

11-4-23 IHSA 3A STATE RESULTS

VARSITY – 22ND PLACE – 515 POINTS

NAME	FINISH	PLACE
Brea Counihan	17:25.15 All-State Fastest time at State in School History First Central Knight All- State runner First 3 Mile Knight All- State Runner	18 th
Mia Forystek	18:18.74 PR 7 sec, 16 sec drop September meet 10 th Fastest in School History 7 th Fastest time at State in School History	79 th
Ava Dughetti	19:00.71 13 sec drop from September meet	165 th
Claire Carter	19:19.77	189 th
Jillian Davies	19:20.41 11 sec drop from September meet	190 th
Nancy Flais	19:38.75	213 th
Nadia Bowden	20:19.37	231 st

WEATHER: Sunny, low 60s

RUNNER OF THE WEEK: Claire Carter

FULL RESULTS: <https://www.athletic.net/CrossCountry/Meet/231766/info>