



# CROSS COUNTRY

## Week 10 Newsletter

Oct 6, 2022

\*\*\* Last Minute Meet Addition for all those not traveling to NYC.

**NO MORNING PRACTICE TOMORROW OR MONDAY 10/10**

Friday 10/7 4:05pm Shake-out 30min run at BTHS Track with Coach Barnett (girls sprint coach)

Saturday 10/8 6:00am Meet at New World Sports Complex (Cecil Field Golf Course)

Coach Dixon at the charge.

**New World Fall Spectacular**

[13715 Lake Newman St, Jacksonville, FL 32221](https://www.newworldsports.com/13715-Lake-Newman-St-Jacksonville-FL-32221)

· 7:30am – Girls Race (var and j.v. combined)

· 8:15pm – Boys Race (var and j.v. combined)

10:00am (approx.) – Dismissal

[Parking \\$10/car](#)

### Alligator Lake – Oct 4, 2022

Last		1m	2m	5k	Avg	Comment
Perry	Eric	5:25	11:04	17:24.3	05:36.1	Pride, confidence, success
Hudson	Peter	5:25	11:07	17:40.5	05:41.3	
Motycka	Braden	5:17	11:02	17:48.9	05:44.0	Stay on your feet!
Presley	Matthew	5:27	11:18	17:51.0	05:44.7	
Watson	Joe	5:24	11:23	17:59.0	05:47.3	
Hall	William	5:25	11:24	18:09.8	05:50.7	
Lupinski	Joseph	5:25	11:32	18:23.1	05:55.0	
Wenzel	Logan	5:42	11:58	18:55.5	06:05.5	
McDonald	Aiden	5:42	12:03	<b>19:01.1</b>	06:07.3	
Parks	Jacob	5:42	12:01	19:01.4	06:07.4	
Marmo	Caleb	5:44	12:13	19:30.1	06:16.6	
Ray	Maddox	5:45	12:24	19:43.5	06:20.9	
Clements	Lucas	6:17	13:01	<b>20:39.5</b>	06:38.9	
Nguyen	Ian	6:15	13:01	20:41.0	06:39.4	
Kautsky	Joshua	6:30	13:28	21:14.2	06:50.1	
Henley	Reese	6:26	13:41	21:43.7	06:59.6	Excellent grit and confidence
Zogaib	Matthew	6:38	14:10	22:16.5	07:10.1	
Carlson	McKenzie	6:32	13:58	22:21.0	07:11.6	
Frank	Laura	6:57	14:08	22:23.0	07:12.2	
Borgmeyer	Rylan	6:45	14:19	22:44.9	07:19.3	
Fryman	Charlotte	7:05	14:43	<b>22:59.8</b>	07:24.1	Great toughness!



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Blakely	Hailey	7:07	14:58	23:29.2	07:33.5	
Copeland	Aiden	6:37	14:34	23:36.3	07:35.8	
Davis	Ashley	7:07	14:58	23:38.7	07:36.6	
Rigdon	Ella	7:46	15:41	<b>24:14.6</b>	07:48.1	
Kataru	Rajya	7:44	15:41	<b>24:16.3</b>	07:48.7	
Mitchell	Abigail	7:42	15:38	<b>24:17.6</b>	07:49.1	
Renner	Irelyn	7:07	15:23	<b>24:26.5</b>	07:52.0	Keep going out with those girls
Lupinski	Lillian	7:43	15:41	24:34.7	07:54.6	
Davis	Gavin	7:34	15:45	24:37.9	07:55.6	
Blanton	Samantha	7:59	16:13	<b>25:10.6</b>	08:06.2	
Patterson	Camryn	7:17	15:22	25:10.6	08:06.2	
Barker	Juliet	7:14	15:51	25:13.3	08:07.0	
Lamb	Lindsay	7:47	16:09	25:26.6	08:11.3	
Fowler	Logan	7:41	16:17	<b>25:34.7</b>	08:13.9	I love your courage.
Blakley	Alyssa	8:01	16:33	25:45.4	08:17.4	
Southammavong	Anya	7:56	16:29	26:13.9	08:26.5	
Smith	Gracyn	7:59	16:44	<b>26:28.5</b>	08:31.2	
Wenzel	Katherine	8:26	17:14	<b>26:38.5</b>	08:34.4	
Clark	Camille	8:26	17:14	27:02.2	08:42.1	
Perera	Senali	7:55	16:46	27:06.2	08:43.4	
Hopwood	Rose	8:26	17:22	<b>27:09.2</b>	08:44.3	
Proffitt	Paris	8:32	17:28	27:11.9	08:45.2	
DiDonato	Isabella	8:27	17:29	<b>27:13.4</b>	08:45.7	
Barker	Camryn	8:31	17:31	<b>27:46.6</b>	08:56.4	
Brockway	Sydney	8:33	17:48	<b>28:16.2</b>	09:05.9	
Colletti	Leila	8:55	18:38	29:11.9	09:23.8	
d'Aquin	Tannah	9:19	19:29	30:53.2	09:56.4	
Holtz	Tanner	9:08	19:08	32:58.7	10:36.8	
Oliver	Kari	9:55	20:57	33:11.0	10:40.8	