



Shore Coaches Invitational at Holmdel Park (Girls)

10/1/2016

Weather: 62, Overcast, Drizzle

We Competed Hard!

Varsity 5K (11:15 AM)		Comments	Pace	Split Times		
				1.0 mile	2.0 miles	
4	Lufrano, Jerika	20:34.00	6:37	6:45.00	13:30.00	
8	McCabe, Megan	20:49.00	6:42	6:43.00	13:53.00	
14	Morant, Leena	21:17.00	6:51	7:00.00	14:00.00	
22	Wlodarski, Monika	21:50.00	7:01	7:12.00	14:28.00	
28	Power, Lauren	22:18.00	7:10	7:30.00	14:55.00	
52	Zeigler, Kathryn	23:01.00	PR (-03.00)	7:24	7:27.00	15:03.00
63	Sullivan, Caroline	23:40.00	7:37	7:38.00		
21:21 Team Average						
72 Points						

Frosh 3200 Meters (9:10 AM)		Comments	Pace	Split Times
				1.0 mile
1st Place				
10	Lee, Zoe'	14:30.00	7:17	7:25.00
13	Ysaac, Zamira	14:32.00	7:18	7:05.00
21	Patterson, Ashleigh	15:05.00	7:35	7:40.00
30	Jackson, Morgan	15:46.00	7:55	8:00.00
42	Quainoo, Felicia	16:41.00	8:23	8:05.00
15:18 Team Average				
40 Points				