

WOMEN'S CROSS COUNTRY 2019-20 RECAPS

Women's Cross Country 6th in National All-Academic Team Standings

February 19 @ 8:00 am - 8:01 am

Jayhawks Place Sixth on National All-Academic Team Standings

The Muskegon Community College 2019-20 women's cross country team, which finished 19th in the nation at the National Junior College Athletic Association (NJCAA) Division I Championships in November, was even more impressive in the classroom.

The Jayhawk women were sixth in the nation in the recently released 2019 NJCAA Cross Country Coaches Association Academic All-America Team standings. The rankings are based on the cumulative grade point average (GPA) of five team members.

Two MCC runners, Maddy Windberg (Spring Lake, MI/Spring Lake HS) and Reagen Lockhart (Muskegon, MI/Reeths-Puffer HS) – earned 4.0 GPAs. Grace Sweet (Muskegon, MI/Reeths-Puffer HS) has a 3.9 GPA, Haylee Ray (Grand Haven, MI/Grand Haven HS) a 3.6 GPA and Adele Cory (Muskegon, MI/Mona Shores HS) a 3.5 GPA.

Three other Michigan community colleges were represented in the national Top 20: Grand Rapids CC (10th), Jackson College (12th) and Lansing CC (13th).

Cross Country NJCAA National Meet at University of New Mexico

November 9, 2019 @ 11:00 am - 5:00 pm

Final

Muskegon Community College sent a full women's squad to compete at the NJCAA National Championship in Albuquerque, NM this past weekend.

The Jayhawk women's team raced tough in the altitude to finish 19th in the nation, which is the third best national finish in the history of the program. Leading the way and finishing only 20 seconds from being All-American was Reagen Lockhart (Reeths-Puffer HS) in 61st (20:21). Finishing close to Reagen was Grace Sweet (Reeths-Puffer HS) also only 20 seconds away from All-American with a 65th (20:27). Competing tough was Adele Cory (Mona Shores HS) with her best national finish in 143rd. Also scoring for the Jayhawks were Maddy Windberg (Spring Lake HS) and Haylee Ray (Grand Haven HS). Casey Deater (Newaygo HS) and Kendra Johnson (Fruitport HS) pushed hard to help the team.

Women's Cross Country-MCCAA Championship & NJCAA Region XII at LCC

October 26, 2019 @ TBD

Final

The Jayhawk Women's Cross Country team earned their way to Nationals by placing 3rd in the Region and 2nd in the conference. Their team time of 1:42.06 is the 2nd fastest team time in Jayhawk history. Leading the way with a runner up finish was Grace Sweet (Reeths-

Puffer HS) who finished 2nd (19:29). Also earning All-Region and All-Conference honors were Raegen Lockhart (Reeths-Puffer HS) in 9th (20:06) and Adele Cory (Mona Shores HS) in 15th (20:29). Having an amazing race with an all-time PR of 20:49 was Casey Deater (Newaygo HS). Maddy Windberg (Spring Lake HS) completed the scoring helping her team finish as runner up in the conference.

Women's Cross Country-Oakland CC & Jayhawk Invitational

October 11, 2019 @ TBD

Final

The Jayhawk Cross-Country team split up and competed in two separate meets on Friday.

Raegan Lockhart (Reeths-Puffer HS) and Casey Deater (Newaygo HS) ran well for the women's team at Oakland and represented the Jayhawks with a solid 3rd and 11th place respectively in the JUCO meet.

Staying back in Muskegon to compete at University Park Golf Course, the Jayhawks raced to an 8th place finish on a wet and soggy course. The women's team was led by medalist Grace Sweet (Reeths-Puffer HS) in 19:49 followed by Maddy Windberg (Spring Lake HS). Having solid races and helping with the score were Kendra Johnson (Fruitport HS), Adele Cory (Mona Shores HS), Haylee Ray (Grand Haven HS), and Hannah Finkler (Reeths-Puffer HS).

Next on the schedule for the Jayhawks will be the Region XII & MCCA Championship at Grand Woods Park in Lansing, MI on 10/26 in Lansing.

