



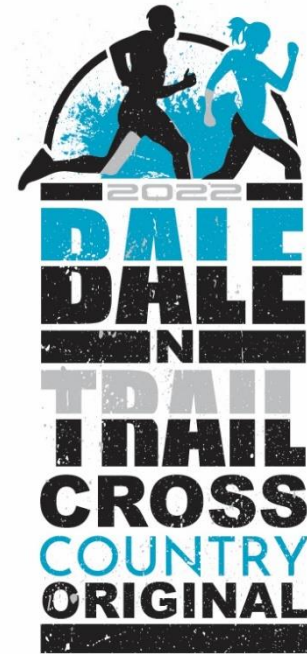
# CROSS COUNTRY

## Week 7 Newsletter

Aug 22, 2022

**Bale n' Trail Original, 9-17-22**

- 5:30am All BT athletes arrive, set-up team camp (Clark, Fliess)  
Athletes help with odds and ends set-up
- 6:00am Coaches Hospitality set-up (Henley, Borgmeyer, Parks)  
Packet Pick-up / Awards Table (Roughan)
- 6:30am Coaches Meeting (Frank)
- 6:45am Course Marshals Meeting (Popik)
- 7:00am Concession Stand opens
  - 7:30 am – Boys Varsity
  - 8:00 am – Girls Varsity
  - 8:30 am – Boys JV
  - 9:00 am – Girls JV
- 11:00 (approx.) – Dismissal
- Spectator Entry \$5/person



### BT Families Sign-up Genius

Each family is expected to provide one adult (concessions/course marshal) and one food item.

<https://www.signupgenius.com/go/904054eaca72f4-bale1>

### Ridgeview - Sep 10, 2022

		1M	2m	3m	5K	Avg	Comment
Motycka	Braden	5:20	10:51		17:06	5:30	Nice job taking the lead
Hudson	Peter	5:34	11:20		17:45	5:42	
Perry	Eric	5:30	11:20		18:20	5:54	
Presley	Matthew	5:58	11:55		18:34	5:58	
Watson	Joseph	5:53	11:55		18:35	5:58	
Marmo	Caleb	5:58	11:55		18:40	6:00	
Wenzel	Logan	6:00	12:08		19:06	6:08	
Parks	Jacob	6:14	12:37		<b>19:43</b>	6:20	
Nguyen	Ian	6:16	13:28		21:31	6:55	Top JV racer
Carlson	Mckenzie	6:41	13:57		21:55	7:03	Most Impressive race of the meet.
Kautsky	Joshua	7:14	15:00		23:16	7:29	
Blakley	Hailey	7:12	14:50		23:28	7:33	
Zogaib	Matthew	7:44	15:48		24:23	7:50	
Davis	Gavin	7:28	15:36		<b>24:25</b>	7:51	



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Kataru	Rajya	7:59	16:02		24:38	7:56	
Clements	Lucas	8:33	16:12		24:43	7:57	
Davis	Ashley	7:47	15:48		24:50	8:00	
Rigdon	Ella	8:19	16:35		25:39	8:15	Overall, Racer of the meet
Barker	Juliet	7:34	15:55		25:40	8:15	Top JV racer
Mitchell	Abigail	8:02	16:30		25:42	8:16	
Blanton	Samantha	8:23	16:52		25:59	8:21	
Southammavong	Anya	8:09	17:15		26:45	8:36	
Lamb	Lindsay	8:21	17:00		26:48	8:37	
Renner	Irelyn	7:34	17:22		27:40	8:54	
Blakley	Alyssa	8:28	17:27		27:49	8:57	
Hopwood	Rose	8:35	17:45		<b>28:06</b>	9:02	Most Improved
Clark	Camille	8:36	17:51		28:39	9:13	
Smith	Gracyn	8:24	18:19		28:53	9:17	
Barker	Camryn	9:10	18:40		<b>28:53</b>	9:17	
Proffitt	Paris	9:22	18:40		28:54	9:18	
Wenzel	Katherine	8:51	18:33		29:07	9:22	
D'Aquin	Tannah	8:08	18:41		29:11	9:23	
DiDonato	Isabella	9:34	19:05		29:29	9:29	
Colletti	Leila	9:42	19:53		30:55	9:57	
Holtz	Tanner	9:41	19:52		31:23	10:06	
Oliver	Kari	10:11	22:10		35:22	11:23	
Yocca	Kailey	9:55	22:34		35:39	11:28	

Peter ran like the veteran he is, as did Mackenzie. Braden is looking to break into the elites. Ella, Sammy, and Lindsey showed what athlete's do when given a last-minute change. They respond with a can-do attitude.

The freshman girls are looking like a formidable crew, Juliet leading the way.

That was a tough meet today. The dew point was sticky, and the course was soft. Good thing you all aren't. I appreciated your grit today. Keep pressing yourselves to get better. We have stronger days ahead.

-Coach Frank

Ps – thanks to Sean for getting all the 2mile splits.