

OAKLAND UNIVERSITY | ATHLETIC COMMUNICATIONS

GOLDEN GRIZZLIES

GoldenGrizzlies.com

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2016 OAKLAND WOMEN'S CROSS COUNTRY RESULTS

Date	Opponent/Event	Location	Finish/Points
Sept. 2	Golden Grizzly Open	Rochester, Mich.	1st/16
Sept. 10	Detroit Titan Invite	Detroit, Mich.	Cancelled
Sept. 30	Joe Pise Notre Dame Invite	South Bend, Ind.	4th/178
Oct. 7	Golden Grizzly Short Course vs CMU	Rochester, Mich.	1st/15
Oct. 15	Pre-National Invite	Terre Haute, Ind.	5th/182
Oct. 29	Horizon League Championships	Kenosha, Wisc.	1st/28
Nov. 11	NCAA Great Lakes Regional	Madison, Wis.	13th/364

Golden Grizzly Open Sept. 2 | Rochester, Mich. | 4K

Place	Athlete	Time
1	Rachel Levy	14:02.5
2	Ashley Burr	14:07.6
3	Miranda Haas	14:15.2
4	Kailey Weingartz	14:23.2
6	Alana Koepf	14:57.1
8	Lydia Stanley	15:06.3
10	Allison Shannon	15:20.0
11	Kaitlin Catania	15:34.8
12	Jessica Stroede	15:41.3
35	Nicole Werthmann	18:59.9

Adidas Pre-National Invitational Oct. 15 | Terre Haute, Ind. | 6K

Place	Athlete	Time
10	Miranda Haas	21:29.7
22	Rachel Levy	21:46.2
25	Ashley Burr	21:47.6
45	Kaitlin Catania	22:18.1
85	Alana Koepf	22:54.6
108	Karli Kuer	23:14.3
117	Lydia Stanley	23:20.5

Joe Piane Notre Dame Invite Sept. 30 | Rochester, Ind. | Gold 5K

Place	Athlete	Time
7	Rachel Levy	17:30.1
12	Miranda Haas	17:35.3
27	Ashley Burr	17:47.7
60	Alana Koepf	18:10.7
73	Karli Kuer	18:20.0
90	Lydia Stanley	18:28.8
102	Kaitlin Catania	18:35.4
139	Jessica Stroede	19:01.9

Horizon League Championships Oct. 29 | Kenosha, Wis. | 6K

Place	Athlete	Time
1	Rachel Levy	21:35.4
2	Miranda Haas	21:54.6
4	Alana Koepf	22:07.4
6	Ashley Burr	22:13.5
15	Karli Kuer	22:59.0
22	Lydia Stanley	23:14.5
33	Kendra Colsea	23:38.7

Golden Grizzly Short Course vs CMU Oct. 7 | Rochester, Mich. | 3K

Place	Athlete	Time
1	Rachel Levy	10:24
2	Ashley Burr	10:30
3	Miranda Haas	10:35
4	Alana Koepf	10:46
6	Karli Kuer	10:54
7	Lydia Stanley	10:58
8	Kaitlin Catania	11:03
15	Jessica Stroede	11:40
16	Kendra Colesa	11:42
18	Nicole Werthmann	13:59

NCAA Great Lakes Regional Nov. 11 | Madison, Wis. | 6K

Place	Athlete	Time
41	Miranda Haas	21:06.5
48	Rachel Levy	21:16.4
56	Ashley Burr	21:25.3
86	Alana Koepf	21:56.3
133	Lydia Stanley	22:37.1
150	Karli Kuer	22:48.7
195	Kendra Colsea	24:07.3

2016 Women's Cross Country Individual Results

Ashley Burr

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	14:07.6 (4K)	Golden Grizzly Open	2nd/1st
9/30	17:47.7 (5K)	Joe Piane Notre Dame Invite	27th/4th
10/7	10:30 (3K)	Golden Grizzly Short Course/CMU	2nd/1st
10/15	21:47.6 (6K)	Adidas Pre-National Invitational	25th/5th
10/29	22:13.5 (6K)	Horizon League Championships	6th/1st
11/11	21:25.3 (6K)	NCAA Great Lakes Regional	56th/13th

