



# **LWC GIRLS'**

## ***CROSS COUNTRY***

### **2022 AWARDS**

### **& RESULTS**









# LINCOLN-WAY CENTRAL

## GIRLS' CROSS COUNTRY ROSTER



### VARSITY – 15

First Name	Last Name	Year
1. Nadia	Bowden	Jr
2. Brooke	Bittner	Jr
3. Claire	Carter	Jr
4. Ava	Dughetti	Fresh
5. Nancy	Flais	Jr
6. Isabella	Hays	Fresh
7. Ruby	Hillegass	Soph
8. Emily	Ihrke	Sr
9. Ella	Maldonado	Sr
10. Shea	Martin	Sr
11. Molly	Muehlnickel	Soph
12. Cecilia	Nilson	Sr
13. Adelia	Robitz	Jr
14. Emersynn	Smith	Jr
15. Ava	Tomala	Jr

### JV – 7

First Name	Last Name	Year
1. Monica	Alvarez	Soph
2. Gianna	Barnes	Jr
3. Abby	Janik	Soph
4. Samantha	Jones	Soph
5. Briana	Slaney	Fresh
6. Olivia	Smulders	Fresh
7. Isabella	Spence	Soph

Head Coach – Ryan Stapinski  
Assistant Coach – Becky Cherry







## **2022 LINCOLN-WAY CENTRAL GIRLS' CROSS COUNTRY TEAM AWARDS**

### **ALL-CONFERENCE**

Ava Dughetti  
Claire Carter  
Nadia Bowden  
Ruby Hillegass  
Nancy Flais

### **4 YEAR VARSITY**

Ella Maldonado  
Shea Martin  
Ceci Nilson

### **ATHLETE OF THE YEAR**

Claire Carter

### **SPORTSMANSHIP AWARD**

- **VARSITY:**
- **JV/FS:**

Emily Ihrke  
Sammie Jones

### **GUTSY KNIGHT**

Nadia Bowden

### **BEST TEAMMATE**

Addie Robitz

### **ROOKIE OF THE YEAR**

Isabella Hays

### **MOST IMPROVED**

Olivia Smulders

### **MOST VALUABLE**

Claire Carter

### **BLACK SENIOR VARSITY LETTER WINNERS**

- Emily Ihrke
- Ella Maldonado
- Shea Martin
- Ceci Nilson

### **RED VARSITY LETTER WINNERS**

- Nadia Bowden
- Brooke Bittner
- Ava Dughetti
- Claire Carter
- Nancy Flais
- Isabella Hays
- Ruby Hillegass
- Molly Muehlnickel
- Addie Robitz
- Emersynn Smith
- Ava Tomala

### **JV/SOPHOMORE LETTER/FRESHMEN NUMERAL WINNERS**

- Monica Alvarez
- Gianna Barnes
- Abby Janik
- Sammie Jones
- Briana Slaney
- Olivia Smulders
- Bella Spence

### **VARSITY LETTERS**

- Varsity letters will be awarded to athletes who compete in at least 3 Varsity races OR are part of the top 13 for Conference, Regionals, Sectionals, and State.
- Any senior who has been part of Lincoln-Way Central Cross Country for 4 full seasons will be awarded a varsity letter.

## 8-23-22 SWSC PRE-CONFERENCE RESULTS

### F/S – 4<sup>TH</sup> PLACE – 90 POINTS

NAME	FINISH	PLACE
Monica Alvarez	25:38.5	14 <sup>th</sup>
Aurora Salerno	25:40.7	15 <sup>th</sup>
Isabella Hays	25:52.5 PR	16 <sup>th</sup>
Briana Slaney	27:45.9 PR	26 <sup>th</sup>
Sammie Jones	30:30.6 PR	34 <sup>th</sup>
Abby Janik	32:04.1	38 <sup>th</sup>
Bella Spence	36:07.5 PR	45 <sup>th</sup>
Olivia Smulders	36:59.4 PR	48 <sup>th</sup>

### VARSITY – 1<sup>ST</sup> PLACE – 37 POINTS

NAME	FINISH	PLACE
Ella Maldonado	20:23.2	3 <sup>rd</sup>
Claire Carter	20:56.6	5 <sup>th</sup>
Ava Dughetti	21:28.1	8 <sup>th</sup>
Nadia Bowden	21:49.1	9 <sup>th</sup>
Nancy Flais	22:05.5	12 <sup>th</sup>
Molly Muehlnickel	22:59.4	17 <sup>th</sup>
Ava Tomala	23:07.8	20 <sup>th</sup>
Emersynn Smith	23:27.7	21 <sup>st</sup>
Addie Robitz	24:15.3	27 <sup>th</sup>
Emily Ihrke	25:44.1	33 <sup>rd</sup>
Brooke Bittner	26:25.1	38 <sup>th</sup>
Gianna Barnes	40:27.3 PR	52 <sup>nd</sup>
Shea Martin	DNR	
Ruby Hillegass	DNR	
Ceci Nilson	DNR	

