

NORTHWEST CONFERENCE CROSS COUNTRY CHAMPIONSHIP 2023

Spokane, WA
Plantess Ferry Park & Sports Complex
Saturday, October 28, 2023



OFFICIAL MEET REPORT
printed: 10/28/2023 5:02 PM

Race #1
6k Women Final

Final Results

TEAM SCORING SUMMARY

| Final Standings | Score | Scoring Order | Total | Spread |
|--------------------|-------|------------------------|---------|--------|
| 1 George Fox | 29 | 2-3-6-8-10(11)(13) | 1:51:39 | 0:58.2 |
| 2 Lewis & Clark | 92 | 1-4-17-34-36(46)(56) | 1:57:16 | 3:30.5 |
| 3 Pacific (Ore.) | 98 | 9-18-21-22-28(40)(50) | 1:58:36 | 1:56.5 |
| 4 Willamette | 100 | 12-14-20-23-31(35)(44) | 1:58:43 | 1:59.6 |
| 5 Whitworth | 106 | 5-7-24-33-37(38)(41) | 1:59:08 | 2:46.9 |
| 6 Whitman | 126 | 19-25-26-27-29(32)(45) | 2:01:29 | 1:10.3 |
| 7 Linfield | 203 | 16-39-43-48-57(61) | 2:07:06 | 4:00.2 |
| 8 Pacific Lutheran | 215 | 15-42-51-52-55(58)(59) | 2:07:20 | 3:39.3 |
| 9 Puget Sound | 233 | 30-47-49-53-54(60)(62) | 2:08:50 | 1:49.6 |

