

Women's Cross Country
 NCHSAA 3A Midwest Regional
 Salisbury Community Park
 Hosted by Oak Grove
 Saturday, October 28, 2023

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 Lake Norman Charter School	59	1	9	10	14	25	29	49		
2 Central Davidson	105	3	4	30	32	36	40	59		
3 South Rowan	105	11	15	18	27	34	52	54		
4 Piedmont	137	6	24	28	37	42	57	68		
5 Oak Grove High School	146	19	21	33	35	38	44	63		
6 Atkins	150	5	26	31	41	47	65	76		
7 Jesse Carson	167	8	20	43	45	51	53	56		
8 Northwest Cabarrus	181	2	17	39	61	62	64	71		
9 North Davidson	182	7	22	48	50	55	66	78		
10 Central Academy of Technology	226	13	16	58	69	70				
11 East Rowan	227	12	23	46	72	74	75	80		
12 Rockingham County	356	60	67	73	77	79	81	82		

*Tiebreakers

Central Davidson	3	4	30	32	36	*40
South Rowan	11	15	18	27	34	52

Girls 5k Run CC

Name	Yr	School	Pts	Finals
1 Yampolsky, Lily	Sr	681 Lake Norman Charter	1	20:00.1
2 Goode, Gatsby	Sr	707 Northwest Cabarrus	2	21:03.1
3 Parks, Jillian	Jr	652 Central Davidson	3	21:30.5
4 Kirk, Chelsea	Sr	649 Central Davidson	4	21:48.0
5 Kiesling, Paige	So	630 Atkins	5	21:50.6
6 Tepera, Dylan	Jr	726 Piedmont	6	21:55.6
7 Hicks, Bailey	Jr	697 North Davidson	7	21:56.2
8 Landaverde, Emily	Jr	674 Jesse Carson	8	21:58.7
9 Freeland, Mikayla	Fr	676 Lake Norman Charter	9	22:10.1
10 Peterson, Caroline	Jr	679 Lake Norman Charter	10	22:11.4

11	Beaver, Madison	Sr	737	South Rowan	11	22:13.6
12	Roberts, Katie	Jr	746	West Rowan		22:17.8
13	Featherstone, Sadie	Jr	656	East Rowan	12	22:26.7
14	Metz, Hannah	So	636	Central Academy Of Tech	13	22:33.0
15	Williams, Mary Caroline	Fr	747	Lake Norman Charter	14	22:39.8
16	Elliott, Blythe	Sr	738	South Rowan	15	22:41.8
17	Palmer, Julia	Fr	638	Central Academy Of Tech	16	22:42.1
18	Copeland, Callie	Fr	664	Jay M Robinson		22:42.5
19	Loftis, Kayla	Fr	748	Jay M Robinson		22:42.5
20	Chiniwalla, Shaina	So	705	Northwest Cabarrus	17	22:44.8
21	Gulledge, Madalynn	So	739	South Rowan	18	22:51.6
22	Riling, Addison	Fr	718	Oak Grove High	19	22:58.1
23	Burleson, Julia	So	670	Jesse Carson	20	23:02.1
24	Lockamy, Katherine	So	715	Oak Grove High	21	23:07.0
25	Lashmit, Melody	Sr	698	North Davidson	22	23:08.9
26	Lynch Berry, Iyanna	Jr	658	East Rowan	23	23:09.7
27	Humphrey, Adelyn	So	723	Piedmont	24	23:12.1
28	Raczui, Daianah	So	680	Lake Norman Charter	25	23:14.2
29	Peck, Chloe	Jr	631	Atkins	26	23:16.7
30	Beaver, Lindsey	Sr	736	South Rowan	27	23:20.5
31	Tepera, Andy	Jr	725	Piedmont	28	23:23.1
32	Hege, Natalie	So	677	Lake Norman Charter	29	23:27.6
33	Clodfelter, Sarah	So	648	Central Davidson	30	23:42.6
34	Frischholz, Kristina	Jr	628	Atkins	31	23:44.5
35	Milligan, Sydney	So	651	Central Davidson	32	23:49.3
36	Lockamy, Isabella	Fr	714	Oak Grove High	33	23:50.8
37	Hinson, Gracie	Fr	740	South Rowan	34	23:54.0
38	Everhart, Natalia	Sr	712	Oak Grove High	35	23:58.7
39	Bower, Rachel	Fr	646	Central Davidson	36	24:02.3
40	Fiorella, Brooke	So	722	Piedmont	37	24:03.8
41	Lockamy, Victoria	Fr	716	Oak Grove High	38	24:06.2
42	Story, Megan	So	711	Northwest Cabarrus	39	24:07.5
43	Busse, Anjali	Jr	647	Central Davidson	40	24:11.1
44	Scott, Ellie	So	632	Atkins	41	24:13.5
45	Tyson, Makenna	Sr	727	Piedmont	42	24:14.1
46	Barger, Lainey	So	669	Jesse Carson	43	24:15.4
47	Helms, Elsa	Fr	713	Oak Grove High	44	24:20.8
48	Crotts, Kara	Fr	671	Jesse Carson	45	24:23.6
49	Featherstone, Jady	Sr	655	East Rowan	46	24:28.1
50	Hedgepeth, Lyla	Jr	629	Atkins	47	24:37.6
51	Sullivan, Charlotte	So	699	North Davidson	48	24:52.5
52	Mehta, Praaisha	Fr	678	Lake Norman Charter	49	24:54.8
53	Byrd, Sophia	Sr	695	North Davidson	50	24:55.4
54	Joyner, Railey	Jr	672	Jesse Carson	51	24:56.8
55	Overcash, Paisley	So	741	South Rowan	52	24:58.7
56	Todd, Mackenzie	Jr	675	Jesse Carson	53	24:58.9
57	Patterson, Brinley	Jr	742	South Rowan	54	25:00.1
58	Sullivan, Lily	So	700	North Davidson	55	25:02.8
59	Kyle, Alexis	Fr	673	Jesse Carson	56	25:07.4

