

XC Regional Rankings

Weekly High School X-Country Regional Team Rankings 2008
Marc Bloom and Rich Gonzalez

Regional Individuals To Watch compiled by NSSF State Ambassadors

Girls New York

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| 1. Fayetteville-Manlius [1]
for Girls Easterns | Wins Tully Inv with 1 top runner in line-up, most teams preparing |
| 2. Saratoga Springs [2] | No major meet |
| 3. Burnt Hills-Ballston Lake [3] | No major meet |
| 4. Queensbury [5] | Wins Grout Run by 93 points |
| 5. Shenendehowa [4] | No major meet |
| 6. Arlington [6] | No major meet |
| 7. East Aurora [7] | Wins Southern Tier Classic with 20 points |
| 8. Suffern [BT] | Wins Maroon (NJ) Inv running 1-2-3 on Garret Mtn. course |
| 9. Pearl River [BT] | Wins FLrunners.com small schools race by 85 points |
| 10. Bronxville [BT]
Sunken Meadow course | Wins St. Anthony's Inv merged scoring tie-breaker at hilly |

Cut: Canandaigua [8], Northport [9], Warwick Valley [10]

Bubble teams alphabetically: Bay Shore, Canandaigua, Cicero-No. Syracuse, Colonie, Cornwall, Greenwich, Guilderland, Holy Names, Liverpool, Lourdes, Maine-Endwell, Monroe-Woodbury, Newark Valley, Northport, North Shore, Pittsford-Mendon, St. John the Baptist, Ward Melville, Warwick Valley, West Seneca West

New York Individuals to Watch

Aisling Cuffee, SO, Cornwall
Allison Lasnicki, JR, Canastota
Cassie Goutos, JR, Saratoga
Courtney Chapman, JR, Fayetteville Manlius
Emily Lipari, JR, Roslyn
Erin Cawley, SR, Newark Valley
Lillian Griebstrand, JR, Warwick
Mackenzie Carter, JR, Fayetteville Manlius
Meghan Gregory, SR, Burnt Hills
Shelby Greany, SR, Suffern

Girls Northeast

(CT, ME, MA, NH, NJ, PA, RI, VT)

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|-----------------------------|--|
| 1. Lincoln-Sudbury (MA) [1] | Wins 26-29 dual meet over Newton South |
| 2. Newton South (MA) [3] | Runs virtually even with Sudbury in head-to-head match |
| 3. Glastonbury (CT) [2] | Wins Greater Hartford Inv putting 5 girls in top 10 |
| 4. Emmaus (PA) [4] | Wins Paul Short Run by 56 against solid opposition |
| 5. Hanover (NH) [6] | No major meet |

6. Haverhill (MA) [BT] Wins Boston's Bay State Inv by 79 with 45-second spread at Franklin Park
7. Haddonfield (NJ) [BT] Wins Shore Coaches "E" race by 69 with fastest team time of meet
8. Voorhees (NJ) [7] Shore Coaches "D" race winner by 78 points
9. Liberty (PA) [8] No major meet
10. Lewisburg [9] No major meet

Cut: Toms River No (NJ) [5], Guilford (CT) [10]

Bubble teams alphabetically: Barrington (RI), Bishop Guertin (NH), Champlain Valley (VT), Colts Neck (NJ), Council Rock No (PA), Coventry (RI), Cumberland Valley (PA), Downingtown East (PA), Greater Latrobe (PA), Guilford (CT), Hillsborough (NJ), Manchester Central (NH), No. Allegheny (PA), Norwich Free (CT), Oyster River (NH), Phillips Andover (MA), Randolph (NJ), Ridge (NJ), Ridgefield (CT), Southern Reg (NJ), St. Johnsbury (VT), Toms River No (NJ), Union City (PA)

Northeast Individuals to Watch

Abigail Jones, SO, Barrington HS, Barrington, RI
 Allie Stasiuk, SR, North Kingston HS, North Kingston, RI
 Alyssa DeQuattro, JR, Cranston West HS, Cranston, RI
 Amanda Faust, Jr, Emmaus, Emmaus, PA
 Andrea Keklak, SO, Lincoln-Sudbury, Sudbury, MA
 Anna Guthrie, 12, Essex, Essex Jct., VT
 Anna Shields, SR, Lyme, CT
 Angela Rugino, SR, Toms River North, Toms River, NJ
 Anne Twombly, JR, Exeter, Exeter, NH
 Arianna Vailas, JR, Central, Manchester, NH
 Brianna Jackucewicz, SR, Colt's Neck, Colt's Neck, NJ
 Brianna Tevnan, SO, Merrimack Valley, Penacook, NH
 Bridget Dahlburg, SR, Newton South, Newton, MA
 Caroline McDonough, SR, Darien, CT
 Chelsea Evans, 10, U-32, Montpelier, VT
 Chelsea Ley, JR, Kingsway, Woolwich Twp, NJ
 Chelsea Sumney, Sr, Trinity, Camp Hill, PA
 Christian Shonbeck, JR, Con-Val Regional, Peterborough, NH
 Connie Emerson, JR, Hanover, Hanover, NH
 Danika Frisbie, 12, CVU, Hinesburg, VT
 Elaina Balouris, Jr, Hampton, Allison Park, PA
 Elizabeth Simpson, Jr, Boyertown, Boyertown, PA
 Emily Anderson, 9, Middlebury, Middlebury, VT
 Emily Jones, SR, Bromfield, Harvard, MA
 Emily Lanois, SR, Hamilton - Wenham, MA
 Emily Martin, Jr, Garden Spot, New Holland, PA
 Emily Siskind, JR, Barrington HS, Barrington, RI
 Emma Hulburd, 12, Rice, Burlington, VT
 Erica Hines, SR, Hartford, CT
 Erin Carmone, SR, East Providence HS, East Providence, RI
 Grace Rodriguez, SR, Hanover, Hanover, NH
 Haley Gray, 12, St. Johnsbury, St. Johnsbury, VT
 Hannah Rowe, 11, St. Johnsbury, St. Johnsbury, VT
 Heidi Caldwell, JR, Hanover, Hanover, NH
 Hope Nelson, JR, South Kingston HS, South Kingston, RI
 Irene Kalbian, SR, Cheshire, CT
 Isabella Corso, SO, Ridgefield, CT
 Jackie Nicholas, SO, Nonnewaug, CT