INDIVIDUAL RESULTS

| Athlete | # | Team | Score | Time | Gap | Avg. Mile | Avg. kM | 1k | 2k | 3k | 4k | 5k |
|---------------------------|-----|------------------|-------|---------|--------|-----------|---------|-------|-------|-------|-------|-------|
| 1 BUESE, Riley | 40 | Lewis & Clark | 1 | 21:31.7 | --- | 5:46.3 | 3:35.3 | 3:28. | 7:06. | 10:43 | 14:20 | 17:59 |
| 2 AALPOEL, Kayla | 15 | George Fox | 2 | 21:46.9 | 15.2 | 5:50.4 | 3:37.8 | 3:28. | 7:06. | 10:43 | 14:26 | 18:06 |
| 3 SCHMITT, Breanna | 24 | George Fox | 3 | 22:04.3 | 32.6 | 5:55.0 | 3:40.7 | 3:29. | 7:07. | 10:48 | 14:34 | 18:20 |
| 4 HEIEN, Malia | 42 | Lewis & Clark | 4 | 22:15.5 | 43.8 | 5:58.0 | 3:42.6 | 3:31. | 7:16. | 11:03 | 14:51 | 18:39 |
| 5 BUCKLEY, Madelyn | 169 | Whitworth | 5 | 22:21.8 | 50.1 | 5:59.7 | 3:43.6 | 3:33. | 7:16. | 11:04 | 14:51 | 18:41 |
| 6 PULLEN, Sarah | 21 | George Fox | 6 | 22:25.2 | 53.5 | 6:00.6 | 3:44.2 | 3:32. | 7:18. | 11:05 | 14:52 | 18:42 |
| 7 JONES, Lily | 172 | Whitworth | 7 | 22:32.4 | 1:00.7 | 6:02.6 | 3:45.4 | 3:31. | 7:16. | 11:04 | 14:56 | 18:51 |
| 8 RISING, Ellie | 22 | George Fox | 8 | 22:37.4 | 1:05.7 | 6:03.9 | 3:46.2 | 3:30. | 7:12. | 10:59 | 14:50 | 18:43 |
| 9 BERRY, Annie | 75 | Pacific (Ore.) | 9 | 22:40.9 | 1:09.2 | 6:04.9 | 3:46.8 | 3:30. | 7:18. | 11:09 | 15:05 | 19:00 |
| 10 MCKIBBON, Kendall | 20 | George Fox | 10 | 22:45.1 | 1:13.4 | 6:06.0 | 3:47.5 | 3:36. | 7:23. | 11:13 | 15:05 | 18:58 |
| 11 BAILEY, Jessie | 16 | George Fox | (11) | 22:49.1 | 1:17.4 | 6:07.1 | 3:48.2 | 3:32. | 7:21. | 11:13 | 15:11 | 19:10 |
| 12 HEINO, Zoe | 186 | Willamette | 12 | 22:50.1 | 1:18.4 | 6:07.3 | 3:48.4 | 3:31. | 7:19. | 11:14 | 15:10 | 19:07 |
| 13 BRIDGE, Hope | 17 | George Fox | (13) | 22:59.8 | 1:28.1 | 6:09.9 | 3:50.0 | 3:37. | 7:28. | 11:19 | 15:13 | 19:09 |
| 14 LEMESH, Anastasiia | 188 | Willamette | 14 | 23:13.1 | 1:41.4 | 6:13.5 | 3:52.2 | 3:32. | 7:20. | 11:14 | 15:11 | 19:13 |
| 15 IVERSON, Anna | 102 | Pacific Lutheran | 15 | 23:23.8 | 1:52.1 | 6:16.4 | 3:54.0 | 3:39. | 7:37. | 11:34 | 15:33 | 19:34 |
| 16 TORRES-BERMUDEZ, Jenni | 60 | Linfield | 16 | 23:26.9 | 1:55.2 | 6:17.2 | 3:54.5 | 3:33. | 7:21. | 11:14 | 15:19 | 19:32 |
| 17 BOYLE, Madeleine | 39 | Lewis & Clark | 17 | 23:28.6 | 1:56.9 | 6:17.6 | 3:54.8 | 3:37. | 7:31. | 11:26 | 15:29 | 19:32 |
| 18 RODRIGUEZ, Karina | 23 | George Fox | - | 23:31.4 | 1:59.7 | 6:18.4 | 3:55.2 | 3:43. | 7:36. | 11:34 | 15:34 | 19:39 |
| 19 HUBBS, Madelyn | 80 | Pacific (Ore.) | 18 | 23:31.7 | 2:00.0 | 6:18.5 | 3:55.3 | 3:36. | 7:29. | 11:28 | 15:34 | 19:40 |
| 20 HENNESSY, Lucy | 141 | Whitman | 19 | 23:36.2 | 2:04.5 | 6:19.7 | 3:56.0 | 3:39. | 7:37. | 11:34 | 15:39 | 19:41 |
| 21 SCLAIR, Brenna | 25 | George Fox | - | 23:43.4 | 2:11.7 | 6:21.6 | 3:57.2 | 3:34. | 7:26. | 11:28 | 15:37 | 19:46 |
| 22 BIKLE, Anna | 184 | Willamette | 20 | 23:43.8 | 2:12.1 | 6:21.7 | 3:57.3 | 3:38. | 7:33. | 11:31 | 15:37 | 19:43 |
| 23 BRETHER, Cris | 79 | Pacific (Ore.) | 21 | 23:48.4 | 2:16.7 | 6:22.9 | 3:58.1 | 3:36. | 7:35. | 11:37 | 15:44 | 19:51 |
| 24 ALTUHOVS, Dina | 74 | Pacific (Ore.) | 22 | 23:57.6 | 2:25.9 | 6:25.4 | 3:59.6 | 3:32. | 7:25. | 11:32 | 15:51 | 20:02 |
| 25 SHAW, Morgan | 190 | Willamette | 23 | 24:05.7 | 2:34.0 | 6:27.6 | 4:01.0 | 3:36. | 7:37. | 11:39 | 15:52 | 20:02 |
| 26 THYGESEN, Kezlie | 176 | Whitworth | 24 | 24:08.8 | 2:37.1 | 6:28.4 | 4:01.5 | 3:45. | 7:47. | 11:53 | 16:06 | 20:13 |
| 27 MURATA, Colleen | 144 | Whitman | 25 | 24:13.9 | 2:42.2 | 6:29.8 | 4:02.3 | 3:43. | 7:42. | 11:46 | 15:57 | 20:13 |
| 28 BUTTLEMAN, Dori | 138 | Whitman | 26 | 24:22.0 | 2:50.3 | 6:32.0 | 4:03.7 | 3:39. | 7:37. | 11:45 | 15:56 | 20:12 |
| 29 KOSGEI, Hilda | 142 | Whitman | 27 | 24:30.1 | 2:58.4 | 6:34.1 | 4:05.0 | 3:43. | 7:43. | 11:49 | 16:02 | 20:18 |
| 30 TAYLOR, Natalie | 85 | Pacific (Ore.) | 28 | 24:37.4 | 3:05.7 | 6:36.1 | 4:06.2 | 3:39. | 7:41. | 11:53 | 16:11 | 20:30 |
| 31 ROCH, Christian | 145 | Whitman | 29 | 24:46.5 | 3:14.8 | 6:38.5 | 4:07.8 | 3:49. | 7:57. | 12:08 | 16:24 | 20:38 |
| 32 SCHMIDLIN, Erin | 122 | Puget Sound | 30 | 24:47.3 | 3:15.6 | 6:38.7 | 4:07.9 | 3:42. | 7:43. | 11:58 | 16:21 | 20:44 |

**NORTHWEST CONFERENCE CROSS COUNTRY
CHAMPIONSHIP 2023**

Spokane, WA
Planters Ferry Park & Sports Complex
Saturday, October 28, 2023



OFFICIAL MEET REPORT
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**Race #1
6k Women Final**

