

# GHS A 7A - Region 3 Championships

| <b>Girls</b>         | <b>1 Mi</b> | <b>2 Mi</b> | <b>Split</b> | <b>5K</b> | <b>Split</b> |
|----------------------|-------------|-------------|--------------|-----------|--------------|
| Samantha McGarity    | 5:31        | 11:26       | 5:55         | 18:06     | 6:03         |
| Lidia Longo          | 5:45        | 11:50       | 6:05         | 18:40     | 6:12         |
| Peyton Reeves        | 5:46        | 11:55       | 6:09         | 18:42     | 6:10         |
| Angelina Villamar    | 5:46        | 12:02       | 6:16         | 19:02     | 6:21         |
| Kennedy Troupe       | 6:14        | 12:50       | 6:36         | 20:08     | 6:38         |
| Samantha Mitchell    | 6:22        | 13:08       | 6:46         | 20:09     | 6:22         |
| Madisson Troupe      | 6:17        | 13:02       | 6:45         | 20:17     | 6:35         |
| Kate Curtis          | 6:04        | 12:55       | 6:51         | 20:39     | 7:01         |
| Ava Quinto           | 6:24        | 13:17       | 6:53         | 20:47     | 6:49         |
| Kylee Geveke         | 6:25        | 13:26       | 7:01         | 21:05     | 6:57         |
| <b>Girls</b>         | <b>1 Mi</b> | <b>2 Mi</b> | <b>Split</b> | <b>5K</b> | <b>Split</b> |
| Ashley Thibodeau     | 6:25        | 13:24       | 6:59         | 21:10     | 7:03         |
| Rhaya Varner         | 6:25        | 13:31       | 7:06         | 21:20     | 7:06         |
| Elle Owen            | 6:35        | 13:37       | 7:02         | 21:29     | 7:09         |
| Ellary Hackworth     | 6:30        | 13:44       | 7:14         | 21:41     | 7:13         |
| Audrey Poole         | 6:35        | 14:02       | 7:27         | 21:49     | 7:04         |
| Genevieve Lapierre   | 6:31        | 13:50       | 7:19         | 22:06     | 7:30         |
| Lexie Carlson        | 6:53        | 14:23       | 7:30         | 22:30     | 7:22         |
| Lauren Hall          | 7:03        | 14:35       | 7:32         | 22:41     | 7:21         |
| Addison Medlin       | 6:56        | 14:34       | 7:38         | 22:48     | 7:29         |
| Sarah Woods          | 7:04        | 14:34       | 7:30         | 22:50     | 7:30         |
| <b>Girls</b>         | <b>1 Mi</b> | <b>2 Mi</b> | <b>Split</b> | <b>5K</b> | <b>Split</b> |
| Anna Claire Hamilton | 7:00        | 14:34       | 7:34         | 22:52     | 7:32         |
| Eva Burke            | 6:53        | 14:37       | 7:44         | 23:07     | 7:43         |
| Gabby Rodriguez      | 7:16        | 14:53       | 7:37         | 23:23     | 7:43         |
| Luisa Longo          | 7:16        | 15:12       | 7:56         | 23:42     | 7:43         |
| Omie McGowan         | 7:17        | 15:06       | 7:49         | 23:43     | 7:50         |
| Cassidy Bishop       | 7:27        | 15:16       | 7:49         | 23:44     | 7:41         |
| Sarah Diamond        | 7:18        | 15:20       | 8:02         | 24:07:00  | 7:59         |
| Savannah Buffington  | 7:12        | 15:13       | 8:01         | 24:38:00  | 8:33         |
| Ellie Bass           | 7:29        | 15:51       | 8:22         | 24:54:00  | 8:13         |
| Alaina Huber         | 7:33        | 15:52       | 8:19         | 25:18:00  | 8:34         |
| <b>Girls</b>         | <b>1 Mi</b> | <b>2 Mi</b> | <b>Split</b> | <b>5K</b> | <b>Split</b> |
| Grace Burke          | 7:39        | 16:13       | 8:34         | 25:28:00  | 8:24         |
| Norah Hill           | 7:56        | 16:43       | 8:47         | 25:56:00  | 8:22         |
| Alaina Randall       | 7:42        | 16:19       | 8:37         | 25:57:00  | 8:45         |
| Samantha Manson      | 8:02        | 16:44       | 8:42         | 26:13:00  | 8:37         |
| Brooke Martin        | 8:02        | 16:44       | 8:42         | 26:22:00  | 8:45         |
| Sadie White          | 8:02        | 16:44       | 8:42         | 26:41:00  | 9:02         |
| Paige Adams          | 8:02        | 16:53       | 8:51         | 26:50:00  | 9:02         |
| Swara Joshi          | 8:07        | 17:15       | 9:08         | 27:17:00  | 9:07         |
| Eden Saxon           | 7:57        | 17:47       | 9:50         | 27:35:00  | 8:54         |
| Claire Jordan        | 8:02        | 17:41       | 9:39         | 28:13:00  | 9:34         |
| Tessa Aten           | 6:23        | 13:17       | 6:54         |           |              |

