



Heartland Regional Championships  
Yankton Trails  
Sioux Falls, SD  
Sat. November 10, 2007

Results Provided By:  
**PRIME  
TIME  
TIMING**  
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## INDIVIDUAL RESULTS

### Nike Team Nationals

#### Jr. Varsity Girls

Place	Displacer	Bib	Name	T Plc	Team	1 Mile	2 Mile	Time	Pace
1	1	1021	Sara Watt	1	3-D Running Club	06:32	13:35	21:10	06:50
2		1306	Ali Fowler		Minot (M & M's)	06:31	13:35	21:15	06:51
3	2	1421	Emily Stafford	1	Sioux Falls XC	06:34	13:35	21:16	06:52
4		1106	Shelby Spehar		Blue Springs XC	06:33	13:42	21:39	06:59
5	3	1417	Natalie Holter	2	Sioux Falls XC	06:37	13:57	21:40	06:59
6	4	1019	Lauren Storm	2	3-D Running Club	06:33	13:48	21:46	07:01
7		1082	Heather Wolberg		Bismarck RC	06:33	13:58	21:46	07:01
8		1314	Tori Witowic		Minot (M & M's)	06:31	13:51	21:48	07:02
9		1309	Alexa Hornecker		Minot (M & M's)	06:33	14:03	21:49	07:02
10	5	1419	Emily Kirkwald	3	Sioux Falls XC	06:37	13:58	21:58	07:05
11	6	1005	Savannah Chambers	3	3-D Running Club	06:51	14:18	22:11	07:09
12		1104	Meryll Pampolina		Blue Springs XC	06:52	14:19	22:13	07:10
13	7	1015	Briana Newman	4	3-D Running Club	06:52	14:17	22:17	07:11
14	8	1013	Amanda Kneifl	5	3-D Running Club	06:34	14:13	23:04	07:26
15	9	1423	Kailee Tennessen	4	Sioux Falls XC	06:57	14:45	23:09	07:28
16	10	1413	Andrea Fee	5	Sioux Falls XC	06:56	14:41	23:09	07:28
17		1078	Becca Lebak		Bismarck RC	06:50	14:37	23:11	07:29
18	11	1020	Mikayla Vetter	6	3-D Running Club	07:06	14:52	23:14	07:30
19		1070	Sydney Becker		Bismarck RC	07:07	14:57	23:24	07:33
20	12	1008	Shannon Fitzsimmons	7	3-D Running Club	07:06	15:01	23:38	07:37
21		1009	Sarah Hicks		3-D Running Club	07:16	15:20	24:00	07:44
22		1103	Audrey Moxley		Blue Springs XC_	07:20	15:26	24:08	07:47
23		1105	Jennifer Paul		Blue Springs XC	07:13	15:32	24:28	07:54
24	13	1422	Cassie TenCate	6	Sioux Falls XC	07:27	15:45	24:33	07:55
25		1014	Jessica Mathis		3-D Running Club	07:39	16:08	25:18	08:10
26		1411	Shelby Byington		Sioux Falls XC	07:52	16:31	26:01	08:23
27	14	1420	Alyssa Pederson	7	Sioux Falls XC	08:10	17:43	27:57	09:01
28		1496	Minaal Khan		Team Greeno	09:28	21:13	32:58	10:38

Nike Team National Heartland Regional Championship  
Yankton Trails Park  
Sioux Falls, SD  
November 10th, 2007

===== Girls Junior Varsity Team Score =====

1. 26 3-D Running Club ( 22:06 1:50:29)

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1	1	Sara Watt	21:11
2	4	Lauren Storm	21:46
3	6	Savannah Chambers	22:11
4	7	Briana Newman	22:17
5	8	Amanda Kneifl	23:04
6	( 11)	Mikayla Vetter	23:14
7	( 12)	Shannon Fitzsimmons	23:38

2. 29 Sioux Falls XC ( 22:15 1:51:15)

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1	2	Emily Stafford	21:17
2	3	Natalie Holter	21:41
3	5	Emily Kirkwald	21:58
4	9	Kailee Tennessen	23:09
5	10	Andrea Fee	23:10
6	( 13)	Cassie TenCate	24:33
7	( 14)	Alyssa Pederson	27:57