Final Results

INDIVIDUAL RESULTS (cont'd)

| Athlete | # | Team | Score | Time | Gap | Avg. Mile | Avg. kM | 1k | 2k | 3k | 4k | 5k |
|---------------------------|-----|------------------|-------|---------|---------|-----------|---------|-------|-------|-------|-------|-------|
| 33 ROBERTS, Aven | 189 | Willamette | 31 | 24:49.7 | 3:18.0 | 6:39.4 | 4:08.3 | 3:43. | 7:52. | 12:06 | 16:21 | 20:46 |
| 34 DAVIES, Payton | 140 | Whitman | (32) | 24:55.1 | 3:23.4 | 6:40.8 | 4:09.2 | 3:49. | 7:57. | 12:08 | 16:24 | 20:45 |
| 35 OSBORN, Courtney | 174 | Whitworth | 33 | 24:56.2 | 3:24.5 | 6:41.1 | 4:09.4 | 3:56. | 8:03. | 12:09 | 16:25 | 20:43 |
| 36 RESIDE, Miriam | 44 | Lewis & Clark | 34 | 24:57.1 | 3:25.4 | 6:41.4 | 4:09.5 | 3:51. | 7:57. | 12:06 | 16:21 | 20:41 |
| 37 KOSMICKI, Grace | 187 | Willamette | (35) | 25:00.0 | 3:28.3 | 6:42.1 | 4:10.0 | 3:48. | 7:57. | 12:11 | 16:33 | 20:56 |
| 38 WILLOW, Skylar | 45 | Lewis & Clark | 36 | 25:02.2 | 3:30.5 | 6:42.7 | 4:10.4 | 3:51. | 7:58. | 12:18 | 16:43 | 21:02 |
| 39 ZLATEFF, Avery | 177 | Whitworth | 37 | 25:08.7 | 3:37.0 | 6:44.5 | 4:11.5 | 3:58. | 8:18. | 12:22 | 16:40 | 20:57 |
| 40 WILBER, Allie | 26 | George Fox | - | 25:10.9 | 3:39.2 | 6:45.1 | 4:11.8 | 3:48. | 7:54. | 12:13 | 16:37 | 20:59 |
| 41 BRADY, Lulu | 168 | Whitworth | (38) | 25:11.5 | 3:39.8 | 6:45.2 | 4:11.9 | 3:52. | 8:05. | 12:23 | 16:44 | 21:03 |
| 42 TAYLOR, Jayden | 59 | Linfield | 39 | 25:12.2 | 3:40.5 | 6:45.4 | 4:12.0 | 3:50. | 8:04. | 12:17 | 16:43 | 21:05 |
| 43 BRADLEY, Elizabeth | 78 | Pacific (Ore.) | (40) | 25:14.3 | 3:42.6 | 6:46.0 | 4:12.4 | 3:39. | 7:55. | 12:22 | 17:07 | 21:22 |
| 44 BUCKLEY, Mikayla | 170 | Whitworth | (41) | 25:15.8 | 3:44.1 | 6:46.4 | 4:12.6 | 3:50. | 8:01. | 12:12 | 16:35 | 21:01 |
| 45 DEAZLEY, Annika | 99 | Pacific Lutheran | 42 | 25:23.7 | 3:52.0 | 6:48.5 | 4:14.0 | 4:00. | 8:16. | 12:33 | 16:50 | 21:13 |
| 46 AYALA, Saniyah | 54 | Linfield | 43 | 25:23.9 | 3:52.2 | 6:48.6 | 4:14.0 | 3:57. | 8:17. | 12:38 | 17:02 | 21:22 |
| 47 FISCHER, Leila | 185 | Willamette | (44) | 25:24.7 | 3:53.0 | 6:48.8 | 4:14.1 | 3:48. | 8:00. | 12:21 | 16:45 | 21:11 |
| 48 SCHWARTZ, Annika | 146 | Whitman | (45) | 25:27.1 | 3:55.4 | 6:49.4 | 4:14.5 | 3:56. | 8:06. | 12:22 | 16:47 | 21:09 |
| 49 LUTZ, Emogene | 43 | Lewis & Clark | (46) | 25:29.4 | 3:57.7 | 6:50.0 | 4:14.9 | 3:53. | 8:05. | 12:26 | 16:51 | 21:19 |
| 50 COCCIOLONE, Lydia | 116 | Puget Sound | 47 | 25:30.1 | 3:58.4 | 6:50.2 | 4:15.0 | 3:48. | 8:02. | 12:22 | 16:50 | 21:17 |
| 51 DELZOTTI, Kaylee | 55 | Linfield | 48 | 25:35.1 | 4:03.4 | 6:51.6 | 4:15.9 | 3:55. | 8:08. | 12:29 | 16:52 | 21:17 |
| 52 MULLEN, Claire | 120 | Puget Sound | 49 | 25:38.7 | 4:07.0 | 6:52.5 | 4:16.5 | 3:53. | 8:07. | 12:30 | 17:00 | 21:28 |
| 53 BODDY, Morgan | 77 | Pacific (Ore.) | (50) | 25:41.2 | 4:09.5 | 6:53.2 | 4:16.9 | 3:46. | 8:03. | 12:26 | 16:56 | 21:27 |
