

2023 NORTHERN LAKES LEAGUE



NORTHERN LAKES LEAGUE XC

CHAMPIONSHIP 2023

Oct 14, 2023
Bowling Green State
University
Bowling Green, OH

Hosted by: Bowling Green
Official Meet Website

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Fremont Ross Results

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GIRLS	ATHLETE	PLACE	RESULTS
5000 METER RUN			
21:41.31	Sophia Metcalf	9th	2023 Varsity Girls Cardinal Divi
21:50.58	Kennedy Walker	10th	2023 Varsity Girls Cardinal Divi
22:22.19	Evelyn Szymanowski	17th	2023 Varsity Girls Cardinal Divi
24:04.97	Kenna Tooman	29th	2023 Varsity Girls Cardinal Divi
24:31.12	Mariah Ramirez	30th	2023 Varsity Girls Cardinal Divi
24:32.54	Malaya Hughes	31st	2023 Varsity Girls Cardinal Divi
24:34.68	Ella Lozano	32nd	2023 Varsity Girls Cardinal Divi
25:33.98	Jaiden Long	14th	2023 Open Girls Cardinal Divisio
29:36.06	Miley Sheidler	22nd	2023 Open Girls Cardinal Divisio
33:27.67	Sofia Sanchez	25th	2023 Open Girls Cardinal Divisio
BOYS	ATHLETE	PLACE	RESULTS
5000 METER RUN			
17:24.09	William Kiser	9th	2023 Varsity Boys Buckeye Divisi
18:19.06	Daniel Sanchez	18th	2023 Varsity Boys Buckeye Divisi
19:26.93	Andrew Tooman	24th	2023 Varsity Boys Buckeye Divisi
19:28.50	Jaheim Stratton	25th	2023 Varsity Boys Buckeye Divisi
19:58.17	Eliot Haitonic	27th	2023 Varsity Boys Buckeye Divisi
20:03.21	Colin Rich	28th	2023 Varsity Boys Buckeye Divisi
20:57.26	Dane Denman	36th	2023 Varsity Boys Buckeye Divisi
21:23.71	SB Logan Gibson	22nd	2023 Open Boys Cardinal Division
22:16.25	Jerrell Sims	26th	2023 Open Boys Cardinal Division
22:25.93	Evan Beardmore	28th	2023 Open Boys Cardinal Division

Varsity Boys 5000 Meter Run Finals Team Scores



PLACE	TEAM	POINTS	SCORERS	TIMES
1	 Bowling Green	33	1+3+4+10+15 (16+17)	1:41 1-5 Split 16:58 Avg
2	 Syl. Southview	39	2+5+7+11+14 (19+20)	1:31 1-5 Split 17:12 Avg
3	 Hol. Springfield	97	6+13+22+23+33 (34+39)	3:19 1-5 Split 18:48 Avg
4	 Fremont Ross	103	9+18+24+25+27 (28+36)	2:34 1-5 Split 18:55 Avg
5	 Oregon Clay	127	8+26+30+31+32 (35+40)	3:07 1-5 Split 19:41 Avg
6	 Napoleon	137	12+21+29+37+38 (41+42)	4:05 1-5 Split 20:04 Avg

Varsity Girls 5000 Meter Run Finals Team Scores



PLACE	TEAM	POINTS	SCORERS	TIMES
1	 Bowling Green	32	3+4+5+7+13 (14+18)	1:00 1-5 Split 21:15 Avg
2	 Syl. Southview	68	1+2+16+24+25 (26+27)	3:00 1-5 Split 22:07 Avg
3	 Napoleon	72	6+12+15+19+20 (21+22)	1:32 1-5 Split 22:11 Avg
4	 Fremont Ross	95	9+10+17+29+30 (31+32)	2:49 1-5 Split 22:54 Avg
5	 Oregon Clay	136	11+23+28+36+38 (39+40)	4:21 1-5 Split 24:08 Avg
6	 Hol. Springfield	147	8+33+34+35+37 (41)	4:15 1-5 Split 24:21 Avg