

September 2, 2010
Halstead High School & Middle School Cross Country

Clearwater Meet

Halstead Comments:

The 2010 season is off and running! It was nice to get out of the practice routine and compete in a meet. As usual, the runners were anxious and excited to see how they stack up against area competition, and to find out if they made the most of their off-season and pre-season workouts.

It was a great day to run! The cold front came through as we were warming up for the first race, and with it came gusty north winds, but dryer cooler air. The wind was not ideal, but it sure beats hot humid conditions. This meet does not keep team totals, and allows the runners to choose between two races. The high school girls had to choose between a two mile and a 4K, the high school boys had to decide between a two mile and 5K race. All of our runners that could chose to run the 2 mile in this meet. Competition was good!.

Results: **Medal Winner

Name/Place/(Time)

7th Grade Boys: (1 Mile)

Braeden Odendahl – **14th (7:08)
Connor DeMoss – **23rd (7:38)
Jayson Kepple – **24th (7:38.1)

7th Grade Girls: (1 Mile)

Kaci Foraker – **5th (7:02)
Courtney Glassco – **19th (8:14)

8th Grade Boys: (2 Mile)

Avery Bethards – **7th (13:22)

8th Grade Girls: (2 Mile)

Rebekah Johns – **1st (14:07)
Dominique Thibault – **3rd (14:53)
Mallory Williams – **8th (16:40)

Freshman/Sophomore Girls: (2 Mile)

Hannah Robinson – **7th (14:08)
Meg Talbott – **13th (14:29)

Junior/Senior Girls: (2 Mile)

Macy Younger – 37th (17:04)
Summer Werner – 42nd (18:06)

Freshman/Sophomore Boys: (2 Mile)

Matthew Rodenberg – **12th (12:51)
Nate Murano – **29th (13:23)
Thomas Smith – 68th (14:29)
Caleb Bradfield – 95th (15:46)
Isaac Solis – 107th (17:01)

Junior/Senior Boys: (2 Mile)

Alex Wells - **6th (12:02)
Ignacio Solis - **11th (12:13)
Custer Friesen – **26th (12:52)
Milan Dado - **27th (13:01)

Girls Open: (4K)

We had no girls run this race

Boys Open: (5K)

We had no boys run this race

Overall, I was extremely pleased with the efforts of our runners. We did have one middle school runner win her race. **Everyone** had been working hard in preparation for this meet, and seemed mentally focused during the races. After a meet you get an idea of where you stand in comparison to other area runners, and as a whole, we aren't satisfied at where we are. We challenge the runners to use this meet as motivation for improving next week on their times. Effort in practice and mental toughness are the two areas which the runners can really control that will impact how they run.

The middle school does not compete next week, but the high school will be in action on Thursday, September 10th at the Swather Invitational Meet in Hesston. Hope to see you there.