Jacy Christiansen, SO, Mascenic Regional, New Ipswich, NH
Jean Christensen, SR, LaSalle Academy, Providence, RI
Jeanne Theleen, SR, Pomperaug, CT
Jen Thomas, JR, Bishop Feehan, Attleboro, MA
Jenna Davidner, JR, Oliver – Ames, Easton, MA
Jenna Gigliotti, Jr, Norwin, N.Huntingdon, PA
Jenna Riley, JR, Coventry HS, Coventry, RI
Jess Cygan, So, Liberty, Bethlehem, PA

Jill Smith, SR, Southern Regional, Manahawkin, NJ
Julia Mark, SR, Delaware Valley, Frenchtown, NJ

Jordan Jenkins, Sr, New Oxford, New Oxford, PA
Katie Gorman, Sr, Plymouth-Whitemarsh, Conshohocken, PA

Katie Kellner, SR, West Windsor Plainsboro South, Princeton Junction, NJ
Kelsey Karys, SR, Newton South, Newton, MA
Kelsey Smith, SO, Exeter, Exeter, NH
Kristen Kasper, SR, North Andover, North Andover, MA

Kristen Traub, FR, Eastern Christian, Haledon, NJ
Laura Vigilante, JR, Mendham, Mendham, NJ

Kristen Veit, SR, Holyoke Catholic, Holyoke, MA
Lauren Zarger, Sr, Harbor Creek, Harborcreek, PA
Lauren Sara, JR, Bunnell, CT

Leigha Anderson, So, Cumberland Valley, Mechanicsburg, PA
Leslie Kovach, Sr, Norwin, N.Huntingdon, PA
Lindsay Crevoiserat, SO, Glastonbury, CT
Lindsay Rheiner, So, Council Rock North, Newtown, PA
Lindsey Graybill, Sr, Emmaus, Emmaus, PA
Maddie Elkins, , West, CT
Maddy Christian, 12, CVU, Hinesburg, VT
Margaret Diacont, Sr, Nazareth, Nazareth, PA

Marielle Hall, JR, Haddonfield, Haddonfield, NJ
Melanie Thompson, SR, Voorhees, Glen Gardner, NJ
Michon Dinwoodie, JR, Westerly HS, Westerly, RI
Moira Kenny, SR, New Canaan, CT
Molly Burger, JR, Keene, Keene, NH
Natalie Bower, Sr, Greater Latrobe, Latrobe, PA
Nora McFadden, 10, CVU, Hinesburg, VT
Peggy Lai, JR, Milford, Milford, NH
Rachel Schneider, SR, St. Thomas, Lebanon, NH
Rosa Moriello, JR, Naugatuck, CT

Sarah Pagano, SR, Immaculate Heart, Washington Twp, NJ
Providence, RI

Sophia Ziemian, Sr, Lewisburg, Lewisburg, PA
Stephanie Beaudette, JR, Bay View HS, East

Girls South

(AR, LA, MS, OK, TX)

1. The Woodlands (TX) [1] Wins Nike South Inv far ahead of Texas opposition
2. Kingwood (TX) [2] Wins McNeil Inv 2-miler by 47 points
3. Cinco Ranch (TX) [4] Wins Cy-Fair Inv taking 5 of top 12
4. Keller (TX) [5] Decisive winner in home invite
5. Southlake Carroll (TX) [9] 3rd at Nike South as Trabuco Hills of Calif. takes 2nd
6. College Park (TX) [8] 4th at Nike South meet
7. Kingwood Park (TX) [6] No major meet
8. Vista Ridge (TX) [3] 5th at Nike South meet

9. Clear Lake (TX) [7] No major meet
10. A&M Consolidated (TX) [10] 2nd to Cinco Ranch at Cy-Fair meet

Bubble teams alphabetically: Belton (TX), Coppell (TX), Edmond No (OK), FEAST (TX), Hereford (TX), Jenks (OK), Lafayette (LA), Marcus (TX), Plainview (OK), Plano West (TX), St. Joseph's (LA), Tulsa Union (OK), Tupelo (MS), Westmoore (OK)

