October 8th 2018 Hilliard Davidson Boys Cross Country Weekly Report

Portage Invitational 75 degrees with moderately high dew point

**Portage Race Recap:** I think most runners got out very well and were able to be in position by the 2 mile mark. The problem was in our finish. I am aware that we have tired legs but the up side is you have to learn to finish in adversity.

**Team Stats:** 36 Teams 1. Pioneer-102 2. Dexter-127 3. Skyline-148 4. Hilliard Davidson-151

**Record:** 32 Wins 3 Lost **Total Record:** 130 Wins 5 Lost

Split: 15:47 to 17:01 = 1:14 1-2 = 21 2-5 = 53 seconds too much

**Travel Team:** The selection of the travel team has three main criteria. 1. Time of 17:59 or better. 2. Top 17 runners. 3. Character- meaning this runner desires to be on the team and makes sacrifices to join the team. These runners make it to the Darby run Sunday 10-7-18 because they want to and get there in some way. These runners desire to improve and help the team. These runners can do the varsity workout leading up to the State and NXR and will never miss a practice. These characteristics will cause every runner to develop into champions. Selection will be after the OCC meet and few more could be added after the District JV meet. Davidson only gets 25 entries in the District JV meet and that will be decided at the OCC meet. Runners not making the district cut will turn in their uniform at the Monday meeting.

**JV District meet:** The 25 runners who will get to run this meet will race at 4:30 on the Darby course. This meet will be scored. That means the OCC meet will be awesome for our runners. I must also stress that a letter time is 18:42.

**OCC Meet: Saturday October 13th 2018**

 9:45 Runners arrive at the stadium and set up camp

10:15 OCC ceremony

**Time Schedule:**

 9:00 AM Girls Buckeye Varsity Race

 9:30 AM Boys Buckeye Varsity Race

10:00 AM Girls Buckeye Open Race

10:30 AM Boys Buckeye Open Race

11:00 AM Girls Central Varsity Race

**11:30 AM Boys Central Varsity Race**

12:00 PM Girls Central Open Race

**12:30 PM Boys Central Open Race**

 1:00 PM Girls Cardinal Varsity Race

 1:30 PM Boys Cardinal Varsity Race

 2:00 PM Girls Cardinal Open Race

 2:30 PM Boys Cardinal Open Race