

"End to a Great Season"

Meet Summary - MSAHA Conference Championship

10/26/24

Coach's Comments:

We continued to set Personal Records (PR) all the way to the last meet. Awesome. We had seven runners set a new PR and another Knighthawk record set. Three runners earned individual achievement honors and three runners met their current training goals.

Top Three Finishers (Medal Winners):

- Emily (2 Mile) 14:24.02 2nd Place (out of 31)
- Andrew (1 Mile) 6:23.62 1st Place (out of 35)

Second Team All-Conference and MSAHA All Star Team Member:

- Bryson Hanna

Top Ten Finishers:

- Izzie (1 Mile) 8:08.46 5th Place (out of 21)
- Kayleah (2 Mile) 17:05.30 9th Place (out of 31)
- Bryson (5 Km) 18:25.70 7th Place (out of 65)

New Personal Records (PR):

- Elijah (1 Mile) 11:48.02 Dropped 1 Minute, 13.35 Seconds
- Andrew (1 Mile) 6:23.62 Dropped 2.58 Seconds
- Sarah (1 Mile) 8:55.80 Dropped 34.60 Seconds
- Sophia R. (5 Km) 25:14.15 Dropped 1 Minute, 28.92 Seconds
- Sabrina (5 Km) 28:52.92 Dropped 45.71 Seconds
- Kason (5 Km) 21:19.43 Dropped 33.77 Seconds
- Bryson (5 Km) 18:25.7 Dropped 39.20 Seconds

Achieved Training Goal:

New Goal Sheets will be prepared and uploaded to the website for the following runners:

- Elijah (1 Mile) Training Goal: 13:00 Race Time: 11:48.02
- Sarah (1 Mile) Training Goal: 9:15 Race Time: 8:55.80
- Bryson (5 Km) Training Goal: 19:00 Race Time: 18:25.70