

Name	Arapahoe	PreState	Centaurus	Ft. Morgan	Chatfield	Glenwood	Horizon	CrossFes	Northgle	League	Regional
	3-Sep	4-Sep	11-Sep	17-Sep	21-Sep	25-Sep	28-Sep	2-Oct	5-Oct	14-Oct	21-Oct
Marlena Long	22:21		21:36	22:33		20:52	23:15	21:55	20:45	21:40	20:49
Cara Nelson		23:04	22:59	22:21		20:53	23:13	22:32		21:55	21:24
Megan Kramer			25:35	25:30		23:35	28:35	24:49	23:56	24:26	22:28
Abby Barker		26:18	23:47	24:00		22:14	26:00	23:30		25:07	24:12
Victoria Robinson				29:46	26:48		28:48	25:00		25:21	23:40
Anneliese Smith	26:06		24:54	25:32	25:32		26:43	25:30	24:39	25:48	
Lauren Belieu		27:33	23:28	24:32		23:22	26:30	24:42		25:57	23:18
Lauren Hoppa		29:06	26:21	25:05		25:15	26:44	26:08		26:37	
Peyton Cottingham	27:31		24:38	24:58		22:58	25:45	24:54	23:49	27:25	22:59
Ericka Belieu		27:48	24:44	26:03	25:56		29:04	26:48		27:51	
Kimmy Kearns	29:32		27:59	30:22	28:35		30:22	28:26	27:10	28:15	
Demi Laughlin							32:12	30:03	27:41	29:51	

Mitchell, Russell

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