



CROSS COUNTRY

Week 12 Newsletter

Oct 17, 2022

Class 4A District 1 Championship

Apalachee Regional Park

[7550 Apalachee Pkwy, Tallahassee, FL 32311](https://www.apalacheeregionalpark.com/)



Friday 10/21

11:45am Athletes dismissed from class, pack lunch, bring money for meals through lunch on Saturday.

12:00pm Depart for Tally

3:00pm Course preview

5:00pm Check in at hotel

[Holiday Inn Express Tallahassee - I-10 E](https://www.holidayinn.com/hotels/florida/tallahassee/holiday-inn-express-tallahassee-i-10-e)

[1653 Raymond Diehl Rd, Tallahassee, FL 32308](https://www.holidayinn.com/hotels/florida/tallahassee/holiday-inn-express-tallahassee-i-10-e)

[Course Map](#)

[Tickets \\$6/person](#)

Saturday 10/22

8:00 AM Boys Race

8:30 AM Girls Race

10:00am (approx.) – Dismissal/Return to BT

Post Season Explained

In the sport of cross country, the FHSAA divides schools into one of four classifications. Bartram Trail is in class 4A, the schools with the largest enrollments. 4A is then divided into 8 districts. We compete in 4A D1 which spans from the panhandle to the east coast, down to Gainesville, and over to Flagler County.

The top eight teams will advance to next week's region meet held at Santa Fe College in Gainesville, where we fold in D2 for the 4A R1 meet. Again, the top eight teams move onto the state meet. There are four total regions so there will be 32 teams represented at the FHSAA State Cross Country Finals, back out in Tallahassee at Apalachee Regional Park.

JV Champs @ Bishop Kenny, 10-15-22

Kenny has held this meet for almost 40 years. It used to have a little more participation from First Coast schools, but it has always been a unique way for young and JV runners to cut their teeth in a championship meet. The 9/10 boys made me proud even though we didn't have a team score. Each one of you is a much better runner than you were just a few months ago. I hope you get the distance running bug and crave to race in future championship meets that have much more gravity.

The young girls were only out done by the seniors that ran their last high school cross country race. Tannah, Sammy, and Lindsey had such amazing growth this year. I'm sure they'll shed a tear as they think about the experience of their senior season. I, for one, will beam with pride for them and the serious energy they put into the 2022 XC season. From warm summer mornings to the race along the river, they all seemed to feel the pressure of the end and the took from it all they could.

Older runners on JV sounds like an odd concept, but across the nation it's baked into the cross country tradition. These athletes are leaders and culture builders. There will always be a place for those that represent our culture, have the desire to compete and improve, and embrace leadership. Thank you all for sharing your talents with us. I can't wait for track & field season to grab one more opportunity to challenge the human spirit together.



CROSS COUNTRY

Last			1m	2m	5k	Avg	Comment
McDonald	Aiden	M	5:35	12:00	18:44.7	6:02	Aggressive!
Ray	Maddox	M	5:56	12:21	19:18.5	6:12	Strong finish.
Nguyen	Ian	M	6:03	12:26	19:45.7	6:20	Poised, but have more in you.
Kautsky	Joshua	M	6:23	13:12	20:38.1	6:38	Best race!
Clements	Lucas	M	6:20	13:17	20:59.2	6:45	Huge improvment over the season.
Copeland	Aiden	M	6:24	13:18	21:00.1	6:45	Great leadership.
Zogaib	Matthew	M	6:24	13:18	21:18.4	6:51	Future varsity runner?
Davis	Gavin	M	6:47	14:19	22:19.3	7:11	Huge PR!
Fowler	Logan	M	6:44	14:11	22:24.2	7:12	Courage and PR!
Patterson	Camryn	F	7:17	15:07	23:26.3	7:32	So strategic!
Barker	Juliet	F	7:08	15:02	23:52.3	7:41	Freshman of the year?
Blanton	Samantha	F	7:35	15:34	24:31.6	7:53	you should be proud of your season.
Renner	Irelyn	F	7:14	15:22	24:34.5	7:54	Varsity races are in your future.
Lamb	Lindsay	F	7:35	15:45	24:53.5	8:00	Season best!
Southammavong	Anya	F	7:35	16:04	25:44.6	8:17	Gritty PR!
Hopwood	Rose	F	7:35	16:09	26:00.6	8:22	A wonderful addition to our culture.
Clark	Camille	F	7:50	16:21	26:13.4	8:26	So tough.
Barker	Camryn	F	8:11	16:58	26:17.4	8:27	Best race!
Proffitt	Paris	F	8:11	16:58	26:28.1	8:31	Dedicated athlete!
DiDonato	Isabella	F	8:25	17:18	26:55.7	8:40	Awesome PR!
D'Aquin	Tannah	F	8:07	17:09	26:58.5	8:40	Great finish, senior.
Colletti	Leila	F	8:26	17:24	27:02.8	8:42	PR finally!
Wenzel	Katherine	F	8:11	17:21	27:33.6	8:52	Gritty Wenzel genes.
Brockway	Sydney	F	7:58	16:56	27:27.2	8:50	So glad you came out.
Holtz	Tanner	F	8:49	18:12	28:05.2	9:02	Yes! A PR you earned!
Kataru	Rajya	F	8:06	17:47	28:18.7	9:06	Time to rest, better races ahead.
Yocca	Kailey	F	9:19	19:34	30:32.0	9:49	Almost broke 30!
Oliver	Kari	F	9:11	19:14	30:43.9	9:53	Never quits.
Parker	Reagan	F	9:50	23:04	36:22.8	11:42	So proud of you.