November 2nd 2020 Hilliard Davidson Boys Cross Country Report

Regional Championships 52 degrees with a dew point 40. Cool & Windy.

Name 1M 2M 5K TMPl OA PR Honor

1. Connor Ackley-10 4:50 9:54 15:44 1 1 14:59 State Qualifier

2. Nick Puhl-11 4:57 10:05 15:58 3 5 15:27 State Qualifier

3. RJ Sagrilla-12 5:10 10:30 16:33 9 15 16:24 State Qualifier

4. Alex Hudson-11 5:11 10:30 16:51 21 29 16:36

5. Brody Boyd-9 5:12 10:27 16:54 23 31 16:15

6. Noah Pease-12 5:12 10:35 16:57 26 34 16:08

7. Nate Gilbert-12 5:03 10:35 17:38 61 73 16:15

8. Alexander Kafka-10 alt 16:29

**Regional Recap**: The regional meet is the same every year. The times are always the same so we must always get into position then run the race. Davidson was on for Ackley-10, Puhl-11, Sagrilla-12, Gilbert-12, &Hudson-11, but Boyd-9 and Pease-12 forgot what big time racing is all about. The stretch occurred for Boyd-9 & Pease-12, so they had to run a longer race. Gilbert-12 was good but faded. Sagrilla-12 got to the right position and ran where **we** needed him to. Hudson-11 had a mental lapse the last 600 meters that will cost Davidson in the state championships. Ackley listened to the race plan and was preparing for his run with Mountain and Moore at the state championships. Boyd-9 & Pease-12 did close well but next week that won’t mean much with many hungry runners wanting to make our score bigger. Regional was a dress rehearsal for the big show. To win a state championship we must be ready to get in position then ride the wave until it is time to finish and beat all those around us and move up the last 1000 meters. The last 1000 meters will be all about tough minded runners wanting your spot as much as you want the air you breathe. State titles are awarded to those that go out there and grab it. It takes guts and a desire to do more than you thought possible. That is why there are winners and losers.

**Davidson Stats**: **Regional Champions**

**Record**: 15 Wins 0 Lost **Total Records:** 81 Wins 1 Lost

**Split:** 15:44 to 16:54 = 1:10 seconds Too Much! **Score**: 1, 3, 9, 21, 23 = 57 points

**Scores: 1. Hilliard Davidson**-57 2. Coffman-128 3. Lancaster-137 4. Jerome-138 5. UA-147 6. NA-207 7. Orange-217 8. Thomas-227 9. Pick Central-239 10. Scioto-246 11. Westerville Central-266 12. Gahanna-273 13. Berlin-274 14. Kilbourne-270 15. Olentangy-300 16. Liberty-355

**District Champions:** 2020, 2019, 2018, 2017, 2016, 2014, 2013, 2012, 2011, 2008, 2007, 2006, 2005, 2004, 2003, 2002, 2001, 2000 18 Championships

**OCC Champions:2020**, 2019, 2018, 2017, 2016, 2014, 2013, 2012, 2008, 2007, 2006, 2005, 2003, 2002, 2001, 2000. 16 Championships

**Davidson Regional Finishes 2020 Champions**

**2019** Runner Up

**2018 Champions 2008 Champions**

**2017 Champions** 2007 Runner Up

**8 Championships** 2016 Runner Up 2006 Runner UP

9 Runner Ups 2015 Eleventh Place 2005 Runner Up

**2014 Champions** 2004 Runner Up

2013 Runner Up 2003 Runner Up

2012 Runner Up **2002 Champions**

2011 Third Place **2001 Champions**

2010 Seventh Place **2000 Champions**

2009 Twelve Place 1999 Fifth Place

**Regional Recap:**

Puhl-- # 3 #4 #5

Central Ohio 15:47-16:20= 33 sec 16:24= 37 sec 16:29= 42 sec

Celtic Clash 15:27-16:08= 41 sec 16:15= 48 sec 16:29= 62 sec

Midwest 15:55-16:26= 31 sec 16:26= 31 sec 16:32= 37 sec Best showing

OCC 15:46-16:21= 35 sec 16:35= 49 sec -- **16:39= 53 sec too much** by 60 sec from Ackley.

District 15:58-16:15= 17 sec 16:31= 33 sec 16:33= 35 sec 49 sec from Ackley…YES

Regional 15:58-16:33= 35 sec 16:51= 53 sec 16:54= 56 sec Must improve!

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 2 55 minutes | 3 12 minutes  4x1000T  5x200s | 4 30 min | 5 tracks-drills  4x100 fast  Mile fast  2m wd | 6 Pre  State course  Spikes  JV fast 1600 | 7 State | 8 |

**What are the changes ahead**: State week is about focus and preparation for the one race that you will run fresh. The mind is so important. You must make positive statements about yourself and you must tell your teammates how much you are going to give to them this week. The unconscious mind works when you are not aware and it is more powerful than you. What you believe you will achieve.

**State Schedule**-See parent email for spectator information

12:30 PM Bus Leaves

3:00 PM Boys Varsity

4:00 PM Girls Varsity

**State Varsity:**Connor Ackley-10, Nick Puhl-11, Noah Pease-12, Brody Boyd-9, Nate Gilbert-12, RJ Sagrilla-12, Alex Hudson-11, Alternate; Alexander Kafka-10