

Date:	9-7-24
Location:	Council Bluffs
Weather:	75 & Sunny

HS Girls Team Results:	3rd Place - 92 Points
-------------------------------	-----------------------

HS Girls Individual Results:				
	Place	Name		Time
	4	Lola	Mendlik	21:58:00
	6	Alexa	Tremblay	22:15:00
	43	Leilany	Morales-Garcia	25:59:00
	47	Piomo	Okwer	26:30:00
	52	Charlotte	Schrum	27:17:00
	57	Jenna	Meadows	27:52:00
	60	Andrea	Flores	28:29:00
	62	Stella	Mahrt	28:04:00
	63	Tiffany	Ramirez	28:22:00
	69	Anna	Galvin	29:11:00
	71	Claire	Olsen	29:27:00
	74	Rosy	Segoviano	29:13:00
	75	Janet	Castillo	29:28:00
	85	Lynnae	Johnson	33:01:00

HS Boys Team Results:	4th Place - 109 Points
------------------------------	------------------------

HS Boys Individual Results:				
	Place	Name		Time
	7	Kevin	Sanchez	19:03:00
	9	Ethan	Olsen	19:29:00
	25	Anthony	Valtierra	20:52:00
	29	Miguel	Hernandez	21:03:00

42	Ivan	Ledesma	21:54:00		
43	Raul	Castillo	21:56:00		
46	Israel	Bernal-Serrato	22:28:00		
47	Abdiel	Corona	23:59:00		
51	Omar	Ramos	23:45:00		
57	Raul	Salas	22:11:00		
68	Jaime	Hernandez	22:05:00		
77	Eduardo	Cruz	22:51:00		
81	Jax	Luetje	23:22:00		
106	Erik	Cabrera	28:28:00		
112	Luis	Rivas	30:32:00		
113	Luis	Herrera	30:31:00		

Comments from assistant coach Raegan Andersen: The weather was absolutely perfect for our athletes to compete in today. Today was the first early morning meet we have had this season and us coaches are proud of the way the athletes handled getting up early and getting themselves ready to run. The girls started us off again today and they did an awesome job. As a team, they were able to take home 3rd place with 92 points. Lola and Alexa continue to pack up and lead us. They both captured another top 10 finish placing 4th and 6th. Leliany, Piomo and Charlotte rounded out our top 5 today and they do a nice job of sticking together but we need to continue to work on closing the gap between them and the front of the pack. Having those three continue to stick together will allow us to capitalize on huge point swings between us and other teams. On the boys side, they took home 4th place and missed out on getting a team medal by 9 points. Kevin Sanchez and Ethan Olsen had phenomenal races today and placed 7th and 9th respectively. As coaches, we encouraged them to get out quicker today and hang with that top group of runners. They are both capable of it and having a faster start puts them in position to be competitive right from the gate rather than trying to play catch up later in the race. Anthony, Miguel and Ivan finished out our top 5 today. Our boys are a competitive group and we are eager to see them continue to improve this season. Coach Bradley, Coach Lara and myself are proud of the kids for working hard and giving it their all. We hope to continue to carry this momentum into our next meet at Greene County on Thursday, September 12th. Our middle school team will compete for the first time at Greene County and we are excited to see what they can do as it will be the first time many of them ever run in a cross country race!