| 54 LINDLEY, Victoria | 103 | Pacific Lutheran | 51 | 25:41.3 | 4:09.6 | 6:53.2 | 4:16.9 | 4:03. | 8:23. | 12:44 | 17:09 | 21:32 |
| 55 BETZ, Payton | 76 | Pacific (Ore.) | - | 25:44.6 | 4:12.9 | 6:54.1 | 4:17.4 | 3:47. | 8:05. | 12:28 | 16:56 | 21:27 |
| 56 HOLT, Zoey | 100 | Pacific Lutheran | 52 | 25:47.2 | 4:15.5 | 6:54.8 | 4:17.9 | 3:56. | 8:16. | 12:44 | 17:17 | 21:37 |
| 57 SWEENEY, Naomi | 84 | Pacific (Ore.) | - | 25:58.8 | 4:27.1 | 6:57.9 | 4:19.8 | 3:53. | 8:11. | 12:35 | 17:07 | 21:36 |
| 58 HIGENS, Hannah | 171 | Whitworth | - | 25:59.4 | 4:27.7 | 6:58.1 | 4:19.9 | 3:55. | 8:08. | 12:27 | 16:57 | 21:37 |
| 59 CESSNA, Hannah | 115 | Puget Sound | 53 | 26:16.1 | 4:44.4 | 7:02.5 | 4:22.7 | 3:55. | 8:19. | 12:53 | 17:27 | 21:56 |
| 60 LIM, Alana | 118 | Puget Sound | 54 | 26:36.9 | 5:05.2 | 7:08.1 | 4:26.2 | 3:54. | 8:08. | 12:35 | 17:18 | 22:02 |
| 61 MACK, Brenna | 143 | Whitman | - | 26:44.8 | 5:13.1 | 7:10.2 | 4:27.5 | 4:02. | 8:29. | 13:07 | 17:44 | 22:24 |
| 62 MOORE, Payton | 173 | Whitworth | - | 26:46.9 | 5:15.2 | 7:10.8 | 4:27.8 | 4:14. | 8:49. | 13:24 | 18:03 | 22:39 |
| 63 SIMMONS, Sequoia | 175 | Whitworth | - | 26:49.6 | 5:17.9 | 7:11.5 | 4:28.3 | 4:14. | 8:49. | 13:24 | 18:03 | 22:30 |
| 64 OLMOS, Adalia | 105 | Pacific Lutheran | 55 | 27:03.1 | 5:31.4 | 7:15.1 | 4:30.5 | 4:15. | 8:46. | 13:20 | 18:02 | 22:38 |
| 65 WICKLINE, Rosie | 147 | Whitman | - | 27:04.9 | 5:33.2 | 7:15.6 | 4:30.8 | 4:07. | 8:42. | 13:26 | 18:12 | 22:45 |
| 66 COTA, Nadia | 41 | Lewis & Clark | (56) | 27:14.2 | 5:42.5 | 7:18.1 | 4:32.4 | 4:07. | 8:38. | 13:15 | 18:00 | 22:39 |
| 67 BROWN, Piper | 136 | Whitman | - | 27:19.5 | 5:47.8 | 7:19.5 | 4:33.3 | 4:08. | 8:43. | 13:28 | 18:13 | 22:56 |
| 68 STEDNICK, Leah | 57 | Linfield | 57 | 27:27.1 | 5:55.4 | 7:21.6 | 4:34.5 | 4:07. | 8:41. | 13:22 | 18:07 | 22:51 |
| 69 ANDRES, Liliana | 98 | Pacific Lutheran | (58) | 28:05.0 | 6:33.3 | 7:31.7 | 4:40.8 | 4:24. | 9:08. | 13:52 | 18:37 | 23:24 |
| 70 KRULL, Alena | 82 | Pacific (Ore.) | - | 28:06.3 | 6:34.6 | 7:32.1 | 4:41.1 | 4:06. | 8:48. | 13:43 | 18:51 | 23:37 |
| 71 MORAN-PADILLA, Natalie | 104 | Pacific Lutheran | (59) | 28:24.6 | 6:52.9 | 7:37.0 | 4:44.1 | 4:20. | 9:02. | 13:48 | 18:47 | 23:43 |
| 72 BECK, Norah | 114 | Puget Sound | (60) | 28:41.2 | 7:09.5 | 7:41.4 | 4:46.9 | 4:20. | 9:07. | 14:00 | 18:55 | 23:53 |
| 73 MCELFATRICK, Liberty | 56 | Linfield | (61) | 29:54.7 | 8:23.0 | 8:01.2 | 4:59.1 | 4:32. | 9:30. | 14:35 | 19:41 | 24:57 |
| 74 WILSON, Kyrstin | 123 | Puget Sound | (62) | 30:24.1 | 8:52.4 | 8:09.0 | 5:04.0 | 4:50. | 10:15 | 15:29 | 20:36 | 25:44 |
| 75 ZURLA, Melissa | 46 | Lewis & Clark | - | 30:45.0 | 9:13.3 | 8:14.6 | 5:07.5 | 4:14. | 9:11. | 14:30 | 19:58 | 25:46 |
| 76 MOORE, Dylan | 119 | Puget Sound | - | 32:04.4 | 10:32.7 | 8:35.9 | 5:20.7 | 4:50. | 10:15 | 15:38 | 21:09 | 26:57 |

