



NORTH FLORIDA

WOMEN'S CROSS COUNTRY

2021 FALL RESULTS/PERFORMANCE LIST

2021 FALL SCHEDULE/RESULTS

Date	Event	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 17	FSU XC Open	Tallahassee, Fla.	6K	13th	Raquel Lespasio	71st	22:55.6
Oct. 1	Gans Creek Classic	Columbia, Mo.	6K	10th	Mia McLain	46th	22:24.6
Oct. 15	FSU XC Invite/Pre-Nationals (Open)	Tallahassee, Fla.	6K	17th	Sadie McLaughlin	95th	22:43.3
Oct. 30	ASUN Championship	Orlando, Fla.	5K	7th	Mia McLain	25th	18:12.2
Nov. 12	NCAA Regionals	Huntsville, Ala.	6K	19th	Mia McLain	101st	22:19.23

TEAM/INDIVIDUAL MEET RESULTS

FSU XC OPEN

Sept. 17, 2021 • Tallahassee, Fla.
6K

Team Results

Team	Points
1. BYU	24
2. Florida State	51
3. Furman	83
4. Southern Utah	105
5. Stanford	171
6. Lee (Tenn.)	172
7. Clemson	228
8. Miami (FL)	252
9. Eastern Michigan	283
10. Charleston Southern	292
11. Auburn	317
12. Tampa	356
13. NORTH FLORIDA	396
14. Flagler	437
15. Lynn	530
16. FIU	536
17. Stetson	548
18. South Florida	560
19. Alabama-Huntsville	579
20. Florida Southern	586
21. Nova Southeastern	594
22. Florida Atlantic	602
23. Palm Beach Atlantic	612
24. Florida Gulf Coast	630
25. Valdosta State	737
26. Georgia Southern	745
27. West Florida	825
28. Pasco-Hernando State College	908
29. Florida A&M	969

North Florida Individual Results (Field: 290)

Pl.	Name	Time
71	Raquel Lespasio	22:55.6
74	Mia McLain	22:58.9
103	Billie Castillo	23:29.3
110	Sadie McLaughlin	23:35.5
117	Chelsey Oliver	23:45.9
133	Hannah Martin	24:00.2
134	Isa Leen	24:00.5
140	Emma Millson	24:08.5
145	EJ Schlageter	24:13.3
160	Grace Gumpel	24:30.0
182	Leah Pelham	24:56.6

GANS CREEK CLASSIC

Oct. 1, 2021 • Columbia, Mo.
6K

Team Results

Team	Points
1. Texas A&M	64
2. Missouri	67
3. Iowa	101
4. Bradley	104
5. Kansas State	169
6. Kansas	180
7. Wichita State	186
8. Baylor	220
9. Drake	241
10. NORTH FLORIDA	251
11. Northern Iowa	265
12. Saint Louis	305
13. Creighton	326
14. Murray State	365
15. Nebraska-Omaha	463
16. Western Illinois	507

North Florida Individual Results (Field: 153)

Pl.	Name	Time
46	Mia McLain	22:24.6
52	Camryn Cooney	22:30.9
58	Sadie McLaughlin	22:42.9
61	Billie Castillo	22:48.0
64	Raquel Lespasio	22:49.8
77	Chelsey Oliver	23:04.8
81	Grace Gumpel	23:08.0
98	Isa Leen	23:32.7
99	EJ Schlageter	23:36.1
106	Hannah Martin	23:48.5
116	Emma Millson	23:59.8
137	Leah Pelham	25:06.7

FSU XC INVITE/PREP-NATIONALS (OPEN)

