

2022 GAC CROSS COUNTRY CHAMPIONSHIPS

Shawnee, OK
 Gordon Cooper Tech Center
 Saturday, November 5, 2022

MEET OFFICIALS

Timing:
 MacDonald Timing, LLC



OFFICIAL MEET REPORT
 printed: 11/5/2022 11:22 AM

Race #1
MEN • 8 Kilometers (4.97 Miles)

Final Results**RACE SUMMARY**

Start Time: 9:30 am Conditions: Cool, Sunny, Light Winnds Temp: 40

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Avg.	Spread
1 East Central	24	1-2-3-6-12(16)(23)	25:07	1:14.0
2 Harding	50	5-7-8-13-17(19)(37)	25:44	1:13.2
3 Oklahoma Baptist	70	4-11-15-18-22(28)(41)	26:04	1:44.2
4 Ouachita Baptist	90	10-14-20-21-25(29)(31)	26:27	1:07.8
5 Southern Arkansas	125	9-24-27-32-33(39)(40)	27:02	1:54.5
6 Northwestern Oklahoma	164	26-30-34-36-38(44)(49)	27:41	1:05.8
7 Southern Nazarene	211	35-42-43-45-46(47)(48)	29:12	1:57.1
8 Arkansas-Monticello	260	50-51-52-53-54	37:05	11:38.8

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM	3500 Meters	6400 Meters
1 Pkiach, Amos	SO	East Central	1	24:43.1	---	4:58.4	3:05.4	11:22.1	20:10.4
2 Kiptoo, Oliver	SO	East Central	2	24:44.0	-1.1	4:58.6	3:05.5	11:22.6	20:13.2
3 Kipkemboi, Melvin	SO	East Central	3	24:53.5	10.4	5:00.5	3:06.7	11:22.7	20:16.8
4 Wheeler, Maxamillian	JR	Oklahoma Baptist	4	25:00.0	15.9	5:01.8	3:07.5	11:22.0	20:18.8
5 Haileab, Noah	FR	Harding	5	25:10.6	27.5	5:03.9	3:08.8	11:22.1	20:29.3
6 Iyali, Michael	SO	East Central	6	25:14.1	31.0	5:04.6	3:09.3	11:22.8	20:33.9
7 Walling, Luke	SO	Harding	7	25:23.7	40.6	5:06.6	3:10.5	11:22.1	20:33.5
8 Reed, Zach	JR	Harding	8	25:37.6	54.5	5:09.4	3:12.2	11:22.3	20:46.1
9 Kraus, Robert	SR	Southern Arkansas	9	25:44.4	1:01.3	5:10.7	3:13.0	11:29.3	21:05.2
10 Lawrence, Whit	SO	Ouachita Baptist	10	25:47.3	1:04.2	5:11.3	3:13.4	11:22.5	20:59.0
11 Kardokus, Carson	SO	Oklahoma Baptist	11	25:49.8	1:06.7	5:11.8	3:13.7	11:27.6	21:04.7
12 Wiles, Drew	SR	East Central	12	25:57.1	1:14.0	5:13.3	3:14.6	11:24.9	21:05.5
13 Pruiim, Jackson	JR	Harding	13	26:04.2	1:21.1	5:14.7	3:15.5	11:29.3	21:12.6
14 Armitage, Evan	FR	Ouachita Baptist	14	26:05.6	1:22.5	5:15.0	3:15.7	11:29.9	21:12.4
15 Ables, Parker	SR	Oklahoma Baptist	15	26:12.3	1:29.2	5:16.3	3:16.5	11:27.9	21:22.6
16 PALOMO, GILBERTO	SR	East Central	(16)	26:20.0	1:35.9	5:17.9	3:17.5	11:28.1	21:20.4
17 Perry, Nathan	FR	Harding	17	26:23.8	1:40.7	5:18.7	3:18.0	11:29.2	21:20.0
18 Fantoni, Samuel	SO	Oklahoma Baptist	18	26:29.0	1:44.9	5:19.7	3:18.6	11:27.9	21:33.2
19 Ingalsbe, Matt	JR	Harding	(19)	26:33.5	1:50.4	5:20.6	3:19.2	11:30.0	21:27.4
20 Swindle, Cade	SO	Ouachita Baptist	20	26:42.3	1:59.2	5:22.4	3:20.3	11:26.7	21:49.6
21 Sanders, Lawson	SO	Ouachita Baptist	21	26:43.9	2:00.8	5:22.7	3:20.5	11:35.7	21:42.9
22 Williams, James	FR	Oklahoma Baptist	22	26:44.2	2:01.1	5:22.8	3:20.5	11:44.8	21:50.5
23 NORTON, MATTHEW	FR	East Central	(23)	26:48.2	2:05.1	5:23.6	3:21.0	11:38.2	21:44.8
24 Hernandez, Hector	JR	Southern Arkansas	24	26:51.3	2:08.2	5:24.2	3:21.4	11:41.7	21:46.1
25 Becho, Jaelen	SO	Ouachita Baptist	25	26:55.0	2:10.9	5:24.9	3:21.9	11:40.0	21:46.9
26 Cox, Zachary	SO	Northwestern Oklah	26	26:58.6	2:15.5	5:25.7	3:22.3	11:42.1	21:49.5
27 Stephenson, Maverick	SO	East Central	-	27:02.0	2:17.9	5:26.3	3:22.7	11:43.6	21:57.8
28 WOOD, ZANDER	FR	East Central	-	27:04.4	2:21.3	5:26.8	3:23.0	12:04.5	22:11.9
29 GARCIA, JORDAN	FR	East Central	-	27:11.1	2:28.0	5:28.2	3:23.9	11:50.4	21:56.8
30 Maxwell, Wesley	FR	Southern Arkansas	27	27:19.7	2:36.6	5:29.9	3:25.0	11:53.1	22:09.8