South Individuals to Watch

Abby, TerHaar, 10, Episcopal, Baton Rouge, LA
Aly, Nielson, 10, Heritage, Colleyville, TX
Amanda, Russell, 11, Vista Ridge, Cedar Park, TX
Amy, Deeble, 11, Fontainebleau, Mandeville, LA
Andrea, Lewis, 12, Bishop Kelley, Tulsa, OK
Angela, Laborde, 11, St Scholastica, Covington, LA
Anne, Threlkeld, 12, Oxford, Oxford, MS
Ashley, Flores, 11, Haltom, Haltom City, TX
Ashley, Isham, 11, Vista Ridge, Cedar Park, TX
Ashley, Miess, 12, Pulaski Academy, Little Rock, AR
Bailey, Belvis, 12, Prosper, Prosper, TX
Carly, Kitts, 10, Midlothian, Midlothian, TX
Casady, Ashcraft, 12, Seminole, Seminole, OK
Catherine, Holman, 10, Tupelo, Tupelo, MS
Chelsey, Sveinsson, 10, Greenhill, Addison, TX
Colbea, Harris, 11, Argyle, Argyle, TX
Cory, McGee, 11, Pass Christian, Pass Christian, MS
Courtney, Efurd, 12, Rogers, Rogers, AR
Dani, David, 10, Heritage, Rogers, AR
Elizabeth, Manuel, 9, Mandeville, Mandeville, LA
Erika, Setzler, 11, Conway, Conway, AR
Grace, Heymsfield, 11, Elkins, Elkins, AR
Haley, Brown, 11, Pearl, Pearl, MS
Haley, Page, 8, Tupelo, Tupelo, MS
Heather, Fitzhenry, 12, Our Lady, Marrero, LA
Hillary, Montgomery, 10, Klein, Klein, TX
Jori, Davis, 11, Piedmont, Piedmont, OK
Julia, Holub, 11, Seymour, Seymour, TX
Kadie, Peoples, 11, Madill, Madill, OK
Kaitlin, Flattmann, 10, Benton, Benton, LA
Kaitlin, Will, 12, Corinth, Corinth, MS
Kat, Steinman, 10, Tupelo, Tupelo, MS
Katelin, Cherry, 12, Westmoore, Oklahoma City, OK
Katie, Dalton, 12, Bentonville, Bentonville, AR
Kelli, Quimby, 12, Hennessey, Hennessey, OK
Kelsey, Moore, 11, Madill, Madill, OK
Kevi, Luper, 12, Adair, Adair, OK
Lauren, Foropoulos, 11, Corinth, Corinth, MS
Lauren, Smith, 12, Brazoswood, Clute, TX
MacKenzie, Bloom, 12, Bentonville, Bentonville, AR
Maggie, McFerrin, 12, Tupelo, Tupelo, MS
Malia, Cali, 11, St Thomas Aquinas, Hammond, LA
Morgan, Passman, 10, Mt Carmel, New Orleans, LA
Natalie, Meinzer, 9, Batesville, Batesville, AR

Rebecca, Blubaugh, 11, Airline, Bossier City, LA
Regan, Tindell, 11, Belton, Belton, TX
Roman, Edwards, 9, Deer Creek, Edmond, OK
Sarah, Andrews, 11, Woodlands, The Woodlands, TX
Sarah, Daggett, 10, Union, Tulsa, OK
Tara, Upshaw, 12, Carroll, Southlake, TX
Tricia, Terry, 12, Memorial, McAllen, TX

Girls Southeast

(AL, DE, FL, GA, KY, MD, NC, SC, TN, VA, WV)

1. Tatnall (DE) [1] out varsity in Salesianum Inv win, running NY's Eastern States on Sat
2. Collins Hill (GA) [2] No major meet, facing Mountain Brook at Great American on Sat
3. Mountain Brook (AL) [3] Wins Jesse Owens Inv taking 4 of top 8
4. Blacksburg (VA) [4] Wins Metro Inv running 2nd-through-7th
5. Lake Braddock (VA) [5] No major meet
6. Jefferson Sci/Tech (VA) [6] No major meet
7. Midlothian (VA) [7] No major meet
8. Chiles (FL) [9] Wins Bale-n-Trail meet taking 4 of top 8
9. No. Gwinnett (GA) [BT] Wins Westover Inv taking 5 of top 7 with fast times and tight spread
10. Science Hill (TN) [10] No major meet

Cut: Hidden Valley (VA) [8]

Bubble teams alphabetically: Alpharetta (GA), Assumption (KY), Bartram Trail (FL), Bishop O'Connell (VA), Brentsville (VA), Clarke County (VA), Community of Naples (FL), East Chapel Hill (NC), Green Hope (NC), Herndon (VA), Hidden Valley (VA), Hurricane (WV), Lake Highland Prep (FL), Lourdes (FL), Myers Park (NC), Oak Ridge (TN), Oakton (VA), Ocean Lakes (VA), River Hill (MD), Roberson (NC), Roosevelt (MD), University (WV), Western Branch (VA), Wilmington Charter (DE), Winter Park (FL)

