

"Hard Work Pays Off!"

Meet Summary - Forerunners Light It Up at Lakeshore

9/14/24

Coach's Comments:

Ten runners achieved their training goals and six ran PR's yesterday! Amazing! Over a third of our team has shown that their training plan needs revised in order to keep up with their progress - again. Three runners went home with medals! In addition, many runners that did not PR, ran extremely well and were within seconds of their PR. The record book has been updated and photos have been added. www.knighthawksnation.com/cross-country/records We'll continue to work hard and continue to get faster! Congratulations on your success thus far this year with a lot of the season still ahead of us.

Top Three Performances "Medal Winners":

- Andrew 1st Place (Out of 27)
- Izzie 2nd Place (Out of 23)
- Emily 1st Place (Out of 65)

Top Ten Performances:

- Sarah 9th Place (Out of 23)

New Personal Records (PR):

- Emily (2-Mile) 13:50.00 Dropped 7 Seconds
- Kayleah (2-Mile) 15:41.60 Dropped 1 Minute, 13 Seconds
- Naomi (2-Mile) 15:40.70 Dropped 4 Minutes, 27 Seconds
- Timothy (2-Mile) 13:58.80 Dropped 2 Minutes, 58 Seconds
- Peter (5-Km) 20:34.30 Dropped 1 Minute, 25 Seconds
- Owen (5-Km) 27:20.40 Dropped 51 Seconds

New Knighthawks Records:

- Andrew (Elementary Boys 1-Mile) - 6:26.20
- Izzie (Elementary Girls 1-Mile) - 8:08.50
- Emily (Middle School Girls 2-Mile) - 13:50.00 Previous Record: E. Wells, 13:57.10, 2023

Achieved Training Goal:

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

- Owen (5-Km) Training Goal: 28:00 Race Time: 27:20.40
- Andrew (1-Mile) Training Goal: 8:32 Race Time: 8:08.50
- Sam (1-Mile) Training Goal: 9:21 Race Time: 8:23.70
- Timothy (1-Mile) Training Goal: 14:40 Race Time: 13:58.80
- Elijah (1-Mile) Training Goal: 15:30 Race Time: 13:54.20
- Izzie (1-Mile) Training Goal: 8:32 Race Time: 8:08.50
- Kayleah (2-Mile) Training Goal: 16:40 Race Time: 15:41.60
- Sarah (1-Mile) Training Goal: 12:55 Race Time: 9:30.40
- Naomi (2-Mile) Training Goal: 16:40 Race Time: 15:40.70
- Peter (5-Km) Training Goal: 21:45 Race Time: 20:34.30