Name	Unattached	13:35.40	
6 Wells, Roan	Unattached	13:55.80	
7 Nielsen, Graham	Unattached	14:34.20	
8 Stenger, Evan	Unattached	14:42.20	
9 Blair, Cole	Unattached	14:44.60	
10 Homan, Case	Unattached	14:50.20	
11 Saunders, Jackson	Unattached	15:26.10	
12 Schukar, Riley	Unattached	15:43.00	
13 Schukar, Brian	Unattached	15:46.70	
14 Henningsen, Isaac	Unattached	16:28.90	
15 Dumont, Brady	Unattached	16:53.00	
16 Hartley, William	Unattached	17:21.00	
17 Homan, Ryan	Unattached	19:37.20	
18 Henningsen, Josh	Unattached	20:43.80	
19 Jensen, Haden	Unattached	21:00.80	
20 Henningsen, Oliver	Unattached	21:07.50	
21 Phillips, Logan	Unattached	21:19.60	
-- Sherlock, Ryan	Unattached	NT	
-- Schroeder, Garrett	Unattached	NT	
-- Kapalka, Philip	Unattached	NT	
-- Kapalka, Luke	Unattached	NT	
-- Lawhorn, Mitchell	Unattached	NT	
-- Baratta, Jeremy	Unattached	NT	
-- Kapalka, Jack	Unattached	NT	
-- Mecham, Trevor	Unattached	NT	
-- Mecham, Huntley	Unattached	NT	
-- Phillips, Michael	Unattached	NT	
-- List, Rob	Unattached	NT	
-- McDowell, Dave	Unattached	NT	

**Shawn Gray Run - 8/5/2023****PLHS XC Course****Results****Women 1-99 5000 Meter Run**

Name	Year Team	Finals	H#	Points
Results - Women 1-99				
1 Caruso, Molly	Unattached	21:33.10	1	
2 Davis-Showell, Vern	Unattached	21:43.30	1	
3 Suppes, Gracie	Unattached	21:48.80	2	
4 Kenning, Lilly	Unattached	21:56.50	1	
5 Thompson, Renee	Unattached	22:20.90	2	
6 Chadek, Alexis	Unattached	22:28.10	1	
7 Frazer, Elizabeth	Unattached	22:41.00	1	
8 Devonte, Lilly	Unattached	22:47.40	2	
9 Gosnell, Theresa	Unattached	22:58.00	1	
10 Sughroue, Jessa	Unattached	23:02.50	1	
11 Bridger, Rome	Unattached	23:57.10	1	
12 Scott, Madeleine	Unattached	24:14.70	1	
13 Mansour, Corinne	Unattached	24:17.50	1	
14 Isaacson, Chaya	Unattached	24:18.40	1	
15 Colbert, Grace	Unattached	24:36.40	1	
16 Edmonds, Lydia	Unattached	24:52.00	1	
17 Wasilewski, Emma	Unattached	25:07.00	1	
18 Emaus 1, Kalina	Unattached	25:12.90	1	
19 Dall, Lillian	Unattached	25:26.80	1	
20 Hiatt, Alexis	Unattached	25:26.90	1	
21 Swartz, Kaitlyn	Unattached	25:31.70	1	
21 Russell, Kennedy	Unattached	25:31.70	1	
23 Hovey, Grace	Unattached	25:34.20	1	
24 Jorczak, Payton	Unattached	25:37.00	1	
25 Clarke, Gracie	Unattached	25:46.00	1	
26 Bridger, Eve	Unattached	25:54.90	1	
27 Campbell, Becca	Unattached	25:56.10	2	
28 Weeks, Haley	Unattached	25:58.30	1	
29 Cotton, Alee	Unattached	26:23.30	1	
30 Thalcken, Josie	Unattached	26:30.30	1	
31 Kubat, Anna	Unattached	26:55.50	1	
32 Frazer, Bridget	Unattached	27:09.90	1	
33 Stenger, Jenna	Unattached	27:15.10	1	
34 Carlson, Grace	Unattached	27:46.00	1	
35 Stenger, Aleah	Unattached	27:49.90	1	
36 Cooley, Mia	Unattached	27:50.00	1	
37 Edgerton, Teresa	Unattached	28:02.40	1	
37 Bridger, Christina	Unattached	28:02.40	1	
39 DeCook, Trish	Unattached	28:32.00	1	
40 Wolf, Erica	Unattached	28:53.00	1	
41 Harrington, Erin	Unattached	28:54.70	1	
42 Schamp, Coralie	Unattached	28:55.40	1	
43 Sauer, Maggie	Unattached	29:03.30	1	
44 Madsen, Alexis	Unattached	29:17.70	1	
45 Heitmann, Emma	Unattached	29:23.60	1	
46 Potach, Allison	Unattached	29:45.70	1	
47 Homan, Kerri	Unattached	29:48.80	1	
48 Dickamore, Katie	Unattached	29:57.40	1	
49 Matsuzaki, Mirai	Unattached	29:57.90	1	
50 Traster, Abigail	Unattached	30:16.10	1	
51 Colemsn, Lillian	Unattached	30:45.70	1	
52 Mansour, Kari	Unattached	30:47.80	1	

