



CROSS COUNTRY

Week 7 Newsletter

9/18/2023

Bale n' Trail – Home Meet Week!

6:00am	Athletes arrive and hospitality area setup
6:30am	Coaches Meeting
6:45am	Course Marshal / Parent meeting behind concession stand
11:30am	Athlete dismissal after venue is cleaned up (approx.)



\$5/person, cash only. Parents volunteering this morning come in for free.

[Meet information, including course map.](#)

Special Upcoming Dates

Sep 18 – (Mon) Race2Honor Sponsorships due via School Pay

Sep 20 – (Wed) 6:15pm Honoree Dinner in small cafeteria. All athletes required.

Honoree and sponsor requested!

Sep 23 – Bale n' Trail home meet!

<https://www.signupgenius.com/go/10C0D4EADA72EA7F58-bale#/>

Sept 30 – FSU Invite... we need parent drivers! See below.

TIME SCHEDULE

Coach's Meeting – 6:30am
HS Var. & Jr/Sr Boys – 7:30am
HS Var. & Jr/Sr Girls – 8:00am
Frosh-Soph Boys* – 8:30am
Frosh-Soph Girls* – 9:00am
MS Boys – 9:30am (3k)
MS Girls – 9:55am (3k)

2023 FSU Invitational & Pre-State Cross Country Meet

September 29-30 | Apalachee Regional Park | Tallahassee, Fla.

Race Schedule

Friday, Sept. 29

5:00 pm	Middle School Girls (3k)
5:25 pm	Middle School Boys (3k)
5:50 pm	High School Girls JV (5k)
6:20 pm	High School Boys JV (5k)

Saturday, Sept. 30

7:40 am	Girls High School Elite
8:05 am	Boys High School Elite
8:30 am	Girls High School Select
8:55 am	Boys High School Select

[FSU Meet 9/29-30](#)

I was hoping to get a bus to take the J.V. over to Tally on Friday and then return Friday evening, stopping for dinner along the way. However, the county is so short on bus drivers this is not possible. Plan B is to secure parent drivers to tackle the task. The great news is that we have a good number of parents already approved to drive their own cars. [Please reach out to me if you think you'd like to go on this adventure so we can get our JV athletes on the same racecourse as the State Championships!](#)

We will need to leave by 1:00pm. This will put us at the meet by 3:30pm which allows us enough time for the varsity to run the course and the JV to set-up team camp and prepare to race. [If you're not on the approved list you can still get on there!](#)

The varsity will need to ride over with the JV. After the JV finishes racing, they will be released to the supervision of parents for the night and will report to the team camp the next morning no later than 6:00am for the girls, and 6:30am for the boys. We struggled with this in Ocala. Let's be better.



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Week 6 Miles

We're still struggling to hold each other accountable to log our runs.

	Name	Mile	Long
1	jacob parks	44.4 mi	9.0 mi
2	Billy Joel	39.3 mi	7.5 mi
3	Aiden McDonald	39.0 mi	8.4 mi
4	Lucas Clements	37.5 mi	7.3 mi
5	Logan Green	33.1 mi	6.1 mi
6	Matthew Presley	32.3 mi	8.1 mi
7	Rajya Kataru	30.9 mi	6.2 mi
8	Vincent Palacios	30.3 mi	6.1 mi
9	Bryce Motycka	30.1 mi	6.9 mi
10	Logan Wenzel	28.7 mi	7.8 mi
11	Caleb Marmo	28.3 mi	7.9 mi
12	Ben Borgmeyer	26.9 mi	8.6 mi
13	Kate Wenzel	26.0 mi	4.7 mi
14	Rylan Borgmeyer	25.6 mi	6.5 mi
15	Josh Kautsky	25.2 mi	8.2 mi
16	Jordan Kasner	24.6 mi	6.4 mi
17	Dustin Clark	22.8 mi	7.0 mi
18	Juliet Barker	21.0 mi	6.0 mi
19	Peyton Goodwin	20.6 mi	3.1 mi
20	Tanner Holtz	20.4 mi	5.6 mi