

"Wow! What a Day!"

Meet Summary - Wildcat XC Challenge

10/12/24

Coach's Comments:

Saturday was an amazing day for our team. Eight runners established new Personal Records (PR). Six of the runner's PRs exceeded their Training Goal. Two runners won medals, and three went home with new T-Shirts. One runner earned their varsity letter.

In the last race of the day, the Middle School Girls placed first, earning the first team trophy ever won by a Knighthawks Cross Country Team. In a field of 32 runners, all five Knighthawk middle school girls finished in the top ten. Amazing Job!

Runners Finishing in the Top Three (Medal Winners)

- Emily (2 Mile) 14:55.63 First Place (out of 32)
- Izzie (1 Mile) 8:04.47 Third Place (out of 25)

Runners Finishing in the Top Five (T-Shirt Winners)

- Kayleah (2 Mile) 16:35.55 Fifth Place (out of 32)

Runners Finishing in the Top Ten

- Naomi (2 Mile) 16:43.17 Seventh Place (out of 32)
- Lily (2 Mile) 16:54.11 Ninth Place (out of 32)
- Isabel (2 Mile) 17:05.70 Tenth Place (out of 32)

New Personal Records (PR):

- Elijah (1 Mile) 13:01.37 Dropped 16.33 Seconds
- Lily (2 Mile) 16:54.11 Dropped 2 Minutes, 29.99 Seconds
- Sophia M. (5 Km) 26:46.66 Dropped 4.84 Seconds
- Ben (5 Km) 19:53.95 Dropped 18.22 Seconds
- Adam (5 Km) 22:07.41 Dropped 31.23 Seconds
- Trace (5 Km) 22:10.56 Dropped 1 Minute, 2.04 Seconds
- Tom (5 Km) 23:36.80 Dropped 51.48 Seconds
- Owen (5 Km) 26:13.86 Dropped 1 Minute, 6.54 Seconds

Achieved Training Goal:

New Goal Sheets have been prepared and uploaded to the website for the following runners:

- Lily (2 Mile) Training Goal: 16:58 Race Time: 16:54.11
- Ben (5 Km) Training Goal: 20:00 Race Time: 19:53.95
- Adam (5 Km) Training Goal: 22:30 Race Time: 22:07.41
- Trace (5 Km) Training Goal: 23:00 Race Time: 22:10.56
- Tom (5 Km) Training Goal: 24:00 Race Time: 23:36.80
- Owen (5 Km) Training Goal: 27:00 Race Time: 26:13.86

Runners Earning Varsity (Bar) Letter:

- Ben (5 Km) 19:53.95

Requirement: Sub 20:00

Top Varsity Finishers:

- Maia (5Km) 24:20.24
- Bryson (5Km) 19:22.20

11th out of 61

13th out of 108

Team Placements:

- Middle School Girls: 1st out of 3 Teams
- Varsity Boys: 5th out of 11 Teams