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM	3500 Meters	6400 Meters
31 Cope, Blake	SR	Oklahoma Baptist	(28)	27:21.3	2:38.2	5:30.2	3:25.2	11:55.4	22:13.1
32 Pointer, Keagan	SO	Ouachita Baptist	(29)	27:27.0	2:42.9	5:31.4	3:25.9	11:44.3	22:11.6
33 Morfin, Benjamin	SO	Northwestern Oklah	30	27:30.2	2:47.1	5:32.0	3:26.3	11:51.0	22:10.3
34 Dew, Dylan	FR	Ouachita Baptist	(31)	27:30.7	2:47.6	5:32.1	3:26.3	12:05.7	22:20.1
35 Sanchez, Jorge	SO	Southern Arkansas	32	27:33.9	2:50.8	5:32.8	3:26.7	11:54.1	22:15.3
36 Marler, Michael	FR	Southern Arkansas	33	27:38.9	2:55.8	5:33.8	3:27.4	11:54.6	22:29.0
37 Larson, Chris	SR	East Central	-	27:41.6	2:58.5	5:34.3	3:27.7	12:09.9	22:33.5
38 Tibbs, Josh	SO	Ouachita Baptist	-	27:41.7	2:58.6	5:34.3	3:27.7	11:52.9	22:26.3
39 Gustin, AJ	SO	East Central	-	27:44.8	3:01.7	5:35.0	3:28.1	12:04.8	22:28.7
40 Soto, Davin	JR	Northwestern Oklah	34	27:49.0	3:04.9	5:35.8	3:28.6	11:57.7	22:32.4
41 Ramirez, William	SO	Southern Nazarene	35	27:57.1	3:14.0	5:37.4	3:29.6	12:14.6	22:39.0
42 Ibrahim, Salat	SO	Northwestern Oklah	36	28:00.2	3:17.1	5:38.1	3:30.0	12:00.7	22:38.4
43 Oakes, Kyle	FR	Harding	(37)	28:03.1	3:20.0	5:38.6	3:30.4	11:51.9	22:35.8
44 Smith, Jeremy	FR	Northwestern Oklah	38	28:04.4	3:21.3	5:38.9	3:30.5	12:05.7	22:39.9
45 Zetts, Noah	FR	Ouachita Baptist	-	28:06.7	3:23.6	5:39.4	3:30.8	12:08.6	22:47.4
46 Wideman, Lawson	FR	Ouachita Baptist	-	28:10.2	3:27.1	5:40.1	3:31.3	12:10.8	22:52.6
47 Hicks, Trey	FR	Ouachita Baptist	-	28:18.6	3:35.5	5:41.8	3:32.3	12:00.9	22:46.0
48 Chunn, Caleb	SO	Harding	-	28:23.5	3:40.4	5:42.8	3:32.9	12:23.4	22:57.8
49 Kailey, Ethan	SO	Ouachita Baptist	-	28:29.4	3:46.3	5:43.9	3:33.7	12:10.2	23:02.1
50 GARCIA, CESAR	JR	East Central	-	28:34.4	3:51.3	5:44.9	3:34.3	12:18.7	23:04.9
51 Robles, Pedro	FR	Southern Arkansas	(39)	28:41.4	3:58.3	5:46.3	3:35.2	12:15.0	23:05.6
52 James, Brayden	FR	Ouachita Baptist	-	28:54.5	4:11.4	5:49.0	3:36.8	12:20.6	23:27.2
