

Date: 9-5-2024				
Location: Logan-Missouri Valley Country Club				
Weather: 80 & Sunny				

HS Girls Team Results: 3rd Place - 72 points

HS Girls Individual Results:				
	Place	Name		Time
	3	Lola	Mendlik	20:38:00
	6	Alexa	Tremblay	21:01:00
	25	Leilany	Morales-Garcia	24:27:00
	30	Piomo	Okwer	24:57:00
	33	Emily	Bahnsen	25:32:00
	36	Charlotte	Schrum	25:39:00
	44	Jenna	Meadows	26:15:00
	45	Andrea	Flores	26:28:00
	47	Stella	Mahrt	27:08:00
	49	Tiffany	Ramirez	27:53:00
	51	Anna	Galvin	28:02:00
	52	Rosy	Segoviano	28:04:00
	54	Janet	Castillo	28:40:00
	60	Lynnae	Johnson	33:21:00

HS Boys Team Results: 5th Place - 92 points
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HS Boys Individual Results:				
	Place	Name		Time
	5	Kevin	Sanchez	17:42:00
	11	Ethan	Olsen	18:15:00
	31	Ivan	Ledesma	20:13:00
	32	Miguel	Hernandez	20:13:00
	34	Anthony	Valtierra	20:23:00

42	Raul	Castillo	20:50:00		
46	Israel	Bernal-Serrato	21:19:00		
49	Abdiel	Corona	21:32:00		
51	Omar	Ramos	21:40		
52	Raul	Salas	21:41:00		
57	Jaime	Hernandez	21:56:00		
58	Eduardo	Cruz	21:56:00		
62	Matthew	Sandoval	22:24:00		
63	Leo	Sanchez-Rios	22:26:00		
69	Jax	Luetje	23:53:00		
73	Erik	Cabrera	26:22:00		
82	Luis	Rivas	31:36:00		

Comments from assistant coach Raegan Andersen :

Tonight was a great start to the 2024 season! Our athletes have been working hard at practice and it's nice that they finally got a chance to compete against other schools. This year, LO-MA moved their meet to the Logan-Missouri Valley country club so it's the first time any of our athletes have ran this course. We are proud of their preparation and how hard they competed tonight. They listened to our advice to the different things that us coaches were seeing as they were running and made those changes. The girls started us off tonight and they ran a phenomenal race. Lola Mendlik and Alexa Tremblay paced the girls with two top ten finishes placing 3rd and 6th respectively. Leilany Morales-Garcia stepped up huge for the girls tonight and ran a gritty race. This is her first year out and we are happy to have her apart of the team. On the boys side, they were paced by Kevin Sanchez (5th) and Ethan Olsen (11th). Kevin got out quick and was able to stay in the top 10 the whole race. Ethan ran a great race as well. He is super competitive and has high goals for himself and the team in his final season of cross country. We know that we have more work to put in to get to where we want to be in at the end of the season. Tonight gave us coaches a good gauge of where the athletes are at and what changes we need to make to continue to improve each week. We have a quick turn around as we will be competing again on Saturday (9/7) at Iowa Western. This meet will be a true test for us to see where we are at as we will compete against many schools in the Hawkeye 10.