Oct. 15, 2021 • Tallahassee, Fla.
6K

Team Results

Team	Points
1. Tennessee	67
2. Texas	122
3. Florida State	152
4. Northern Arizona	169
5. Utah	195
6. Northeastern	230
7. Cincinnati	232
8. Delaware	239
9. Kentucky	252
10. Charlotte	268
11. Richmond	282
12. Southern Miss	298
13. Arizona State	317
14. Bucknell	342
15. Georgia	383
16. California	385
17. NORTH FLORIDA	429
18. Northern Colorado	446
19. UL-Monroe	514
20. Northern Kentucky	563
21. Florida Atlantic	622
22. Florida Gulf Coast	623
23. FIU	636
24. Southern Florida	672
25. South Alabama	687
26. Troy	707
27. Daytona State College	835
28. Louisiana Tech	866
29. Lake Sumter State College	918

North Florida Individual Results (Field: 278)

Pl.	Name	Time
95	Sadie McLaughlin	22:43.3
112	Camryn Cooney	23:01.1
114	Mia McLain	23:02.3
126	Raquel Lespasio	23:10.9
128	Billie Castillo	23:11.5
155	Grace Gumpel	23:39.0
170	Chelsey Oliver	23:50.1
179	Isa Leen	24:03.3
187	EJ Schlageter	24:18.8
210	Emma Millson	24:40.4
213	Hannah Martin	24:49.9

TEAM/INDIVIDUAL MEET RESULTS

ASUN CHAMPIONSHIP

Oct. 30, 2021 • Orlando, Fla.
5K

Team Results

Team	Points
1. Liberty	36
2. Lipscomb	48
3. Eastern Kentucky	82
4. Jacksonville	109
5. Kennesaw State	146
6. Central Arkansas	179
7. NORTH FLORIDA	181
8. Bellarmine	201
9. Stetson	227
10. North Alabama	306
11. Jacksonville State	317
12. Florida Gulf Coast	333

North Florida Individual Results (Field: 98)

Pl.	Name	Time
25	Mia McLain	18:12.2
36	Camryn Cooney	18:23.1
39	Raquel Laspasio	18:32.8
42	Billie Castillo	18:37.6
55	Grace Gumpel	18:54.5
61	Chelsey Oliver	19:07.0
62	Hannah Martin	19:08.6
67	EJ Schlageter	19:21.9
77	Isa Leen	19:41.8

NCAA REGIONALS

Nov. 12, 2021 • Huntsville, Ala.
6K

Team Results

Team	Points
1. Ole Miss	69
2. Florida State	86
3. Alabama	99
4. Tennessee	121
5. Florida	135
6. Vanderbilt	175
7. Lipscomb	194
8. Middle Tennessee State	198
9. Georgia Tech	228
10. Auburn	309
11. Southern Miss	361
12. Georgia	364
13. Miami (FL)	414
14. Kennesaw State	430
15. UCF	455
16. East Tennessee State	467
17. Samford	469
18. Belmont	478
19. NORTH FLORIDA	542
20. Tennessee Tech	570
21. Memphis	573
22. Stetson	630
23. South Florida	676
24. UAB	703
25. Alcorn State	734
26. Florida Atlantic	751
27. UT-Martin	755
28. Troy	768
29. Georgia State	784
30. FIU	791
31. Jacksonville State	844
32. Georgia Southern	936

North Florida Individual Results (Field: 225)

Pl.	Name	Time
101	Mia McLain	22:19.23
108	Raquel Laspasio	22:26.48
113	Camryn Cooney	22:29.95
121	Chelsey Oliver	22:37.41
122	Billie Castillo	22:37.78
161	EJ Schlageter	23:19.08
166	Hannah Martin	23:25.91

2021 FALL TOP TIMES BY DISTANCE

5,000 METERS

Time	Name	Event	Date
18:12.2	Mia McLain	ASUN Championship	Oct. 30
18:23.1	Camryn Cooney	ASUN Championship	Oct. 30
18:32.8	Raquel Lespasio	ASUN Championship	Oct. 30
18:37.6	Billie Castillo	ASUN Championship	Oct. 30
18:54.5	Grace Gumpel	ASUN Championship	Oct. 30
19:07.0	Chelsey Oliver	ASUN Championship	Oct. 30
19:08.6	Hannah Martin	ASUN Championship	Oct. 30
19:21.9	EJ Schlageter	ASUN Championship	Oct. 30
19:41.8	Isa Leen	ASUN Championship	Oct. 30

