

# USATF Iowa JO XC Championship Meet

13-14 GIRLS 4K Valley Southwoods School \* WDM, IA 11/3/2019 Sunny 50°

Place	Score	Name	Year	School	Time	Pace mpm
1		Claire Helmers	NA	Iowa Flyers Track Club	15:00	6:02
2		Marley Turk	NA	Iowa Flyers Track Club	15:56	6:25
3		Marissa Pewe	NA	Johnston Running Club	16:16	6:33
4		Asta Hildebrand	NA	Iowa Speed Track & Field Club	16:22	6:35
5		Sydney Turk	NA	Iowa Flyers Track Club	16:54	6:48
6		Jaelyn Perry	NA	Iowa Speed Track & Field Club	21:51	8:47