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Race #2 8k Men Final

Final Results

TEAM SCORING SUMMARY

| Final Standings | Score | Scoring Order | Total | Spread |
|--------------------|-------|------------------------|---------|--------|
| 1 George Fox | 24 | 1-2-4-7-10(11)(12) | 2:04:49 | 0:34.8 |
| 2 Lewis & Clark | 76 | 3-9-14-23-27(34)(38) | 2:08:12 | 1:42.9 |
| 3 Whitworth | 92 | 13-15-16-20-28(33)(37) | 2:09:10 | 1:02.8 |
| 4 Pacific Lutheran | 102 | 6-8-21-26-41(49)(54) | 2:10:06 | 2:05.9 |
| 5 Linfield | 131 | 18-22-29-30-32(53)(59) | 2:11:54 | 0:48.2 |
| 6 Whitman | 135 | 17-19-25-35-39(43)(45) | 2:11:57 | 1:24.8 |
| 7 Puget Sound | 171 | 5-24-40-42-60(61) | 2:15:34 | 4:39.7 |
| 8 Willamette | 207 | 31-36-44-46-50(51) | 2:16:35 | 1:24.0 |
| 9 Pacific (Ore.) | 258 | 47-48-52-55-56(57)(58) | 2:20:21 | 0:56.3 |

INDIVIDUAL RESULTS

| Athlete | # | Team | Score | Time | Gap | Avg. Mile | Avg. kM | 1k | 2k | 3k | 4k | 5k | 6k | 7k |
|-------------------------|-----|------------------|-------|---------|--------|-----------|---------|-----|-----|-----|-----|-----|-----|-----|
| 1 WEISS, Peter | 13 | George Fox | 1 | 24:42.5 | --- | 4:58.3 | 3:05.3 | 3:0 | 6:1 | 9:2 | 12: | 15: | 18: | 21: |
| 2 MILLS, Alex | 8 | George Fox | 2 | 24:45.2 | 2.7 | 4:58.8 | 3:05.7 | 3:0 | 6:1 | 9:2 | 12: | 15: | 18: | 21: |
| 3 MARKELZ, Evan | 33 | Lewis & Clark | 3 | 24:46.6 | 4.1 | 4:59.1 | 3:05.8 | 3:0 | 6:1 | 9:2 | 12: | 15: | 18: | 21: |
| 4 PETERSEN, Adam | 9 | George Fox | 4 | 24:53.1 | 10.6 | 5:00.4 | 3:06.6 | 3:0 | 6:1 | 9:2 | 12: | 15: | 18: | 21: |
| 5 KERR, Ben | 109 | Puget Sound | 5 | 25:05.9 | 23.4 | 5:03.0 | 3:08.2 | 3:0 | 6:1 | 9:2 | 12: | 15: | 18: | 22: |
| 6 STRACKE, Ryan | 95 | Pacific Lutheran | 6 | 25:09.0 | 26.5 | 5:03.6 | 3:08.6 | 3:0 | 6:1 | 9:2 | 12: | 15: | 18: | 21: |
| 7 ROSS, Andrew | 10 | George Fox | 7 | 25:10.9 | 28.4 | 5:04.0 | 3:08.9 | 3:0 | 6:1 | 9:2 | 12: | 15: | 18: | 22: |
| 8 LADINIG, Owen | 89 | Pacific Lutheran | 8 | 25:14.3 | 31.8 | 5:04.7 | 3:09.3 | 3:0 | 6:1 | 9:2 | 12: | 15: | 18: | 22: |
| 9 REID, Frankie | 34 | Lewis & Clark | 9 | 25:16.7 | 34.2 | 5:05.2 | 3:09.6 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 10 GRASS, Gavin | 6 | George Fox | 10 | 25:17.3 | 34.8 | 5:05.3 | 3:09.7 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 11 LACHENMEIER, Gabriel | 7 | George Fox | (11) | 25:17.9 | 35.4 | 5:05.4 | 3:09.7 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 12 ADKISSON, Patrick | 1 | George Fox | (12) | 25:24.8 | 42.3 | 5:06.8 | 3:10.6 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 13 ARTHUR, Aidan | 2 | George Fox | - | 25:27.3 | 44.8 | 5:07.3 | 3:10.9 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 14 DUGENET, James | 152 | Whitworth | 13 | 25:28.0 | 45.5 | 5:07.4 | 3:11.0 | 3:0 | 6:1 | 9:3 | 12: | 15: | 19: | 22: |