6,000 METERS

Time	Name	Event	Date
22:19.23	Mia McLain	NCAA Regionals	Nov. 12
22:24.6	Mia McLain	Gans Creek Classic	Oct. 1
22:26.48	Raquel Lespasio	NCAA Regionals	Nov. 12
22:29.95	Camryn Cooney	NCAA Regionals	Nov. 12
22:30.9	Camryn Cooney	Gans Creek Classic	Oct. 1
22:37.41	Chelsey Oliver	NCAA Regionals	Nov. 12
22:37.78	Billie Castillo	NCAA Regionals	Nov. 12
22:42.9	Sadie McLaughlin	Gans Creek Classic	Oct. 1
22:43.3	Sadie McLaughlin	FSU XC Invite (Open)	Oct. 15
22:48.0	Billie Castillo	Gans Creek Classic	Oct. 1
22:49.8	Raquel Lespasio	Gans Creek Classic	Oct. 1
22:55.6	Raquel Lespasio	FSU XC Open	Sept. 17
22:58.9	Mia McLain	FSU XC Open	Sept. 17
23:01.1	Camryn Cooney	FSU XC Invite (Open)	Oct. 15
23:02.3	Mia McLain	FSU XC Invite (Open)	Oct. 15
23:04.8	Chelsey Oliver	Gans Creek Classic	Oct. 1
23:08.0	Grace Gumpel	Gans Creek Classic	Oct. 1
23:10.9	Raquel Lespasio	FSU XC Invite (Open)	Oct. 15
23:11.5	Billie Castillo	FSU XC Invite (Open)	Oct. 15
23:19.08	EJ Schlageter	NCAA Regionals	Nov. 12
23:25.91	Hannah Martin	NCAA Regionals	Nov. 12
23:29.3	Billie Castillo	FSU XC Open	Sept. 17
23:32.7	Isa Leen	Gans Creek Classic	Oct. 1
23:35.5	Sadie McLaughlin	FSU XC Open	Sept. 17
23:36.1	EJ Schlageter	Gans Creek Classic	Oct. 1
23:39.0	Grace Gumpel	FSU XC Invite (Open)	Oct. 15
23:45.9	Chelsey Oliver	FSU XC Open	Sept. 17
23:48.5	Hannah Martin	Gans Creek Classic	Oct. 1
23:50.1	Chelsey Oliver	FSU XC Invite (Open)	Oct. 15
23:59.8	Emma Millson	Gans Creek Classic	Oct. 1
24:00.2	Hannah Martin	FSU XC Open	Sept. 17
24:00.5	Isa Leen	FSU XC Open	Sept. 17
24:03.3	Isa Leen	FSU XC Invite (Open)	Oct. 15
24:08.5	Emma Millson	FSU XC Open	Sept. 17
24:13.3	EJ Schlageter	FSU XC Open	Sept. 17
24:18.8	EJ Schlageter	FSU XC Invite (Open)	Oct. 15
24:30.0	Grace Gumpel	FSU XC Open	Sept. 17
24:40.4	Emma Millson	FSU XC Invite (Open)	Oct. 15
24:49.9	Hannah Martin	FSU XC Invite (Open)	Oct. 15
24:56.6	Leah Pelham	FSU XC Open	Sept. 17
25:06.7	Leah Pelham	Gans Creek Classic	Oct. 1

2021 FALL INDIVIDUAL PERFORMANCES

BILLIE CASTILLO

3,000 Meters • PR -			
Time	Event	Date	Finish
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5,000 Meters • PR - 18:37.6			
Time	Event	Date	Finish
18:37.6	ASUN Championship	Oct. 30	42
6,000 Meters • PR - 22:37.78			
Time	Event	Date	Finish
22:37.78	NCAA Regionals	Nov. 12	122

