

2009 NACAC Cross Country Championships

Results - Junior Women's 4 km

Junior Women 4 km

Points	Name	Year	Team	Avg Mile	Finals
1	Lalonde, Genevieve		Canada	5:14	13:00
2	Goule, Natoya		Jamaica	5:21	13:17
3	Pritt, Emily		USA	5:21	13:18
4	Graham, Chelsea		Canada	5:23	13:22
5	Johnson, Justine		Canada	5:23	13:23
6	Jewett, Tamara		Canada	5:25	13:28
7	Aldea, Stephanie		Canada (Exh)	5:26	13:30
8	Pfister, Caroline		Canada	5:28	13:35
9	Grabill, Molly		USA	5:28	13:35
10	Ellis, Colin		USA	5:30	13:40
11	Jumbo, Rolonda		USA	5:33	13:47
12	Doherty, Lauren		Canada (Exh)	5:36	13:56
13	Brown, Kimberly		Jamaica	5:41	14:08
14	Lewis, Camiesha		Jamaica	5:42	14:09
15	Estey, Laura		Canada	5:43	14:11
16	Bailey, Omoya		Jamaica	5:45	14:16
17	Oeding, Lacey		USA	5:45	14:16
18	Rolle, Hughuque		Bahamas	5:53	14:35
19	Shukla, Samantha		Trinidad	5:53	14:37
20	Rodriguez Colon, Melissa		Puerto Rico	6:00	14:54
21	Jiminez Gonzalez, Taitia		Puerto Rico	6:05	15:06
22	Ramos Colon, Fabiola		Puerto Rico	6:10	15:20
23	Rodriguez Rivera, Karla		Puerto Rico	6:13	15:27
24	Lopez Ortiz, Keishla		Puerto Rico	6:17	15:35

25	Sanjurjo Alicea, Kiara	Puerto Rico	6:19	15:41
22				
26	Swan, Mikarla	Bahamas	7:00	17:23
23				
27	Johnson, Ashley	Bahamas	7:15	18:02
24				
28	Braunen, Olivia	Bahamas	7:24	18:22
25				

Team Scores

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Rank Team                Total    1    2    3    4    *5    *6    *7    *8
*9
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====
  1 Canada                16     1    4    5    6    7    13
    Total Time:    53:13.00
    Average:      13:18.25
  2 United States of America 30     3    8    9   10   15
    Total Time:    54:20.00
    Average:      13:35.00
  3 Jamaica               39     2   11   12   14
    Total Time:    55:50.00
    Average:      13:57.50
  4 Puerto Rico           74    17   18   19   20   21   22
    Total Time:    1:00:47.00
    Average:      15:11.75
  5 Bahamas               88    16   23   24   25
    Total Time:    1:08:22.00
    Average:      17:05.50

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Results - Junior Men's 6 km

Junior Men 6 km Run CC

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Name                Year Team                Avg Mile    Finals
Points
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====
  1 Hill, Ryan                USA                4:49    17:55
1
  2 Prentice, Ryan           USA                4:50    18:01
2
  3 Ahmed, Mohammed         Canada             4:50    18:02
3
  4 Graves, Griffith        USA                4:51    18:03
4
  5 Fernandez, Eric         USA                4:52    18:08
5
  6 Majock, Nyjal           Canada             4:54    18:13
6
  7 Kuternin, Aleksandr     Canada             4:55    18:17
7

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8	Leakos, James	Canada	4:56	18:22
9	Cambpbell, Kemoy	Jamaica	4:56	18:23
10	Malette, John Paul	Canada	5:00	18:38
11	Crossman, Conroy	Jamaica	5:01	18:40
12	Bywater, Joey	USA	5:01	18:42
13	Ojeda Rivera, Fernando	Puerto Rico	5:03	18:50
14	Wolter, Matias	Canada	5:04	18:52
15	Brit, Barry	Canada (Exh)	5:06	18:59
16	Roman-Garcia, Fernando	Puerto Rico	5:08	19:06
17	Williams, Corey	Jamaica	5:09	19:10
18	Rivera Bernard, Jerry	Puerto Rico	5:10	19:14
19	Smith, Jacob	Canada (Exh)	5:11	19:16
20	Bruchet, Lucas	Canada (Exh)	5:11	19:19
21	White, Kevin	Jamaica	5:18	19:45
22	Colo Delgado, Eldilberto	Puerto Rico	5:20	19:51
23	Flores Melendez, Luis D.	Puerto Rico	5:26	20:14
24	Smith, George	Trinidad	5:29	20:25
25	Ortiz Torres, Jose	Puerto Rico	5:29	20:27
26	Rolle, Cario	Bahamas	5:41	21:10
27	Newbold, Laguardo	Bahamas	5:42	21:12
28	Caroy, Audley	Bahamas	5:54	21:59
29	Cajuste, Kingsley	Bahamas	5:56	22:05
30	Whitfield-Wallace, Kenne	Bahamas	6:07	22:47

