

<b>Date:</b>	10-3-2024
<b>Location:</b>	M & M Golf Course
<b>Weather:</b>	75 & Sunny/Windy

<b>HS Girls Team Results:</b>	5th Place - 120 points
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<b>HS Girls Individual Results:</b>			
Place	Name		Time
17	Emily	Bahnsen	24:39:00
24	Piomo	Okwer	26:04:00
31	Stella	Mahrt	27:37:00
33	Anna	Galvin	27:52:00
36	Andrea	Flores	28:43:00
38	Janet	Castillo	29:47:00
40	Tiffany	Ramirez	31:52:00

<b>HS Boys Team Results:</b>	4th Place - 101 points
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<b>HS Boys Individual Results:</b>			
Place	Name		Time
16	Angel	Garcia	20:16:00
18	Miguel	Hernandez	20:37:00
25	Israel	Bernal Serrato	21:48:00
28	Jonathan	Marquez	23:09:00
33	Jaime	Hernandez	23:41:00
35	Leo	Sanchez-Rios	23:58:00
41	Carlos	Moreno	28:54:00

<b>MS Girls Team Results:</b>	3rd Place - 55 points
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<b>MS Girls Individual Results:</b>	
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Place	Name		Time
5	Caroline	Schrum	17:14:00
6	Taelen	Young	17:28:00
8	Landyn	Wiese	18:10:00
13	Aubrey	Young	19:22:00
14	Nereyda	Garnica	19:31:00

**MS Boys Team Results:** NA

**MS Boys Team Results:**

Place	Name		Time
4	Quinn	Vetter	14:25:00

**Comments from assistant coach Raegan Andersen:** It was another beautiful night for the cross country runners to get out and compete. We had smaller squads running for us on both the high school boys and girls teams. We had an extra meet on our schedule and decided to bring along the athletes that have missed a meet due to illness, injuries, etc. This gives them the opportunity to compete in the allotted 10 cross country meets. With that being said, we had some different kids step up for us tonight. On the girls side, they brought home 5th as a team. They were paced by Emily Bahnsen(17th) and Piomo Okwer (24th). The boys finished 4th place tonight and were led by Angel Garcia (16th) and Miguel Hernandez(18th). The middle school kids ended the night for us and we had four of them crack the top 10. Quinn Vetter(4th), Caroline Schrum (5th), Taelen Young (6th) and Landyn Wiese (8th) all earned a medal. We are proud of how the kids pushed themselves tonight. They listened to us coaches when we told them to get out fast and use the person in front of them to block the wind during their race. They did a nice job of attacking the hill and finding another gear for their finish. Our runners have been working extremely hard. Many of them have competed in 4 meets within the last two weeks. They will have the day off on Friday to give their bodies some recovery time and then we will hit the ground running hard again on Tuesday and Thursday of next week.