**WEATHER:** Low 80s, partly sunny

**RUNNER OF THE WEEK:** Sammie Jones

**FULL RESULTS:**

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/210555/RESULTS/ALL](https://www.athletic.net/CrossCountry/MEET/210555/RESULTS/ALL)



## 9-3-22 PLAINFIELD CENTRAL INVITE RESULTS

### F/S – 9<sup>TH</sup> PLACE – 234 POINTS

NAME	FINISH	PLACE
Monica Alvarez	25:00.84 SB 38 sec	44 <sup>th</sup>
Isabella Hays	23:44.69 PR 2 min 8 sec	29 <sup>th</sup>
Briana Slaney	25:06.20 PR 2 min 39 sec	47 <sup>th</sup>
Sammie Jones	26:24.73 PR 4 min 6 sec	65 <sup>th</sup>
Abby Janik	27:53.62 SB 4 min 7 sec	79 <sup>th</sup>

### VARSITY – 8<sup>TH</sup> PLACE – 173 POINTS

NAME	FINISH	PLACE
Ava Tomala	22:01.14 SB 1 min 6 sec	25 <sup>th</sup>
Emersynn Smith	22:20.97 SB 1 min 7 sec	28 <sup>th</sup>
Addie Robitz	22:44.52 SB 1 min 31 sec	33 <sup>rd</sup>
Emily Ihrke	24:43.12 SB 1 min 1 sec	53 <sup>rd</sup>
Brooke Bittner	25:21.79 SB 1 min 4 sec	60 <sup>th</sup>

### OPEN –

NAME	FINISH	PLACE
Bella Spence	37:21.42	69 <sup>th</sup>
Olivia Smulders	DNF	
Gianna Barnes	DNF	

WEATHER: Low 80s, sunny

RUNNER OF THE WEEK: Brooke Bittner and Bella Spence

FULL RESULTS:

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/214127/RESULTS/ALL](https://www.athletic.net/CrossCountry/Meet/214127/Results/ALL)



## 9-10-22 JOLIET CENTRAL INVITE RESULTS

### F/S – 6<sup>TH</sup> PLACE – 169 POINTS

NAME	FINISH	PLACE
Ruby Hillegass	20:06.1	3 <sup>rd</sup>
Molly Muehlnickel	21:58.7 SB 1 min	20 <sup>th</sup>
Isabella Hays	23:46.3	45 <sup>th</sup>
Monica Alvarez	23:48.2 SB 1 min 12 sec	46 <sup>th</sup>
Briana Slaney	25:43.7	69 <sup>th</sup>
Sammie Jones	26:04.1 PR 20 sec	70 <sup>th</sup>
Abby Janik	26:20.4 SB 1 min 33 sec	72 <sup>nd</sup>

### VARSITY – 1<sup>ST</sup> PLACE – 54 POINTS

NAME	FINISH	PLACE
Claire Carter	19:52.2 SB 1 min 4 sec	7 <sup>th</sup>
Nancy Flais	19:57.7 SB 2 min 8 sec	8 <sup>th</sup>
Ava Dughetti	19:58.0 PR 1 min 30 sec	9 <sup>th</sup>
Ella Maldonado	20:05.4 SB 18 sec	13 <sup>th</sup>
Nadia Bowden	20:18.7 SB 1 min 31 sec	19 <sup>th</sup>
Ava Tomala	21:33.0 SB 28 sec	42 <sup>nd</sup>
Shea Martin	22:18.1	56 <sup>th</sup>

### OPEN – 3<sup>RD</sup> PLACE – 88 POINTS

NAME	FINISH	PLACE
Emersynn Smith	22:05.9 SB 15 sec	6 <sup>th</sup>
Addie Robitz	22:13.4 SB 31 sec	7 <sup>th</sup>
Ceci Nilson	22:48.0	12 <sup>th</sup>
Emily Ihrke	24:24.2 SB 19 sec	27 <sup>th</sup>
Brooke Bittner	25:44.2	55 <sup>th</sup>
Bella Spence	34:05.8 PR 2 min 2 sec	129 <sup>th</sup>
Gianna Barnes	39:28.5 PR 59 sec	134 <sup>th</sup>
Olivia Smulders	~1.5 miles	

