

NCHSAA Midwest 3A Regional
 Cross Country Championships
 Ivey Redmon Sports Complex
 Kernersville, NC – October 29, 2022

Girls Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 Lake Norman Charter	71	1	3	8	22	37	50	55		
2 Atkins	115	4	17	25	27	42	66	71		
3 Central Davidson	127	2	19	33	35	38	39	62		
4 Oak Grove High School	130	14	15	20	24	57	74			
5 Northwest Cabarrus	136	6	9	31	43	47	53	63		
6 Jesse Carson	152	5	10	41	45	51	52	67		
7 North Davidson	157	21	23	29	40	44	54	61		
8 South Rowan	158	12	18	26	30	72				
9 West Rowan	162	11	32	34	36	49	80			
10 East Rowan	208	13	16	28	75	76				
11 Central Academy of Tech	250	7	56	58	60	69				
12 Rockingham County	323	46	59	68	73	77	79	81		
13 Ledford	325	48	64	65	70	78				

Event 2 Girls 5k Run CC

Name	Yr	School	Finals	Points
1 Lily Yampolsky	11	Lake Norman	19:21.23	1
2 Jillian Parks	10	Central Davidson	19:28.19	2
3 Jenna Peterson	12	Lake Norman	20:32.83	3
4 Caroline Downs	10	Atkins	20:51.61	4
5 Makayla Borst	12	Jesse Carson	20:51.71	5
6 Taylor Hyman	12	Northwest Cabarrus	21:00.29	6
7 Grace Lane	12	Central Academy	21:08.81	7
8 Caroline Peterson	10	Lake Norman	21:30.57	8
9 Gatsby Goode	11	Northwest Cabarrus	21:32.59	9
10 Emily Landaverde	10	Jesse Carson	21:44.53	10
11 Katie Roberts	10	West Rowan	22:02.26	11
12 Madison Beaver	11	South Rowan	22:12.66	12
13 Sadie Featherstone	10	East Rowan	22:24.69	13
14 Natalia Everhart	11	Oak Grove Hi	22:26.50	14

15	Chloe Koper	12	Oak Grove Hi	22:27.08	15
16	Iyanna Lynch Berry	10	East Rowan	22:28.45	16
17	Paige Kiesling	9	Atkins	22:32.06	17
18	Blythe Elliott	11	South Rowan	22:38.72	18
19	Chelsea Kirk	11	Central Davidson	22:40.50	19
20	Katherine Lockamy	9	Oak Grove Hi	22:44.22	20
21	Bailey Hicks	10	North Davidson	22:45.22	21
22	Daianah Racziu	9	Lake Norman	22:51.82	22
23	Madison Hooker	12	North Davidson	22:55.05	23
24	Rachel Vannoy	12	Oak Grove Hi	23:00.79	24
25	Taylor Shen	10	Atkins	23:02.19	25
26	Madalynn Gulledege	9	South Rowan	23:13.77	26
27	Ellie Scott	--	Atkins	23:28.56	27
28	Savannah Wise	10	East Rowan	23:29.97	28
29	Charlotte Sullivan	9	North Davidson	23:30.82	29
30	Lindsey Beaver	11	South Rowan	23:36.75	30
31	Mariah Logan	9	Northwest Cabarrus	23:41.72	31
32	Marion Blake	10	West Rowan	23:41.97	32
33	Anjali Busse	9	Central Davidson	23:42.69	33
34	Evelyn Kwitowski	12	West Rowan	23:46.25	34
35	Riana Welch	11	Central Davidson	23:47.72	35
36	Anna Harrison	12	West Rowan	23:58.08	36
37	Claire Gustafson	11	Lake Norman	24:01.36	37
38	Sarah Clodfelter	8	Central Davidson	24:07.44	38
39	Sabrina Cox	9	Central Davidson	24:07.94	39
40	Sophia Byrd	11	North Davidson	24:15.59	40
41	Julia Burleson	9	Jesse Carson	24:19.79	41
42	Kristina Frischholz	10	Atkins	24:20.56	42
43	Lily Manion	10	Northwest Cabarrus	24:21.26	43
44	Melody Lashmit	11	North Davidson	24:32.46	44
45	Hayley Borst	12	Jesse Carson	24:32.57	45
46	Skylar Critzer	9	Rockingham County	24:34.41	46
47	Yamone Oo	10	Northwest Cabarrus	24:36.25	47
48	Brea White	11	Ledford	24:36.70	48
49	Katelyn Lentz	12	West Rowan	24:40.50	49
50	Sofia Moreta	10	Lake Norman	24:47.63	50
51	Mackenzie Todd	10	Jesse Carson	24:49.42	51
52	Railey Joyner	10	Jesse Carson	24:52.75	52
53	Morgan Hill	11	Northwest Cabarrus	24:54.05	53
54	Lily Sullivan	9	North Davidson	24:58.40	54
55	Natalie Hege	9	Lake Norman	24:59.44	55
56	Josita Paulraj	9	Central Academy	25:02.93	56
57	Bella Wilson	9	Oak Grove Hi	25:02.95	57
58	Andrea Martinez-Sanchez	11	Central Academy	25:11.67	58
59	Zoey Snead	10	Rockingham County	25:15.31	59
60	Brynnlee Buttars	9	Central Academy	25:18.32	60
61	Kirstin Frye	9	North Davidson	25:24.49	61
62	Riley Elliott	8	Central Davidson	25:31.34	62
63	Cayleigh McManus	11	Northwest Cabarrus	25:42.93	63

64 Lindsey Shaw	9	High Point Central	25:50.14	
65 Alyssa Huntley	10	Ledford	25:51.24	64
66 Kayla Dickson	10	Ledford	25:52.45	65
67 Lauren Shen	10	Atkins	25:57.44	66
68 Rosie Raies	12	High Point Central	26:00.22	
69 Hannah Starnes	11	Parkwood	26:06.68	
70 Yanelis Mejia	10	Jesse Carson	26:11.51	67
71 emily lewis	12	Rockingham County	26:14.31	68
72 Isabella Montes	11	Central Academy	26:21.81	69
73 Isabella Simpson	10	Ledford	26:22.73	70
74 Ashley Wang	11	Atkins	26:25.39	71
75 Bryleigh Beaver	12	South Rowan	26:53.09	72
76 Etta Noel	10	Central Cabarrus	27:04.59	
77 Alyssa Geddings	10	Central Cabarrus	27:09.68	
78 Blaney Lingle		Rockingham County	27:14.72	73
79 Kelsey Everhart	9	Oak Grove Hi	27:17.78	74
80 Caylea Cline	9	East Rowan	27:29.94	75
81 Addison Duncan	10	East Rowan	27:30.22	76
82 Sharlotte Brown	12	Rockingham County	27:35.79	77
83 Jocelyn Stanley	12	Central Cabarrus	28:06.70	
84 Lilian Vine	11	Central Cabarrus	28:08.47	
85 Madison Cano	11	Ledford	28:17.50	78
86 cassie brown	11	Rockingham County	28:32.39	79
87 Brionna Saunders	10	Montgomery Central	29:36.03	
88 Alexandria Bennett	12	Eastern Guil	29:49.78	
89 Emily Mitchell	12	West Rowan	30:04.02	80
90 Reagan Tucker	10	Rockingham County	30:08.72	81
91 Isabella Medlin	10	Northeast Guilford	30:36.77	
92 Kaelyn Davis	10	Montgomery Central	31:57.70	
93 Chloe Craig	12	Parkwood	33:40.57	
94 Allison Lehan	12	Parkwood	33:50.81	