| 15 VOENELL, Miles | 38 | Lewis & Clark | 14 | 25:31.8 | 49.3 | 5:08.2 | 3:11.5 | 3:0 | 6:1 | 9:3 | 12: | 16: | 19: | 22: |
| 16 HALEY, London | 157 | Whitworth | 15 | 25:33.2 | 50.7 | 5:08.5 | 3:11.7 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 17 PETERS, Alex | 164 | Whitworth | 16 | 25:36.2 | 53.7 | 5:09.1 | 3:12.0 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 18 MCMANUS, Jack | 126 | Whitman | 17 | 25:41.2 | 58.7 | 5:10.1 | 3:12.7 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 19 GAPPA, Austin | 5 | George Fox | - | 25:52.3 | 1:09.8 | 5:12.3 | 3:14.0 | 3:0 | 6:1 | 9:2 | 12: | 15: | 19: | 22: |
| 20 KILTOW, Bradley | 50 | Linfield | 18 | 25:54.9 | 1:12.4 | 5:12.9 | 3:14.4 | 3:0 | 6:1 | 9:3 | 12: | 16: | 19: | 22: |
| 21 WASSERMAN, Gabe | 134 | Whitman | 19 | 25:57.9 | 1:15.4 | 5:13.5 | 3:14.7 | 3:0 | 6:1 | 9:3 | 12: | 16: | 19: | 22: |
| 22 AKIYAMA, Isaac | 148 | Whitworth | 20 | 26:01.4 | 1:18.9 | 5:14.2 | 3:15.2 | 3:0 | 6:1 | 9:3 | 12: | 16: | 19: | 22: |
| 23 BEYER, Collin | 87 | Pacific Lutheran | 21 | 26:01.4 | 1:18.9 | 5:14.2 | 3:15.2 | 3:0 | 6:2 | 9:3 | 12: | 16: | 19: | 22: |
| 24 OATHOUT, Alex | 52 | Linfield | 22 | 26:03.1 | 1:20.6 | 5:14.5 | 3:15.4 | 3:0 | 6:1 | 9:3 | 12: | 16: | 19: | 22: |
| 25 FORD, Peter | 30 | Lewis & Clark | 23 | 26:06.9 | 1:24.4 | 5:15.3 | 3:15.9 | 3:0 | 6:1 | 9:3 | 12: | 16: | 19: | 22: |
| 26 MONAGHAN, Cian | 111 | Puget Sound | 24 | 26:19.3 | 1:36.8 | 5:17.8 | 3:17.4 | 3:0 | 6:1 | 9:3 | 12: | 16: | 19: | 23: |
| 27 MCVAY, Reilly | 127 | Whitman | 25 | 26:23.3 | 1:40.8 | 5:18.6 | 3:17.9 | 3:0 | 6:2 | 9:3 | 12: | 16: | 19: | 23: |
| 28 LUSIS, Stefans | 90 | Pacific Lutheran | 26 | 26:25.8 | 1:43.3 | 5:19.1 | 3:18.2 | 3:0 | 6:2 | 9:4 | 13: | 16: | 19: | 23: |
| 29 GARCIA, Sam | 31 | Lewis & Clark | 27 | 26:29.5 | 1:47.0 | 5:19.8 | 3:18.7 | 3:0 | 6:2 | 9:4 | 13: | 16: | 19: | 23: |
| 30 MCINTYRE, Alex | 160 | Whitworth | 28 | 26:30.8 | 1:48.3 | 5:20.1 | 3:18.9 | 3:1 | 6:3 | 9:5 | 13: | 16: | 20: | 23: |
| 31 MILLER, Emil | 51 | Linfield | 29 | 26:35.0 | 1:52.5 | 5:20.9 | 3:19.4 | 3:0 | 6:2 | 9:4 | 13: | 16: | 19: | 23: |
| 32 CAHILL, Calvin | 47 | Linfield | 30 | 26:37.3 | 1:54.8 | 5:21.4 | 3:19.7 | 3:0 | 6:2 | 9:4 | 13: | 16: | 19: | 23: |