Southeast Individuals to Watch

Adriana Poole, Sr, Sparkman, Huntsville, AL
Adrienne Soo, Sr, Durham Academy, Durham, NC
Aimee Moores, SR, Quince Orchard, N. Potomac
Alex Dent, JR, Hurricane, Hurricane, WV
Allie Schiach, SO, South Forsyth, Cumming, GA
Allison Pettit, SR, Morgantown, Morgantown, WV
Allison Riedling, JR, Assumption, Louisville, KY
Alyssa Henshaw, SO, Northwest, Germantown
Amirah Johnson, SO, Eleanor Roosevelt, Greenbelt
Anna Bowles, SO, Lakeside-Evans, Augusta, GA
Anna Ryba, SR, Walt Whitman, Bethesda
Aneka Wilson, JR, The Potomac School, Mc Lean, VA
Ari Kasprowicz, SR, Preston, Kingwood, WV
Ashley Brasovan, SR, Wellington, Palm Beach, FL
Barbara Strehler, SR, Trinity, Trinity, VA
Brittany Koziara, SR, Boone, Orlando, FL
Carolyn Baskir, Jr, East Chapel Hill, Chapel Hill, NC
Catherine Diethelm, So, Mtn Brook, Birmingham, AL
Chelsea Hollingsworth, Jr, North West Guilford, Guilford, NC

Courtney Yeager, SR, Wheeling Park, Wheeling, WV
 Elizabeth Miller, SR, Daviess County, Owensboro, KY
 Elsbeth Denton, Sr, Vestavia Hills, Birmingham, AL
 Emma Brink, SO, Sacred Heart, Louisville, KY
 Emme McAtee, SR, Sacred Heart, Louisville, KY
 Ethan Elliott, SR, University, Morgantown, WV
 Haley Hancock, Sr, Scottsboro, Scottsboro, AL
 Haley Pierce, FR, Tatnall, Wilmington, DE
 Juliana Stern, SR, Satellite , Satellite Beach, FL
 Juliet Bottorff, SR, Tatnall, Wilmington, DE
 Kaitlin Snapp, FR, Danville, Danville, KY
 Kate Borowicz, SR, JL Mann, Greenville, SC
 Kathleen Lautzenheiser, JR, Midlothian, Midlothian, VA
 Kathryn Fluehr, SO, Community School of Naples, Naples, FL
 Katie Buenaga, SR, Tatnall, Wilmington, DE
 Katie Huston, Jr, Sparkman, Hunstville, AL
 Kayla Hale, SR, Holy Trinity, Melbourne, FL
 Kimberly Spano, Sr, North Meck., Charlotte, NC
 Laura Hoer, Jr, T.C. Roberson, Asheville, NC
 Laura Serres, SO, North Gwinnett, Suwanee, GA
 Leslie Boozer, Sr, Mtn Brook, Birmingham, AL
 Lindsey Olivere, SO, Archmere, Claymont, DE
 Madeline Morgan, Sr, Mtn. Brook, Birmingham, AL
 Maggie Mattingly, JR, John Hardin, Elizabethtown, KY
 Maggie Rickard, Jr, Mont. Acad., Montgomery, AL
 Margaret Harkness, Jr, St. Paul's, Mobile, AL
 Marie Demedicis, So, Mtn Brook, Birmingham, AL
 Maryam Fikri, JR, Winston Churchill, Potomac
 Megan Marsico, JR, Glenvar, Salem, VA
 Meghan Smith, SR, Padua, Wilmington, DE
 Nicole Carpio, FR, Westminster, , FL
 Nicole Dimercurio, SR, North Gwinnett, Suwanee, GA
 Quanika Blackmon, SR, Fort Mill, Fort Mill, SC
 Sara Manesiotis, Soph, Hilton Head, Hilton Head, SC
 Sierra Henderson, SR, Ridge View, Columbia, SC
 Sinead Haughey, Soph, Daniel, Six Mile, SC
 Stacey Nobles, SR, Ocean Lakes, Va Beach , VA
 Sydney Marshall, JR, Chattahoochee, , GA
 Tenny Ostrem, SR, Powell County, Stanton, KY
 Teshika Rivers, SR, Eleanor Roosevelt, Greenbelt
 Timmons Williams, Jr, Broughton, Raleigh, NC

Girls Midwest

(IL, IN, MI, MO, OH)

1. Geneva (IL) [1] Wins Lisle Inv while holding out varsity
2. Carmel (IN) [2] No major meet
3. Lee's Summit West (MO) [3] Wins KC Metro meet by 107 points
4. Palatine (IL) [4] No major meet
5. Magnificat (OH) [5] Wins Medina Festival taking 5 of top
6. Hinsdale (IL) [7] Wins flighted Wheaton No Inv against excellent field
7. Traverse City Central (MI) [BT] Wins Portage Inv over Rockford and Saline

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| 8. Ft. Wayne Carroll (IN) [6] | Wins NE Hoosier conference but not currently at full strength |
| 9. Cayuga Valley Christ (OH) [9] | No major meet |
| 10. Jefferson City (MO) [10] | No major meet |

