

"We're Already Getting Faster!"

Meet Summary - Kickoff at the Quarry

8/24/24

Coach's Comments:

Nine runners achieved their training goals Saturday! Amazing! Nearly a third of our team has shown that their training plan needs revised in order to keep up with their progress. Simply put - you're getting faster and the season just started. These runners will have new paces/goal sheets for the next practices.

Top Three Performances "Medal Winners":

- Andrew - 2nd Place (Out of 27)
- Izzie - 3rd Place (Out of 20)

Top Ten Performances:

- Emily - 6th Place (Out of 128)

New Personal Records (PR):

- Owen (5-Km) - 28:11.45 - Dropped 3 Minutes, 34 Seconds

New Knighthawks Records:

- Andrew (Elementary Boys 3-Km) - 13:10.00
- Izzie (Elementary Girls 3-Km) - 16:36.95
- Timothy (Middle School Boys 3-Km) - 13:49.46
- Emily (Middle School Girls 3-Km) - 13:13.53

First Cross-Country Finish:

- Andrew
- Caleb
- Elijah

Achieved Training Goal:

New Goal Sheets will be prepared for the following runners:

- Owen (5-Km) - Training Goal: 29:59 - Race Time: 28:11.45
- Andrew (3-Km) - Training Goal: 19:27 - Race Time: 13:10.00
- Sam (3-Km) - Training Goal: 22:13 - Race Time: 18:17.84
- Timothy (3-Km) - Training Goal: 14:21 - Race Time: 13:49.46
- Trace (5-Km) - Training Goal: 28:30 - Race Time: 25:20.52
- Izzie (3-Km) - Training Goal: 18:03 - Race Time: 16:36.95
- Kayleah (3-Km) - Training Goal: 15:32 - Race Time: 15:28.47
- Lily (3-Km) - Training Goal: 17:36 - Race Time: 15:59.15
- Naomi (3-Km) - Training Goal: 15:45 - Race Time: 15:32.48