53 Garay, Joseph	FR	Southern Arkansas	(40)	28:55.1	4:12.0	5:49.1	3:36.9	12:29.8	23:23.0
54 McIntire, Corey	SO	Oklahoma Baptist	(41)	28:58.6	4:15.5	5:49.8	3:37.3	12:32.5	23:27.4
55 Campney, Tiag	SO	Harding	-	29:06.4	4:23.3	5:51.4	3:38.3	12:32.9	23:39.4
56 Gamas, David	SO	Southern Nazarene	42	29:08.5	4:25.4	5:51.8	3:38.6	12:52.6	23:47.3
57 Haynes, Joel	SO	Southern Nazarene	43	29:12.9	4:29.8	5:52.7	3:39.1	12:40.3	23:41.0
58 WOODWARD, ELIJAH	JR	East Central	-	29:15.8	4:32.7	5:53.3	3:39.5	12:40.1	23:43.3
59 Hidalgo, Draven	SO	Northwestern Oklah	(44)	29:19.6	4:36.5	5:54.0	3:39.9	12:45.9	23:53.1
60 Biskner, Brycen	FR	Harding	-	29:20.4	4:37.3	5:54.2	3:40.0	12:48.5	23:55.3
61 Cole, Neal	JR	Ouachita Baptist	-	29:21.1	4:38.0	5:54.3	3:40.1	12:48.2	23:54.1
62 Bryant, Drew	FR	Ouachita Baptist	-	29:24.8	4:41.7	5:55.1	3:40.6	12:48.4	23:55.1
63 Soliz, Roberto	FR	Southern Nazarene	45	29:44.8	5:01.7	5:59.1	3:43.1	12:55.3	24:07.9
64 Humphrey, Jacob	SO	Southern Nazarene	46	29:54.1	5:11.0	6:01.0	3:44.3	12:54.9	24:23.2
65 James, Barrett	FR	Ouachita Baptist	-	29:57.0	5:12.9	6:01.6	3:44.6	12:33.9	24:06.6
66 Wood, Jacob	FR	Harding	-	30:01.7	5:18.6	6:02.5	3:45.2	13:08.8	24:25.3
67 Brock, Collin	SR	Harding	-	30:02.7	5:19.6	6:02.7	3:45.3	13:09.3	24:28.3
68 Harrod, Tyler	JR	Harding	-	30:15.4	5:32.3	6:05.3	3:46.9	12:58.9	24:27.7
69 Gass, Isaac	FR	Southern Arkansas	-	30:21.5	5:38.4	6:06.5	3:47.7	12:17.5	24:04.0
70 Davis, Paxton	JR	Harding	-	30:25.5	5:42.4	6:07.3	3:48.2	13:06.7	24:34.7
71 Mainor, Jeremiah	SO	Ouachita Baptist	-	30:29.1	5:46.0	6:08.0	3:48.6	13:15.6	24:56.6
72 Fournier, Chip	SO	Ouachita Baptist	-	30:30.1	5:47.0	6:08.2	3:48.8	13:07.5	24:47.4
73 Tello, Joaquin	FR	Southern Arkansas	-	30:31.5	5:48.4	6:08.5	3:48.9	13:00.6	24:40.4
74 Hawkins, Brit	FR	Ouachita Baptist	-	30:32.4	5:49.3	6:08.7	3:49.0	12:51.7	24:39.9
75 Rains, Briston	SO	Southern Arkansas	-	30:45.9	6:02.8	6:11.4	3:50.7	13:20.4	24:59.2
76 Zachary, Woods	SO	Southern Nazarene	(47)	30:47.6	6:04.5	6:11.7	3:50.9	13:09.9	24:59.7

