

NCHSAA 3A Cross Country  
Midwest Regional  
October 30, 2021  
Salisbury Community Park

Varsity Girls 5000 Meter Run Team Scores

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Team	Pts
1 Lake Norman Charter	48
2 East Rowan	88
3 Jesse Carson	93
4 Central Davidson	140
5 South Rowan	149
6 Oak Grove High	170
7 West Rowan	175
8 Central Academy of Tech	190
9 Rockingham County	197
10 North Davidson	208
11 Central Cabarrus	263
12 Northeast Guilford	337

Varsity Girls 5000 Meter Run

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Name	Team	Time	Pts
1 Lily Yampolsky	Lake Norman Charter	20:39.31	1
2 Jillian Parks-Wooten	Central Davidson	20:49.51	2
3 Grace Lane	Central Academy of Tech	21:02.40	3
4 Megan Rinehardt	Lake Norman Charter	21:11.48	4
5 Chloe Koper	Oak Grove High	21:14.33	5
6 Kaitlyn Warner	Rockingham County	21:17.11	6
7 Jenna Peterson	Lake Norman Charter	21:17.29	7
8 Makayla Borst	Jesse Carson	21:31.10	8
9 Megan Wozniak	Lake Norman Charter	21:40.03	9
10 Chelsea Kirk	Central Davidson	21:49.58	10
11 Leah Edwards	East Rowan	22:04.44	11
12 Camden Corley	Jesse Carson	22:08.27	12
13 Bethany Rymer	South Rowan	22:15.48	13
14 Natalia Everhart	Oak Grove High	22:22.19	14
15 Gatsby Goode	Northwest Cabarrus	22:28.65	
16 Jenna Wheeler	West Rowan	22:43.08	15

17 Meredith Bonner	East Rowan	22:45.15	16
18 Sadie Featherstone	East Rowan	22:46.66	17
19 Sophia Byrd	North Davidson	22:49.08	18
20 Etta Noel	Central Cabarrus	22:50.22	19
21 Sophia Roman	Asheboro	22:54.77	
22 Jady Featherstone	East Rowan	22:58.16	20
23 Brynn Sokolowski	Jesse Carson	22:59.24	21
24 Madison Beaver	South Rowan	23:01.52	22
25 Veronica Sherman	Atkins	23:02.71	
26 Kendall Barbee	Jesse Carson	23:04.99	23
27 Iyanna Lynch	East Rowan	23:08.50	24
28 Lindsey Beaver	South Rowan	23:09.87	25
29 Katie Roberts	West Rowan	23:12.39	26
30 Sophie Powers	Lake Norman Charter	23:20.00	27
31 Savannah Wise	East Rowan	23:23.06	28
32 Emily Landaverde	Jesse Carson	23:26.71	29
33 Sofia Moreta	Lake Norman Charter	23:32.54	30
34 Marion Blake	West Rowan	23:38.76	31
35 Cayleigh McManus	Northwest Cabarrus	23:42.92	
36 Malakia Kahn	Asheboro	23:45.18	
37 Brea White	Ledford	23:49.33	
38 Morgan Tartal	Lake Norman Charter	23:50.25	32
39 Madison Hooker	North Davidson	24:02.27	33
40 Claire Davis	Atkins	24:17.08	
41 Madison Mcleod	Central Academy of Tech	24:18.93	34
42 Jordyn Anderson	Eastern Guilford	24:20.14	
43 Hayley Borst	Jesse Carson	24:27.82	35
44 Sarah Eaves	Atkins	24:32.22	
45 Bailey Hicks	North Davidson	24:47.25	36
46 Mackenzie Todd	Jesse Carson	24:49.33	37
47 Kelly Todd	Central Academy of Tech	24:54.10	38
48 Brooke Williford	Parkwood	24:58.16	
49 Anjali Busse	Central Davidson	24:58.85	39
50 Devon Lawson	Oak Grove High	25:06.10	40
51 Jocelyn Stanley	Central Cabarrus	25:08.09	41
52 Zoey Snead	Rockingham County	25:10.56	42
53 Bryleigh Beaver	South Rowan	25:10.65	43
54 Aubrey Garrison	Central Davidson	25:10.93	44
55 Biridiana Candela	Northwest Cabarrus	25:24.23	
56 Sabrina Cox	Central Davidson	25:26.79	45
57 Mackenzie Chabala	South Rowan	25:43.48	46
58 Lily Manion	Northwest Cabarrus	25:49.10	
59 Blythe Elliott	South Rowan	25:58.77	47
60 liza key	Rockingham County	26:02.44	48
61 emily lewis	Rockingham County	26:08.64	49
62 Anna Harrison	West Rowan	26:16.62	50
63 Camille Moody	Atkins	26:29.60	
64 Neida Ramirez	Central Davidson	26:35.34	51
65 Sharlotte Brown	Rockingham County	26:38.82	52

66 Jisel Suarez	West Rowan	26:39.10	53
67 Hannah Starnes	Parkwood	26:40.09	
68 Kendall Keith	Oak Grove High	26:42.51	54
69 Isabella Montes	Central Academy of Tech	26:43.53	55
70 Amelia Spencer	North Davidson	26:45.11	56
71 Melody Murry	Oak Grove High	26:48.50	57
72 Gracie Phillips	Central Davidson	26:56.38	58
73 Savannah Fowler	South Rowan	27:05.71	59
74 Lily Alterman	Central Academy of Tech	27:09.50	60
75 Addison Duncan	East Rowan	27:29.43	61
76 Alyssa Geddings	Central Cabarrus	27:32.71	62
76 Madeleine Cottle	Northeast Guilford	27:32.71	61
78 annalisa lamberth	Rockingham County	27:53.33	64
79 Melody Lashmit	North Davidson	27:56.86	65
80 Isabella Medlin	Northeast Guilford	28:04.43	66
81 Andrea Martinez	Central Academy of Tech	28:10.79	67
82 Stella Madison	Concord	28:33.13	
83 Gabby Howes	Parkwood	28:34.98	
84 Michelle Rose	Northeast Guilford	28:37.46	68
85 Alicia Almaguer	Northeast Guilford	28:41.30	69
86 Ashleigh Bignall	Central Cabarrus	28:43.35	70
87 Ava Thorton Central	Cabarrus	28:44.51	71
88 Caroline Denny	Rockingham County	28:56.71	72
89 Ava Yardley	Parkwood	29:17.45	
90 Cameron Waller	Concord	29:37.18	
91 Jenna Perdue	Northeast Guilford	29:45.05	73
92 Monserra Perez	High Point Central	29:57.24	
93 Megan McDaniel	Ledford	29:59.59	
94 Monica Vasquez	North Davidson	30:11.64	74
95 Emma Seymour	Central Cabarrus	30:51.29	75
96 Noel Griffin	Concord	31:37.15	
97 Kaylen Davis	Montgomery Central	32:15.54	
98 Alexandria Bennett	Eastern Guilford	32:18.33	
99 Amelia Hooker	North Davidson	32:21.96	76
100 Andrea Quezada	Concord	33:05.81	
101 Aynsley Bruff	Ledford	33:09.17	
102 Caitlin Cospers	Ledford	35:15.98	
103 Brianne Carter	Northeast Guilford	35:26.95	77