

# 2016 Nike Cross Nationals Speed Rating Projections

Nov 28, 2016

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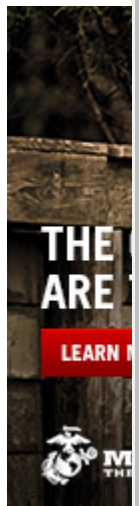
## Boys Projections



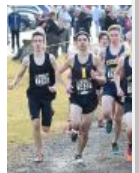
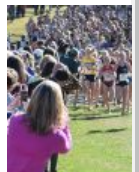
### Adjustments Made:

Will Hunsdale - Woodlands - avg of Texas State and Foot Locker South

Brian Hill - CBA - avg of NJ Groups, MOC, and NXN-NE



WHAT TO



Boys Projections

Team	Pts	1	2	3	4	5	(6)	(7)
1 Naperville South IL	179	18	31	32	46	52	57	73
Total Time: 2:59	Average: 35.80			1-5 Split: 34				
2 Brentwood XC Club	190	2	13	27	37	111	119	151
Total Time: 3:10	Average: 38.00			1-5 Split: 1:49				
3 AM FORK XC	209	1	4	8	68	128	139	140
Total Time: 3:29	Average: 41.80			1-5 Split: 2:07				
4 Great Oak-SS	210	14	25	36	58	77	93	104
Total Time: 3:30	Average: 42.00			1-5 Split: 1:03				
5 Bozeman XC	225	5	16	51	71	82	86	135
Total Time: 3:45	Average: 45.00			1-5 Split: 1:17				
6 Downers North XC Club IL	247	23	34	61	63	66	103	110
Total Time: 4:07	Average: 49.40			1-5 Split: 43				
7 Brothers Track Club	252	20	21	53	70	88	95	117
Total Time: 4:12	Average: 50.40			1-5 Split: 1:08				
8 Cathedral Catholic-SDS	281	9	47	64	67	94	136	147
Total Time: 4:41	Average: 56.20			1-5 Split: 1:25				
9 Central Oreg	282	33	38	44	55	112	130	144
Total Time: 4:42	Average: 56.40			1-5 Split: 1:19				
10 Wayzata XC - Girls & Boys	292	10	56	72	75	79	87	109
Total Time: 4:52	Average: 58.40			1-5 Split: 1:09				
11 Liverpool	292	3	6	24	113	146	148	150
Total Time: 4:52	Average: 58.40			1-5 Split: 2:23				
12 Dana Hills-SS	295	26	29	54	90	96	102	153
Total Time: 4:55	Average: 59.00			1-5 Split: 1:10				
13 Woodlands XC	295	17	39	41	78	120	123	124
Total Time: 4:55	Average: 59.00			1-5 Split: 1:43				
14 MSDP IL	309	35	49	65	69	91	107	152
Total Time: 5:09	Average: 1:01.80			1-5 Split: 56				
15 Westport Harriers	316	11	50	74	84	97	141	145
Total Time: 5:16	Average: 1:03.20			1-5 Split: 1:26				
16 Carroll XC Club	340	7	42	62	114	115	121	149
Total Time: 5:40	Average: 1:08.00			1-5 Split: 1:48				
17 Louisville Extreme	346	45	48	81	83	89	122	132
Total Time: 5:46	Average: 1:09.20			1-5 Split: 44				
18 Manlius XC	355	15	30	76	108	126	129	-
Total Time: 5:55	Average: 1:11.00			1-5 Split: 1:51				
19 Park Cross Country	357	19	22	85	106	125	127	137
Total Time: 5:57	Average: 1:11.40			1-5 Split: 1:46				
20 DAVIS XC CLUB	365	28	60	80	98	99	118	143
Total Time: 6:05	Average: 1:13.00			1-5 Split: 1:11				
21 SPRINGVILLE HIGH	378	40	43	59	105	131	138	142
Total Time: 6:18	Average: 1:15.60			1-5 Split: 1:31				
22 Edina XC	421	12	92	100	101	116	133	134
Total Time: 7:01	Average: 1:24.20			1-5 Split: 1:44				

Individual Seeds

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3	Seth Hirsch	Wildcat XC	198.83
4	CLINGER, Casey	AM FORK XC	198.33
5	Brodey HASTY	Brentwood XC Club	194.93
6	Danny Kilrea	LaGrange XC IL	194.8
7	Milo Greder	UNA-Greder	194.8
8	James Mwaura	Team Endurance	194.6
9	Vernau, Michael	Davis-SJS	194.2
10	Seth Eliason	Hopkins CC	193.97
11	Ty Brownlow	Liverpool	193.93
12	Alex Miley	Maple Grove XC	193.93
13	JOHNS, Mckay	AM FORK XC	193.67
14	Dylan Jacobs	Sandburg XC IL	193.63
15	Jack Aho	G Lake Distance IL	193.63
16	Teare, Cooper	St. Joseph N.Dame-NCS	193.5
17	Nathan Lawler	UNA-Lawler	193.2
18	Chase Equall	Bozeman XC	192.77
19	Sam Worley	NB Canyon	192.63
20	Stevie Schulz	Liverpool	192.37
21	Reed Brown	Carroll XC Club	192.3
22	Daniel Bernal	Eastwood Running Club	192.27
23	Alex Maier	Flower Mound RC	192.13
24	Dustin Horter	Lakota East OH	192.03
25	Kevin Moshier	Corning Track Club	192
25	PARKER, Patrick	AM FORK XC	192

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