Grosse Pointe South Cross Country

MEET RESULTS - 2011

Date: 9-16-11	**Away**	**@ MSU – Forest Akers Golf Course**	**Weather: cool, sunny, mild**
Dual Meet vs.			
Invitational:	***MSU Spartan Invitational***		
Dual Meet Record:	**MAC Red: 6 - 0**	**Overall: 6 - 0**	
Scoring:	**South: 2nd place / 33 teams**		
Comments:	**A second place finish in the "elite" race is astounding. We took a huge step in the right direction today. Times dropped (and will continue to drop!) but more importantly, we followed the basic plan: out at the next level; establishing yourself well in the first mile; race-race-racing during the second mile; maintaining composure during the third mile. Hannah, Kelsie and Haley will continue to improve thru the 17 min range. Ersula will fight for the 18 min range. Megan and Kelly will fight for the 19 min range. Nicole will fight for the low 20 min range. Work for it… believe in it.**		

Team Pl.	Over all	Name	Time	Season Best	Team Pl.	Over all	Name	Time	Season Best
1	1	Hn Meier	17:38	*					
2	4	K. Schwartz	18:08	*					
3	8	Hl Meier	18:27	*					
4	36	E. Farrow	19:21	*					
5	127	M. Sklarski	20:32	*					
6	149	K. Langton	20:55	*					
7	151	N. Keller	20:56	*					
8									
9									
10									
11		237 total runners							
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
		Top Ten Teams:							
		1. Saline	156						
		2. GP South	176						
		3. Grand Haven	180						
		4. Northville	193						
		5. Birm. Seaholm	201						
		6. East Grand Rapids	262						
		7. Brighton	291						
		8. Benzie Central	301						
		9. Rochester Adams	316						
		10. Rockford	338						

	Mile		Two Mile		Three Mile		5k	
	Goal	Actual	Goal	Actual	Goal	Actual	Goal	Actual
Hannah	5:23	5:19	10:59	11:11	16:48		17:21	17:38
Kelsie	5:30	5:31	11:16	11:35	17:21		17:54	18:08
Haley	5:30	5:34	11:16	11:48	17:21		17:54	18:27
Ersula	5:55	5:48	12:10	12:18	18:55		19:30	19:21
Megan	6:15	6:20	12:50	13:11	19:50		20:25	20:32
Kelly	6:15	6:15	12:50	13:15	19:50		20:25	20:55
Nicole	6:20	6:13	13:05	13:14	20:20		20:55	20:56