WEATHER: Sunny and 70s

RUNNER OF THE WEEK: Nancy Flais

FULL RESULTS:

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/211370/RESULTS/ALL](https://www.athletic.net/CrossCountry/MEET/211370/RESULTS/ALL)

## 9-17-22 PEORIA RICHARD SPRING INVITE RESULTS

### OPEN – 12<sup>TH</sup> PLACE – 341 POINTS

NAME	FINISH	PLACE
Shea Martin	20:58.4 SB 1 min 20 sec	42 <sup>nd</sup>
Emersynn Smith	21:15.9 SB 50 sec	48 <sup>th</sup>
Addie Robitz	21:55.0 SB 18 sec	70 <sup>th</sup>
Ceci Nilson	22:48.0	114 <sup>th</sup>
Emily Ihrke	23:54.6 SB 30 sec	155 <sup>th</sup>
Brooke Bittner	26:31.2	283 <sup>rd</sup>
Gianna Barnes	2 miles+	
Olivia Smulders	2 miles	

### F/S – 35<sup>TH</sup> PLACE – 974 POINTS

NAME	FINISH	PLACE
Molly Muehlnickel	21:45.4 SB 13 sec	135 <sup>th</sup>
Isabella Hays	23:17.6 PR 27 sec	207 <sup>th</sup>
Briana Slaney	23:24.0 PR 1 min 42 sec	211 <sup>th</sup>
Monica Alvarez	24:51.0	261 <sup>st</sup>
Sammie Jones	25:09.6 PR 55 sec	263 <sup>rd</sup>

### VARSITY – 21<sup>ST</sup> PLACE – 598 POINTS

NAME	FINISH	PLACE
Ruby Hillegass	19:35.9 SB 31 sec	93 <sup>rd</sup>
Claire Carter	19:49.1 SB 3 sec	115 <sup>th</sup>
Nancy Flais	19:50.9 SB 7 sec	121 <sup>st</sup>
Nadia Bowden	19:59.6 SB 19 sec	145 <sup>th</sup>
Ella Maldonado	20:03.0 SB 2 sec	156 <sup>th</sup>
Ava Dughetti	20:23.0	174 <sup>th</sup>
Ava Tomala	21:28.4 SB 5 sec	244 <sup>th</sup>

WEATHER: Mid 70s, Sunny

RUNNER OF THE WEEK: Ruby Hillegass

FULL RESULTS:

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/207035/RESULTS](https://www.athletic.net/CrossCountry/Meet/207035/Results)

## 9-23-22 NAPERVILLE INVITE RESULTS

### F/S – 8<sup>TH</sup> PLACE – 201 POINTS

NAME	FINISH	PLACE
Molly Muehlnickel	21:40.3 SB 5 sec	30 <sup>th</sup>
Isabella Hays	22:26.5 PR 51 sec	46 <sup>th</sup>
Briana Slaney	23:02.9 PR 22 sec	54 <sup>th</sup>
Monica Alvarez	23:07.8 SB 41 sec	56 <sup>th</sup>
Sammie Jones	25:01.4 PR 8 sec	80 <sup>th</sup>
Abby Janik	25:27.4 SB 53 sec	86 <sup>th</sup>

### VARSITY – 8<sup>TH</sup> PLACE – 171 POINTS

NAME	FINISH	PLACE
Claire Carter	19:12.2 SB 37 sec	18 <sup>th</sup>
Ava Dughetti	19:41.1 PR 17 sec	30 <sup>th</sup>
Nadia Bowden	20:08.0	42 <sup>nd</sup>
Nancy Flais	20:09.6	43 <sup>rd</sup>
Ruby Hillegass	20:15.4	44 <sup>th</sup>
Ella Maldonado	DNR	
Shea Martin	20:50.0 SB 8 sec	61 <sup>st</sup>
Ava Tomala	21:26.7 SB 2 sec	68 <sup>th</sup>
Emersynn Smith	22:42.6	75 <sup>th</sup>
Addie Robitz	22:11.1	74 <sup>th</sup>

### OPEN –

NAME	FINISH	PLACE
Ceci Nilson	21:24.8 SB 1 min 24 sec	17 <sup>th</sup>
Emily Ihrke	22:33.0 PR 22 sec	39 <sup>th</sup>
Brooke Bittner	DNR	
Olivia Smulders	29:23.2 PR 7 min 36 sec	95 <sup>th</sup>
Bella Spence	32:38.0 PR 1 min 27 sec	98 <sup>th</sup>
Gianna Barnes	DNR	

