

Date:	09-28-24
Location:	Harlan
Weather	70 & Sunny

HS Girls Varsity Team Results:	5th Place - 153 points
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HS Girls Varsity Individual Results:			
	Place	Name	Time
	10	Lola Mendlik	20:40:00
	12	Alexa Tremblay	20:59:00
	34	Emily Bahnsen	23:19:00
	45	Piomo Owker	24:09:00
	58	Charlotte Schrum	24:52:00
	61	Leilany Morales-Garcia	24:56:00
	87	Claire Olsen	27:35:00

HS Girls JV Team Results:	NA
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HS Girls JV Individual Results:			
	Place	Name	Time
	21	Anna Galvin	27:04:00
	22	Rosy Segoviano	27:09:00

HS Boys Varsity Team Results:	11th Place - 277 points
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HS Boys Varsity Individual Results:			
	Place	Name	Time
	13	Kevin Sanchez	17:53:00
	24	Ethan Olsen	18:29:00
	81	Ivan Ledesma	20:37:00
	83	Miguel Hernandez	20:41:00
	88	Raul Castillo	21:02:00

90	Abdiel	Corona	21:20:00
92	Eduardo	Cruz	21:24:00

HS Boys JV Team Results: 6th Place - 163 points

HS Boys JV Individual Results:			
Place	Name		Time
15	Omar	Ramos	20:27:00
26	Raul	Salas	21:04:00
53	Jaxx	Luetje	22:39:00
83	Erik	Cabrera	25:24:00
99	Luis	Rivas	30:45:00

MS Girls Team Results: 4th Place - 120 Points

MS Girls Individual Results:			
Place	Name		Time
12	Ayvah	Nemitz	14:54:00
18	Caroline	Schrum	15:17:00
21	Taelen	Young	15:29:00
30	Landyn	Wiese	16:14:00
65	Cora	Gotto	19:22:00

MS Boys Team Results: NA

MS Boys Team Results:			
Place	Name		Time
6	Quinn	Vetter	12:40:00
NA	Reylan	Gonzalez	No Time Available

Comments from assistant coach Raegan Andersen:

The weather was absolutely perfect for the XC runners this morning. The Harlan meet always has tough competition and today was no exception. Today was a true test for us to see where we are at and what we need to continue to work on. The middle school runners started us off and they did a nice job of getting themselves prepared and ready to run in their first Saturday morning meet. Quinn Vetter (6th), Avyah Nemtiz (12th) and Caroline Schrum (18th) all placed in the top 20 today. Our middle school runners need to continue to work on getting out quicker so we aren't playing catch up in the second half of the race. We need to put ourselves in positions to be competitive right from the jump. For the high school races, we had some different athletes racing varsity as we had some kids out for us today. They did a nice job of stepping up to the plate and running hard for their teammates. Lola (10th), Alexa (12th) and Emily (34th) led the girls team today and Kevin (13th) and Ethan (24th) paced the boys team. On both the girls and boys team, we need to continue to work on our footspeed throughout our races. We have to be able to attack the hills and make surges during the race to continue moving up and holding a fast pace. We are in the bulk of our season right now. We will have quick turnarounds in between meets so it's crucial that we continue to take care of our bodies both physically and mentally. Our next meet will be our home meet on Tuesday, October 1st at the Majestic Hills golf course. Our runners are ready and excited to show our community their hard work and what they can do!