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM	3500 Meters	6400 Meters
77 Green, Dennis	JR	Southern Nazarene	(48)	30:49.8	6:06.7	6:12.2	3:51.2	13:05.5	25:03.1
78 Watrous, Daniel	JR	Harding	-	30:57.3	6:14.2	6:13.7	3:52.2	13:04.8	24:43.8
79 Ohrn, Andrew	FR	Ouachita Baptist	-	30:59.8	6:16.7	6:14.2	3:52.5	13:24.3	25:10.8
80 Johnson, Willem	FR	Northwestern Oklah	(49)	31:01.4	6:18.3	6:14.5	3:52.7	13:22.7	25:05.1
81 Frymire, Cooper	SO	Northwestern Oklah	-	31:26.3	6:43.2	6:19.5	3:55.8	13:26.8	25:29.5
82 Castillo, Nick	SO	Northwestern Oklah	-	32:00.4	7:17.3	6:26.4	4:00.1	13:33.6	25:44.8
83 Reid, Seth	FR	Arkansas-Monticell	50	32:10.9	7:27.8	6:28.5	4:01.4	13:33.9	26:01.1
84 fernandez, gilberto	SO	Arkansas-Monticell	51	32:17.4	7:34.3	6:29.8	4:02.2	13:42.0	26:06.5
85 BLOYED, ELIJAH	FR	East Central	-	32:24.9	7:41.8	6:31.3	4:03.1	13:50.1	26:14.2
86 Johnson, Liam	SO	Northwestern Oklah	-	32:32.4	7:49.3	6:32.8	4:04.0	13:42.8	26:15.8
87 Lewis, Josh	JR	Southern Nazarene	-	32:49.2	8:06.1	6:36.2	4:06.1	13:57.1	26:41.7
88 Vickers, Sam	SR	Ouachita Baptist	-	35:38.4	10:55.3	7:10.2	4:27.3	15:34.8	29:04.9
89 Tarlton, Andrew	SR	Ouachita Baptist	-	36:07.5	11:24.4	7:16.1	4:30.9	15:34.9	29:18.9
90 Bostian, Sam	FR	Arkansas-Monticell	52	37:22.8	12:39.7	7:31.3	4:40.3	15:49.6	30:26.3
91 McEndree, Jonathan	FR	Ouachita Baptist	-	39:15.3	14:32.2	7:53.9	4:54.4	31:51.9	
92 glover, kyle	SO	Arkansas-Monticell	53	39:40.9	14:57.8	7:59.0	4:57.6	32:12.3	
93 gurnsey, brandon	SO	Arkansas-Monticell	54	43:49.7	19:06.6	8:49.1	5:28.7	35:20.3	

