






















Mt Carmel Invite

Balboa Park

Race 15 - D2 Frosh Girls - 3 Mile

9/16/2023 - 2:45pm





Team Results

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	 Coronado	23	1:58:44	23:45	7:55	6:38	7-9-15-32-47	1-2-4-6-10
2	 Cathedral Catholic	34	2:06:17	25:16	8:26	6:21	11-17-34-42-51-56	3-5-7-8-11-14
3	 Sacred Heart of Jesus	65	2:35:12	31:03	10:21	5:22	45-54-55-58-62-65-66	9-12-13-15-16-17-18
DNP	 Ironwood Ridge		1:37:13	24:19	8:07		2-13-40-49	4 Runners
DNP	 Immaculate Heart		1:39:30	24:53	8:18		4-30-37-46	4 Runners
DNP	 The Bishop's School		1:54:33	28:39	9:33		22-44-53-60	4 Runners
DNP	 Granite Hills		1:07:52	22:38	7:33		5-6-36	3 Runners
DNP	 El Capitan		45:33	22:47	7:36		3-29	2 Runners
DNP	 Francis Parker		46:18	23:09	7:43		8-31	2 Runners
DNP	 Salpointe Catholic		46:48	23:24	7:48		18-21	2 Runners
DNP	 La Jolla		47:19	23:40	7:54		19-23	2 Runners
DNP	 Christian		48:18	24:09	8:03		16-35	2 Runners
DNP	 Santana		48:22	24:11	8:04		20-33	2 Runners
DNP	 San Jacinto Leadership Academy		49:39	24:50	8:17		14-41	2 Runners
DNP	 La Jolla Country Day		52:53	26:27	8:49		25-50	2 Runners
DNP	 Laguna Hills		19:15	19:15	6:25		1	1 Runner
DNP	 High Tech High Mesa		22:17	22:17	7:26		10	1 Runner
DNP	 Otay Ranch		22:28	22:28	7:30		12	1 Runner
DNP	 Mount Miguel		24:14	24:14	8:05		24	1 Runner
DNP	 Hilltop		24:21	24:21	8:07		26	1 Runner
DNP	 Valley Center		24:35	24:35	8:12		27	1 Runner

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DNP	 Escondido Charter		24:38	24:38	8:13		28	1 Runner
DNP	 Ramona		26:26	26:26	8:49		38	1 Runner
DNP	 Canyon Springs		26:29	26:29	8:50		39	1 Runner
DNP	 Saguaro		27:07	27:07	9:03		43	1 Runner
DNP	 Mater Dei Catholic		28:12	28:12	9:24		48	1 Runner
DNP	 Maranatha Christian		29:46	29:46	9:56		52	1 Runner
DNP	 Kearny		31:56	31:56	10:39		57	1 Runner
DNP	 High Tech (CV)		32:29	32:29	10:50		59	1 Runner
DNP	 School for Entrepreneurship and Technology		32:48	32:48	10:56		61	1 Runner
DNP	Palo Verde		33:19	33:19	11:07		63	1 Runner
DNP	 Liberty Charter		34:24	34:24	11:28		64	1 Runner
DNP	 La Salle		35:08	35:08	11:43		67	1 Runner