Cut: Saline (MI) [8]

Bubble teams alphabetically: Benet (IL), Buffalo Grove (IL), Colerain (OH), Columbus No (IN), Eureka (MO), Franklin Central (IN), Hoover (IN), Hoover (OH), Kickapoo (MO), Lafayette (MO), Lake Central (IN), Medina (OH), Minster (OH), Naperville No (IL), Noblesville (IN), North Central (IN), Rochester Adams (MI), Rockford (MI), Saline (MI), Sandburg (IL), Troy (MI), Valparaiso (IN), Washington (MO), Westfield (IN), West Plains (MO)

Midwest Individuals to Watch

Alyssa Allison, SR Festus, MO
 Alyssa Schneider, Bartlett, IL,
 Audrey Huth, SR Utica, MI
 Autumn Beachy, DeKalb, IN
 Briana Johnson, Fort Wayne, IN
 Brooklyn Ridder, Oak Hills, OH
 Cally Macumber, SO Rochester, MI
 Chelsea Phoebus, Lee Summit, MO
 Christina Blair, Valparaiso, IN
 Courtney Callka, SR Rochester, MI
 Devan John, JR Allendale, MI
 Diane Robison, JR Chesterfield, MO
 Emily Gustafson, Peoria, IL
 Emily Sisson, JR Chesterfield, MO
 Gabrielle Anzalone, SO Grand Blanc, MI
 Hannah Neczypor, Royalton, OH
 Janna Mitsos, Lockport, IL
 Jennifer Snelgrove, JR Grand Ledge, MI
 Jordan Tomecek, JR Milan, MI
 Katherine Rehn, Lagrange, IL
 Katie Gillespie, Stow, OH
 Kelly Whitley, Geneva, IL
 Kristina Aubert, Crystal Lake, IL
 Lindsey Flanagan, Roselle, IL
 Lizzy Hynes, St. Charles, IL
 Madeline Chambers, Rocky River, OH
 McKinzie Schulz, Lisle, IL
 Megan Frigo, Elmhurst, IL
 Megan Goethals, JR Rochester, MI
 Megan O'Brien, Lockport, IL
 Megan Yohe, Liberty, MO
 Michelle Thomas, Glen Este, OH
 Rebecca Addison, SR Grand Haven, MI
 Renee Wellman, Carmel, IN
 Sara Kroll, JR Livonia, MI
 Sarah Higgins, Greenwood, IN
 Sarah McIntosh, Palatine, IL
 Shannon Osika, SO Waterford, MI
 Taylor Hynes, SO Lees Summit, MO
 Veronica Schabbing, SR Cape Girardeau, MO

Waverly Neer, Culver, IN

Girls Heartland

(IA, KS, MN, NE, ND, SD, WI)

1. Sioux Falls Roosevelt (SD) [1] No major meet after big Griak victory
2. Dowling Cath (IA) [2] Easy winner at Ankeny Inv while holding out Katie Flood
3. Lakeville North (MN) [3] No major meet
4. Eden Prairie (MN) [5] Wins Victoria Lions Inv by 46 over excellent field
5. Iowa City High (IA) [4] Sweeps top 7 at Bud Williams Inv
6. Bismarck (ND) [6] No major meet
7. Whitefish Bay (WI) [7] Wins Purgold Inv with 22 points
8. Iowa City West (IA) [8] No major meet
9. Manhattan (KS) [9] No major meet
10. Minnetonka (MN) [10] 2nd at Victoria Lions meet

Bubble teams alphabetically: Bay Port (WI), Blue Valley NW (KS), Derby (KS), Eastview (MN), Fremont (NE), Hopkins (MN), La Crosse Central (WI), Lakeville So (MN), Lawrence Free State (KS), Marian (NE), Millard No (NE), Olathe East (KS), Seward (NE), Shakopee (MN), Urbandale (IA), Yankton (SD), Waukesha West (WI), White Bear

