

CHAPEL HILL CROSS-COUNTRY

HOME OF THE PANTHERS

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RACE RESULTS

Top 5 Varsity Girls

1. Zaria White-22:29
2. Ilene Soleyn-24:32
3. Kensley West-25:16
4. Alena Haskins-25:23
5. Corrie Manning-25:24

Top 5 JV Girls

1. Hannah Napolet-26:17
2. Morgan Cole-29:35
3. Olivia Lavallee-30:12

GENERAL INFO

This course was a very plain one. It was two laps around a big field. Most kids said the course was easy yet boring.

MEET YOUR TEAMMATES

Zaria White-Junior
Ilene Soleyn-Junior
Kensley West-Sophomore
Alena Haskins-Junior
Corrie Manning-Sophomore
Wallis Adair-Sophomore
Keiyana Palmer-Senior
Kaitlyn Blair-Junior
Hannah Napolet-8th grade
Morgan Cole-8th grade
Olivia Lavallee-Sophomore
Madison Woods-Freshman
Kimberly Braxton-Senior
Brooklyn Stewart-Junior

NUTRITIONAL ADVICE

WATER, WATER, AND, WATER

To stay hydrated is so important in XC. Water is the main focus with also your Gatorade, poweraid, and of course for after runs-chocolate milk!