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Individual Results

Place	Name	Grade	Team	Time	Points
1	Hannah Nourse	9	Laguna Hills	19:15.0	
2	Jessica Richardson	9	Ironwood Ridge	19:35.3	
3	Cora Lottermoser	9	El Capitan	20:46.5	
4	Fiat Flumiani	9	Immaculate Heart	20:59.0	
5	Trinity Herrin	9	Granite Hills	21:10.8	
6	Gabriella Shoemaker	9	Granite Hills	21:15.5	
7	Carly DeVore	9	Coronado	21:23.4	1
8	Leilani Muzzy	9	Francis Parker	21:26.7	
9	Gwynne Letcher	9	Coronado	21:26.8	2
10	Madeline Maclan	9	High Tech High Mesa	22:16.4	
11	Eva Smith	9	Cathedral Catholic	22:22.2	3
12	Sofia Carrillo	9	Otay Ranch	22:27.6	
13	Olivia Sawyer	9	Ironwood Ridge	22:34.8	
14	Zoe Zavala	9	San Jacinto Leadership Academy	22:47.6	
15	Maesan Everitt	9	Coronado	22:49.4	4
16	Grace Gilson	9	Christian	22:54.5	
17	Grace Keefe	9	Cathedral Catholic	22:56.1	5
18	Sophie Al Nassif	9	Salpointe Catholic	23:06.2	
19	Allison Gray	9	La Jolla	23:10.0	
20	Brooklynn Glider	9	Santana	23:10.4	
21	Andie Tkalcevic	9	Salpointe Catholic	23:41.1	
22	Isabella Bredt	9	The Bishop's School	23:58.2	
23	Thea Tremaine	9	La Jolla	24:08.8	
24	Emme Ettleman	9	Mount Miguel	24:13.9	
25	Mia Heppner	9	La Jolla Country Day	24:18.5	
26	Kamilah Cone	9	Hilltop	24:20.3	
27	Rebecca Welch	9	Valley Center	24:34.7	
28	Emily Ramirez	9	Escondido Charter	24:37.3	
29	Danna Barrientos	9	El Capitan	24:46.2	
30	Ana Ramos	9	Immaculate Heart	24:50.1	
31	Viviane Rickert	9	Francis Parker	24:51.2	
32	Nadia Roos	9	Coronado	25:02.5	6
33	Sovina Deitchman	9	Santana	25:11.5	
34	Abby Rall	9	Cathedral Catholic	25:15.7	7
35	Gracie Peterson	9	Christian	25:23.1	
36	Josephine Knapp	9	Granite Hills	25:25.4	
37	Paloma Sarco	9	Immaculate Heart	26:00.3	
38	Lara Welty	9	Ramona	26:25.8	

Place	Name	Grade	Team	Time	Points
39	Joselyn Lopez	9	Canyon Springs	26:28.1	
40	Mia Slagle	9	Ironwood Ridge	26:42.3	
41	Devynn Morgan	9	San Jacinto Leadership Academy	26:50.9	
42	Penelope Hertzog	9	Cathedral Catholic	27:00.6	8
43	Tate Hamblen	9	Saguaro	27:06.9	
44	Veronica Yu	9	The Bishop's School	27:15.7	
45	Zairah Delgado	9	Sacred Heart of Jesus	27:30.9	9
46	Makayla Waimrin	9	Immaculate Heart	27:40.0	
47	Edie Alicandri	9	Coronado	28:01.4	10
48	Alexa Sazon	9	Mater Dei Catholic	28:11.5	
49	Olivia Gunnels	9	Ironwood Ridge	28:19.7	
50	Sandi Juarez	9	La Jolla Country Day	28:33.7	
51	Julia Habas	9	Cathedral Catholic	28:42.3	11
52	Hannah Atuel	9	Maranatha Christian	29:45.1	
53	Nina Vaghar	9	The Bishop's School	30:40.0	
54	Princess Flores	9	Sacred Heart of Jesus	31:07.6	12
55	Maya Gutierrez	9	Sacred Heart of Jesus	31:42.4	13
56	Sophia Grunvald	9	Cathedral Catholic	31:47.8	14
57	Sofia Avila	9	Kearny	31:55.4	
58	Zoey Olmos	9	Sacred Heart of Jesus	31:57.7	15
59	Isabel Cavin	9	High Tech (CV)	32:28.4	
60	Sydney Whitman	9	The Bishop's School	32:38.3	
61	Micah Bydonie	9	School for Entrepreneurship and Technology	32:47.1	
62	Gaby Soto	9	Sacred Heart of Jesus	32:52.6	16
63	Alexis Brown	9	Palo Verde	33:18.6	
64	Eliana O'Neal	9	Liberty Charter	34:23.6	
65	Natalia Garcia	9	Sacred Heart of Jesus	34:26.8	17
66	Joselyn Cruz	9	Sacred Heart of Jesus	34:31.2	18
67	Itsiana Estrada	9	La Salle	35:07.6	

