

<b>Date:</b>	10-10-24
<b>Location:</b>	Atlantic
<b>Weather:</b>	75 & Sunny

<b>HS Girls Varsity Team Results:</b>	8th Place - 224 Points
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<b>HS Girls Varsity Individual Results:</b>			
	<b>Place</b>	<b>Name</b>	<b>Time</b>
	11	Alexa Tremblay	20:52:00
	12	Lola Mendlik	20:54:00
	55	Emily Bahnsen	24:02:00
	63	Charlotte Schrum	24:32:00
	84	Leilany Morales-Garcia	25:36:00
	87	Lynnae Johnson	25:53:00
	91	Anna Galvin	25:58:00

<b>HS Girls JV Team Results:</b>	5th Place - 143 Points
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<b>HS Girls Varsity Individual Results:</b>			
	<b>Place</b>	<b>Name</b>	<b>Time</b>
	37	Claire Olsen	26:33:00
	39	Stella Mahrt	26:41:00
	40	Jenna Meadows	26:49:00
	46	Rosy Segoviano	27:25:00
	51	Andrea Flores	27:33:00
	60	Tiffany Ramirez	28:15:00
	62	Janet Castillo	28:58:00

<b>HS Boys Varsity Team Results:</b>	8th Place - 240 Points
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<b>HS Boys Varsity Individual Results:</b>			
	<b>Place</b>	<b>Name</b>	<b>Time</b>

12	Kevin	Sanchez	17:45:00
25	Ethan	Olsen	18:45:00
54	Angel	Garcia	19:44:00
72	Miguel	Hernandez	20:11:00
89	Abdiel	Corona	20:57:00
92	Raul	Castillo	21:02:00
95	Ivan	Ledesma	21:07:00

**HS Boys JV Team Results:** 7th Place - 181 points

<b>HS Boys JV Individual Results:</b>			
Place	Name		Time
34	Israel	Bernal Serrato	21:20:00
42	Eduardo	Cruz	21:50:00
47	Raul	Salas	22:04:00
53	Jonathan	Marquez	22:28:00
57	Omar	Ramos	22:39:00
79	Jaime	Hernandez	24:01:00
120	Erik	Cabrera	26:37:00
135	Luis	Rivas	30:07:00

**MS Girls Team Results:** 4th Place - 107 Points

<b>MS Girls Individual Results:</b>			
Place	Name		Time
22	Caroline	Schrum	14:57:00
26	Avah	Nemitz	15:05:00
30	Taelen	Young	15:18:00
39	Landyn	Wiese	16:11:00
40	Aubrey	Young	16:17:00
79	Cora	Gotto	19:38:00

<b>MS Boys Team Results:</b>	NA				
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<b>MS Boys Team Results:</b>					
	<b>Place</b>	<b>Name</b>		<b>Time</b>	
	10	Quinn	Vetter	12:30:00	
	43	Reylan	Gonzalez	13:39:00	

<b>Comments from assistant coach Raegan Andersen:</b>	<p>Coming into this meet, we knew that there was going to be a lot of good competition here. Tonight's course was definitely one of the more challenging courses we have ran on this year. The first mile of the race was downhill and flat so it was a faster first mile for many of them. Miles two and three had hills and our runners did a nice job of grinding up through the hill and letting the momentum take them on the down hills to make passes. The middle school teams started us off tonight. Quinn Vetter led the boys side with a 10th place finish and Caroline Schrum led the girls with a 22nd place finish. The high school girls were paced by Alexa Tremblay(11th) and Lola Mendlik (12th) tonight. Kevin Sanchez (12th) and Ethan Olsen (25th) led the boys team tonight. As a whole we need to be okay with holding an uncomfortable pace. Cross country is a gritty and competitive sport. Our kids are more than capable of reaching their season goals, but they have to dig deep and want it more than the person in front of/next to them. Our next meet will be Hawkeye 10 and it will be the last meet of the season for some of our athletes. We will travel to Carroll as Kuemper hosts the Hawkeye 10 meet at the Muni golf course. As a team we know what our goals are and it's important that we are ready to go both mentally and physically in order to achieve those goals.</p>
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