**NORTHWEST CONFERENCE CROSS COUNTRY
CHAMPIONSHIP 2023**

Spokane, WA
Plantes Ferry Park & Sports Complex
Saturday, October 28, 2023



OFFICIAL MEET REPORT
printed: 10/28/2023 5:02 PM

**Race #2
8k Men Final**

Final Results

INDIVIDUAL RESULTS (cont'd)

| Athlete | # | Team | Score | Time | Gap | Avg. Mile | Avg. kM | 1k | 2k | 3k | 4k | 5k | 6k | 7k |
|-----------------------|-----|------------------|-------|---------|--------|-----------|---------|-----|-----|-----|-----|-----|-----|-----|
| 33 HENNUM, Will | 180 | Willamette | 31 | 26:37.5 | 1:55.0 | 5:21.4 | 3:19.7 | 3:0 | 6:1 | 9:3 | 12: | 16: | 19: | 23: |
| 34 HARRISON, Devin | 49 | Linfield | 32 | 26:43.1 | 2:00.6 | 5:22.6 | 3:20.4 | 3:0 | 6:2 | 9:4 | 13: | 16: | 20: | 23: |
| 35 BUCKLEY, Matt | 151 | Whitworth | (33) | 26:43.2 | 2:00.7 | 5:22.6 | 3:20.4 | 3:1 | 6:3 | 9:5 | 13: | 16: | 20: | 23: |
| 36 CREEKS, Brendan | 28 | Lewis & Clark | (34) | 26:43.9 | 2:01.4 | 5:22.7 | 3:20.5 | 3:0 | 6:2 | 9:4 | 13: | 16: | 20: | 23: |
| 37 SCHOLTES, Ryan | 12 | George Fox | - | 26:47.5 | 2:05.0 | 5:23.4 | 3:20.9 | 3:1 | 6:3 | 10: | 13: | 16: | 20: | 23: |
| 38 GROTHE, Jonathan | 125 | Whitman | 35 | 26:48.1 | 2:05.6 | 5:23.6 | 3:21.0 | 3:1 | 6:3 | 9:5 | 13: | 16: | 20: | 23: |
| 39 CHEW, Jay | 178 | Willamette | 36 | 26:52.7 | 2:10.2 | 5:24.5 | 3:21.6 | 3:0 | 6:2 | 9:4 | 13: | 16: | 20: | 23: |
| 40 DUGENET, Marc | 153 | Whitworth | (37) | 26:53.1 | 2:10.6 | 5:24.6 | 3:21.6 | 3:1 | 6:3 | 9:5 | 13: | 16: | 20: | 23: |
| 41 HIGGINS, Quinn | 32 | Lewis & Clark | (38) | 26:59.7 | 2:17.2 | 5:25.9 | 3:22.5 | 3:0 | 6:2 | 9:4 | 13: | 16: | 20: | 23: |
| 42 ROUSSEAU, Jack | 131 | Whitman | 39 | 27:06.0 | 2:23.5 | 5:27.2 | 3:23.3 | 3:1 | 6:3 | 9:5 | 13: | 16: | 20: | 23: |
| 43 STEWART, Max | 112 | Puget Sound | 40 | 27:06.5 | 2:24.0 | 5:27.3 | 3:23.3 | 3:1 | 6:3 | 9:5 | 13: | 16: | 20: | 23: |
| 44 NEALON, Joel | 163 | Whitworth | - | 27:06.8 | 2:24.3 | 5:27.3 | 3:23.4 | 3:1 | 6:3 | 9:5 | 13: | 16: | 20: | 23: |
| 45 SORENSEN, Kai | 94 | Pacific Lutheran | 41 | 27:14.9 | 2:32.4 | 5:29.0 | 3:24.4 | 3:0 | 6:3 | 9:5 | 13: | 16: | 20: | 23: |
| 46 CERDA, Jason | 106 | Puget Sound | 42 | 27:16.6 | 2:34.1 | 5:29.3 | 3:24.6 | 3:1 | 6:3 | 10: | 13: | 17: | 20: | 24: |
| 47 EAKIN, Tyler | 154 | Whitworth | - | 27:25.3 | 2:42.8 | 5:31.0 | 3:25.7 | 3:1 | 6:3 | 10: | 13: | 17: | 20: | 24: |
| 48 PRYOR, Ellis | 129 | Whitman | (43) | 27:25.5 | 2:43.0 | 5:31.1 | 3:25.7 | 3:1 | 6:3 | 9:5 | 13: | 16: | 20: | 24: |
| 49 BAY, Nate | 27 | Lewis & Clark | - | 27:28.0 | 2:45.5 | 5:31.6 | 3:26.0 | 3:0 | 6:2 | 9:4 | 13: | 16: | 20: | 23: |
| 50 TROBAUGH, Julien | 183 | Willamette | 44 | 27:31.4 | 2:48.9 | 5:32.3 | 3:26.4 | 3:0 | 6:3 | 10: | 13: | 17: | 20: | 24: |
| 51 WENDEL, Evan | 135 | Whitman | (45) | 27:31.5 | 2:49.0 | 5:32.3 | 3:26.4 | 3:1 | 6:3 | 10: | 13: | 17: | 20: | 24: |
| 52 LEWIS, Adam | 181 | Willamette | 46 | 27:31.6 | 2:49.1 | 5:32.3 | 3:26.5 | 3:0 | 6:3 | 9:5 | 13: | 17: | 20: | 24: |
| 53 YAMAMOTO, Reese | 73 | Pacific (Ore.) | 47 | 27:33.4 | 2:50.9 | 5:32.7 | 3:26.7 | 3:1 | 6:4 | 10: | 13: | 17: | 20: | 24: |
| 54 TIERNEY, Henry | 70 | Pacific (Ore.) | 48 | 27:39.6 | 2:57.1 | 5:33.9 | 3:27.5 | 3:0 | 6:1 | 9:3 | 13: | 16: | 20: | 24: |
| 55 SHIMABUKURO, Colin | 36 | Lewis & Clark | - | 27:45.1 | 3:02.6 | 5:35.0 | 3:28.1 | 3:1 | 6:4 | 10: | 13: | 17: | 20: | 24: |
| 56 IRETON, Jack | 158 | Whitworth | - | 27:46.8 | 3:04.3 | 5:35.4 | 3:28.4 | 3:1 | 6:3 | 10: | 13: | 17: | 20: | 24: |
