

"Another Big Meet at Mississippi College"

Meet Summary - MRA Invitational

9/30/24

Coach's Comments:

There are success stories at every meet. Two runners PR'd and one runner exceeded their training goals yesterday. In addition, another runner earned a varsity letter yesterday. Several runners came within seconds of their PR.

New Personal Records (PR):

- Annie (5-Km) 26:49.24 Dropped 23.76 Seconds
- Adam (5-Km) 22:38.64 Dropped 1 Minute, 1.49 Seconds

Achieved Training Goal:

A revised Goal Sheet has been uploaded to the website for:

- Adam (5-Km) Training Goal: 23:30 Race Time: 22:38.64

Varsity Letter (Bar) Earned:

- Emily (5-Km) 24:14.81 (Requirement: Sub 25:00)

Varsity Girls finished 10th out of 18 teams:

Scoring Runners:

- Emily
- Annie
- Sophia R.
- Sophia M.
- Sabrina

Varsity Boys finished 16th out of 24 teams.

Scoring Runners:

- Bryson
- Peter
- Kason
- Adam
- Thomas