

"More Good Stuff"

Meet Summary - Port City Classic

9/19/24

Coach's Comments:

Three more runners achieved their training goals and four ran PR's yesterday! That's quite an accomplishment on a course/event that was taking its toll on all of the competition. Overall, the times for all runners/all teams were not as fast as predicted.

Two runners went home with medals! And once again, many runners that did not PR, ran extremely well and were within seconds of their PR. We're about at the mid-point of our competitive season and we're still going strong! Go Knighthawks!

Top Three Performances "Medal Winners":

- Andrew 1st Place (Out of 24)
- Emily 1st Place (Out of 36)

Top Ten Performances:

- Naomi 9th Place (Out of 36)

New Personal Records (PR):

- Sam (1-Mile) 8:18.95 Dropped 4.75 Seconds
- Elijah (1-Mile) 13:37.87 Dropped 16.33 Seconds
- Sophia M. (5-Km) 26:51.50 Dropped 34.33 Seconds
- Kason (5-Km) 21:53.74 Dropped 2.71 Seconds

Achieved Training Goal:

New Goal Sheets have been prepared for the following runners and have been posted online:

- Sam (1-Mile) Training Goal: 8:20 Race Time: 8:18.95
- Elijah (1-Mile) Training Goal: 13:45 Race Time: 13:37.87
- Sophia M. (5-Km) Training Goal: 27:15 Race Time: 26:51.50

Team Finishes:

The varsity boys was the only division with enough runners to score as a team. The boys finished 6th out of 12 teams. Great job guys!

The boys that contributed to our score included:

- Bryson
- Ben
- Peter
- Kason
- Adam

The boys that served as our "pushers" (i.e., affected other teams' score):

- Trace
- Thomas