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8
1	United States of America	12	1	2	4	5	12			
	Total Time:	1:12:07.00								
	Average:	18:01.75								
2	Canada	24	3	6	7	8	10	14		
	Total Time:	1:12:54.00								
	Average:	18:13.50								
3	Jamaica	54	9	11	16	18				

Total Time:	1:15:58.00						
Average:	18:59.50						
4 Puerto Rico		64	13	15	17	19	20 21
Total Time:	1:17:01.00						
Average:	19:15.25						
5 Bahamas		94	22	23	24	25	26
Total Time:	1:26:26.00						
Average:	21:36.50						

Results - Senior Women's 6 km

Senior Women 6 km

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=====
Name                               Year Team                               Avg Mile   Finals
Points
=====
=====
1 Grandt, Clara                     USA                               5:25       20:11
1
2 Cormier, Catherine                Canada                             5:28       20:21
2
3 Enman, Kasie                      USA                               5:28       20:23
3
4 Nehus, Erin                       USA                               5:32       20:38
4
5 Widney, Chantell                  Canada                             5:33       20:42
5
6 Grinaker, Hanna                   USA                               5:34       20:46
6
7 Arsenault, Marilyn                Canada                             5:37       20:54
7
8 Hood, Stephanie                   Canada                             5:40       21:06
8
9 Guiney, Megan                     USA                               5:41       21:11
9
10 Malette, Rachelle                Canada                             5:43       21:16
10
11 Wilder, Chantelle                 Canada                             5:45       21:26
11
12 Vaughan, Kathryn                  Canada (Exh)                       5:55       22:01
13 Barnett, Tanice                    Jamaica                             5:56       22:06
12
14 Morgan, Neisha                     Jamaica                             6:18       23:28
13
15 Martin, Arieta                     Jamaica                             6:25       23:55
14
16 McClymont, Petrona                Jamaica                             6:45       25:08
15

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Team Scores

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

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=====
=====
1 United States of America      14    1    3    4    6    9
   Total Time: 1:21:58.00
   Average:    20:29.50
2 Canada                        22    2    5    7    8   10   11
   Total Time: 1:23:03.00
   Average:    20:45.75
3 Jamaica                       54   12   13   14   15
   Total Time: 1:34:37.00
   Average:    23:39.25

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Results - Senior Men's 8 km

Senior Men 8 km

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=====
=====
Name                               Year Team                               Avg Mile                               Finals
Points
=====
=====
1 Pifer, Stephen                    USA                               4:41                               23:15
1
2 Wykes, Dylan                      Canada                           4:44                               23:30
2
3 Ghebray, Giliat                  USA                               4:45                               23:35
3
4 Vega, Antonio                     USA                               4:46                               23:39
4
5 Meyer, Lucas                      USA                               4:48                               23:50
5
6 Bourgeois, Joel                  Canada                           4:53                               24:13
6
7 Khan, Saheed                     Canada                           4:57                               24:33
7
8 Thorson, Cleve                   Canada                           5:00                               24:47
8
9 Genest, Alex                     Canada                           5:01                               24:55
9
10 Nakluski, Derek                 Canada                           5:05                               25:17
10
11 Bent, Damion                    Jamaica                          5:06                               25:19
11
12 Donawa, Albert                  Bermuda                          5:09                               25:36
13 Sunseri, Nicholas                Canada                           5:11                               25:43
14 McKenzie, Linton                 Jamaica                          5:11                               25:45
12
15 Campbell, Kevin                 Jamaica                          5:14                               25:59
13
16 McIntyre, Wayne                 Jamaica                          5:14                               26:00
14
17 Larode, Jules                   Trinidad                         5:14                               26:01
18 Smith, Kavin                    Bermuda                          5:36                               27:50

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Team Scores

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=====
====
Rank Team                Total   1    2    3    4   *5   *6   *7   *8
*9
=====
====
  1 United States of America   13    1    3    4    5
    Total Time:  1:34:19.00
    Average:     23:34.75
  2 Canada                    23    2    6    7    8    9   10
    Total Time:  1:37:03.00
    Average:     24:15.75
  3 Jamaica                   50   11   12   13   14
    Total Time:  1:43:03.00
    Average:     25:45.75

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