

Date:	09-17-24
Location:	Storm Lake
Weather:	80 & Sunny

HS Girls Varsity Team Results:	5th Place - 138 points
---------------------------------------	------------------------

HS Girls Varsity Individual Results:			
	Place	Name	Time
	9	Lola Mendlik	20:53:00
	12	Alexa Tremblay	21:22:00
	28	Charlotte Schrum	23:14:00
	45	Leilany Morales-Garcia	24:23:00
	46	Emily Bahnsen	24:31:00
	55	Jenna Meadows	25:14:00
	60	Stella Mahrt	25:56:00

HS Girls JV Team Results:	5th Place - 151 points
----------------------------------	------------------------

JV Girls Individual Results:			
	Place	Name	Time
	30	Lynnae Johnson	27:13:00
	34	Claire Olsen	27:35:00
	35	Rosy Segoviano	27:42:00
	38	Anna Galvin	27:52:00
	47	Tiffany Ramirez	28:44:00
	53	Janet Castillo	29:34:00

HS Boys Varsity Team Results:	8th Place - 207 points
--------------------------------------	------------------------

HS Boys Varsity Individual Results:	
--	--

Place	Name		Time
3	Kevin	Sanchez	17:33:00
17	Ethan	Olsen	18:25:00
60	Ivan	Ledesma	21:04:00
61	Raul	Castillo	21:05:00
66	Israel	Bernal-Serrato	21:18:00
71	Jaxx	Luetje	21:44:00
74	Omar	Ramos	22:08:00

HS Boys JV Team Results: 7th Place - 175 points

HS Boys JV Individual Results:			
Place	Name		Time
20	Raul	Salas	21:29:00
42	Jaime	Hernandez	22:33:00
43	Abdiel	Corona	22:39:00
44	Eduardo	Cruz	22:44:00
48	Jonathan	Marquez	22:58:00
53	Leo	Sanchez-Rios	23:10:00
96	Erik	Cabrera	26:18:00
109	Luis	Rivas	32:35:00

MS Girls Team Results: 3rd Place - 67 points

MS Girls Individual Results:			
Place	Name		Time
4	Caroline	Schrum	14:14:00
7	Taelen	Young	14:20:00
10	Ayvah	Nemitz	14:44:00
20	Landyn	Wiese	15:57:00
28	Nereyda	Garnica	17:27:00

34	Cora	Gotto	18:55:00		
MS Boys Team Results:		No team score			
MS Boys Team Results:					
	Place	Name		Time	
	7	Quinn	Vetter	12:23:00	

Comments from assistant coach Raegan Andersen:

The Monarch cross country runners ran a great race tonight. Coming into the meet, we knew it was going to be a fast race. The golf course at Storm Lake is completely flat so we knew the kids needed to get out fast and hold a fast pace the entire time in order to put themselves in a position to be competitive. This was the first time that the races were truly split into JV and Varsity. That should give our runners more fuel and fire to compete and push each other every day for one of those top 7 spots. The middle school teams ran first for us tonight. There were definitely more kids entered in the middle school race tonight than at Jefferson so it was an adjustment for them in regards to getting out tonight. They did a great job of getting out fast so they didn't get boxed in and settled into their pace. Quinn, Caroline, Taelen and Avyah each had another top 10 finish for us tonight. The high school girls race was a little bit tougher for us tonight. Lola Mendlik finished 9th and Alexa Tremblay placed 12th. We know that the middle part of our race needs to be our focus right now and we know we need to continue to push the pace throughout our race in order to finish within the top pack. On the boys side, Kevin Sanchez had a 3rd place finish and Ethan Olsen placed 12th. Both of them ran faster tonight than they did at this meet last year. Our gap between the front of the pack and our 3,4,5 runners needs to be closed if we want to place higher as a team. We had some kids absent on both the boys and girls team tonight so our team placings were not where we wanted them to be or where we needed them to be in order to get ready for districts. We are eager to have Angel Garcia start running in meets for us next week as he has been battling an injury early this season. Our next meet isn't until Thursday, September 26th at MVAOCO. This will be a nice break for the athletes as well as give us time to continue to train hard and implement changes to improve our races. We know that we can not settle and have more work to do to get to our goals at the end of the season.