

2022 USATF Adirondack Association XC Junior Olympic Championships - 11/9/2019**Queensbury Cross Country****Rankings****Event 3 3k Run CC Girls**

Name	Age	Team	Avg Mile	Finals	Points
9-10 Results 3000 Run					
1 Sayahi, Salma	10	Delmar Track	5:46.4	10:45.60	
2 Laferriere, Vivian	10	Averill Park	8:30.2	15:51.05	
3 Enniri, Maryam	10	Averill Park	8:30.4	15:51.44	
4 Negandhi, Gitika	10	Delmar Track	10:04.3	18:46.33	
11-12 Results 3000 Run					
1 McNamara, Tess	12	03-Unattached	5:36.5	10:27.13	
2 Andrade, Gillian	12	03-Unattached	5:44.7	10:42.57	
3 Chromczak, Sophia	12	Delmar Track	5:49.8	10:51.95	
4 Mugavero, Olive	12	Averill Park	7:29.3	13:57.39	
5 Fridmann, Harper	12	Averill Park	7:39.8	14:17.00	
6 Syed, Sophie	12	Delmar Track	8:25.6	15:42.39	
7 Raylinsky, Emma	12	Delmar Track	8:44.6	16:17.80	