

Hastings Raiders Cross Country



Handbook 2023

Hastings Raiders Cross Country

Coaches:

Joe Rabaey (Head Coach)

Emily Hovseth (Assistant Coach)

General Athletic Information and Requirements

1. MSHSL Eligibility Form must be completed by each athlete before participation. This was completed in order for you to register for your activity. It is imperative that you follow all of the information in the eligibility form.
2. Further student-athlete expectations and guidelines can be found in the [Parent Handbook](#) on the Athletic website. Any other information that you may need can also be found on the [Hastings Athletic Website](#). You can find cross country specific information on the cross country page.
3. It is expected that all student-athletes will observe good sportsmanship towards coaches, teammates, opposing team athletes, officials and fans and represent our school and community in a positive manner. More on these expectations can be found in the Parent Handbook.
4. Attendance Policy: This is stated in the Parent Handbook, but in order to be clear, the attendance policy for practice and game days is as follows:

In order to fully participate in athletic practice or competition, student-athletes must (1) be present for at least 50% of the school day – 3.5 class periods – in order to be eligible to participate on that given day (2) have no unexcused absences during a school day to be eligible on that given day (3) be present in school on time for 1st hour the day following a game/competition, in order to be eligible for the practice/game on that given day (or have written medical appointment verification, or administrative permission).

5. All students must follow the chemical conduct guidelines in order to be eligible. Again, more specifics can be found in the Parent Handbook.

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Cross Country Expectations

1. The start date for the season is determined by the Minnesota State High School League. This date changes from year to year and can be found on the MSHSL website or on the Hastings Athletics Website. Registration must be completed online. Participation in practice or competitions is not allowed until registration has been completed and you have been cleared by the athletic office.
2. Most Days we will begin practice as a team at 3:00 pm and practice until 5:00 pm (we will often get out earlier depending on workouts). On days that we have early release or no school we will communicate with the team as to when practice will be held.
 - a. **BE ON TIME – This means you are ready to warm-up at 3:00 (or the scheduled start of practice). If you are late you must have a pass or it is considered unexcused and you will not be competing in the next meet.**
3. If you have any unexcused absences you will **NOT** be competing in meets, no exceptions. Appointments (Doctor, Dentist, Ortho, College Visits, Drivers Ed., etc.) can be taken care of when it is not practice time.
4. If there is a reason you may be late or not be at practice on any given day, you must communicate this with your event coach at least one day in advance. It will be the coach's discretion to determine if this is an excused or unexcused absence.
5. You cannot miss practice the day before a meet for any reason, even if it is excused. If you miss practice you will **NOT** be competing in the meet the following day.

Meets

1. Meet schedule and bus release times are on the cross country web page.
2. Everyone rides the bus to the meets. It is expected that everyone will stay and not leave early from meets unless circumstances prevent it. **We are a team, no one person is more important than the team as a whole!**
3. Be prepared, bring food and drink to meets, as well as plenty of clothes. Plan for the weather conditions and bring clothes that are appropriate for the weather (rain jackets, extra socks, wind breaking clothes, etc.).
4. Always wear clothes over the top of your uniform, no matter what the weather conditions. We should never see your uniform unless you are warming up or competing.
5. We will warm up before each race and cool down after each race.
6. Support your teammates, both girls and boys, in their races! When you are not competing, cheer them on and help them to perform their best!
7. It is expected that you will help clean up camp at the end of meets. Do not leave trash behind, be a leader!

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Lettering Requirements

An athlete may receive a letter based on the following requirements:

By Varsity Participation:

Any athlete who runs as varsity for three or more meets in the season.

Any athlete who runs as varsity during the conference or section meets (including alternates).

By designated time:

Any athlete who achieves the standard times of 18:30 minutes (boys), or 21:30 (girls) in a designated 5k course during the season.

Seniors:

Seniors who have competed in cross country for 2 or more seasons and meet all the requirements of the team will receive a letter.

Exceptions may be made at Coaches' Discretion

Requirements for all athletes to receive a letter:

In addition to the above requirements, athletes must:

Not have any unexcused absences, more than 2 excused absences, and zero unexcused tardies from practice.

Be on the team for the entire season.

Participate in the off season training program.

Follow all expectations and requirements of Hastings High School athletes.

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Overall Records:

Boys (5k):

Zack Benning - 15:29.00 2014

Girls (5k*):

Linnea Ronning - 18:52.10 2022

Records by Class:

9th

Boys: Zack Benning - 16:34 2011

Girls: Linnea Ronning - 18:52.1 2022

10th

Boys: Zack Benning - 15:52 2012

Girls: Linnea Urban - 19:27 2018

11th

Boys: Zack Benning - 15:48.9 2013

Girls: Linnea Urban - 19:36.2 2019

12th

Boys: Zack Benning - 15:29 2014

Girls: Linnea Urban - 19:55 2020

* Girls races were changed from a 4k to 5k in 2015

Top 10:

Boys (5k):

| | |
|-------------------------------|------|
| 1. Zack Benning - 15:29 | 2013 |
| 2. Craig Greenslit - 16:03 | 1987 |
| 3. Eric Howd - 16:06.5 | 2018 |
| 4. Ben Kimmes - 16:10.6 | 1999 |
| 5. Mike Rough - 16:10.6 | 2008 |
| 6. Ryan Rembleski - 16:15.5 | 1991 |
| 7. Kyle Gudmunson - 16:21.3 | 2015 |
| 8. Torry Kraftson - 16:23.9 | 1990 |
| 9. Nick Zeien - 16:29 | 2005 |
| 10. Tyler Bushinski - 16:30.7 | 2021 |

Girls (5k):

| | |
|------------------------------|------|
| 1. Linnea Ronning - 18:52.1 | 2022 |
| 2. Linnea Urban - 19:27 | 2018 |
| 3. Avery Daley - 20:04.5 | 2015 |
| 4. Megan Mattson - 20:40.74 | 2015 |
| 5. Cora Anderson - 20:58.8 | 2016 |
| 6. Linnea Hanson - 21:03.9 | 2016 |
| 7. Ivy Brandenburg - 21:10.9 | 2022 |
| 8. Cali Bernard - 21:17.1 | 2015 |
| 9. Julia Mach - 21:17.8 | 2015 |
| 10. Eve Lawson - 21:21.5 | 2019 |

Girls (4k - Pre 2015):

| | |
|---------------------------------|------|
| 1. Michaela Mills - 15:14 | 2011 |
| 2. Maddy O'Brien - 15:23 | 2008 |
| 3. Brianna Strandberg - 15:29 | 2010 |
| 4. Kikki Radke - 15:30 | 2011 |
| 5. Renee Frick - 15:37.7 | 1999 |
| 6. Kelly Pechous - 15:38.35 | 2009 |
| 7. Teresa Lewandowski - 15:42.3 | 1994 |
| 8. Helen Jensen - 15:57 | 2011 |
| 9. Ciara Christiansen - 15:59 | 2012 |
| 10. Kailee Harrington - 16:03 | 2011 |