

September 21, 2010  
Cross Country

## SE-Saline Meet

### Halstead Comments:

Not too bad of day for a meet, but certainly not ideal. Temperatures were around 90 degrees, with mostly sunny skies and a gusty south wind. The course is truly cross country. Challenging hills and rough terrain test even the best runners. Traditionally this has been one of the toughest meets of the year, and this season was no different. Several teams participating are ranked highly in the state polls, and very deserving.

### Results: \*\*Medal Winner Name/Place/(Time)

#### 7th Grade Girls: (1 mile)

Kaci Foraker – \*\*4<sup>th</sup> (7:28)  
Courtney Glassco – 16<sup>th</sup> (8:58)

#### 7th Grade Boys: (1 mile)

Braeden Odendahl – 13<sup>th</sup> (7:48)  
Connor DeMoss – 15<sup>th</sup> (7:58)  
Jayson Kepple – 16<sup>th</sup> (7:59)

#### 8th Grade Girls: (2 mile)

Rebekah Johns – \*\*2<sup>nd</sup> (14:12)  
Dominique Thibault – 6<sup>th</sup> (15:17)  
Mallory Williams – 8<sup>th</sup> (16:26)

#### 8th Grade Boys: (2 mile)

Avery Bethards – \*\*5<sup>th</sup> (13:30)

#### Varsity Girls: (4K)

Hannah Robinson – \*\*8<sup>th</sup> (17:22)  
Meg Talbott – \*\*24<sup>th</sup> (18:05)

#### Varsity Boys: (5K) Short

Alex Wells – \*\*22<sup>nd</sup> (19:51)  
Ignacio Solis – 30<sup>th</sup> (20:40)  
Custer Friesen – 32<sup>nd</sup> (20:51)  
Cody Reinert – 37<sup>th</sup> (21:13)  
Matthew Rodenberg – 69<sup>th</sup> (22:30)  
Milan Dado – 74<sup>th</sup> (22:46)

#### JV Girls: (4K)

Macy Younger – 13<sup>th</sup> (22:38)  
Summer Werner – 20<sup>th</sup> (23:46)

**JV Boys:**

Caleb Bradfield – 15<sup>th</sup> (22:24)

Nate Murano – 18<sup>th</sup> (22:38)

Thomas Smith – 25<sup>th</sup> (23:16)

Isaac Solis – 74<sup>th</sup> (28:17)

**Team results:**

High School Boys – Halstead 181 points (9<sup>th</sup> out of 14 teams)

High School Girls – NO TEAM POINTS

Overall, I felt our runners gave a good effort and competed well. Several of our runners had a personal best time on this course. Many people would agree that the SE-Saline course probably the toughest course we've been on this year. The middle school runners had slower times, as seems to be the case on this course, but their overall places were great. We need to continue to focus on the mental part of running and challenge one another to step it up. I've been pleased with the progress of most team members. The season is half nearly half over, so it is time to step up and make things happen..

Both teams are off for 10 days, and will compete at the Halstead Meet on Thursday, September 30<sup>th</sup>, held again this year at Wedgewood Golf Course. Hope to see you at the meet.