

# "The Opener - Highlights!"

## Meet Summary - The Opener

9/7/24

### Coach's Comments:

Four runners ran personal records Saturday, and two achieved their training goals! We're making great progress. Yesterday's meet hosted a great field of runners. Those of us that attended had the opportunity to participate in one of the largest meets in the state. The season has just begun - lots of training and lots of racing ahead of us. As a reminder - the Wednesday and Weekend workouts are just as important as the workouts at "practice". Don't cheat yourself by skipping those workouts. Just as important - healthy diet, hydration and plenty of rest.

### New Personal Records (PR):

- Ben (5k) 20:12.17 Dropped 54.17 seconds
- Peter (5k) 21:59.12 Dropped 1.32 seconds
- Sabrina (5k) 29:38.63 Dropped 41.08 seconds
- Trace (5k) 24:27.49 Dropped 53.03 seconds

### Achieved Training Goal:

New Goal Sheets will be prepared for the following runners:

- Ben (5k) Training Goal: 20:30 Race Time: 20:12.17
- Trace (5k) Training Goal: 25:00 Race Time: 24:27.49

### Top Knighthawk Finishers:

- Girls 5k: Maia 24:51.40 (102<sup>nd</sup> out of 328)
- Boys 5k: Bryson 19:44.78 (129<sup>th</sup> out of 446)
- Girls 3k: Emily 13:47.22 (12<sup>th</sup> out of 209)
- Boys 3k: Adam 13:59.43 (83<sup>rd</sup> out of 238)