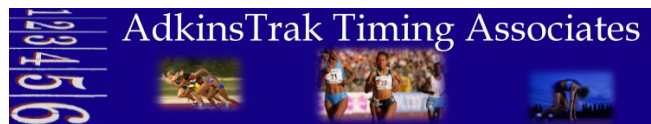


**2010 AAU CROSS COUNTRY CHAMPIONSHIPS - 12/4/2010****Orlando, FL****Rankings****Event 20 Girls 15-19 5k Run CC YW/IG**

Name	Age	Team	Avg Mile	Finals	Points
15-16 Results 5000 Run					
1 #285 Karas, Caterina	16	Simpsonville, KY	5:55.5	18:24.24	1
2 #278 Hale, Cassidy	15	Louisville, KY	6:08.8	19:05.66	2
3 #279 Hale, Kristen	15	Louisville, KY	6:14.4	19:23.07	3
4 #301 Rucinski, Christin	15	Louisville, KY	6:37.0	20:33.24	4
5 #1097 Werstler, Brooke	15	Larwill, IN	6:39.2	20:40.28	
6 #1047 Nalepka, Nora	16	Bloomfield, NJ	6:40.1	20:43.04	
7 #1019 Knutson, Kassidy	15	Orchard, CO	6:41.4	20:46.82	
8 #626 Garris, Lauren	16	Odessa, FL	6:49.4	21:11.82	5
9 #854 Caffey, Tatiyana	15	Lithonia, GA	6:49.6	21:12.33	
10 #1348 Seignious, Beverly	16	Bronx, NY	6:53.3	21:24.04	
11 #266 Bennett, Lauren	15	Louisville, KY	6:53.6	21:24.98	6
12 #270 Byrd, Jessica	15	Louisville, KY	6:57.7	21:37.73	7
13 #267 Beyea, Caitlin	16	Goshen, KY	6:59.1	21:42.01	8
14 #40 Trevino, Shelby	16	Bakersfield, CA	6:59.2	21:42.33	
15 #1342 Franco, Marielle	15	Enterprise, AL	6:59.2	21:42.40	
16 #215 Moscoso, Maite	15	Longwood, FL	6:59.5	21:43.06	
17 #861 Pettway, Aaliyah	16	Lithonia, GA	7:03.4	21:55.40	
18 #1094 Walter, Lindsay	15	Ann Arbor, MI	7:06.6	22:05.18	
19 #643 Lopez, Rachael	15	Ft. Lupton, CO	7:13.5	22:26.57	
20 #934 Nicklas-Morris, Gr	15	Winston-Salem, NC	7:14.9	22:31.18	
21 #347 Velez, Taylor	15	Bronx, NY	7:16.9	22:37.32	
22 #1284 Lichstein, Kaela	15	Simi Valley, CA	7:26.0	23:05.63	
23 #1049 Nelson, Amber	16	Brewton, AL	7:26.2	23:06.16	
24 #627 Garris, Salina	16	Odessa, FL	7:26.4	23:06.74	9
25 #300 Richardson, Casey	16	Louisville, KY	7:27.6	23:10.56	
26 #1012 Jones, Jazmyne	15	Lancaster, SC	7:29.0	23:14.80	
27 #860 McBride, Crystal	16	Lithonia, GA	7:32.5	23:25.76	
28 #622 Chapman, Parker	16	Tampa, FL	7:36.0	23:36.50	10
29 #1343 Matsunaga, Kajong	15	Enterprise, AL	7:37.7	23:41.85	
30 #1347 Pate, Erica	15	Bronx, NY	7:38.0	23:42.88	
31 #363 Brock, Zoe	16	Midland, TX	7:41.4	23:53.29	
32 #859 Long, Leigha	15	Lithonia, GA	7:52.4	24:27.46	
33 #340 Hayden, Lauren	15	Louisville, KY	7:59.1	24:48.29	
34 #1063 Regan, Allyson	16	Hackettstown, NJ	8:08.1	25:16.41	
35 #1080 Smidt, Meghan	16	Brighton, CO	8:12.7	25:30.64	
36 #624 Dorsey, Nicole	15	Lutz, FL	8:13.2	25:32.32	11
37 #346 Turner, Shanice	15	Bronx, NY	8:15.6	25:39.70	
38 #695 Pfeiffle, Sarah	15	Rockford, IL	8:29.1	26:21.55	
39 #950 Lillian, Koch	15	Holmdel, NJ	8:34.1	26:37.22	
40 #634 Murray, Caroline	15	Odessa, FL	8:44.7	27:09.90	12
41 #102 Bryce, Allison	16	George West, TX	8:49.0	27:23.36	
42 #202 Guzman, Yolanda	16	Center, CO	8:49.2	27:24.09	
43 #640 Carrasquillo, Chel	15	Lutz, FL	9:22.1	29:06.14	
44 #1106 Zumbach, Helen	15	Knoxville, MD	9:31.5	29:35.41	
45 #739 Spann, Irie	15	Savannah, GA	9:39.5	30:00.38	