**Shawn Gray Run - 8/5/2023****PLHS XC Course****Results****....Women 1-99 5000 Meter Run**

53 Gray, Julie	Unattached	30:50.80	1
54 Blair, Morgan	Unattached	31:10.60	1
55 Lorenzen, Stefanie	Unattached	31:25.30	1
56 Frederick, Jamie	Unattached	31:25.40	1
57 Gilin, Ally	Unattached	31:53.40	1
58 Book, Laura	Unattached	32:43.30	1
59 Lodes, Victoria	Unattached	33:08.40	1
60 Jensen, Anna	Unattached	33:40.50	1
61 Walenz, Julia	Unattached	33:44.60	1
62 Yassine, Mira	Unattached	34:21.30	1
63 Hansen, Ella	Unattached	34:22.60	1
64 Price, Alice	Unattached	34:22.70	1
65 Truax, Allyson	Unattached	34:42.40	1
66 Potthoff, Becky	Unattached	35:04.10	1
67 Stenger, Charisse	Unattached	35:11.40	1
68 Bakke, Sophia	Unattached	35:12.40	2
69 Shank, Rebecca	Unattached	36:05.70	1
70 Mann, Anna	Unattached	36:24.80	1
71 Brown, Kathleen	Unattached	37:28.50	1
72 Ray, Allyssa	Unattached	37:36.30	1
73 Lutmer, Amber	Unattached	38:20.40	1
74 Varona, Lindsay	Unattached	38:20.60	1
75 Wellman, Alexi	Unattached	38:29.70	1
76 Jones, Kayla	Unattached	38:29.90	1
77 Negrete, Melissa	Unattached	39:02.10	1
78 Gass, Molly	Unattached	39:31.90	1
79 Lafond, Lissa	Unattached	39:36.90	1
80 Elliott, Madison	Unattached	39:45.00	1
81 Bakke, Ella	Unattached	39:46.20	2
82 Heitmann, Miranda	Unattached	41:45.90	1
83 Graham, Stacy	Unattached	42:30.30	1

