October 26th 2020 Hilliard Davidson Boys Cross Country Report

District Championships 49 degrees with a dew point 40. Cool& Windy.

Name 1M 2M 5K Place Speed PR Improve

1. Connor Ackley-10 4:50 9:56 15:44 1 185 14:59 1st Team All-District

2. Nick Puhl-11 5:01 10:08 15:58 3 176 15:27 1st Team All-District

3. Nate Gilbert-12 5:06 10:20 16:15 6 170 16:15 1st Team All-District

4. Brody Boyd-9 5:04 10:24 16:31 8 165 16:15 1st Team All-District

5. Noah Pease-12 5:05 10:29 16:33 9 164 16:08 1st Team All-District

6. RJ Sagrilla-12 5:05 10:30 16:37 11 163 16:24 1st Team All-District

7. Alex Hudson-11 5:06 10:34 17:03 21 163 16:36

8. Alexander Kafka-10 alt 155 16:29

**District Recap**: Davidson’s race plan was to run the first mile even and that required a controlled start with even splits at 400 & 800 meters. The plan worked nice because it helped keep our #3 through #7 together for the entire race. Connor Ackley-10 led from the start and finished in 15:44. Nick Puhl-11 came in 3rd place in 15:58 after struggling the last 800 meters of the race. Nate Gilbert-12 had a great race and posted a Personal best in 16:15 for 6th place. The emergence of a #3 man is what Davidson has been looking for. Close behind Nate Gilbert-12 was Brody Boyd-9 in 8th at 16:31followed by Noah Pease-12 in 9th place at 16:33. RJ Sagrilla-12 was a solid 11th place in 16:37. The above mentioned were all 1st Team All-District. Alex Hudson had a rough day in 21st place at 17:03. Davidson had two bright spots and they were a 49 second split and the emergence of a #3 man. The importance of the #3 man is that it will pull the rest of the team up in the field as there will become more runners in that area of the race in the following two weeks. Still we did not have a perfect race and that is ok because we want our best race at the Ohio State Championships.

**Davidson Stats**: **District Champions 6 1st Team All-District Runners**

 **Record**: 13 Wins 0 Lost **Total Records:** 66 Wins 1 Lost

 **Split:** 15:44 to 16:33 = 49 seconds Very Good! **Score**: 1, 3, 6, 8, 9 = 27 points

**Scores: 1. Hilliard Davidson**-272. New Albany-75 3. Westerville Central-88 4. Gahanna-109 14 Teams

**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

**JV District 1. Hilliard Davidson-33 2. Lancaster-38**

Name 5K PL PR

1. Adam Alsko-12 17:25 1 146 **16:53** 3rd Team OCC

2. Aaron Egolf-10 18:18 4 17:11

3. Zach Whitney-11 18:21 5 17:11 OCC OPEN Champion

4. Henry Byrne-12 18:31 11 17:27 OCC OPEN Third Place

5. Alexander Kafka-10 18:32 12 16:29 3rd Team OCC

6. Brady Whiteside-11 18:44 16 17:33

7. Jay Chung-12 18:47 19 139 17:19 OCC OPEN 4th Place

8. Jackson Wickham-10 18:48 20 18:07

9. Ryan Clark-10 19:02 29 137 17:28 OCC OPEN Runner Up

10. Archith Yogith-10 19:40 37 18:22

11. Brayden Kulesza-12 19:58 43 19:16

12. AJ Hoying-12 20:28 49 18:55

13. Toby Banks-10 20:34 52 18:02

14. Owen Schnipke-10 20:45 54 18:27

15. Tyler Schmidt-12 21:17 57 18:38

16. Carter Davis-10 21:17 58 20:04

17. Ryan Zmuda-11 21:31 59 20:05

18. Nathan Hand-11 DNR 18:53

19. Colin Schleappi-12 DNR 19:12

20. Zach DeSilva-10 DNR 19:39

21. Luke Banyots-9 DNR **22:36**

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

12:45 PM Bus Leaves

 3:00 PM Boys Varsity

 4:00 PM Girls Varsity

**Regional 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