



## Midwestern State Cross Country

# 2009 Statistics

Through South Central Championships (Nov. 7, 2009)

## Midwestern State Cross Country Results

Date	Event	Distance	Place	Record
9/3/2009	MSU Mustang Cross Country Stampede	4,000 meters	2nd of 8 teams	6-1
9/12/2009	Aggie Showdown	5,000 meters	1st of 2 teams	7-1
9/19/2009	Missouri Southern Stampede	5,000 meters	8th of 41 teams	40-8
10/3/2009	Oklahoma State Cowboy Jamboree	5,000 meters	4th of 26 teams	62-11
10/10/2009	ACU/Naimadu Pre-Regional Meet	4,000 meters	2nd of 5 teams	65-12
10/24/2009	Lone Star Conference Championships	6,000 meters	1st of 11 teams	75-13
11/7/2009	NCAA II South Central Regional	6,000 meters	8th of 21 teams	88-20

## Midwestern State Cross Country Best Times

### 6,000 meters

Time	Athlete	Competition	Place
22:34.62	Sydnee Cole	NCAA II South Central Regional	15
23:02.50	Sydnee Cole	Lone Star Conference Championships	1
23:37.63	Heather Owens	NCAA II South Central Regional	52
23:59.46	Kayla Hendrix	NCAA II South Central Regional	62
24:11.06	Cynthia Carrillo	NCAA II South Central Regional	69
24:35.90	Kayla Hendrix	Lone Star Conference Championships	12
24:45.70	Hassie Sutton	NCAA II South Central Regional	91
24:50.80	Heather Owens	Lone Star Conference Championships	14
25:00.76	Lindsey Pate	NCAA II South Central Regional	99
25:02.20	Lindsey Pate	Lone Star Conference Championships	18
25:27.40	Julie Bell	Lone Star Conference Championships	25
25:42.59	Julie Bell	NCAA II South Central Regional	116
25:42.80	Cynthia Carrillo	Lone Star Conference Championships	31
25:45.00	Hassie Sutton	Lone Star Conference Championships	33
27:02.20	Melody Caldwell	Lone Star Conference Championships	57

### 5,000 meters

Time	Athlete	Competition	Place
18:34.69	Sydnee Cole	Missouri Southern Stampede	26
19:00.00	Sydnee Cole	Oklahoma State Cowboy Jamboree	5
19:31.57	Sydnee Cole	Aggie Showdown	1
19:33.19	Lindsey Pate	Missouri Southern Stampede	76
19:39.01	Kayla Hendrix	Missouri Southern Stampede	83
19:46.14	Heather Owens	Missouri Southern Stampede	91
19:49.00	Lindsey Pate	Oklahoma State Cowboy Jamboree	26
20:03.55	Cynthia Carrillo	Missouri Southern Stampede	108
20:22.00	Heather Owens	Oklahoma State Cowboy Jamboree	44
20:24.64	Hassie Sutton	Missouri Southern Stampede	134
20:26.00	Kayla Hendrix	Oklahoma State Cowboy Jamboree	49
20:35.28	Cynthia Carrillo	Aggie Showdown	4
20:41.94	Heather Owens	Aggie Showdown	5
20:49.46	Hassie Sutton	Aggie Showdown	7
20:55.19	Melody Caldwell	Missouri Southern Stampede	182
21:03.00	Hassie Sutton	Oklahoma State Cowboy Jamboree	74
21:14.11	Bailey Dulaney	Missouri Southern Stampede	214
21:19.33	Bailey Dulaney	Aggie Showdown	9
21:31.00	Julie Bell	Oklahoma State Cowboy Jamboree	98
21:40.00	Melody Caldwell	Oklahoma State Cowboy Jamboree	102
22:16.23	Melody Caldwell	Aggie Showdown	13



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### 4,000 meters

Time	Athlete	Competition	Place
14:56.64	Sydnee Cole	Naimadu Collegiate Classic	3
15:23.82	Sydnee Cole	MSU Mustang Cross Country Stampede	1
15:45.94	Heather Owens	Naimadu Collegiate Classic	12
15:53.29	Kayla Hendrix	Naimadu Collegiate Classic	13
16:01.47	Kayla Hendrix	MSU Mustang Cross Country Stampede	7
16:03.49	Cynthia Carrillo	Naimadu Collegiate Classic	17
16:14.36	Lindsey Pate	Naimadu Collegiate Classic	19
16:27.66	Julie Bell	MSU Mustang Cross Country Stampede	18
16:28.06	Heather Owens	MSU Mustang Cross Country Stampede	19
16:39.22	Cynthia Carrillo	MSU Mustang Cross Country Stampede	22
16:40.76	Lindsey Pate	MSU Mustang Cross Country Stampede	23
16:42.58	Hassie Sutton	Naimadu Collegiate Classic	28
16:43.88	Bailey Dulaney	Naimadu Collegiate Classic	29
16:44.89	Bailey Dulaney	MSU Mustang Cross Country Stampede	24
16:49.44	Hassie Sutton	MSU Mustang Cross Country Stampede	28
16:53.32	Clara Poston	Naimadu Collegiate Classic	32
17:03.80	Melody Caldwell	MSU Mustang Cross Country Stampede	35
17:07.58	Melody Caldwell	Naimadu Collegiate Classic	36
17:14.95	Clara Poston	MSU Mustang Cross Country Stampede	37
17:26.18	Julie Bell	Naimadu Collegiate Classic	39
17:59.08	Andrea Borgman	MSU Mustang Cross Country Stampede	47