

2021 MCHS XCTeam Roster

Date of this release: 8/17/21

Last Name	First Name	Grade	Gender	Training Group	Training Group #	3mi/5K Goal Race Pace	Time Trial Standard Met?	Aug 13, 21 3200m Time Trial	Mon 8/16	Tue 8/17	Wed 8/18	Thu 8/19	Fri 8/20
Donohue	Jacob	12	M	VB1	1	4:55	Yes	10:39	X	X			
Vierya	Noe	12	M	VB1	1	4:55	Yes	10:39	X	X			
Wilson	Jack	9	M	VB2	2	5:20	Yes	10:37	X	X			
Choe	Benjamin	11	M	VB2	2	5:25	Yes		X				
Dawson	Logan	11	M	VB2	2	5:25	Yes		X	X			
Donohue	Jonathan	11	M	VB2	2	5:25	Yes		X	X			
Gubera	Sean	11	M	VB2	2	5:25	Yes		X	X			
McCorquodale	Adam	12	M	VB2	2	5:25	Yes		X	X			
Rodriguez-Lopez	Oswaldo	12	M	VB2	2	5:25	Yes		X	X			
Sanderson	Grant	10	M	JVB1	3	5:55	Yes	11:43	X				
Mattice	Deion	10	M	JVB1	3	6:00	Yes	6 Laps at 9:01	X	X			
Page	Jason	12	M	JVB1	3	6:00	Yes	5 Laps at 7:34	X	X			
Gross	Nick	10	M	JVB1	3	6:15	Yes	12:57	X	X			
Sitton	Gabe	10	M	JVB1	3	6:20	Yes	12:47		X			
Hakola	Justin	11	M	JVB1	3	6:20	Yes	12:08		X			
Nacouzi	Rami	11	M	JVB1	3	6:25	Yes			X			
Newton	Gavin	10	M	JVB1	3	6:25	Yes	12:07	X	X			
Busienei	Ashley	12	F	VG1	4	6:20	Yes		X				
Mattice	Vivien	12	F	VG1	4	6:20	Yes		X	X			
Taylor	Rebekah	11	F	VG1	4	6:20	Yes		X	X			
Trenam	Gracie	10	F	VG1	4	6:20	Yes	13:27	X	X			
Hedden	Avery	11	F	VG1	4	6:25	Yes	13:55	X	X			
Creegan	Brooke	12	F	VG1	4	6:30	Yes		X	X			
Chong	Ella	11	F	VG1	4	6:40	Yes	12:58	X	X			
Jimenez	Carmen	11	F	VG2	5	6:50	Yes	13:53	X	X			
Mathiesen	Isabella	10	F	VG2	5	6:50	Yes	13:39	X	X			
Carra	Mia	10	F	VG2	5	6:55	Yes	13:48	X	X			
Moe	Kira	10	F	VG2	5	6:55	Yes	13:57	X	X			
Hughes	Emma	12	F	VG2	5	7:00	Yes		X	X			
Cuniberti	Lily	10	F	VG2	5	7:10	Yes		X				
Gorauskas	Leyna	10	F	VG2	5	7:10	Yes	14:59	X	X			
McGarva	Nola	10	F	VG2	5	7:10	Yes	14:27	X	X			
Conti	Dominick	10	M	JVB2	6	7:00	Yes	13:54		X			
Dave	Kapil	9	M	JVB2	6	7:00	Yes	13:36	X	X			
Flores	Isaiah	10	M	JVB2	6	7:00	Yes	13:34	X	X			
Toig	Henry	10	M	JVB2	6	7:00	Yes	13:34	X	X			
Szczekocki	Brooke	9	F	JVG1	7	7:20	Yes	14:21	X	X			
Choe	Katherine	9	F	JVG1	7	7:20	Yes	14:10	X	X			
Schubert	Carley	9	F	JVG1	7	7:20	Yes		X				
Feng	Natalie	9	F	JVG1	7	7:30	Yes	14:41	X	X			
Donohue	Allie	9	F	JVG1	7	7:45	Yes	15:22	sick	X			
Marron	Cielo	9	F	JVG1	7	7:50	Yes	16:08	X				

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Egerton	Elliott	9	M	JVB3	8	7:30	Not Yet	4 laps at 6:55	X	X			
Donlon	Matthew	9	M	JVB3	8	7:40	Not Yet						
Gage	Malcolm	9	M	JVB3	8	7:40	Not Yet	3 Laps at 6:15					
Li	Tony	9	M	JVB3	8	7:40	Not Yet	4 Laps at 6:55	X	X			
Padilla	Axel	9	M	JVB3	8	7:40	Not Yet						
Li	Catherine	10	F	JVG2	9	8:10	Not Yet		X	X			
Shalev	Phoebe	9	F	JVG2	9	8:20	Yes	16:08	X	X			
Heaps	Myrea	10	F	JVG2	9	8:20	Yes	16:08	X	X			
Gunderson	Grace	9	F	JVG2	9	8:20	Yes	16:12	X	X			
Jahnke	Ella	10	F	JVG2	9	8:30	Not Yet		X				
Rivera-Arevalo	Sara	12	F	JVG2	9	8:30	Yes	16:18	X	X			
Lustberg	Rachel		F	JVG2	9	8:30	Yes	16:23	X	X			
Bisbee	Catherine	9	F	JVG3	10	9:00	Not Yet	6 laps 12:51	X	X			
Calderon-Jimenez	Amy	9	F	JVG3	10	9:00	Not Yet		X	X			
Clawson	Taylor	9	F	JVG3	10	9:00	Not Yet	3 laps 6:20	X	X			
Grafe	Sofia	9	F	JVG3	10	9:00	Not Yet	2 laps 4:03					
Kapustka	Allison	9	F	JVG3	10	9:00	Not Yet	4 laps 8:38	X	X			
Kapustka	Reese	10	F	JVG3	10	9:00	Not Yet	5 laps 10:57	X	X			
Parsons	Claire	9	F	JVG3	10	9:00	Not Yet	4 laps in ~8:45	X	X			
Prather	Allison	9	F	JVG3	10	9:00	Not Yet		X	X			
Taylor	Abby	10	F	JVG3	10	9:00	Not Yet	17:24	X	X			
Vargas	Rikki	9	F	JVG3	10	9:00	Not Yet	4 laps in ~8:45		X			
Vincent-Blatter	Rosemary	10	F	JVG3	10	9:00	Not Yet		X	X			
Rivera-Hoagland	Josephine	11	F	INJ	INJ	INJ	Not Yet	16:18					