Heartland Individuals to Watch

Abby Schlater, SR, Council Bluffs, St. Albert, Council Bluffs, IA

Alex Hess, FR, Roosevelt, Sioux Falls, SD

Alexa Wachter, SR, Bismarck High, Bismarck, ND

Alexandra Rudin, SO, Eden Prairie, Eden Prairie, MN

Ali Gress, SR, Papillion-La Vista South, Papillion, NE

Alissa Mears, FR, West Fargo, West Fargo, ND

Ally Washburn, SR, St. Thomas Aquinas, Overland Park, KS

Anne Martin, SO, Pleasant Valley, Bettendorf, IA

Annie Pfeifle, SR, Stevens, Rapid City, SD

Ashley Brey, JR, Minot High, Minot, ND

Ashley Decker, JR, Dowling, Des Moines, IA

Bailey Breems, JR, Roosevelt, Sioux Falls, SD

Brea Goodman, SR, Reedsburg, Reedsburg, WI

Brecca Wahlund, SO, Minot High, Minot, ND

Brianna Briggs, JR, Wamego, Wamego, KS

Bridget Simmons, FR, Pierre, Pierre, SD

Caitlin Hewes, SO, Stillwater, Stillwater, MN

Carolyn Newhouse, , Linn Mar, Cedar Rapids, IA

Claire Guidinger, JR, Winona, Winona, MN

Clifton Avery, SR, Washburn Rural, Topeka, KS

Courtney Neubert, SO, Central, Aberdeen, SD

Crusch Marley, SR, Manhattan, Manhattan, KS

Dakota Wolf, SR, Dickinson, Dickinson, ND

Elli Mohr, SO, Blue Valley NW, Overland Park, KS

Ellie Sheridan, FR, DeSoto, DeSoto, KS

Emily Bacchuber, SO, Shorewood H.S., Shorewood, WI

Emma Bates, JR, Elk River, Elk River, MN

Gabby Levac, JR., Arrowhead H.S., Hartland, WI

Haley Johnson, FR, Plymouth H.S., Plymouth, WI

Hannah Trasser, SO, Brookfield Central H.S., Brookfield, WI
 Holly Bussa, SR, Fremont HS, Fremont, NE
 Jamie Piepenburg, FR, Alexandria, Alexandria, MN
 Jena Schwalenberg, SR, Columbus HS, Columbus, NE
 Jessica Driewer, SR, York HS, York, NE
 Julia Harrison, SO, Mound-Westonka, , MN
 Julie Smith, FR, Sidney HS, Sidney, NE
 Kaila Urick, SO, Chaska, Chaska, MN
 Katie Antonneau, JR., Horlick H.S., Racine, WI
 Katie Flood, JR, Dowling, Des Moines, IA
 Katie Moraczewski, Sr, White Bear Lake, White Bear Lake, MN
 Kayla Fenske, SR, Fremont HS, Fremont, NE
 Kelli Budd, SR, Marian, Omaha, NE
 Kelsey Barrett, FR, Britton, Britton, SD
 Kelsey Christiansen, SO, Seward HS, Seward, NE
 Kiah Ehrke, SR, Stoughton, Stoughton, WI
 Kristi Strecker, JR, Hayden, Topeka, KS
 Kyra Kilwein, SR, Free State, Lawrence, KS
 Laura Docherty, SR, Cretin Derham Hall, , MN
 Laura Roesler, JR, Fargo South, Fargo, ND
 Lisa Imgrund, JR, SM Northwest, Shawnee, KS
 Mackenzie Weber, , Lourdes H.S., Oshkosh, WI
 Maddie Hubbell, JR, Des Moines Roosevelt, Des Moines, IA
 Madeleine Takahashi, SO, Sturgis, Sturgis, SD
 Maggie Bollig, SR, Middleton, Middleton, WI
 Maria Hauger, 8th, Shakopee, Shakopee, MN
 Megan Ballinger, SO, .Goddard, Goddard, KS
 Megan Hilson, JR, Yankton, Yankton, SD
 Megan Oddo, SR, Millard North HS, Omaha, NE
 Morgan Casey, , Northeast Goose Lake, Goose Lake, IA
 Morgan Sickels, , Catholic Memorial, Waukesha, WI
 Nicole Kollman, SO, Verona H.S., Verona, WI
 Nikki Hueselman, JR, Century, Bismarck, ND
 Sam Soupir, SO, Gretna, Gretna, NE
 Sara Stoakes, SR, North Tama, Tama, IA
 Sarah Coomes, FR, Stevens, Rapid City, SD
 Scotti Schon, SR, Waukon, Waukon, IA
 Seanna Kautz, JR, Roosevelt, Sioux Falls, SD
 Shelby Houlihan, SO, Sioux City East, Sioux City, IA
 Steph Greer, Sr, Minot High, Minot, ND
 Tarin Lachowitz, Fr, Fargo South, Fargo, ND
 Taylor Pintar, JR, Bismarck High, Bismarck, ND

Girls Southwest

(AZ, CO, NV, NM, UT, WY)

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| 1. Fort Collins (CO) [1] | Wins New Balance Centerra Inv by 36 over Thompson Valley |
| 2. Classical (CO) [2] | Wins Titan Thunder Inv taking 5 of top 11 |
| 3. Thompson Valley (CO) [3] | 2 nd to Fort Collins in Centerra meet |
| 4. Davis (UT) [4]
Park City | Wins Orem Kiwanis 4-5A by 55 and 4-point merge winner over |
| 5. Park City (UT) [5] | Wins Orem Kiwanis 1-3A by 20 and 2 nd in merge behind Davis |

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| 6. Dakota Ridge (CO) [6] | No major meet |
| 7. Ironwood Ridge (AZ) [7] | No major meet |
| 8. Xavier Prep (AZ) [8] | No major meet |
| 9. Mountain Crest (UT) [10] | No major meet |
| 10. Cheyenne Mountain (CO) [NR] | Dominates Doherty Inv taking 5 of top 11 |

Cut: Doherty (CO) [9]

Bubble teams alphabetically: Albuquerque Acad (NM), Boulder (CO), Centennial (NV), Cherry Creek (CO), Cheyenne Central (WY), Doherty (CO), Eldorado (NM), Gallup (NM), Greeley West (CO), Highlands Ranch (CO), La Cueva (NM), Los Alamos (NM), Mountain View (UT), Rio Rancho (NM), Sheridan (WY), Skyline (UT), South Tahoe (NV), St. Pius (NM)

