

Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Rampo Date 9/16 Weather _____
 Course Garret Mountain Course Record _____
 Final Scores _____ 1-5 Split 1:09 1-7 Split _____

Big North Week Garret Monday - 9/16/2013
 5k Run CC Race 4 5:15

Garret Mountain

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| Name | Year | School | Avg Mile | Finals | Points |
|------|------|--------|----------|--------|--------|
|------|------|--------|----------|--------|--------|

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Results - Women 5000 Run

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|----|------|---------------------|-------------|-------|-------|----|
| 1 | #291 | DiLandro, Deanna | W Ramapo | 6:34 | 20:24 | 1 |
| 2 | #362 | Jeffers, Carleen | W Ridgewood | 6:43 | 20:52 | 2 |
| 3 | #380 | Reis, Vanessa | W Ridgewood | 6:47 | 21:02 | 3 |
| 4 | #339 | Cleary, Kelly | W Ridgewood | 7:03 | 21:54 | 4 |
| 5 | #352 | Halvorsen, Sam | W Ridgewood | 7:03 | 21:54 | 5 |
| 6 | #381 | Rosenfeld, Leah | W Ridgewood | 7:05 | 22:01 | 6 |
| 7 | #293 | Harris, Alexandra | W Ramapo | 7:10 | 22:15 | 7 |
| 8 | #348 | Felsenstein, Genevi | W Ridgewood | 7:10 | 22:16 | 8 |
| 9 | #349 | Fishbein, Emily | W Ridgewood | 7:11 | 22:19 | 9 |
| 10 | #398 | Weisberger, Laura | W Ridgewood | 7:16 | 22:32 | |
| 11 | #289 | Abribat, Suzanne | W Ramapo | 7:16 | 22:33 | 10 |
| 12 | #330 | Hasbrouck, Ariane | W Ridgewood | 7:18 | 22:41 | |
| 13 | #395 | Taylor, Abby | W Ridgewood | 7:23 | 22:55 | |
| 14 | #342 | Davis, Sarah | W Ridgewood | 7:26 | 23:05 | |
| 15 | #294 | Intriago, Melanie | W Ramapo | 7:32 | 23:24 | 11 |
| 16 | #387 | Simpson, Kylie | W Ridgewood | 7:38 | 23:43 | |
| 17 | #333 | Brodkin, Emily | W Ridgewood | 7:38 | 23:43 | |
| 18 | #394 | Tai, Tayler | W Ridgewood | 7:43 | 23:57 | |
| 19 | #297 | McCauley, Kelly | W Ramapo | 7:44 | 24:00 | 12 |
| 20 | #295 | Liquori, Michele | W Ramapo | 7:45 | 24:03 | 13 |
| 21 | #384 | Schmidt, Sara | W Ridgewood | 7:53 | 24:30 | |
| 22 | #302 | Wilson, Elizabeth | W Ramapo | 7:55 | 24:34 | 14 |
| 23 | #374 | Merck, Margaret | W Ridgewood | 7:56 | 24:39 | |
| 24 | #391 | Stern, Emily | W Ridgewood | 7:57 | 24:42 | |
| 25 | #377 | Mudry, Vera | W Ridgewood | 7:58 | 24:45 | |
| 26 | #392 | Stern, Izzy | W Ridgewood | 8:04 | 25:02 | |
| 27 | #343 | Dwyer, Erin | W Ridgewood | 8:05 | 25:05 | |
| 28 | #292 | Guadara, Gianna | W Ramapo | 8:10 | 25:21 | |
| 29 | #386 | Sherman, Anya | W Ridgewood | 8:12 | 25:26 | |
| 30 | #299 | Parker, Maya | W Ramapo | 8:16 | 25:41 | |
| 31 | #341 | Daniels, Kylie | W Ridgewood | 8:18 | 25:45 | |
| 32 | #399 | Whittaker, Cayla | W Ridgewood | 8:22 | 26:00 | |
| 33 | #351 | Haas, Lindsay | W Ridgewood | 8:28 | 26:18 | |
| 34 | #335 | Carle, Kristen | W Ridgewood | 8:48 | 27:20 | |
| 35 | #332 | Broatch, Mackenzie | W Ridgewood | 8:48 | 27:20 | |
| 36 | #390 | Stern, Becca | W Ridgewood | 8:48 | 27:21 | |
| 37 | #334 | Caliguire, Sarah-Ka | W Ridgewood | 8:53 | 27:34 | |
| 38 | #350 | Garrity, Isabelle | W Ridgewood | 8:56 | 27:45 | |
| 39 | #373 | Mehos, Tatiana | W Ridgewood | 9:09 | 28:25 | |
| 40 | #344 | Dwyer, Kelly | W Ridgewood | 9:09 | 28:26 | |
| 41 | #368 | Kopec, Elizabeth | W Ridgewood | 9:44 | 30:13 | |
| 42 | #329 | Barclay, Sophia | W Ridgewood | 10:02 | 31:08 | |

Team Scores

| Rank | Team | Total | 1 | 2 | 3 | 4 | 5 | *6 | *7 | *8 | *9 |
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Results - Women 5000 Run

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|---|-------------|------------|---|---|----|----|----|----|----|
| 1 | Ridgewood | 20 | 2 | 3 | 4 | 5 | 6 | 8 | 9 |
| | Total Time: | 1:47:43.00 | | | | | | | |
| | Average: | 21:32.60 | | | | | | | |
| 2 | Ramapo | 41 | 1 | 7 | 10 | 11 | 12 | 13 | 14 |
| | Total Time: | 1:52:36.00 | | | | | | | |
| | Average: | 22:31.20 | | | | | | | |

Comment: We need to get our 1-5 split under a minute.