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WOMEN • 5 Kilometers (3.11 Miles)

Final Results**RACE SUMMARY**

Start Time: 10:30 am Conditions: Cool, Sunny, Light Winds Temp: 44

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Avg.	Spread
1 Ouachita Baptist	42	3-6-10-11-12(22)(25)	18:49	0:43.5
2 Arkansas Tech	56	4-7-9-15-21(23)(24)	18:56	0:50.1
3 Oklahoma Baptist	87	1-8-17-26-35(40)(41)	19:12	2:03.2
4 Harding	97	2-19-20-27-29(30)(36)	19:17	1:33.8
5 East Central	132	5-14-28-32-53(57)	19:49	2:48.5
6 Southern Arkansas	171	16-31-33-42-49(54)(67)	20:11	1:54.9
7 Southern Nazarene	178	13-18-43-46-58(62)(76)	20:21	2:53.3
8 Southeastern Oklahoma	209	34-39-44-45-47(51)(55)	20:36	0:57.3
9 Southwestern Oklahoma	274	37-50-60-63-64(68)(69)	21:38	2:07.8
10 Northwestern Oklahoma	276	48-52-56-59-61(70)(71)	21:43	1:08.9
11 Henderson St.	314	38-65-66-72-73(74)(75)	22:45	4:05.5
12 Arkansas-Monticello	395	77-78-79-80-81	27:40	2:03.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM	3500 Meters
1 Strange, Sophia	SO	Oklahoma Baptist	1	18:07.2	---	5:49.6	3:37.4	12:54.2
2 Megias, Nieves	JR	Harding	2	18:18.0	9.8	5:53.1	3:39.6	12:58.6
3 Koeth, Taylor	JR	Ouachita Baptist	3	18:20.5	13.3	5:53.9	3:40.1	12:57.5
4 Cudworth, Marcie	SO	Arkansas Tech	4	18:28.1	20.9	5:56.3	3:41.6	12:58.1
5 Kemboi, Abigael	JR	East Central	5	18:42.7	35.5	6:01.0	3:44.5	13:06.2
6 McGregor, Jaci	SO	Ouachita Baptist	6	18:43.2	36.0	6:01.2	3:44.6	13:14.3
7 Mays, Ashlynn	SO	Arkansas Tech	7	18:46.4	39.2	6:02.2	3:45.3	13:24.6
8 McGruder, Kayla	SR	Oklahoma Baptist	8	18:51.2	44.0	6:03.7	3:46.2	13:29.3
9 Booth, Libby	FR	Arkansas Tech	9	18:53.2	46.0	6:04.3	3:46.6	13:21.8
10 Nachtigal, Kate	FR	Ouachita Baptist	10	18:56.7	49.5	6:05.5	3:47.3	13:30.0
11 Cash, Macie	SO	Ouachita Baptist	11	18:56.9	49.7	6:05.5	3:47.4	13:33.9
12 Davis, Mackenzie	SO	Ouachita Baptist	12	19:03.9	56.7	6:07.8	3:48.8	13:32.1
13 Harper, Madalyn	SR	Southern Nazarene	13	19:04.1	56.9	6:07.9	3:48.8	13:25.6
14 Jesang, Sharon	SO	East Central	14	19:05.8	58.6	6:08.4	3:49.2	13:29.1
15 Browning, Morganne	SO	Arkansas Tech	15	19:09.9	1:02.7	6:09.7	3:50.0	13:30.2
16 Warren, Logan	SO	Southern Arkansas	16	19:12.1	1:04.9	6:10.4	3:50.4	13:40.5
17 Lynch, Olivia	SO	Oklahoma Baptist	17	19:14.4	1:07.2	6:11.2	3:50.9	13:35.4
18 Taylor, Sabbatha	SR	Southern Nazarene	18	19:14.6	1:07.4	6:11.3	3:50.9	13:41.2
19 Washko, Kaylie	FR	Harding	19	19:15.3	1:08.1	6:11.5	3:51.0	13:36.6
20 Trice, Jada	JR	Harding	20	19:18.1	1:10.9	6:12.4	3:51.6	13:37.0
21 Bailey, Mary Beth	SO	Arkansas Tech	21	19:18.2	1:11.0	6:12.4	3:51.6	13:36.4
22 Hylkema, Allison	FR	Ouachita Baptist	(22)	19:19.0	1:10.8	6:12.7	3:51.8	13:47.9
23 Hill, Audrey	FR	Arkansas Tech	(23)	19:20.1	1:12.9	6:13.0	3:52.0	13:46.2
24 Hendrix, Mackenzie	FR	Arkansas Tech	(24)	19:29.2	1:22.0	6:15.9	3:53.8	13:48.7
25 Breaux, Izzi	SO	Ouachita Baptist	(25)	19:33.2	1:26.0	6:17.2	3:54.6	13:49.1