Southwest Individuals to Watch

Aeoleone Bristow, Sophomore, Rio Rico, Rio Rico, AZ

Aleona Reyes, JR, Belen, Belen, NM

Allie McLaughlin, 12, Air Academy, Colorado Springs, CO

Allison Bedonie, SR, Eldorado, Albuquerque, NM

Amanda *Kerr*, JR, Kirtland Central, Kirtland, NM

Ann Bawden, Senior, Highland, Gilbert, AZ

Brook Hodson, Sr, Timpanogos, Orem, UT

Brooke Hughes, Sr, Glenrock High, Glenrock, WY

Candace Eddy, Sr, Davis, Layton, UT

Christie Schiel, Fr, Central High, Cheyenne, WY
 Caroline *Kaufman*, FR, East Mountain, Sandia Park, NM

Claire Gallagher, 11, Cherry Creek, Greenwood Village, CO

Clara Milne, JR, Academy, Albuquerque, NM

Dana Morin, Jr, Sheridan High, Sheridan, WY

Danielle Menlove, Fr., Jordan, Sandy, UT

Demery Kirsch, JR, Reno, Reno, NV

Eleanor Fulton, 10, Highlands Ranch, Highlands Ranch, CO

Erica Firebaugh, JR, La Cueva, Albuquerque, NM

Holly Walker, JR, Los Alamos, Los Alamos, NM

Jackie Campos, SR, Santa Teresa, Santa Teresa, NM

Jessica LeMaster, So, Central High, Cheyenne, WY

Jessica Rydberg, Senior, Blue Ridge, Lakeside, AZ

Jessica Tonn, Junior, Xavier College Preparatory, Phoenix, AZ

Kaitie Vanata, 12, Dakota Ridge, Littleton, CO

Kaitlin Hannenburg, 11, The Classical Academy, Colorado Springs, CO

Kat Howard, Senior, Ironwood Ridge, Oro Valley, AZ

Kate Norskog, SO, St. Michael's, Santa Fe, NM

Katie Carrell, SR, Arbor View, Las Vegas, NV

Katie Jewell, SO, Sandia, Albuquerque, NM

Kelsey Smith, JR, South Tahoe, South Tahoe, CA

Kylee Kieser, Sophomore, Casa Grande Union, Casa Grande, AZ

Laura Tremblay, 12, Thompson Valley, Loveland, CO

Leah Leedy, SR, Foothill, Henderson, NV

Lela Carpenter, Jr, Sheridan High, Sheridan, WY

Lisa Wiley, Sophomore, Shadow Mountain, Phoenix, AZ

Madison Knight, SO, Galena, Reno, NV

Megan Headquist, Sr, Layton, Layton, UT

Michaelanne Laurent, SR, Coronado, Henderson, NV
Michelle ,Schenck, JR, ShadowRidge, Las Vegas, NV
Miranda Benzel, 12, Ft. Collins, Ft. Collins, CO
Natosha Rogers , 12, Dakota Ridge, Littleton, CO
Nicole Peterson, Jr, Rock Springs High, Rock Springs, WY

Rolonda Jumbo, Freshman, Chinle, Chinle, AZ
Sarah Miville, Sophomore, Ironwood Ridge, Oro Valley, AZ
Shalaya Kipp, Sr, Skyline, Highland, UT

Shelby MacIntyre, FR, South Tahoe, South Tahoe, CA
Shelby Stableford, 9, The Classical Academy, Colorado Springs, CO
Taylor Biaggi, SR, Douglas, Minden, NV
Taylor DelaVega, Freshman, Perry, Gilbert, AZ
Yvonne Gordan, SO, Carson, Carson City, NV

Girls Northwest

(AK, HI, ID, MT, OR, WA)

1. Jesuit (OR) [1] No major meet
2. Richland (WA) [2] No major meet
3. Gig Harbor (WA) [7] Wins flighted Sunfair Inv over Sehome and Eastlake
4. Seattle Prep (WA) [4] No major meet
5. St. Mary's (OR) [5] No major meet
6. Bozeman (MT) [6] Wins Butte Inv taking 5 of top 11
7. Sehome (WA) [BT] 2nd to Gig Harbor in Sunfair meet
8. Eastlake (WA) [3] 3rd in Sunfair meet
9. Anchorage West (AK) [10] Wins state 4A title by 19 points with 27-second spread
10. Crescent Valley (OR) [NR] Wins Brooks Harrier Classic with 32-second spread

Cut: Crater (OR) [8], Tahoma (WA) [9]

Bubble teams alphabetically: Billings Sr (MT), Bishop Kelly (ID), Boise (ID), Corvallis (OR), Crater (OR), Juneau-Douglas (AK), Kuna (ID), Lakeside (WA), Millilani (HI), Mountain View (ID), Preston (ID), Punahou (HI), Sheridan (WY), Summit (OR)

