

name			
BOYS' 5K			
1	AARON	DEVINE	17.32
2	GAVIN	MESTERY	18.25
3	EVERETT	CREIGHTON	18.25
4	MATTHEW	CARLSEN	18.28
5	JOHN	GRAMER	19.35
6	COLLIN	DOMINGOS	20.03
7	JACOB	BELLIS	20.14
8	ELI	GARLIE	20.36
9	HENRY	ALDRICH	20.55
10	JARED	ENGH	20.49
11	LONDON	WAHLQUIS	21.03
12	ETHAN	ALVAREZ-B	21.27
13	BRODY	WHITE	21.43
14	GAVIN	GOETZ	21.47
15	OWEN	KREUTZFEL	22.02
16	CHRISTIAN	LANGER	22.36
17	RYAN	GIDDINGS	22.41
18	NOLAN	ANDRESEN	22.43
19	OLIVER	BULMAN	23.02
20	LLEYTON	HAAS	25.01
21	NOAH	WATSON	28.12
22	JUAN	FIGUEROA	32.41
23	ABRAHAM	BUNKERS	
24	GRANT	ABELSON	
25	KYLE	TOVAR	
26	LOGAN	HAAS	
27	ISAAC	BJORK	
28	BRADY	HIETPAS	
29	ROWAN	WHELAN	
30	WALTER	BELLIS	
31	SAM	AGA	

name			
GIRLS' 5K			
1	SOLLI	PARK	23.05
2	SARA	FINDLAY	27.17
3	SOLBIE	PARK	27.31
4	MCKENNA	PARSONS	29.42
5	ANNA	NIPPERT	30.16
6	SOPHIA	SLAVIN	
7	AINHOA	CALAHORRO	
8	LILAH	STROHKIRCH	
9			

Boys' V		Boys' JV		
1	Winona	26	Park	20
2	Park	77	Winona	62
3	East Ridge	81	Hastings	68
4	RAACHE	92	East Ridge	107
5	Red Wing	110	RAACHE	113
6	Hastings	147	Red Wing	170
7	Math		Math	217

Annual 10 mile distance run:

Finishers:	
	NATHAN SCHULTZ
	TYLER MESTERY
	CONNOR MCNIESH
	JACK ALDRICH
	RYAN SOENEN
	STELLA ALDRICH
	CALEB KUGEL

Girls' V		Girls' JV		
1	Visitation	53	RAACHE	30
2	Winona	70	Hastings	42
3	Hastings	81	Visitation	69
4	RAACHE	91	Winona	84
5	Math	91		
6	Red Wing	100		
7	*East Ridge			

Fantastic work for all who ran in and outside these races (annual 10 miler too). For those in the races, way to be tough. Nice job with the downhill like we talked about and strategized at practice! Great finishing stretch kicks too.

One more regular season meet to work out the rest of your race strategy (Simley on Sat).

For the next meets, especially SEC Champ Meet, remember what we talked about at practice-- if you don't have something positive to fill your thoughts during a race, oftentimes negative thoughts fill the void. If you are preemptive with what to put in there, it really can help in the mental battle that running can be. One suggestion we talked about was: "I can, I will, I am" or change the pronouns to: You can, You will, You are.

"Meet" Letter points:	
Boys:	Girls:
9 points <18:15	9 points <20.58
6 points <19:44	6 points <21.55
3 points <20:53	3 points <23.38