Women's Cross Country-Lansing Invitational at LCC

October 4, 2019 @ TBD

Cross Country competes at LCC Invitational

The Muskegon Community College Cross-Country Team competed this weekend at the Lansing CC Invitational.

The Women's team had a strong over-all performance, finishing 8th out of the 26 teams competing and 2nd of the 12 Junior Colleges. Their season best team time of 1:43:22 places them 3rd overall in the history of MCC team times. Leading the way with a 19:24 (2nd fastest MCC 5k time in history) was Grace Sweet (Reeths-Puffer HS). Following her was Raegan Lockhart (Reeths-Puffer HS) nearly breaking into the 19's with a 20:03 (9th fastest MCC 5k time in history). Having a huge PR was Casey Deaters (21:02, Newaygo HS). This young lady was running in the 30 minutes a year ago and with a lot of hard work has dropped nearly 10 minutes! Wrapping up the scoring and fighting hard for the team were Maddy Windberg (Spring Lake HS) and Kendra Johnson (Fruitport HS).

Next Friday, 10/11 the Jayhawks divide the team and travel to Oakland Community College and at the same time host the Jayhawk Invitational at the University Park Golf Course.

Women's Cross Country-Knight-Raider Invitational at GRCC

September 20, 2019 @ 10:30 am - 5:00 pm

Final

The Muskegon Community College Women's Cross Country team competed in the Knight-Raider Invitation hosted by Grand Rapids Community College.

The women's team finished 9th overall out of 25 teams competing and again 2nd out of the 12 Junior colleges in their race. The top finisher was Grace Sweet (Reeths-Puffer HS) coming in at 20:32, good for 36th place overall. Following Grace was Raegan Lockhart (Reeths-Puffer HS), Adele Cory (Mona Shores HS), Casey Deater (Newaygo HS), Maddy Windberg (Spring Lake HS), Hannah Finkler (Reeths-Puffer HS), and Haylee Ray (Grand Haven HS).

The next race for the Jayhawks will be on Friday, 10/4 at Grand Woods Park hosted by Lansing Community College.

Women's Cross Country-Knight Invitational at Calvin University

September 7, 2019 @ 10:00 am - 5:00 pm

Jayhawks compete well at the Knight Invitational at Calvin College

Muskegon Community College took the short trip to Grand Rapids to compete in the Calvin University Knight Invitational.

The team opted to stay in the larger division to challenge itself. The women's team finished 22nd out of the 30 teams competing and first among the 3 junior colleges. Leading the way was Grace Sweet (Reeths-Puffer HS) with the second fastest MCC 6k time in school history (24:26). Following Grace was Raegan Lockhart (Reeths-Puffer HS) with the 8th best 6k MCC time (25:41). Rounding out the scoring was Maddy Windberg (Spring Lake HS), Casey Deater (Newaygo HS), and Kendra Johnson (Fruitport HS).

Next on the schedule for the Jayhawks is the Knight-Raider Invite at Riverside Park in Grand Rapids on Friday, 9/20.

Women's Cross Country-Jeff Drenth Memorial at CMU

August 30, 2019 @ TBD

Jayhawk Men & Women each open the season with 4th place finishes.

The Muskegon Community College women's cross country teams opened its season at Central Michigan University's Jeff Drenth Memorial finishing fourth behind MSU, CMU, and Alma.

The women's team was only five points behind Alma and finished 30 seconds faster than their time last year at this event. Leading the way with a 29th place finish was Grace Sweet (Reeths-Puffer HS) with an impressive time of 19:44. Finishing strong in her first college race was Raegan Lockhart (Reeths-Puffer HS) with a 20:52. Rounding out the scoring were Maddy Windberg (Spring Lake HS), Casey Deater (Newaygo HS), and Kendra Johnson (Fruitport HS).

Next on the schedule the Jayhawks will travel to Calvin College this Saturday 9/7 for The Calvin Knight Invite @ Gainey Athletic Field GR.