Kaitlin Catania

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	15:34.8 (4K)	Golden Grizzly Open	11th/1st
9/30	18:35.4 (5K)	Joe Piane Notre Dame Invite	102nd/4th
10/7	11:03 (3K)	Golden Grizzly Short Course/CMU	8th/1st
10/15	22:18.1 (6K)	Adidas Pre-National Invitational	45th/5th

Kendra Colesa

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
10/7	13:59 (3K)	Golden Grizzly Short Course/CMU	18th/1st
10/29	23:38.7 (6K)	Horizon League Championships	33rd/1st
11/11	24:07.3 (6K)	NCAA Great Lakes Regional	195th/13th

Miranda Haas

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	14:15.2 (4K)	Golden Grizzly Open	3rd/1st
9/30	17:35.3 (5K)	Joe Piane Notre Dame Invite	12th/4th
10/7	10:35 (3K)	Golden Grizzly Short Course/CMU	3rd/1st
10/15	21:29.7 (6K)	Adidas Pre-National Invitational	10th/5th
10/29	21:54.6 (6K)	Horizon League Championships	2nd/1st
11/11	21:06.5 (6K)	NCAA Great Lakes Regional	41st/13th

Alana Koepf

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	14:57.1 (4K)	Golden Grizzly Open	6th/1st
9/30	18:10.7 (5K)	Joe Piane Notre Dame Invite	60th/4th
10/7	10:46 (3K)	Golden Grizzly Short Course/CMU	4th/1st
10/15	22:54.6 (6K)	Adidas Pre-National Invitational	85th/5th
10/29	22:07.4 (6K)	Horizon League Championships	4th/1st
11/11	21:56.3 (6K)	NCAA Great Lakes Regional	86th/13th

Karli Kuer

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	14:02.5 (4K)	Golden Grizzly Open	1st/1st
9/30	18:20.0 (5K)	Joe Piane Notre Dame Invite	73rd/4th
10/7	10:54 (3K)	Golden Grizzly Short Course/CMU	6th/1st
10/15	23:14.3 (6K)	Adidas Pre-National Invitational	108th/5th
10/29	22:59.0 (6K)	Horizon League Championships	15th/1st
11/11	22:48.7 (6K)	NCAA Great Lakes Regional	150th/13th

Rachel Levy

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	14:02.5 (4K)	Golden Grizzly Open	1st/1st
9/30	17:30.1 (5K)	Joe Piane Notre Dame Invite	7th/4th
10/7	10:24 (3K)	Golden Grizzly Short Course/CMU	1st/1st
10/15	21:46.2 (6K)	Adidas Pre-National Invitational	22nd/5th
10/29	21:35.4 (6K)	Horizon League Championships	1st/1st
11/11	21:16.4 (6K)	NCAA Great Lakes Regional	48th/13th

Allison Shannon

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	15:20.0 (4K)	Golden Grizzly Open	10th/1st

Jessica Stroede

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	15:41.3 (4K)	Golden Grizzly Open	12th/1st
9/30	19:01.9 (5K)	Joe Piane Notre Dame Invite	139th/4th
10/7	11:40 (3K)	Golden Grizzly Short Course/CMU	15th/1st

Lydia Stanley

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	15:06.3 (4K)	Golden Grizzly Open	8th/1st
9/30	18:28.8 (5K)	Joe Piane Notre Dame Invite	90th/4th
10/7	10:58 (3K)	Golden Grizzly Short Course/CMU	7th/1st
10/15	23:20.5 (6K)	Adidas Pre-National Invitational	117th/5th
10/29	23:14.5 (6K)	Horizon League Championships	22nd/1st
11/11	22:37.1 (6K)	NCAA Great Lakes Regional	133rd/13th

Kailey Weingartz

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	14:23.2 (4K)	Golden Grizzly Open	4th/1st

Nicole Werthmann

<u>Date</u>	<u>Time (Dist.)</u>	<u>Event</u>	<u>Place/Team</u>
9/2	18:59.9 (4K)	Golden Grizzly Open	35th/1st
10/7	13:59 (3K)	Golden Grizzly Short Course/CMU	18th/1st