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26 Pavlik, Jady	SO	Oklahoma Baptist	26	19:35.1	1:27.9	6:17.8	3:55.0	13:49.8
27 Winders, Dinah	FR	Harding	27	19:38.1	1:30.9	6:18.8	3:55.6	13:43.3
28 Ham, Madison	FR	East Central	28	19:40.2	1:33.0	6:19.5	3:56.0	13:52.1
29 Stanley, Avery	FR	Arkansas Tech	-	19:46.0	1:37.8	6:21.3	3:57.2	14:00.0
30 Bieker, Kaia	FR	Harding	29	19:51.7	1:44.5	6:23.2	3:58.3	13:55.2
31 West, Felicity	SO	Arkansas Tech	-	19:53.4	1:46.2	6:23.7	3:58.7	13:59.2
32 Parks, Josie	FR	Harding	(30)	19:57.0	1:48.8	6:24.9	3:59.4	14:07.7
33 Hecht, Ashlynn	FR	Ouachita Baptist	-	19:57.5	1:50.3	6:25.0	3:59.5	14:19.0
34 Beshore, Calli	SO	Arkansas Tech	-	19:59.5	1:52.3	6:25.7	3:59.9	14:02.5
35 Cassidy, Dakota	SO	Southern Arkansas	31	20:00.2	1:53.0	6:25.9	4:00.0	14:04.7
36 Mireles, Natali	SR	East Central	32	20:00.9	1:53.7	6:26.1	4:00.2	14:14.4
37 McGlasson, Alyzah	SO	Southern Arkansas	33	20:04.7	1:57.5	6:27.3	4:00.9	14:08.6
38 Greenwood, Makensi	FR	Southeastern Oklah	34	20:06.8	1:59.6	6:28.0	4:01.4	14:15.9
39 King, Kaylen	SO	Oklahoma Baptist	35	20:10.3	2:03.1	6:29.2	4:02.1	14:22.0
40 Phillips, Kylie	JR	Harding	(36)	20:11.2	2:04.0	6:29.4	4:02.2	14:09.0
41 Schenk, Josilyn	SR	Southwestern Okla	37	20:14.1	2:06.9	6:30.4	4:02.8	14:12.4
42 Weathers, Chloe	FR	Arkansas Tech	-	20:16.6	2:09.4	6:31.2	4:03.3	14:06.2
43 Galvan, Heidy	JR	Henderson St.	38	20:16.8	2:09.6	6:31.3	4:03.4	14:27.4
44 Patterson, Rylee	FR	Ouachita Baptist	-	20:21.3	2:14.1	6:32.7	4:04.2	14:24.0
45 Coblenz, Sarah	FR	Southeastern Oklah	39	20:22.1	2:14.9	6:32.9	4:04.4	14:24.6
46 Weaver, Zoe	SO	Oklahoma Baptist	(40)	20:25.5	2:18.3	6:34.0	4:05.1	14:39.9
47 Coffee, Emily	FR	Oklahoma Baptist	(41)	20:26.3	2:19.1	6:34.3	4:05.2	14:16.7
48 Buchanan, Bronwyn	JR	Southern Arkansas	42	20:27.5	2:20.3	6:34.7	4:05.5	14:31.4
49 Payne, Emily	SO	Ouachita Baptist	-	20:34.3	2:27.1	6:36.9	4:06.9	14:27.0
50 Rubio, Afeni	SO	Southern Nazarene	43	20:34.5	2:27.3	6:36.9	4:06.9	14:42.0
51 Doakes, Devyn	FR	Southeastern Oklah	44	20:35.6	2:28.4	6:37.3	4:07.1	14:32.3
52 Bailey, Hannah	SO	Ouachita Baptist	-	20:40.1	2:32.9	6:38.7	4:08.0	14:40.8
53 West, Melina	FR	Ouachita Baptist	-	20:41.8	2:34.6	6:39.3	4:08.4	14:36.2
54 Longoria, Alexis	SO	Southeastern Oklah	45	20:46.8	2:39.6	6:40.9	4:09.4	14:37.7
55 King, Noelle	FR	Harding	-	20:48.9	2:41.7	6:41.6	4:09.8	14:40.1
56 Weilnau, Jaclyn	FR	Harding	-	20:49.0	2:40.8	6:41.6	4:09.8	14:40.1
57 Jones, Elora	SO	Southern Nazarene	46	20:53.0	2:44.8	6:42.9	4:10.6	14:54.2
58 Monk, Megan	SO	Ouachita Baptist	-	20:54.1	2:46.9	6:43.2	4:10.8	14:46.4
59 White, Laynie	SO	Ouachita Baptist	-	20:58.0	2:50.8	6:44.5	4:11.6	14:51.5
60 Blocker, Gracie	FR	Ouachita Baptist	-	20:58.8	2:51.6	6:44.8	4:11.8	14:58.1
61 Mast, Ella	FR	Harding	-	20:59.4	2:52.2	6:44.9	4:11.9	14:46.9
62 Smith, Madison	SR	Harding	-	20:59.7	2:52.5	6:45.0	4:11.9	14:54.7
63 Kesterson, Arden	SO	Southeastern Oklah	47	21:04.1	2:56.9	6:46.4	4:12.8	14:41.3
64 Holman, Sara	JR	Ouachita Baptist	-	21:05.1	2:57.9	6:46.8	4:13.0	14:49.4
65 Goodnow, Libby	SO	Northwestern Oklah	48	21:05.4	2:58.2	6:46.9	4:13.1	14:54.8
66 Zindler, Ava	FR	Southern Arkansas	49	21:07.0	2:58.8	6:47.4	4:13.4	14:46.6
67 Roberts, Presley	FR	Ouachita Baptist	-	21:08.1	3:00.9	6:47.7	4:13.6	14:46.1
68 Arrieta, Ana	FR	Southwestern Okla	50	21:12.0	3:04.8	6:49.0	4:14.4	14:55.3
69 Gregory, Maggie	FR	Ouachita Baptist	-	21:13.2	3:06.0	6:49.4	4:14.6	14:58.3
70 McElhaney, Abby	FR	Ouachita Baptist	-	21:14.4	3:07.2	6:49.7	4:14.9	15:08.3
71 Jaimz, Alexzandria	SR	Oklahoma Baptist	-	21:14.4	3:07.2	6:49.8	4:14.9	15:10.6

