



CROSS COUNTRY

Week 8 Newsletter

Sept 20, 2022

Katie Caples, Morning Race, 9-24-22
Bishop Kenny HS

[1055 Kingman Ave, Jacksonville, FL 32207](https://www.bishopkennyhs.com/1055-Kingman-Ave-Jacksonville-FL-32207)

7:00am Bus leaves Bartram Trail HS

- 9:00 am – Boys Race (var and j.v. combined)
- 9:25 am – Girls Race (var and j.v. combined)

11:00 (approx.) – Dismissal

[Spectator Entry \\$7/person](#)

[Course Map](#)



Bale n' Trail - Sep 17, 2022

		1M	2m	3m	5K	Comments
Hudson	Peter	5:19	11:03		17:26.3	Season best
Perry	Eric	5:12	11:04		17:39.5	
Presley	Matthew	5:31	11:23		17:45.8	Chipping away
Hall III	William	5:30	11:23		17:46.4	
Watson	Joseph	5:33	11:36		18:04.9	
Marmo	Caleb	5:34	11:37		18:07.0	Most Impressive
Lupinski	Joseph	5:40	11:43		18:14.8	
Parks	Jacob	5:51	12:10		18:54.4	Moving up
Wenzel	Logan	5:40	11:59		19:08.1	
McDonald	Aiden	5:57	12:31		19:29.4	Good things ahead
Nguyen	Ian		12:42		20:04.9	Getting better
Ray	Maddox	6:13	13:09		20:30.7	
Henley	Reese	6:38	13:51		21:40.5	
Carlson	Mckenzie	6:38	13:55		21:52.9	
Copeland	Aiden		13:55		21:55.4	bit by bit
Clements	Lucas		13:55		21:56.3	Most Improved
Kautsky	Joshua		14:12		22:01.8	Almost under 22
Frank	Laura	6:49	13:56		22:06.8	Most Impressive
Borgmeyer	Rylan	6:37	14:02		22:08.8	
Zogaib	Matthew		14:25		22:37.4	bit by bit
Blakley	Hailey	6:58	14:43		23:01.0	
Fryman	Charlotte	7:10	14:55		23:27.5	Looking good
Davis	Ashley		14:56		23:32.0	



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Windle	Powers		14:29		23:45.6	
Davis	Gavin		15:36		24:16.9	
Kataru	Rajya	7:30	15:54		24:33.8	
Mitchell	Abigail	7:34	15:55		24:34.6	Grit!
Renner	Irelyn	7:08	15:24		24:42	Most Improved
Barker	Juliet	7:09	15:40		25:00	Tough!
Lupinski	Lillian	7:24	15:43		25:04.6	
Rigdon	Ella	7:58	16:17		25:15.6	Trust yourself
Blanton	Samantha	7:59	16:17		25:21.8	Big one coming
Lamb	Lindsay	7:59	16:17		25:33.3	
Perera	Senali	7:38	16:10		25:59.3	
Southammavong	Anya	7:38	16:21		26:07	Nice!
Smith	Gracyn	8:01	17:11		26:42	Yes!!!!
Castro	Sean		16:50		26:42.3	
Clark	Camille	8:02	17:03		26:43	Wowza!
Wenzel	Katherine	8:16	17:17		26:47	Double Wowza!
Proffitt	Paris	8:19	17:22		26:57	Triple Wowza!
Blakley	Alyssa	8:05	17:11		27:11	
Hopwood	Rose	8:18	17:35		27:34	Love it
Barker	Camryn	8:18	17:50		27:58	Fantastic
DiDonato	Isabella	8:38	18:04		28:13	Super
D'Aquin	Tannah	8:21	18:01		28:20	
Colletti	Leila	8:35	18:22		28:41	
Brockway	Sydney	8:56	18:37		28:57	Getting better
Holtz	Tanner	8:56	18:55		29:23	Broke 30!
Oliver	Kari	8:56	20:45		32:32	Big PR!
Yocca	Kailey	9:32	22:56		35:10	

I was proud watching you run in those jersey's today. What an experience to channel the strength of our honorees. It showed as PRs abound.

-Coach Frank



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40pts total for a Varsity Letter

Last	Frist	Gndr	Yr	Clearance Day 1 (5pts)	Varsity Meets (5pts)	Win a Race (Var=10, JV=5)	Recruit a teammate (5pts)	Run a PR (2pts)	Post-Season Roster (10pts)	Race at the State Meet (10pts)	No Unexcused Absences (10pts)	On-time Uniform Return (+5 or -5pts)	TOTAL
Barker	Camryn	F	9	5				4					9
Barker	Juliet	F	9	5				4					9
Blakley	Alyssa	F	9	5				2			10		17
Blakley	Hailey	F	11	5	15			4			10		34
Blanton	Samantha	F	12	5	10			4			10		29
Borgmeyer	Rylan	F	10	5	15						10		30
Brockway	Sydney	F	11	5				2			10		17
Carlson	Mckenzie	F	11	5	20								25
Clark	Camille	F	9	5				2			10		17
Colletti	Leila	F	10	5							10		15
D'Aquin	Tannah	F	12								10		10
Davis	Ashley	F	12	5	15						10		30
DiDonato	Isabella	F	9	5				4			10		19
Frank	Laura	F	12	5	15						10		30
Fryman	Charlotte	F	12	5	10			4			10		29
Henley	Reese	F	12	5	15						10		30
Holtz	Tanner	F	10	5				2			10		17
Hopwood	Rose	F	12					4			10		14
Kataru	Rajya	F	10	5	15			2			10		32
Lamb	Lindsay	F	12	5	10						10		25
Lupinski	Lillian	F	12	5	15						10		30
Mitchell	Abigail	F	12	5	15			4			10		34
Oliver	Kari	F	10	5				2			10		17
Parker	Reagan	F	9	5							10		15
Patterson	Camryn	F	10	5							10		15
Perera	Senali	F	11	5	5						10		20
Proffitt	Paris	F	10					4			10		14
Renner	Irelyn	F	9	5				2			10		17
Rigdon	Ella	F	12	5	10						10		25
Smith	Gracyn	F	11	5				4			10		19
Southammavong	Anya	F	11	5				4			10		19
Wenzel	Katherine	F	9	5				4			10		19
Yocca	Kailey	F	10								10		10
Castro	Sean	M	10										0
Clements	Lucas	M	11	5				4			10		19
Copeland	Aiden	M	11	5				4					9
Davis	Gavin	M	10					4			10		14
Fowler	Logan	M	9	5							10		15
Hall III	William	M	11	5	10			4			10		29
Hudson	Peter	M	12	5	15						10		30
Jackson	Dekari	M	11	5							10		15
Kautsky	Joshua	M	9	5				4			10		19
Lupinski	Joseph	M	10	5	10			4			10		29
Marmo	Caleb	M	11	5	15			6			10		36
McDonald	Aidan	M	11					2					2
Motycka	Braden	M	10	5	10			2			10		27
Nguyen	Ian	M	10					2			10		12
Parks	Jacob	M	11	5	10		5	4			10		34
Perry	Eric	M	12	5	15			2			10		32
Presley	Matthew	M	10	5	15			6			10		36
Ray	Maddox	M	12	5			5				10		20
Watson	Joseph	M	12	5	15		5	4			10		39
Wenzel	Logan	M	11	5	10								15
Windle	Powers	M	9										0
Zogaib	Matthew	M	11	5				4			10		19