

2019 DICKINSON WOMEN'S CROSS COUNTRY INDIVIDUAL RESULTS

Overall Finish	Light the Night	Little Three	E'Town Short	Paul Short	Paul Short	Rowan	Rowan	CC Meet	CC Open	NCAA Mideast	NCAA
Team Finish ()	5k	5k	5k	Brown Race 6k	Open Race 6k	Championship 6k	Open 6k	6k	6k	6k	6k
Date	8-30	9-6	9-20	10-5	10-5	10-19	10-19	11-2	11-2	11-16	11-23
Kate Altman	46- 22:16 (17)	35- 21:43 (18)	94- 21:41 (18)		312- 25:57 (7)		30- 25:36 (5)		21- 26:40 (2)		
Laura Berman	32- 21:23 (12)	28- 21:04 (15)	74- 20:45 (13)		272- 25:29 (4)		58- 27:00 (8)		18- 26:11 (1)		
Isabel Cardi	2- 18:01 (2)	1- 17:58 (1)	1- 17:11 (1)	3- 21:17 (1)		2- 20:40 (1)		1- 21:16 (1)+\$		1- 20:38 (1)!	3- 21:19 (1) *
Elizabeth Cassell	37- 21:39 (13)	24- 20:45 (12)	39- 19:33 (8)			64- 23:12 (6)		31- 24:01 (7)			
Tessa Cassidy	5- 19:10 (4)	4- 18:50 (4)		23- 21:49 (3)		13- 21:41 (3)		8- 22:30 (3)#		9- 21:53 (3)!	58- 22:27 (2)
Eve Charest		31- 21:21 (16)	58- 20:02 (11)		174- 24:14 (1)			61- 25:37 (9)			
Elaina Clancy	16-20:17 (7)	10- 19:59 (8)	32- 19:21 (7)	192- 23:18 (7)		68- 23:14 (7)		22- 23:32(4)		72- 23:18 (6)	217- 23:47 (5)
Isabel Crawford	44- 22:13 (15)	26- 20:52 (14)	47- 19:52 (10)		222- 24:53 (2)						
Isabella Fife	11- 19:49 (5)	5- 19:27 (5)	30- 19:17 (6)								
Malloreay FitzGerald	28- 21:10 (11)	22- 20:41 (11)	62- 20:13 (12)		303- 25:52 (6)		27- 25:21 (3)	71- 26:37 (12)			
Macallan Fox	26- 21:07 (10)	17- 20:27 (9)		348- 25:49 (8)			20- 24:40 (1)	68- 26:13 (11)			
Teressa Healy	23- 21:02 (9)	18- 20:29 (10)	43- 19:41 (9)				29- 25:35 (4)				
Hannah Herzon	47- 22:21	34- 21:36 (17)	80- 20:55 (14)		330- 26:14 (9)		74- 27:38 (9)				
Sarah House	1- 17:52 (1)	2- 18:04 (2)	2- 17:37 (2)	11- 21:22 (2)		9- 21:29 (2)		4- 21:45 (2)#		6- 21:47 (2)!	72- 22:36 (3)
Emma Johnston	3- 18:51 (3)	3- 18:35 (3)	5- 17:59 (3)	38- 22:01 (4)		19- 22:17 (4)		25- 23:38 (5)		22- 22:30 (4)!	112- 22:57 (4)
Shannon Loughin	50- 22:46 (18)	38- 22:20 (20)	88- 21:14 (16)		277- 25:34 (5)		49- 26:33 (6)		33- 28:48 (4)		
Lilianna Matala	12- 19:53 (6)	7- 19:43 (7)	17- 18:44 (4)	179- 23:11 (6)				27- 23:40 (6)		61- 23:11 (5)	227- 23:53 (6)
Ella Meyer	45- 22:14 (16)		90- 21:25 (17)		371- 27:15 (10)						
Kylie Shalala	17- 20:21 (8)	6- 19:39 (6)	19- 18:46 (5)	136- 22:54 (5)		38- 22:43 (5)		37- 24:18 (8)		78- 23:25(7)	245- 24:13 (7)
McKenna Spaulding	43- 22:13 (14)	25- 20:46 (13)			251- 25:17 (3)		22- 24:51 (2)	62- 25:41 (10)			
Ruby Stricker	57- 23:49 (19)	37- 22:06 (19)	86- 21:11 (15)		319- 26:03 (8)		50- 26:34 (7)		30- 28:11 (3)		

+ First-team All-Centennial Conference

Second-team All-Centennial Conference

\$ Conference ROTY

! All-Mideast Region

* All-American

Date

Opponent/Meet

Site

Results

9-31

Light up the Night Invite

Carlisle, Pa.

1st Place (7 Teams)

9-7

Little Three Championships

Lancaster, Pa.

1st Place (DC 15-GC 50 | DC 15- F&M 50 | F&M 15-GC 47)

26th Straight Title

9-22

Elizabethtown Short Course Invite

Elizabethtown, Pa.

1st Place (10 Teams)

10-5

Paul Short Invitational

Lehigh, Pa.

4th Place, 1st in D-III (44 Teams)

10-19

Rowan Inter-Regional Border Battle

Logan Township, N.J.

2nd Place (27 Teams)

11-2

Centennial Conference Championships

Gettysburg, Pa.

2nd Place (9 Teams, 99 Runners)

11-16-19

NCAA Mideast Region Championships

Lehigh, Pa.

2nd (49 Teams, 349 Runners)

11-23-19

NCAA Championships

Louisville, Ky.

9th (32 Teams, 277 Runners)