

OA/PI = Overall Placing

Offset = Diff from O/A win Time hh:mm:ss

ACAC XC Grand Prix - Sept.20/2025

School Results

6K - Womens

Team: AMB - AMBROSE

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
32/53	BRUNDAGE, Hannah	1809	32:26.945	05:24	08:41	+00:07:44	09:41.76	11:28.72	11:16.45	AMB
45/53	COOK, Katelynn	1810	39:33.765	06:35	10:36	+00:14:51	10:47.89	15:57.26	12:48.60	AMB
53/53	HARDMANN, Tiana	1811	48:46.000	08:07	13:04	+00:24:03	13:50.22	16:39.29	18:16.47	AMB

Team: LPK - LETHBRIDGE

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
17/53	MICHEL, Katrina	1805	28:41.641	04:46	07:41	+00:03:59	09:01.96	09:49.73	09:49.95	LPK
20/53	BLOCK, Kate	1802	29:19.047	04:53	07:51	+00:04:36	08:48.88	10:38.19	09:51.96	LPK
25/53	MCDONALD, Ally	1804	30:07.470	05:01	08:04	+00:05:24	09:09.14	10:29.12	10:29.20	LPK
27/53	SWIFT, Livia	1807	30:46.376	05:07	08:15	+00:06:03	09:42.28	10:40.98	10:23.10	LPK
30/53	PILLING, Hallee	1806	31:56.429	05:19	08:33	+00:07:13	09:42.42	10:40.95	11:33.05	LPK
44/53	BOSMAN, Ciara	1803	39:07.773	06:31	10:29	+00:14:25	12:02.09	13:21.10	13:44.57	LPK
46/53	ANDERSON, Emma	1801	40:16.046	06:42	10:47	+00:15:33	10:57.55	13:58.30	15:20.19	LPK
47/53	WEBER, Rita	1808	40:55.846	06:49	10:58	+00:16:13	12:17.59	14:17.78	14:20.46	LPK

Team: MHC - MEDICINE HAT

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
12/53	ASPREY, Pheonix	1818	26:59.148	04:29	07:14	+00:02:16	08:23.82	09:22.31	09:13.01	MHC
14/53	SCIRMGGER, Madison	1812	27:07.843	04:31	07:16	+00:02:25	08:20.39	09:26.46	09:20.98	MHC
16/53	WOODRUFF, Reyna	1822	28:37.515	04:46	07:40	+00:03:54	09:10.35	09:46.24	09:40.90	MHC
19/53	BARLOW, Elle	1814	29:13.539	04:52	07:50	+00:04:30	09:08.58	10:08.27	09:56.68	MHC
26/53	KNAPP, Riley	1821	30:11.827	05:01	08:05	+00:05:29	09:07.51	10:28.23	10:36.07	MHC
28/53	WEIR, Addison	1816	31:13.188	05:12	08:22	+00:06:30	09:37.18	10:50.58	10:45.41	MHC
35/53	CATONIO, Ciana	1819	33:40.023	05:36	09:01	+00:08:57	10:09.51	11:36.01	11:54.49	MHC
38/53	BRENNAN, Presley	1823	35:56.035	05:59	09:38	+00:11:13	10:56.55	12:22.41	12:37.06	MHC
39/53	DYCK, Ava	1820	36:25.797	06:04	09:46	+00:11:43	10:55.64	13:06.64	12:23.51	MHC
42/53	STARK, Elise	1817	38:03.532	06:20	10:12	+00:13:20	10:47.17	13:53.76	13:22.59	MHC

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Team: OPEN - UofC

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
1/53	CONRAD, Jenna	1855	24:42.602	04:07	06:37	+00:00:00	08:18.66	08:18.29	08:05.64	OPEN
2/53	JENSEN, Sophie	1859	24:47.430	04:07	06:38	+00:00:04	08:18.06	08:18.46	08:10.90	OPEN
4/53	PHILP, Marcail	1860	25:40.563	04:16	06:53	+00:00:57	08:18.17	08:44.50	08:37.88	OPEN
5/53	CASTILLO, Eloisa	1853	25:49.796	04:18	06:55	+00:01:07	08:19.32	08:43.60	08:46.86	OPEN
6/53	SMITH, Meagan	1854	26:03.813	04:20	06:59	+00:01:21	08:18.52	08:49.30	08:55.98	OPEN
7/53	HICKIE, Jordis	1857	26:06.155	04:21	06:59	+00:01:23	08:19.05	08:43.17	09:03.92	OPEN
8/53	PILLING, Peyton	1852	26:24.625	04:24	07:04	+00:01:42	08:19.12	08:49.50	09:15.99	OPEN
9/53	WESTLAKE, Lauren	1862	26:26.383	04:24	07:05	+00:01:43	08:19.38	09:00.78	09:06.21	OPEN
10/53	FRASCA, Lucy	1856	26:34.351	04:25	07:07	+00:01:51	08:19.24	08:49.18	09:25.92	OPEN

