September 26th 2016 Hilliard Davidson Boys Cross Country Report

Ontario Invitational 9-24-16

Name 1M 2M 5K PL From PR PR

1. Andrew Tighe-11 5:13 10:34 16:41 2 +19 16:22
2. Andrew Taylor-11 5:25 10:49 17:04 3 +27 16:37
3. Chris Egolf-12 5:16 10:46 17:07 4 +6 17:01
4. Brian Egolf-12 5:18 10:52 17:13 5 +11 17:02
5. Reed farmer-12 5:20 10:57 17:15 8 +5 17:10
6. Conner Johanssen-10 5:23 10:46 17:16 9 +8 17:08
7. Jack Altman-10 5:18 11:05 17:23 11 +19 17:07

**Stats: Champions with major course cutting by other teams 12 Teams**

**Record: 11 Won 0 Lost Total Record: 42 Wins 24 Lost**

**Split:** 16:41 to 17:15 = 34 seconds

**Score:** 2, 3, 4, 5, 8 = 22 points

**Ontario Recap:** Davidson ran a very good race with the Columbia runner taking it to us from the start. He was not afraid to get out in front and run for the victory. This attitude is something we must now acquire. Getting out hard and establishing position is the mark of a true champion. Davidson did run connected but lost focus in the last 400 meters. I believe we made up 15 seconds on the field this week and we should move up again next week at Kettering. The big question for Kettering is; will we stay closer to Davidson runners. In a few seconds of space in a bigger meet, other runners will fill the gaps and this hurts our score. The time is now and we must start to get hungry for the approaching tourney season.

**George Roger’s Clark Invitational 9-24-16 (Springfield)**

Name 5K PL From PR PR

1. Max LeClair-10 17:56 5 +22 17:34
2. Nick Dauer-11 18:35 16 +29 18:06
3. Ian Cook-12 18:41 19 +52 17:49
4. Mitchell Montgomery-9 19:02 27 +33 18:29
5. Nick Sauvey-10 19:06 28 +54 18:12
6. Xavier Gallo-9 19:17 33 +61 18:16
7. Colin Buckley-9 19:21 39 +49 18:32
8. Layne Marshall-11 19:22 +23 18:59
9. Peter Burback-10 19:28 +53 18:35
10. Thomas Lynch-9 19:43 +49 18:54
11. Nick DeSilva-9 20:00 +7 19:53
12. Kirk Myers-9 20:06 +46 19:20
13. Andrew Schueler-11 20:12 +33 19:39
14. Manny Jenkins-10 20:18 +22 19:56
15. Carson DeCarlo-10 20:24 +66 19:18
16. Luke McWherter-10 20:25 +42 19:43
17. Dane Farmer-9 20:37 +15 20:22
18. Anas Nur-11 20:37 +74 19:23
19. John Steitz-10 20:37 +48 19:49
20. Zack Lewis-9 20:56 +66 19:50
21. Nick Caiazza-12 20:56 +42 20:14
22. Ray Chung-10 21:12 +65 20:07
23. Bret Lehwald-9 21:16 +52 20:24
24. Colin Taggart-11 21:17 +60 20:17
25. Emmitt Hoying-10 22:30 +76 21:14
26. Seth Altman-9 23:00 +84 21:36
27. Phil Nolette-10 23:31 +124 21:27
28. Anthony Bray-9 23:45 +48 23:00
29. Mitchell Messer-9 DNR 18:41
30. Brian Stroh-9 DNR 21:34

**Stats: Runner UP 16 Teams**

**Record:** 14 Wins 1 Lost

**Split:** 17:56 to 19:06 = 1:10 good for a tough course

**Score:** 5, 16, 19, 27, 28 = 95 points

1. Teays Valley-89 2. Hilliard Davidson-95 3. Miami East- 128

**Improvement scale**: Under 35 seconds was a very good race 35 to 49 seconds was OK

Not good would be over 60 seconds

**George Roger Clark Recap:** After evaluating the race with coach Stroh and checking out the runners from other teams, we concluded that this meet was very good for Davidson. Every point matters and our finishes were flat for the most part. We were good early only to fall back in the last very tough mile. We lost the meet by 6 points so I hope each of you are upset and try to figure out how to give more to your team. Three points is three places, Davidson was State Runner up by three points in 2014 and we cannot re-race that race. All we can do is learn the importance of finishes and beating as many people as we can to the finish line!

**Prairie Oaks Monday:** Tighe-11, Taylor-11, C Egolf-12, B Egolf-12, Johanssen-10, Altman-10, Farmer-12, Cook-12, Dauer-11, LeClair-10, Sauvey-10

**Fairmont Firebird Invitational October 1st 2016** @ Indian Riffle Park (Kettering)

6:30 AM Bus Leaves

9:40 AM Race #2 Boys Varsity D1

12:05 PM Boys JV

1:00 PM Leave for home