



Midwestern State Cross Country

2010 Statistics

Through 2010 NCAA II Championships (Dec. 4, 2010)

Midwestern State Cross Country Results

Date	Event	Distance	Place	Record
9/2/2010	MSU Mustang Cross Country Stampede	4,000 meters	1st of 7 teams	6-0
9/18/2010	Missouri Southern Stampede	5,000 meters	2nd of 36 teams	40-1
9/25/2010	Oklahoma State Cowboy Jamboree	5,000 meters	1st of 30 teams	69-1
10/16/2010	Midwestern State Cross Country Carnival	6,000 meters	1st of 7 teams	75-1
10/23/2010	East Central Tiger Chase	5,000 meters	1st of 7 teams	81-1
11/6/2010	Lone Star Conference Championships	4,500 meters	1st of 12 teams	92-1
11/20/2010	NCAA II South Central Regionals	6,000 meters	2nd of 19 teams	109-2
12/4/2010	NCAA II Championships	6,000 meters	17th of 24 teams	116-18

Midwestern State Cross Country Best Times

6,000 meters

Time	Athlete	Competition	Place
22:42.15	Brissia Montalvo	NCAA II South Central Regional	7
22:44.57	Sydnee Cole	NCAA II South Central Regional	8
22:54.00	Brissia Montalvo	MSU Cross Country Carnival	1
23:05.40	Sydnee Cole	MSU Cross Country Carnival	2
23:06.99	Ashley Flores	NCAA II South Central Regional	16
23:08.40	Sydnee Cole	NCAA II Championships	80
23:26.40	Ashley Flores	NCAA II Championships	99
23:27.20	Brissia Montalvo	NCAA II Championships	100
23:39.20	Ashley Flores	MSU Cross Country Carnival	4
23:41.60	Janel Campbell	MSU Cross Country Carnival	5
23:58.00	Cara Mack	MSU Cross Country Carnival	6
24:03.25	Janel Campbell	NCAA II South Central Regional	38
24:06.02	Lindsey Pate	NCAA II South Central Regional	39
24:17.30	Janel Campbell	NCAA II Championships	143
24:39.38	Cara Mack	NCAA II South Central Regional	60
24:41.90	Lindsey Pate	MSU Cross Country Carnival	11
25:10.30	Heather Owens	MSU Cross Country Carnival	16
25:35.20	Lindsey Pate	NCAA II Championships	174
25:45.90	Cara Mack	NCAA II Championships	178
26:08.94	Melody Caldwell	NCAA II South Central Regional	112
27:36.00	Melody Caldwell	NCAA II Championships	187

5,000 meters

Time	Athlete	Competition	Place
18:08.35	Sydnee Cole	Missouri Southern Stampede	17
18:08.88	Brissia Montalvo	Missouri Southern Stampede	18
18:20.05	Ashley Flores	Missouri Southern Stampede	22
18:29.27	Janel Campbell	Missouri Southern Stampede	29
18:52.93	Brissia Montalvo	Oklahoma State Cowboy Jamboree	4
18:53.89	Cara Mack	Missouri Southern Stampede	48
19:17.42	Sydnee Cole	Oklahoma State Cowboy Jamboree	8
19:21.46	Ashley Flores	Oklahoma State Cowboy Jamboree	10
19:24.86	Janel Campbell	Oklahoma State Cowboy Jamboree	11
20:09.20	Melody Caldwell	Missouri Southern Stampede	132
20:11.86	Heather Owens	Oklahoma State Cowboy Jamboree	34
20:12.70	Cara Mack	Oklahoma State Cowboy Jamboree	35
20:21.00	Lindsay Pate	ECU Tiger Chase	5
20:26.00	Sydnee Cole	ECU Tiger Chase	6
20:27.00	Heather Owens	ECU Tiger Chase	7



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20:28.00	Ashley Flores	ECU Tiger Chase	8
20:28.00	Brissia Montalvo	ECU Tiger Chase	9
20:28.00	Janel Campbell	ECU Tiger Chase	10
20:29.00	Cara Mack	ECU Tiger Chase	11
21:42.00	Melody Caldwell	ECU Tiger Chase	17
20:41.05	Bailey Dulaney	Oklahoma State Cowboy Jamboree	58
20:48.50	Bailey Dulaney	Missouri Southern Stampede	169

4,000 meters

Time	Athlete	Competition	Place
14:51.68	Brissia Montalvo	MSU Cross Country Stampede	3
15:03.25	Sydnee Cole	MSU Cross Country Stampede	6
15:03.92	Ashley Flores	MSU Cross Country Stampede	7
15:12.85	Janel Campbell	MSU Cross Country Stampede	9
15:44.54	Heather Owens	MSU Cross Country Stampede	15
16:01.82	Melody Caldwell	MSU Cross Country Stampede	19
16:13.56	Cara Mack	MSU Cross Country Stampede	22
16:44.39	Lindsey Pate	MSU Cross Country Stampede	32
17:16.70	Bailey Dulaney	MSU Cross Country Stampede	38