CAMRYN COONEY

3,000 Meters • PR - 10:58.49			
Time	Event	Date	Finish
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5,000 Meters • PR - 18:03.1			
Time	Event	Date	Finish
18:23.1	ASUN Championship	Oct. 30	36
6,000 Meters • PR - 22:27			
Time	Event	Date	Finish
22:29.95	NCAA Regionals	Nov. 12	113

GRACE GUMPEL

3,000 Meters • PR - 10:51.6			
Time	Event	Date	Finish
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5,000 Meters • PR - 17:50.5			
Time	Event	Date	Finish
18:54.5	ASUN Championship	Oct. 30	55
6,000 Meters • PR - 22:24.9			
Time	Event	Date	Finish
23:08.0	Gans Creek Classic	Oct. 1	81

ISA LEEN

3,000 Meters • PR -			
Time	Event	Date	Finish
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5,000 Meters • PR - 19:41.8			
Time	Event	Date	Finish
19:41.8	ASUN Championship	Oct. 30	77
6,000 Meters • PR - 23:32.7			
Time	Event	Date	Finish
23:32.7	Gans Creek Classic	Oct. 1	98

RAQUEL LESPASIO

3,000 Meters • PR - 11:29.6			
Time	Event	Date	Finish
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5,000 Meters • PR - 18:27.7			
Time	Event	Date	Finish
18:32.8	ASUN Championship	Oct. 30	39
6,000 Meters • PR - 22:26.48			
Time	Event	Date	Finish
22:26.48	NCAA Regionals	Nov. 12	108

HANNAH MARTIN

3,000 Meters • PR -			
Time	Event	Date	Finish
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5,000 Meters • PR - 19:08.6			
Time	Event	Date	Finish
19:08.6	ASUN Championship	Oct. 30	62
6,000 Meters • PR - 23:06.1			
Time	Event	Date	Finish
23:25.91	NCAA Regionals	Nov. 12	166

MIA McLAIN

3,000 Meters • PR -			
Time	Event	Date	Finish
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5,000 Meters • PR - 18:12.2			
Time	Event	Date	Finish
18:12.2	ASUN Championship	Oct. 30	25
6,000 Meters • PR - 22:19.23			
Time	Event	Date	Finish
22:19.23	NCAA Regionals	Nov. 12	101

SADIE McLAUGHLIN

3,000 Meters • PR - 11:42.0			
Time	Event	Date	Finish
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5,000 Meters • PR - 18:50.5			
Time	Event	Date	Finish
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6,000 Meters • PR - 22:42.9			
Time	Event	Date	Finish
22:42.9	Gans Creek Classic	Oct. 1	58

EMMA MILLSON

3,000 Meters • PR -			
Time	Event	Date	Finish
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5,000 Meters • PR -			
Time	Event	Date	Finish
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6,000 Meters • PR - 23:59.8			
Time	Event	Date	Finish
23:59.8	Gans Creek Classic	Oct. 1	116

CHELSEY OLIVER

3,000 Meters • PR - 11:04.3			
Time	Event	Date	Finish
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5,000 Meters • PR - 18:11.2			
Time	Event	Date	Finish
19:07.0	ASUN Championship	Oct. 30	61
6,000 Meters • PR - 22:37.41			
Time	Event	Date	Finish
22:37.41	NCAA Regionals	Nov. 12	121

2021 SPRING INDIVIDUAL PERFORMANCES

LEAH PELHAM

3,000 Meters • PR -

Time	Event	Date	Finish
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5,000 Meters • PR - 20:20.6

Time	Event	Date	Finish
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6,000 Meters • PR - 24:56.6

Time	Event	Date	Finish
24:56.6	FSU XC Open	Sept. 17	182

EJ SCHLAGETER

3,000 Meters • PR -

Time	Event	Date	Finish
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5,000 Meters • PR - 19:21.9

Time	Event	Date	Finish
19:21.9	ASUN Championship	Oct. 30	67

6,000 Meters • PR - 23:19.08

Time	Event	Date	Finish
23:19.08	NCAA Regionals	Nov. 12	161