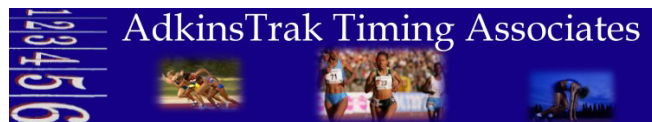
**2010 AAU CROSS COUNTRY CHAMPIONSHIPS - 12/4/2010**

**Orlando, FL**

**Rankings**

17-19 Results 5000 Run

1 #1037 Menghini, Krista	17 Fenton, MO	6:04.9	18:53.49
2 #763 Brothers, Carmen	18 Ponchatoula, LA	6:38.7	20:38.64



**2010 AAU CROSS COUNTRY CHAMPIONSHIPS - 12/4/2010**

**Orlando, FL**

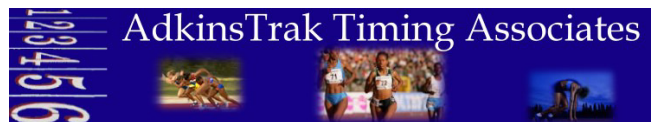
**Rankings**

**....Event 20 Girls 15-19 5k Run CC YW/IG**

3	#949	Julia, Koch	17	Holmdel, NJ	6:43.2	20:52.69
4	#1023	Lovelace, Lori-Ann	17	Killen, AL	6:46.1	21:01.55
5	#1027	Macedo, Haily	17	Oakdale, CA	6:58.2	21:39.23
6	#280	Hale, MARRISA	17	Louisville, KY	7:06.1	22:03.79
7	#421	Weintraub, Ashley	17	Hurleyville, NY	7:07.6	22:08.46
8	#995	Gargiulo, Tiffany	17	Chuluota, FL	7:09.5	22:14.23
9	#214	Mannella, Marissa	17	Winter Garden, FL	7:09.8	22:15.28
10	#419	Rehm, Olivia	17	Grahamsville, NY	7:13.0	22:25.14
11	#1083	Spencer, Megan	17	Homer, MI	7:18.5	22:42.35
12	#97	Carney, Kali	17	Minneola, FL	7:25.1	23:02.70
13	#201	Burch, Christina	17	Center, CO	7:26.1	23:05.76
14	#725	Funderbruk, Kala	18	St. Petersburg, FL	7:39.7	23:47.95
15	#973	Burd, Marci	18	Browning, MT	8:01.6	24:56.21
16	#630	Lyle, MacKenzie	17	Lutz, FL	8:26.2	26:12.48
17	#969	Briese, Vanessa	17	Albion, MI	8:37.5	26:47.79
18	#117	Jamdar, Sarah	18	Northridge, CA	8:41.0	26:58.43
19	#1078	Sherman, Shantella	17	Albion, MI	8:45.5	27:12.66

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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=====											



**2010 AAU CROSS COUNTRY CHAMPIONSHIPS - 12/4/2010**

**Orlando, FL**

**Rankings**

15-16 Results 5000 Run

1 Simpsonville, KY	16	1	2	3	4	6	7	8
Total Time: 1:38:51.19								
Average: 19:46.24								
2 Odessa, FL	47	5	9	10	11	12		
Total Time: 2:00:37.28								
Average: 24:07.46								

