

Varsity Girls

7th Place	Faith Meitl	25:26
9th Place	Cindy Sheaffer	26:25
	Dani Rouse	33:15

Junior Varsity Girls

8th Place	Sierra Davis	37:21
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Varsity Boys

	Tod Mastin	23:50
	Josiah Weyeneth	24:44
	Jack Farr	26:32

Junior Varsity Boys

	Logan Hayward	33:51
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It was hot at this meet with not much of a breeze. This meet gave a good chance for the athletes to get a taste of competition. With half of the team being freshman, it was an eye opener for the runners. Faith ran a good race with a PR from last years meet where her time was 27:39. The team has several things to work on as we progress into the season. Runners are going to work on gaining the strength needed to run hills. As a team we are going to work on figuring out how to maintain a competition race pace. Part of a competitive race pace is knowing how fast to start out. Josiah Weyeneth started a bit fast and paid for it later on in the race. I'd like to see Tod Mastin start out a bit faster.

I greatly appreciate all fans who traveled to Norton to watch the athletes compete.