Northwest Individuals to Watch

Alex Jones SR, St. Mary's , Portland, OR
Alexa Aragon, 11, Billings Senior High, Billings, MT
Alyssa O'Connor, SR, Summit, Bend, OR
Andrea Nelson, JR, Shaie Park, Spokane, WA
AnneMarie Maag, SO, Jesuit, Portland, OR
Annie Dear, SR, Olympia, Olympia, WA
AuraLea Fain, 11, Billings Senior High, Billings, MT
Bailey Massenburg, SR, King Kekaulike, HI
Bailey Mires, SO, Mead, Spokane, WA
Brandon Liz, JR, Eagle, Eagle(Boise) , ID
Bri Mucha, Fr, Soldotna, Soldotna, AK
Chantelle Grey, 12, Sentinel High, Missoula, MT
Chloe Ivanhoff, Jr, Kodiak, Kodiak, AK
Christi Schmitz, Jr, North Pole, North Pole, AK
Dani Aragon, 9, Billings Senior High, Billings, MT

Emily Nist, FR, Bishop Kelly, Boise, ID
 Esther Kennedy, Sr, Service, Anchorage, AK
 Hailey Abing, SR, La Pietra, HI
 Hailey Grossman, JR, Seabury Hal, HI
 Heather Edic, Sr, Lathrop, Fairbanks, AK
 Heather Fraley, 10, Glacier High, Kalispell, MT
 Heidi Turner, 10, Bozeman High, Bozeman, MT
 Ivy O'Guinn, Jr, Skyview, Soldotna, AK
 Jenna Wong, JR, Iolani, HI
 Jessica Leonhardt, SR, Bear Lake, Montpieler, ID
 Julie Besenbruch, SR, Maryknoll, HI
 Kailey Wilson, Fr, Kenny Lake, Kenny Lake, AK
 Kate Jamboretz, SO, Boise High, Boise, ID
 Katie Keith, 10, Bozeman High, Bozeman, MT
 Kaylee Campbell, SR, Preston, Preston, ID
 Keely West, 11, CM Russell, Great Falls, MT
 Keli Dennehy, 11, Butte High, Butte, MT
 Khalia Tidwell, SR, Gresham, OR
 Kinsey, Gomez, SO, Coeur d'Alene High, Coeur d'Alene, ID
 Kristin Ali Keith, JR, Mililani, HI
 Leah Francis, Jr, Juneau Douglas, Juneau, AK
 Letitia Luch, Jr, West, Anchorage, AK
 Maya Chavez, , Eisenhower, Yakima, WA
 Megan Bartlett, SR, Sandpoint, Sandpoint, ID
 Molly Mitchell, SR, Lake City, Coeur d'Alene, ID
 Nicole Neilsen, SR, Borah, Boise, ID
 Nicole Reitz, 10, West High School, Billings, MT
 Noelle Van Rysselberghe, SR, Jesuit, Portland, OR
 Ruby Roberts, JR, Kingston, Kingston, WA
 Sandra Martinez, SR, Davis, Yakima, WA
 Sara Clapp, JR, Kaiser, HI
 Sarah Craig, , Mt. Spokane, Spokane, WA
 Sarah Lord, SR, Redmond, Redmond, WA
 Sydney Stone, Fr, Lathrop, Fairbanks, AK
 Tialana Greenwell, SO, Honokaa, HI

Girls California

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|-------------------------|--|
| 1. Saugus[1] | Sets team-time course record at Kenny Staub Inv |
| 2. Dana Hills [2] | No major meet |
| 3. Great Oak [3] | No major meet, traveling to NY for Manhattan meet |
| 4. Trabuco Hills [10] | 2 nd at Nike South (TX) Inv with full roster for first time |
| 5. Torrey Pines[4] | No major meet |
| 6. Mountain View [5] | No major meet |
| 7. Crescenta Valley [6] | 2 nd to Saugus at Kenny Staub meet |
| 8. Murrieta Valley [7] | No major meet |
| 9. Canyon-Anaheim [8] | No major meet |
| 10. Esperanza [BT] | Wins powerful Sunset League cluster meet |

Bubble teams alphabetically: Aptos, Buchanan, Chino Hills, Davis, El Toro, Foothill-SA, Fountain Valley, Maria Carrillo, Mira Costa, Newport Harbor, Oak Ridge, Orange Lutheran,, Rancho Bernardo, Rancho Buena Vista, St. Ignatius, St. Mary's College-Berkeley

California Individuals to Watch

Alex Dunne, 12, San Clemente, San Clemente

Briana Jauregui, 12, Saugus, Santa Clarita

Christine Adams, 11, Esperanza, Anaheim

Desiree Alexander, 12, Newport Harbor, Newport Beach

Elizabeth Apgar, 12, Lincoln, San Diego

Jennifer Bergman, 12, Valley Christian, San Jose

Jordan Hasay, 12, Mission College, San Luis Obispo

Kaylin Mahoney, 10, Saugus, Santa Clarita

Kristin Parry, 10, Dana Hills, Dana Point

Marissa Ferrante, 11, Aptos, Aptos

Melissa Skiba, 11, Oak Park, Oak Park

Molly Grabill, 10, Rancho Bernardo, San Diego