October 5th 2020 Hilliard Davidson Boys Cross Country Report

Midwest Meet of Champions 43 degrees with a dew point 40. Cool.

Name 1M 2M 5K Place Speed PR Improve

1. Connor Ackley-10 4:56 10:06 15:54 2 175-182-185 14:59 +55

2. Nick Puhl-11 4:56 10:06 15:55 3 167-170-176 15:27 +28

3. Brody Boyd-9 5:06 10:30 16:26 10 148-156 -160 16:08 +11

4. Noah Pease-12 5:04 10:30 16:26 11 153-159-162 16:15 +18

5. RJ Sagrilla-12 5:09 10:30 16:32 14 138-158 -146 16:24 +8

6. Nate Gilbert-12 5:06 10:30 16:36 17 153-153 -144 16:36 -3

7. Alex Hudson-11 5:09 10:43 17:01 28 146-146-153 16:36 +25

8. Alexander Kafka-10 5:18 10:57 17:08 33 137-148 -155 16:29 +39

9. Adam Alsko-12 5:27 11:02 17:19 40 x - 142-145 16:58 +21

10. Aaron Egolf-10 5:21 11:04 17:22 O-1 137-142 -140 17:11 +2

11. Zach Whitney-11 5:27 11:11 17:34 49 131-133-141 17:11 +23

12. Jay Chung-12 5:24 11:04 17:39 O-2 132-139-133 17:19 +20

13. Henry Byrne-12 5:28 11:15 17:43 O-3 130-137 -133 17:27 +16

14. Ryan Clark-10 5:22 11:15 17:48 O-5 130-133-136 17:28 +20

15. Jackson Wickham-10 5:32 11:28 18:07 O-11 18:07 -5

16. Toby Banks-10 5:36 11:35 18:30 O-19 18:02 +28

17. Brady Whiteside-11 5:25 11:33 18:37 O-23 xxxxxxx 134 17:33 +64

18. Archith Yogith-10 5:43 11:40 18:45 O-28 18:22 +23

19. Tyler Schmidt-12 5:48 11:42 18:46 O-29 18:38 +8

20. Colin Schleappi-12 5:55 12:14 19:12 O-37 19:12 -26

21. Brayden Kulesza-12 5:54 12:16 19:16 O-40 19:16 -29

22. AJ Hoying-12 6:07 12:28 19:31 O-50 18:55 +36

23. Nathan Hand-11 5:55 12:32 19:41 O-55 18:53 +48

24. Carter Davis-10 5:56 12:44 20:04 O-69 20:04 -7

25. Zach DeSilva-10 6:02 12:48 20:15 O-71 19:39 +36

26. Ryan Zmuda-11 6:23 13:13 20:49 O-79 20:20 +29

27. Luke Banyots-9 6:56 14:30 22:58 O-93 22:58 -27

28. Owen Schnipke-10 DNR 18:27

**Midwest Meet of ChampionsObservations**: The Bradley course had a new woods section and I believe it ran true today. I like the Brody Boyd-9, Noah Pease-12, RJ Sagrilla-11 and Nate Gilbert-12 pack that formed at the 2 mile mark and stayed close. I believe we moved up about 12 seconds on the field this week which is right where we need to be as we enter true V02 this week. A few of our runners need to focus on being consistent every week with their effort. The next two weeks are about making a big jump on the field as we now get equal rest on our intervals. We need to work on closing the gap on Nick Puhl-11 because that is where the state championships will be won or lost.

**Midwest Meet of Champions Recap:** With Connor Ackley-10 having a tender leg, Davidson decided to have Connor Ackley-10 run with Nick Puhl-11. The duo ran strong and finished in 2nd and 3rd place in 15:54 & 15:55. Next for Davidson was a nice pack of four runners moving through the 2 mile in 10:30. Brody Boyd-9 and Noah Pease-12 crossed the line together in 16:26 for 10th and 11th place. Next was RJ Sagrilla-12 in 16:32 for 14th place followed closely by Nate Gilbert-12 in 17th place at 17:36. I have been stressing the need for someone to close the gap on Nick Puhl or the whole group move up. Today we made about a 12 second improvement here. I need this gap to keep closing and I know the next few weeks we will do just that.

 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

If we don’t have a 3rd man move up, we have to really work the pack concept. We will continue to move up in the field, so understand the importance of our main workouts each week. Congrats to Aaron Egolf-10 in winning the Open race and earning the SCHLECHT AWARD for getting the job done.

**Davidson Stats:** Champions 10 Teams 16:15 average

 **Record:** 9 Wins 0 Lost **Total Record** 48 Wins 1 Lost

 **Split:**15:54 to 16:32 = :38 **Score:** 2, 3, 10, 11, 14 = 40 points

**Scores: 1. Hilliard Davidson-40** 2. Lancaster-83 3. New Albany-93 4. Thomas-112

**Parent News:** This Tuesday’s Darby dash is for runners #9 on. Connor Ackley-10, Nick Puhl-11, Brody Boyd-9, Noah Pease, RJ Sagrilla-12, Nate Gilbert-12, Alexander Kafka-10 & Alex Hudson will not be running this race. **Runners be there** at 4:15PM; Varsity 5:30PM Open 6:30PM

**Spectators:** Our district has decided to allow e-ticketing for parents only. 2 per athlete.

No tickets will be sold at the gate! There is a limit of 4 tickets per runner. (Our AD has increased from 2 to 4 tickets FYI)

**eTicketing:**

The cost is $7.Visitorlink:

<https://www.locallevelevents.com/events/details/11566>

**Online T-Shirt Orders:**

Below is the link to the store:

 <https://www.promoplace.com/tlgraphics/presentation/1683615>

**\*Always check with the Davidson Athletic Website to find information regarding the guidelines and Final Forms.**

**2020 Hilliard Davidson Boys Cross Country Schedule**

* **October 6th Tuesday Darby Dash 2M @Darby**
* October 17th Saturday OCC @ Westerville North
* October 24th Saturday District @ Hilliard Darby
* October 31st Saturday Regional @ Pickerington North
* November 7th Saturday State @ Obetz