

Team -

What a GREAT day for Page HS cross-country. I am so happy with the way all of you ran. I wasn't expecting your times to drop like they did and am so proud of all of you. I looked at the times from the state qualifying meet from last year, and if you ran like today at that meet, we would have qualified as a team to state. That is a big deal. The top 3 teams in the regional meet qualify for state. There is now telling what we are capable of. We are going to practice hard the next few weeks. Keep in mind that we are a young team, but think big. You are capable of anything. Set your goals high! We finished tied for 3rd today in our division.

Connor (3rd place in our division= a trophy)- Time: 18:20 (previous best 19:08) You ran your best first mile and maintained that pace throughout. You kept moving up during the race and just like Thursday, you picked it up in the end. I already told you this, but if you ran the same time today as in the state meet last year, you would have finished in the top 50.

Mason (16th place in our division= a trophy) - Time 19:45 (previous best 20:45) You ran a perfect race today. You kept a steady pace and maintained it throughout the race and because of that at the end you managed to pass people at the end. Great job!

Jared - Time 19:55 (previous best 21:52). Your time keeps coming down each race. I know that you ran a 19:01 in Arizona last year as a freshman. You will get there again and like Connor, you will be in the 18's this year too. I think you went out a bit faster than you wanted to and at the end didn't have as much left at the end. That will change in the next few weeks. We are going to work on going out fast and maintaining that pace throughout. I know that you can do it!

Taylor (Time 20:40, previous best 23:27) and Ronel (Time 22:23, previous best 23:23) For both of you, it is so important for our 4th and 5th guy to run well and that you both did. There are many teams out there that do not have strong 4th and 5th runners, but we do. The 4th and 5th runners of a team is an important factor on if that team makes it to state. Just keep doing what you have been doing. You are one of the better 4th and 5th guys in the state!

Jerry (Time 22:29, previous best 23:59) Like my comments for Taylor and Ronel, it is important to also have a strong 6th guy. I could see that you were determined for this race and like the rest of the team resulted in your best time ever. When you feel pain like you did today, just push through it and it will go away. Trust me on that!

Dustin (Time 24:58, best 24:14). This was a great race for you even though you did not get your best time. I am not concerned about that. This is your best time of the year by almost 2 mins and that's what I like. I know your times will continue to come down and your senior leadership helps the rest of the guys. Thank you for stepping up and taking over to help our team!

Alex (Time 23:07, previous best 26:20) What a great performance for only practicing for 3 weeks. Right now, you are our 9th runner and the challenge that I bring to you is that can you run well enough to break into our top 7. I think you can!

Theo (Time 25:10, previous best 27:30) Keep the positive attitude and determination. There are not many people out there that break their best time in a meet by over 2 mins. You ran smart the entire race. Great job!

Brett (Time 25:35, best 23:45) Like Dustin, you had your best race of the season so far. I can see that you are trying to do better each race and that you are. I know that you are capable of running in the 22's. If you think you can do it, you will!

Joseph (Time 27:15, previous best 28:34) By far, this was your best race ever. I could see that you were determined to have a good time and that you did. You maintained a comfortable pace throughout and finished strong. Nice job on your personal best!

Jason (Time 38:34 - best time for you!) Way to go on pacing yourself throughout the race. I know that you are wanting to condition for the track season and am glad you are part of the team. The next time you run, you will see a drastic improvement in your time as this was the 1st meet of your career.

Guys - we had 3 guys under 20 mins and all of our top 5 guys ran under 22:30 which is awesome. Keep up the hard work and positive attitude. This is very cool! We placed 3rd in our division. Congrats to Connor who finished 3rd and Mason who finished 16th, both of them earned a trophy.

Brette (19th place in our division = a trophy) -Time 25:06 (previous best 26:40) I also looked at the regional meet results for you from last year and thought we needed to bring your time down another 30 seconds in the next 2 1/2 weeks to have a chance for you to make it to state. I don't think that anymore as you beat your best time by 1 min 40 secs. You ran smart the entire race and didn't get caught in that fast first mile. You ran 25:06 today which would have put you in 9th place last year at the regional meet, which means you would have qualified for state. Based on the results I have seen, I would put you somewhere between 5th-8th at the regional meet. Keep it going though. Practice hard and you will be a factor to contend with. You finished 19th today and received a trophy as well!

This is awesome! I will email the official results when I receive them.

Coach