WEATHER: 60s, Cloudy

RUNNER OF THE WEEK: Olivia Smulders

FULL RESULTS:

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/211353/RESULTS](https://www.athletic.net/CrossCountry/MEET/211353/RESULTS)



## 10-1-22 ST. CHARLES NORTH INVITE RESULTS

### VARSITY – 6<sup>TH</sup> PLACE – 171 POINTS

NAME	FINISH	PLACE
Ava Dughetti	19:45.8	21 <sup>st</sup>
Claire Carter	20:13.9	33 <sup>rd</sup>
Nadia Bowden	20:18.7	36 <sup>th</sup>
Ella Maldonado	20:28.5	38 <sup>th</sup>
Ceci Nilson	20:46.2 SB 38 sec	43 <sup>rd</sup>
Emersynn Smith	21:11.7 SB 4 sec	54 <sup>th</sup>
Shea Martin	22:14.4	70 <sup>th</sup>

### F/S – 6<sup>TH</sup> PLACE – 170 POINTS

NAME	FINISH	PLACE
Molly Muehlnickel	21:38.6 SB 2 sec	13 <sup>th</sup>
Isabella Hays	22:42.3	29 <sup>th</sup>
Briana Slaney	23:29.5	44 <sup>th</sup>
Sammie Jones	23:55.3 PR 1 min 6 sec	52 <sup>nd</sup>
Monica Alvarez	24:02.0	58 <sup>th</sup>
Abby Janik	25:46.3	89 <sup>th</sup>

### OPEN – 4<sup>TH</sup> PLACE – 137 POINTS

NAME	FINISH	PLACE
Ava Tomala	21:13.7 PR 12 sec	8 <sup>th</sup>
Addie Robitz	21:35.5 PR 11 sec	16 <sup>th</sup>
Brooke Bittner	23:41.0 PR 1 sec	47 <sup>th</sup>
Emily Ihrke	23:44.3	49 <sup>th</sup>
Olivia Smulders	28:17.1 PR 1 min 15 sec	110 <sup>th</sup>
Bella Spence	29:26.8 PR 3 min 6 sec	124 <sup>th</sup>
Gianna Barnes	35:39.1 PR 3 min 49 sec	143 <sup>rd</sup>

WEATHER: Upper 50's, Sunny

RUNNER OF THE WEEK: Nadia Bowden

FULL RESULTS:

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/214461/RESULTS](https://www.athletic.net/CrossCountry/MEET/214461/RESULTS)

## 10-3-22 WILL COUNTY INVITE RESULTS

### F/S – 3<sup>RD</sup> PLACE – 85 POINTS

NAME	FINISH	PLACE
Molly Muehlnickel	21:04.3 PR 16 sec	2 <sup>nd</sup>
Isabella Hays	22:12.0 PR 14 sec	7 <sup>th</sup>
Briana Slaney	22:20.9 PR 42 sec	10 <sup>th</sup>
Sammie Jones	23:58.0	31 <sup>st</sup>
Monica Alvarez	24:37.8	40 <sup>th</sup>
Abby Janik	25:25.9	52 <sup>nd</sup>
Olivia Smulders	27:48.7 PR 29 sec	72 <sup>nd</sup>
Bella Spence	30:53.1	88 <sup>th</sup>

### VARSITY – 1<sup>ST</sup> PLACE – 27 POINTS

NAME	FINISH	PLACE
Claire Carter	19:23.9	2 <sup>nd</sup>
Ruby Hillegass	19:38.2	4 <sup>th</sup>
Nadia Bowden	19:42.0 PR 11 sec	6 <sup>th</sup>
Ella Maldonado	19:44.3 SB 19 sec	7 <sup>th</sup>
Ava Dughetti	19:46.3	8 <sup>th</sup>
Nancy Flais	19:59.0	12 <sup>th</sup>
Ceci Nilson	20:33.4 SB 13 sec	14 <sup>th</sup>
Shea Martin	20:46.2 SB 4 sec	18 <sup>th</sup>
Emersynn Smith	20:50.0 SB 21 sec	19 <sup>th</sup>
Ava Tomala	21:15.6	28 <sup>th</sup>
Addie Robitz	21:51.1	38 <sup>th</sup>
Emily Ihrke	22:29.3 PR 4 sec	48 <sup>th</sup>
Brooke Bittner	24:22.9	74 <sup>th</sup>
Gianna Barnes	41:05.8	99 <sup>th</sup>

