

<b>Date:</b>	11-1-2024			
<b>Location:</b>	Fort Dodge			
<b>Weather</b>	45 and Sunny			

<b>HS Girls Individual Results:</b>			
	<b>Place</b>	<b>Name</b>	<b>Time</b>
	70	Alexa	Tremblay 20:36:00
	81	Lola	Mendlik 20:52:00

<b>HS Boys Individual Results:</b>			
	<b>Place</b>	<b>Name</b>	<b>Time</b>
	88	Kevin	Sanchez 17:41:00

**Comments from assistant coach Raegan Andersen:** The atmosphere at the state cross country meet is one that truly doesn't compare to anything else. The course is flooded with athletes, coaches, and spectators from all over. The start at the state meet is always so fast as the athletes have adrenaline and are excited to get out and run for a chance at a state medal. Lola, Alexa and Kevin knew that they needed to get out fast so that they didn't get stuck in the back of the pack. It's hard to play catch up at state as you are running with some of the best of the best. You have to get out and hang with them right from the jump in order to have a high finish. With that being said, those three did exactly that. This was Kevin's first time running at the state meet and he did a great job. Running at state is a lot to take in, especially for your first time. You never truly understand it until you are running there and Kevin handled it tremendously. Going into the race, he knew that the first mile was going to be faster than what he usually runs. He did a great job of adjusting and settling into the faster pace. He gave it everything he had today and now he knows what it takes to make and run at the state meet. I am excited to see what he can do in his next two years running as a Monarch. Lola and Alexa ran in their final race as a Monarch today and they both did a phenomenal job. They came into the race confident as they knew what to expect being a 4 time state qualifier (Lola) and a 2 time state qualifier (Alexa). Not many athletes qualify for the state meet, let alone multiple times like these girls both have. Lola is now the third Monarch in program-history to qualify all 4 years. Both girls should be extremely proud of themselves and the careers they have had. They constantly pushed each other all season. They do a great job of packing up and feeding off of each other's energy while running. Lola and Alexa truly gave it their all and left everything they had out on the course today. We are proud of how they have represented themselves, our team, and most importantly our community during their time in the Monarch Cross Country program.