| 57 SOUZA, Dylan | 37 | Lewis & Clark | - | 27:56.1 | 3:13.6 | 5:37.2 | 3:29.5 | 3:1 | 6:4 | 10: | 13: | 17: | 20: | 24: |
| 58 ZIMMER, Daniel | 97 | Pacific Lutheran | (49) | 28:00.4 | 3:17.9 | 5:38.1 | 3:30.1 | 3:1 | 6:4 | 10: | 13: | 17: | 20: | 24: |
| 59 EVANS, Josh | 179 | Willamette | 50 | 28:01.5 | 3:19.0 | 5:38.3 | 3:30.2 | 3:1 | 6:3 | 10: | 13: | 17: | 20: | 24: |
| 60 SOTO, Sage | 182 | Willamette | (51) | 28:05.3 | 3:22.8 | 5:39.1 | 3:30.7 | 3:1 | 6:3 | 10: | 13: | 17: | 20: | 24: |
| 61 TODD, Dylan | 71 | Pacific (Ore.) | 52 | 28:09.3 | 3:26.8 | 5:39.9 | 3:31.2 | 3:1 | 6:4 | 10: | 13: | 17: | 21: | 24: |
| 62 ROLLER, Henry | 130 | Whitman | - | 28:09.9 | 3:27.4 | 5:40.0 | 3:31.2 | 3:2 | 6:5 | 10: | 14: | 17: | 21: | 24: |
| 63 SZOSTAK, Kai | 53 | Linfield | (53) | 28:13.5 | 3:31.0 | 5:40.7 | 3:31.7 | 3:1 | 6:4 | 10: | 13: | 17: | 21: | 24: |
| 64 FRIEDRICH, Noah | 88 | Pacific Lutheran | (54) | 28:22.4 | 3:39.9 | 5:42.5 | 3:32.8 | 3:1 | 6:4 | 10: | 14: | 17: | 21: | 24: |
| 65 MANZANO, Marc | 66 | Pacific (Ore.) | 55 | 28:28.2 | 3:45.7 | 5:43.7 | 3:33.5 | 3:1 | 6:4 | 10: | 14: | 17: | 21: | 25: |
| 66 MASUKO, Carlos | 67 | Pacific (Ore.) | 56 | 28:29.7 | 3:47.2 | 5:44.0 | 3:33.7 | 3:1 | 6:4 | 10: | 14: | 17: | 21: | 25: |
| 67 STEINBERG, Danny | 132 | Whitman | - | 28:30.8 | 3:48.3 | 5:44.2 | 3:33.9 | 3:2 | 6:5 | 10: | 14: | 17: | 21: | 24: |
| 68 BREWER, Aaron | 61 | Pacific (Ore.) | (57) | 28:30.9 | 3:48.4 | 5:44.2 | 3:33.9 | 3:1 | 6:4 | 10: | 14: | 17: | 21: | 25: |
| 69 SANDBERG, Spencer | 68 | Pacific (Ore.) | (58) | 28:48.5 | 4:06.0 | 5:47.8 | 3:36.1 | 3:2 | 6:5 | 10: | 14: | 17: | 21: | 25: |
| 70 DOOLEY, Conner | 48 | Linfield | (59) | 29:00.0 | 4:17.5 | 5:50.1 | 3:37.5 | 3:1 | 6:3 | 10: | 14: | 17: | 21: | 25: |
| 71 SINGH, Jagjot | 69 | Pacific (Ore.) | - | 29:14.0 | 4:31.5 | 5:52.9 | 3:39.3 | 3:1 | 6:4 | 10: | 14: | 17: | 21: | 25: |
| 72 HANISCH, Jack | 107 | Puget Sound | 60 | 29:45.6 | 5:03.1 | 5:59.3 | 3:43.2 | 3:2 | 7:0 | 10: | 14: | 18: | 22: | 26: |
| 73 KREIMER, Oliver | 110 | Puget Sound | (61) | 29:49.8 | 5:07.3 | 6:00.1 | 3:43.7 | 3:2 | 7:0 | 10: | 14: | 18: | 22: | 26: |
| 74 PERFILIEV, Kirill | 92 | Pacific Lutheran | - | 30:11.9 | 5:29.4 | 6:04.6 | 3:46.5 | 3:2 | 7:0 | 10: | 14: | 18: | 22: | 26: |
| 75 GRAFTON, Joey | 63 | Pacific (Ore.) | - | 30:22.5 | 5:40.0 | 6:06.7 | 3:47.8 | 3:2 | 7:0 | 10: | 14: | 18: | 22: | 26: |
| 76 OCHOA, Jonathan | 91 | Pacific Lutheran | - | 30:27.7 | 5:45.2 | 6:07.7 | 3:48.5 | 3:2 | 7:0 | 10: | 14: | 18: | 22: | 26: |
| 77 WARREN, Hal | 96 | Pacific Lutheran | - | 30:41.7 | 5:59.2 | 6:10.6 | 3:50.2 | 3:2 | 7:0 | 10: | 14: | 18: | 22: | 26: |
| 78 GRAHAM, Preston | 64 | Pacific (Ore.) | - | 31:23.4 | 6:40.9 | 6:19.0 | 3:55.4 | 3:2 | 7:0 | 11: | 15: | 19: | 23: | 27: |

**NORTHWEST CONFERENCE CROSS COUNTRY
CHAMPIONSHIP 2023**

Spokane, WA

Plantes Ferry Park & Sports Complex

Saturday, October 28, 2023



OFFICIAL MEET REPORT

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**Race #2
8k Men Final**

Final Results

INDIVIDUAL RESULTS (cont'd)

| Athlete | # | Team | Score | Time | Gap | Avg. Mile | Avg. kM | 1k | 2k | 3k | 4k | 5k | 6k | 7k |
|--------------------|-----|---------|-------|------|-----|-----------|---------|-----|-----|----|----|----|----|----|
| -- PETERNELL, Troy | 128 | Whitman | - | DNF | | --- | --- | 3:1 | 6:4 | | | | | |