2022 GAC CROSS COUNTRY CHAMPIONSHIPS

Shawnee, OK
 Gordon Cooper Tech Center
 Saturday, November 5, 2022

MEET OFFICIALS

Timing:
 MacDonald Timing, LLC



OFFICIAL MEET REPORT
 printed: 11/5/2022 11:22 AM

Race #2
WOMEN • 5 Kilometers (3.11 Miles)

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM	3500 Meters
72 Brown, Allie	FR	Southeastern Oklah	(51)	21:17.3	3:10.1	6:50.7	4:15.5	15:01.4
73 Robinson, Jade	FR	Oklahoma Baptist	-	21:18.3	3:11.1	6:51.0	4:15.7	14:56.4
74 Hall, Briana	JR	Harding	-	21:19.1	3:11.9	6:51.3	4:15.8	15:06.3
75 Smith, Emily	SO	Northwestern Oklah	52	21:24.1	3:16.9	6:52.9	4:16.8	14:59.7
76 Provence, Katelyn	FR	Ouachita Baptist	-	21:26.8	3:19.6	6:53.7	4:17.3	15:09.5
77 MARTINES, EMISELA	SR	East Central	53	21:31.1	3:23.9	6:55.1	4:18.2	15:04.5
78 Redmond, Angel	FR	Southern Arkansas	(54)	21:34.6	3:27.4	6:56.3	4:18.9	15:16.7
79 Crouch , Lauren	FR	Oklahoma Baptist	-	21:39.9	3:32.7	6:57.9	4:20.0	15:14.7
80 Elcan, Abby	FR	Ouachita Baptist	-	21:41.3	3:34.1	6:58.4	4:20.3	15:21.2
81 Knight, Elise	FR	Ouachita Baptist	-	21:47.1	3:39.9	7:00.3	4:21.4	14:54.9
82 Rowe, Madison	FR	Southeastern Oklah	(55)	21:50.4	3:43.2	7:01.3	4:22.1	15:42.0
83 Foster, Kate	FR	Northwestern Oklah	56	21:51.4	3:44.2	7:01.7	4:22.3	15:24.5
84 Ramirez, Lucy	SO	East Central	(57)	21:54.8	3:47.6	7:02.8	4:23.0	15:36.7
85 Downs, Lauryn	SR	Southern Nazarene	58	21:57.3	3:50.1	7:03.5	4:23.4	15:36.8
86 Flores, Emily	FR	Northwestern Oklah	59	21:57.9	3:50.7	7:03.8	4:23.6	15:37.8
87 Beard, Becca	JR	Ouachita Baptist	-	21:58.6	3:51.4	7:04.0	4:23.7	15:43.0
88 Brown, Maicie	SO	Southwestern Okla	60	21:58.9	3:51.7	7:04.1	4:23.8	15:38.7
89 Delgado, Sydney	JR	Ouachita Baptist	-	22:09.3	4:02.1	7:07.4	4:25.9	15:46.5
90 Castilaw, Emily	JR	Ouachita Baptist	-	22:11.3	4:04.1	7:08.1	4:26.3	15:32.5
91 Light, Leiyah	SO	Northwestern Oklah	61	22:14.3	4:07.1	7:09.0	4:26.8	15:36.7
92 Pearse, Naomi	FR	Southern Nazarene	(62)	22:18.1	4:10.9	7:10.2	4:27.6	15:41.3
93 Whiteneck, Hayley	SO	Southwestern Okla	63	22:21.1	4:13.9	7:11.2	4:28.2	15:45.3
94 Sanchez, Isabel	FR	Southwestern Okla	64	22:21.8	4:14.6	7:11.4	4:28.4	15:46.2
95 Conley, Shayla	FR	Ouachita Baptist	-	22:22.9	4:15.7	7:11.8	4:28.6	15:51.6
96 Baxley, Madelyn	FR	Ouachita Baptist	-	22:26.4	4:19.2	7:12.9	4:29.3	15:54.8
97 Mosqueda, Martha	SR	Henderson St.	65	22:27.3	4:20.1	7:13.2	4:29.5	15:56.4
98 Wynn , Rachel	SO	Southeastern Oklah	-	22:29.9	4:22.7	7:14.0	4:30.0	15:48.6
99 Aitchenson, Faith	FR	Henderson St.	66	22:35.1	4:27.9	7:15.7	4:31.0	16:11.7
100 Sandoval, Savannah	FR	Southeastern Oklah	-	22:57.8	4:50.6	7:23.0	4:35.5	16:10.7
101 Cheney, Victoria	SO	Southern Arkansas	(67)	23:00.8	4:53.6	7:24.0	4:36.2	16:03.2
102 Workman, Madisan	FR	Southwestern Okla	(68)	23:04.6	4:57.4	7:25.2	4:36.9	16:35.5
103 Radke, Madison	FR	Southwestern Okla	(69)	23:04.7	4:57.5	7:25.2	4:36.9	16:10.3
104 Howard, Avery	SO	Ouachita Baptist	-	23:17.6	5:10.4	7:29.4	4:39.5	16:28.5
105 Wells, Taylor	SO	Harding	-	23:28.0	5:19.8	7:32.7	4:41.6	16:53.7
106 Shieldnight, Makenlee	FR	Southwestern Okla	-	23:30.1	5:22.9	7:33.4	4:42.0	16:40.4
107 Nailling, Nataly	JR	Ouachita Baptist	-	23:31.7	5:24.5	7:33.9	4:42.3	16:41.5
108 Hoeme, Addie	FR	Northwestern Oklah	(70)	23:32.1	5:24.9	7:34.0	4:42.4	16:40.9
109 Boykin, Cameryn	SO	Northwestern Oklah	(71)	23:36.0	5:27.8	7:35.3	4:43.2	17:06.2
110 Jones, Darby	FR	Ouachita Baptist	-	23:48.7	5:41.5	7:39.4	4:45.7	16:50.8
111 Davis, Ella Marie	FR	Ouachita Baptist	-	23:50.4	5:43.2	7:39.9	4:46.1	16:47.2
112 Brown, J'aime	FR	Southern Arkansas	-	23:57.6	5:50.4	7:42.3	4:47.5	16:44.7
113 Kuykendall, Tessa	SO	Henderson St.	72	23:59.9	5:52.7	7:43.0	4:48.0	16:59.8
114 Billingsley, Ashlyn	SO	Henderson St.	73	24:22.3	6:15.1	7:50.2	4:52.4	17:08.1
115 Solis, Alyssa	SR	Southern Arkansas	-	24:37.9	6:30.7	7:55.2	4:55.6	17:27.4
116 Paruszewski, Mallory	FR	Northwestern Oklah	-	24:52.4	6:45.2	7:59.9	4:58.5	17:38.8
117 Long, Taylor	SO	Henderson St.	(74)	25:00.9	6:53.7	8:02.6	5:00.2	17:39.3