**WEATHER:** Upper 60s, partly sunny

**RUNNER OF THE WEEK:** Molly Muehlnickel

**FULL RESULTS:**

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/216749/RESULTS](https://www.athletic.net/CrossCountry/MEET/216749/RESULTS)

## 10-15-22 SWSC CONFERENCE RESULTS

### F/S – 3<sup>RD</sup> PLACE – 65 POINTS

NAME	FINISH	PLACE
Molly Muehlnickel	21:36.0 Medalist	6 <sup>th</sup>
Isabella Hays	22:08.0 PR 4 sec Medalist	9 <sup>th</sup>
Monica Alvarez	23:02.8 SB 5 sec	13 <sup>th</sup>
Briana Slaney	23:22.8	17 <sup>th</sup>
Sammie Jones	23:55.3 PR	20 <sup>th</sup>
Abby Janik	26:19.9	27 <sup>th</sup>
Olivia Smulders	28:04.4	29 <sup>th</sup>

### VARSITY – 1<sup>ST</sup> PLACE – 37 POINTS

NAME	FINISH	PLACE
Ava Dughetti	19:30.1 All-Conference PR 11 sec	5 <sup>th</sup>
Claire Carter	19:30.4 All-Conference	6 <sup>th</sup>
Nadia Bowden	19:32.2 All-Conference PR 10 sec	7 <sup>th</sup>
Ruby Hillegass	19:37.9 All-Conference	9 <sup>th</sup>
Nancy Flais	19:52.9 All-Conference	10 <sup>th</sup>
Ella Maldonado	20:26.1	14 <sup>th</sup>
Ceci Nilson	20:42.6	16 <sup>th</sup>

### OPEN – 1<sup>ST</sup> PLACE – 22 POINTS

NAME	FINISH	PLACE
Shea Martin	20:41.7 SB 5 sec	1 <sup>st</sup>
Emersynn Smith	21:20.1	2 <sup>nd</sup>
Ava Tomala	21:35.4	3 <sup>rd</sup>
Addie Robitz	22:06.8	6 <sup>th</sup>
Emily Ihrke	23:11.9	10 <sup>th</sup>
Brooke Bittner	24:56.0	17 <sup>th</sup>
Bella Spence	30:10.4	41 <sup>st</sup>
Gianna Barnes	34:26.0 PR 1 min 13 sec	45 <sup>th</sup>

**WEATHER:** Upper 40s, low 50s, partly sunny

**RUNNER OF THE WEEK:** Isabella Hays

**FULL RESULTS:**

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/216203/RESULTS](https://www.athletic.net/CrossCountry/MEET/216203/RESULTS)



## 10-22-22 IHSA LOCKPORT REGIONALS RESULTS

**VARSITY – 3<sup>RD</sup> PLACE – 89 POINTS**

NAME	FINISH	PLACE
Ava Dughetti	19:36.5	9 <sup>th</sup>
Claire Carter	19:57.6	17 <sup>th</sup>
Ruby Hillegass	19:58.10	18 <sup>th</sup>
Ella Maldonado	20:12.0	21 <sup>st</sup>
Nancy Flais	20:25.1	24 <sup>th</sup>
Nadia Bowden	20:37.1	27 <sup>th</sup>
Ceci Nilson	21:10.1	30 <sup>th</sup>

**WEATHER:** Upper 50s, partly sunny

**RUNNER OF THE WEEK:** Ava Dughetti

**FULL RESULTS:**

**[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/214866/RESULTS/857172](https://www.athletic.net/CrossCountry/MEET/214866/RESULTS/857172)**

## 10-29-22 IHSA NORMAL SECTIONALS RESULTS

**VARSITY — 9<sup>TH</sup> PLACE — 248 POINTS**

NAME	FINISH	PLACE
Ava Dughetti	19:24.80 PR 6 sec	41 <sup>st</sup>
Ruby Hillegass	19:39.78	48 <sup>th</sup>
Ella Maldonado	19:44.78	51 <sup>st</sup>
Nadia Bowden	19:56.89	64 <sup>th</sup>
Nancy Flais	19:59.77	67 <sup>th</sup>
Claire Carter	20:03.33	71 <sup>st</sup>
Shea Martin	21:21.03	109 <sup>th</sup>

**WEATHER:** Upper 50s, Partly Sunny

**RUNNER OF THE WEEK:** Ella Maldonado

**FULL RESULTS:**

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/214957/RESULTS/857432](https://www.athletic.net/CrossCountry/MEET/214957/RESULTS/857432)

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