**Shawn Gray Run - 8/5/2023****PLHS XC Course****Results****Men 1-99 5000 Meter Run**

Name	Year Team	Finals	H#	Points
Results - Men 1-99				
1 Fiedler, John	Unattached	17:31.10	1	
2 Kugler, Ryan	Unattached	17:35.20	1	
3 Gross, Conor	Unattached	17:39.80	1	
4 Wall, Jayden	Unattached	17:41.00	1	
5 Mallow, Xavier	Unattached	17:45.00	1	
6 Tadlock, Jakob	Unattached	17:54.90	2	
7 Luthi, Gavin	Unattached	18:09.50	1	
8 Kruger, Casey	Unattached	18:10.60	2	
9 Ralston, Jake	Unattached	18:17.00	1	
10 Strabala, John	Unattached	18:27.90	2	
11 Knowels, AJ	Unattached	18:31.10	2	
12 Sauer, Michael	Unattached	18:33.10	1	
12 Sauer, Andrew	Unattached	18:33.10	1	
14 Boyer, Cole	Unattached	18:37.40	2	
15 Stenger, Shannon	Unattached	18:38.40	1	
16 Hochstein, Dalan	Unattached	18:57.80	1	
17 Thompson, Sam	Unattached	18:58.60	2	
18 Murphy, Liam	Unattached	19:14.00	1	
19 Spady, Calen	Unattached	19:17.70	1	
20 Langabee, Mason	Unattached	19:24.80	1	
21 Garza, Victor	Unattached	19:27.50	1	
22 Stamps, Henry	Unattached	19:31.60	2	
23 Mills, Matthew	Unattached	19:38.00	2	
24 Willis, Drew	Unattached	19:40.00	2	
25 Davis, Jake	Unattached	19:59.50	1	
26 Gehring, Aiden	Unattached	20:03.00	1	
27 Niiya, Zack	Unattached	20:09.00	1	
28 Caverzagie, Caden	Unattached	20:29.50	1	
29 Penney, Preston	Unattached	20:30.20	2	
30 Moravec, Logan	Unattached	20:31.20	2	
31 Holan, Townsend	Unattached	20:38.90	1	
32 Gross, Dylan	Unattached	20:40.60	1	
33 Nielsen, Jaxon	Unattached	20:45.70	2	
34 Caverzagie, Micah	Unattached	20:49.20	1	
35 Brickner, Braeden	Unattached	21:04.20	1	
36 Potach, Jonah	Unattached	21:19.30	1	
37 Price, Robert	Unattached	21:27.00	1	
38 Sievers, Cole	Unattached	21:30.30	1	
39 Ralston, Cam	Unattached	21:34.70	2	
40 Stamps, Michael	Unattached	21:36.20	1	
41 Oliver, Dane	Unattached	21:43.20	1	
42 Thurman, Peyton	Unattached	21:44.60	1	
43 Hadaway, Connor	Unattached	21:49.40	2	
44 Dawson, Aaron	Unattached	21:50.10	2	
45 Doble, Thaddeus	Unattached	21:55.00	1	
46 Mann, Ethan	Unattached	21:55.30	1	
47 Caruso, Wesley	Unattached	21:59.00	2	
48 Smallfield, Owen	Unattached	22:02.30	1	
49 Sass, Cody	Unattached	22:04.90	1	
50 Lewis, Micah	Unattached	22:26.00	1	
51 Rohacik, Joseph	Unattached	22:30.90	2	
52 Mann, Jackson	Unattached	22:35.60	2	

**Shawn Gray Run - 8/5/2023****PLHS XC Course****Results****....Men 1-99 5000 Meter Run**

53 Sheldon, Nathan	Unattached	22:40.30	2
54 Reiser, Matthew	Unattached	23:05.50	2
55 Wills, James	Unattached	23:37.20	2
56 Peterson, Jack	Unattached	23:49.50	2
57 Edgerton, Isaac	Unattached	23:51.50	2
58 Ripa, Tony	Unattached	23:54.40	2
59 Schoneman, Jerod	Unattached	24:16.50	1
60 Murphy, Duncan	Unattached	24:24.40	2
61 McGill, Anthony	Unattached	24:29.00	1
62 Gaul, Connor	Unattached	24:45.90	1
63 Galbraith, Noah	Unattached	24:58.90	1
64 DeVose, Julian	Unattached	25:04.00	2
65 Dunic, Brian	Unattached	25:05.00	1
66 Reiser, Fletcher	Unattached	25:12.30	2
67 Hebert Jr, Matthew	Unattached	25:30.80	1
68 Good, Mason	Unattached	25:40.20	1
69 Brown, Brady	Unattached	25:42.40	1
70 Edgerton, Werner	Unattached	25:54.20	2
71 Samuelson, Keaton	Unattached	26:04.30	1
72 Stewart, Aayden	Unattached	26:30.40	2
73 Isaacson, Nick	Unattached	26:33.00	1
74 Holtz, Jeremy	Unattached	26:34.70	1
75 Thalcken, Tim	Unattached	26:47.80	1
76 Dietsch, Paul	Unattached	28:13.30	2
77 Price, Brad	Unattached	28:29.00	1
78 Isaacson, Noah	Unattached	28:29.10	1
79 Isaacson, Scott	Unattached	28:36.00	1
80 Piche, Dylan	Unattached	29:29.50	1
81 Matsuzaki, Aaron	Unattached	29:58.50	1
82 Dickamore, Ted	Unattached	30:16.20	1
83 Rowell, William	Unattached	30:24.70	1
84 Bender, Anthony	Unattached	30:35.60	1
85 Coleman, Andrew	Unattached	30:45.10	1
86 Allen, Steve	Unattached	31:04.50	1
87 Stalets, Quincy	Unattached	32:28.20	1
88 Taylor, Jonathan	Unattached	33:26.90	1
89 Farr, Justin	Unattached	33:27.10	2
90 Jensen, Jeremy	Unattached	34:43.10	2
91 Curry, Chris	Unattached	35:02.90	2
92 Mann, Geoffrey	Unattached	36:24.80	2
93 Gass, Ryan	Unattached	39:31.80	1