Team: PCP - PRAIRIE COLLEGE

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
33/53	LAUBER, Elizabeth	1828	33:10.751	05:31	08:53	+00:08:28	10:09.65	11:32.08	11:29.01	PCP
34/53	ABBOTT, Rebekah	1827	33:21.415	05:33	08:56	+00:08:38	10:08.24	11:33.23	11:39.94	PCP
36/53	WILLIAMS, Emma	1825	35:19.328	05:53	09:28	+00:10:36	10:48.36	12:07.17	12:23.79	PCP
50/53	HARRISON, Dilyn	1824	41:45.790	06:57	11:11	+00:17:03	12:19.86	14:41.13	14:44.79	PCP
51/53	CARLAW, Emma	1829	45:18.132	07:33	12:08	+00:20:35	13:04.22	16:58.72	15:15.19	PCP
52/53	GRASLEY, Sophia	1826	48:45.953	08:07	13:04	+00:24:03	13:04.34	17:25.28	18:16.32	PCP

Team: RDP - RED DEER

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
11/53	CHIPIUK, Julianna	1833	26:44.993	04:27	07:10	+00:02:02	08:19.96	09:00.50	09:24.52	RDP
13/53	SAWCHUK, Georgia	1831	27:03.906	04:30	07:15	+00:02:21	08:56.38	09:05.20	09:02.31	RDP
18/53	PARK, Kammy	1834	28:53.500	04:48	07:44	+00:04:10	09:19.24	09:40.79	09:53.47	RDP
23/53	LONGMAN, Zoey	1837	29:45.367	04:57	07:58	+00:05:02	09:21.40	10:08.37	10:15.59	RDP
24/53	GUENTHER, Hadley	1832	29:55.657	04:59	08:01	+00:05:13	09:26.03	10:12.46	10:17.16	RDP

Team: SAIT - SAIT

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
3/53	FRAMPTON, Kerigan	1838	25:37.657	04:16	06:52	+00:00:55	08:19.46	08:43.50	08:34.69	SAIT
29/53	PELLETIER, Eden	1839	31:40.726	05:16	08:29	+00:06:58	09:40.08	11:08.91	10:51.73	SAIT

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School Results

6K - Womens

Team: STMU - ST. MARY'S

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
22/53	LAPLANTE, Cadence	1840	29:35.102	04:55	07:55	+00:04:52	08:35.74	10:18.88	10:40.47	STMU
31/53	TEDESCO, Sarah	1842	32:07.469	05:21	08:36	+00:07:24	09:52.07	11:04.59	11:10.79	STMU
37/53	WOLFE, Clara	1844	35:30.673	05:55	09:31	+00:10:48	10:50.83	12:08.12	12:31.72	STMU
40/53	HOLT, Sophie	1843	36:44.031	06:07	09:50	+00:12:01	10:48.98	12:47.13	13:07.91	STMU
41/53	MCCLOCKLIN, Brianna	1847	36:56.548	06:09	09:54	+00:12:13	11:39.21	12:51.51	12:25.81	STMU
48/53	CARTER, Cherise	1841	41:04.891	06:50	11:00	+00:16:22	12:19.99	14:29.40	14:15.49	STMU
49/53	BROPHY, Alisha	1846	41:17.992	06:52	11:04	+00:16:35	12:21.14	13:56.57	15:00.27	STMU

Team: TKU - KING'S UNIVERSITY

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
15/53	LEUSINK, Andrea	1848	27:34.001	04:35	07:23	+00:02:51	08:54.18	09:18.86	09:20.95	TKU
21/53	FROELICH, Amelie	1851	29:31.117	04:55	07:54	+00:04:48	09:12.08	10:09.08	10:09.94	TKU
43/53	OSGUTHORPE, Rye	1849	38:19.328	06:23	10:16	+00:13:36	10:46.66	13:55.46	13:37.19	TKU