60 Outen, Brianna	Jr	724	Piedmont	57	25:49.2
61 Malarney, Madison	8	635	Central Academy Of T	58	25:51.4
62 Miller, Olivia	So	650	Central Davidson	59	25:58.3
63 Snead, Zoey	Jr	733	Rockingham County	60	26:04.8
64 Manion, Lily	Jr	709	Northwest Cabarrus	61	26:08.2
65 Collins, Maggie	So	706	Northwest Cabarrus	62	26:19.6
66 Phillips, Lily	So	717	Oak Grove High	63	26:23.9
67 Pacheco, Ana	Jr	745	West Rowan		26:25.7
68 Shaw, Lindsey	So	662	High Point Central		26:33.8
69 Logan, Mariah	So	708	Northwest Cabarrus	64	26:39.4
70 Davis, Claire	Sr	627	Atkins	65	26:40.6
71 Bauer, Emily	Fr	694	North Davidson	66	26:49.3
72 Critzer, Skylar	So	729	Rockingham County	67	26:51.1
73 Wickline, Jorja	Sr	728	Piedmont	68	26:56.4
74 Rodas, Meaghan	Fr	639	Central Academy Of Tech		69 26:57.7
75 Waggoner, Ava	So	645	Central Cabarrus		26:59.8
76 Wilson, Emma	So	640	Central Academy Of Tech	70	27:04.0
77 Santiago, Yoana	Sr	690	Montgomery Central		27:05.1
78 Gerstenmier, Aniston	So	719	Parkwood		27:10.6
79 Oo, Yamone	Fr	710	Northwest Cabarrus	71	27:34.0
80 Efrid, Emma	Fr	654	East Rowan	72	27:43.2
81 Tucker, Reagan	Jr	735	Rockingham County	73	27:46.0
82 German, Bella	Fr	657	East Rowan	74	27:52.2
83 Huntley, Alyssa	Jr	686	Ledford		28:16.0
84 Wunder, Campbell	So	721	Parkwood		28:24.4
85 Miller, Arden	Fr	659	East Rowan	75	28:29.8
86 Cano, Madison	Sr	683	Ledford		28:53.5
87 Carrillo, Lily	Jr	743	West Rowan		29:09.1
88 Wang, Ashley	Sr	633	Atkins	76	29:20.4
89 Merritt, Kendall	Fr	732	Rockingham County	77	29:40.1
90 Frye, Kirstin	So	696	North Davidson	78	29:43.0
91 Saunders, Brionna	Jr	691	Montgomery Central		29:49.2
92 Lingle, Blaney	So	731	Rockingham County	79	29:57.0
93 Duncan, Addison	Jr	653	East Rowan	80	30:33.6
94 Stephens, Katelyn	So	668	Jay M Robinson		30:53.2
95 Schabel, Norah	So	667	Jay M Robinson		31:04.3
96 Lamberth, Annalisa	Sr	730	Rockingham County	81	31:09.7
97 Johnson, Hayden	So	642	Central Cabarrus		31:19.8
98 Geddings, Alyssa	Jr	641	Central Cabarrus		31:57.8
99 Seawell, River	Jr	692	Montgomery Central		33:38.8
100 Elliot, Samantha	Jr	744	West Rowan		34:17.4
101 Trull, Ella	Fr	734	Rockingham County	82	34:53.5