| <b>Boys</b>           | <b>1 Mi</b> | <b>2 Mi</b> | <b>Split</b> | <b>5K</b> | <b>Split</b> |
|-----------------------|-------------|-------------|--------------|-----------|--------------|
| 1 Sterling Sellier    | 4:56        | 10:05       | 5:09         | 15:54     | 5:17         |
| 2 Clint Huggins       | 5:01        | 10:25       | 5:24         | 16:20     | 5:22         |
| 3 Bryce Brownlee      | 5:00        | 10:27       | 5:27         | 16:36     | 5:35         |
| 4 Alex Albano         | 5:05        | 10:40       | 5:35         | 16:46     | 5:32         |
| 5 Seth Thompson       | 5:12        | 10:50       | 5:38         | 16:49     | 5:26         |
| 6 Thomas Boyle        | 5:08        | 10:42       | 5:34         | 16:55     | 5:39         |
| 7 Drew Hayworth       | 5:10        | 10:42       | 5:32         | 16:57     | 5:40         |
| 8 Noah Larsen         | 5:22        | 11:00       | 5:38         | 17:04     | 5:30         |
| 9 Grayson Swingley    | 5:08        | 10:45       | 5:37         | 17:05     | 5:45         |
| 10 Parker Gurley      | 5:18        | 11:01       | 5:43         | 17:16     | 5:40         |
| <b>Boys</b>           | <b>1 Mi</b> | <b>2 Mi</b> | <b>Split</b> | <b>5K</b> | <b>Split</b> |
| 11 Andy Burke         | 5:13        | 10:56       | 5:43         | 17:22     | 5:50         |
| 12 Jack Donohue       | 5:23        | 11:09       | 5:46         | 17:28     | 5:44         |
| 13 Noah Templin       | 5:28        | 11:23       | 5:55         | 17:48     | 5:50         |
| 14 Josh Sabbarese     | 5:43        | 11:50       | 6:07         | 18:25     | 5:59         |
| 15 Alex Krol          | 5:49        | 11:50       | 6:01         | 18:28     | 6:01         |
| 16 Liam Crabtree      | 5:35        | 11:39       | 6:04         | 18:29     | 6:12         |
| 17 joshua Konoma      | 5:49        | 11:58       | 6:09         | 18:32     | 5:58         |
| 18 Spencer Edwards    | 5:49        | 11:58       | 6:09         | 18:32     | 5:58         |
| 19 Matthew Andrillon  | 5:49        | 11:56       | 6:07         | 18:32     | 6:00         |
| 20 Kyle Gates         | 5:49        | 11:58       | 6:09         | 18:37     | 6:02         |
| <b>Boys</b>           | <b>1 Mi</b> | <b>2 Mi</b> | <b>Split</b> | <b>5K</b> | <b>Split</b> |
| 21 Carter Holmgren    | 5:56        | 12:09       | 6:13         | 18:46     | 6:00         |
| 22 Frank Griffin      | 5:56        | 12:09       | 6:13         | 18:58     | 6:11         |
| 23 Landon Follis      | 5:49        | 11:58       | 6:09         | 19:02     | 6:25         |
| 24 Campbell Guynn     | 6:01        | 12:24       | 6:23         | 19:23     | 6:20         |
| 25 Taigen Thomas      | 6:12        | 12:39       | 6:27         | 19:45     | 6:27         |
| 26 Ryan Hanson        | 6:12        | 12:43       | 6:31         | 19:51     | 6:29         |
| 27 Donovan Webster    | 6:04        | 12:30       | 6:26         | 19:57     | 6:46         |
| 28 Jacek Konopczynski | 6:12        | 12:40       | 6:28         | 19:58     | 6:38         |
| 29 Ethan Ficken       | 6:05        | 12:54       | 6:49         | 20:29     | 6:53         |
| 30 Porter Buford      | 6:07        | 12:56       | 6:49         | 20:32     | 6:54         |
| <b>Boys</b>           | <b>1 Mi</b> | <b>2 Mi</b> | <b>Split</b> | <b>5K</b> | <b>Split</b> |
| 31 Owen Buckert       | 6:29        | 13:18       | 6:49         | 20:47     | 6:48         |
| 32 Owen Bell          | 6:45        | 13:38       | 6:53         | 20:59     | 6:40         |
| 33 Caleb Bridges      | 6:33        | 13:36       | 7:03         | 21:18     | 7:00         |
| 34 Austin Goelz       | 6:33        | 13:36       | 7:03         | 21:20     | 7:01         |
| 35 Sahil Makadia      | 6:33        | 13:36       | 7:03         | 21:29     | 7:10         |
| 36 Robert Urquhart    | 6:33        | 13:38       | 7:05         | 21:37     | 7:15         |
| 37 Gabriel Stewart    | 6:35        | 13:53       | 7:18         | 22:03     | 7:25         |
| 38 Nk Uzoho           | 6:37        | 13:55       | 7:18         | 22:03     | 7:23         |
| 39 Payton Baker       | 6:55        | 14:23       | 7:28         | 22:24     | 7:17         |
| 40 Luke Van Herik     | 6:35        | 14:04       | 7:29         | 22:26     | 7:36         |
| 41 Jack Calhoun       | 6:56        | 14:27       | 7:31         | 22:49     | 7:36         |
| 42 Harri Urquhart     | 6:20        | 14:10       | 7:50         | 23:04     | 8:05         |
| 43 Barrett Wilson     | 7:20        | 15:18       | 7:58         | 24:00:00  | 7:54         |
| 44 Avery Carlin       | 7:50        | 16:16       | 8:26         | 25:00:00  | 7:56         |
| 45 Anthony Malatia    | 7:50        | 16:16       | 8:26         | 25:14:00  | 8:09         |
| 46 Andrew Urquhart    | 7:43        |             |              | 26:51:00  |              |