2022 GAC CROSS COUNTRY CHAMPIONSHIPS

Shawnee, OK
 Gordon Cooper Tech Center
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Race #2
WOMEN • 5 Kilometers (3.11 Miles)

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM	3500 Meters
118 Stewart, Amy	FR	Harding	-	25:15.1	7:07.9	8:07.1	5:03.0	17:39.7
119 Kozlova, Kristina	FR	Henderson St.	(75)	25:24.8	7:17.6	8:10.3	5:05.0	17:46.8
120 Abbet, Sara	SR	Southern Nazarene	(76)	25:28.4	7:21.2	8:11.4	5:05.7	18:05.9
121 Denman, Nadia	FR	Ouachita Baptist	-	25:43.1	7:35.9	8:16.2	5:08.6	18:12.6
122 Jennings, Jessica	JR	Ouachita Baptist	-	25:54.0	7:45.8	8:19.7	5:10.8	18:13.8
123 Wallace, BreAmber	JR	Arkansas-Monticell	77	26:53.7	8:46.5	8:38.9	5:22.7	18:54.4
124 perry, rebekah	SO	Arkansas-Monticell	78	27:10.0	9:01.8	8:44.1	5:26.0	19:23.0
125 Ramos, Joana	SR	Arkansas-Monticell	79	27:32.5	9:25.3	8:51.3	5:30.5	19:23.2
126 Caraway , Olivia	FR	Arkansas-Monticell	80	27:44.3	9:37.1	8:55.1	5:32.9	19:18.2
127 Pfliging, Maddie	FR	Arkansas-Monticell	81	28:56.9	10:49.7	9:18.5	5:47.4	20:29.4
128 Murcia, Mariana	SO	Henderson St.	-	30:37.1	12:29.9	9:50.7	6:07.4	21:13.3