

Holy Savior Menard

Cross Country 2009!

November 17, 2009

Great Day at State!

STATE (AT NSU)

We see all 4 seasons during the CC season – today mud (of course!) and wind and cold. But we run very well. 2A is so tough but we hold our own. The boys miss second by 18 and the girls miss a win by 11 as both teams get very respectable thirds in the second toughest classification next to 5A. Congrats to our two all-state girls Rachel and Mallory R, and to our lone PR girl Jessica. And congrats to all runners for a great season!

Girls Varsity (133 runners) Team Time 106.02 Gap Time 3.27

Place	Mile 1	Mile 2	Mile 3	Finish	PR! + / -	
4 Engelsman, Rachel	6.13	7.03	6.35	19.51	+14	All-State!
5 Robichaux, Mallory	6.24	7.03	6.35	20.02	+20	All-State!
11 Vaughan, Lindsay	6.41	7.22	7.00	21.03	+33	
18 Bartow, Mallory	6.42	7.38	7.28	21.48	+104	
48 Beard, Lana	7.25	8.17	7.36	23.18	+28	
53 Lemoine, Alyse	7.08	8.19	8.02	23.29	+66	
68 Marshall, Jessica	7.48	8.37	8.02	24.27	-19	PR!

Boys Varsity (149 runners) Team Time 91.13 Gap Time 1.27

Place	Mile 1	Mile 2	Mile 3	Finish	PR! + / -
15 Alexander, Grant	5.33	6.07	5.59	17.39	+25
17 Eilts, Isaac	5.48	6.17	5.58	18.03	+40
19 Boswell, Cody	5.44	6.21	6.03	18.08	+33
24 Baker, Tucker	5.51	6.29	5.57	18.17	+33
46 Lemoine, Andrew	6.14	6.29	6.23	19.06	+67
53 Taylor, Christian	5.58	6.52	6.32	19.22	+122
73 Vidrine, Brennan	6.31	7.05	6.33	20.09	+63

Team Standings

Boys Varsity (21 Teams)

1 Episcopal, BR (2A)	26	6 Calvary Bapt (2A)	146
2 St Thomas Aq (2A)	101	7 Runnels (2A)	195
3 MENARD (2A)	119	8 Anacoco (2A)	197
4 Newman (2A)	126	9 Lakeside (2A)	241
5 University (2A)	133	10 John Curtis (2A)	284

Girls Varsity (20 Teams)

1 Episcopal, BR (2A)	75	6 Newman (2A)	140
2 St Thomas Aq (2A)	75	7 Sac Hrt GC (2A)	233
3 MENARD (2A)	86	8 University (2A)	249
4 McGehee (2A)	115	9 S Beauregard (2A)	253
5 Calvary Bapt (2A)	138	10 Runnels (2A)	261

STATE (Continued)

COURSE RECORDS SET AT NSU

Rachel Engelsman	#1 All Grades; #1 7 th grade	Mallory Robichaux	#2 All Grades; #2 7 th grade
Lindsay Vaughan	#8 All Grades; #1 8 th grade	Mallory Bartow	#3 8 th grade
Lana Beard	#5 8 th grade		

MEET RECORDS SET AT STATE

Rachel Engelsman	#1 All Grades; #1 7 th grade	Mallory Robichaux	#2 All Grades; #2 7 th grade
Lindsay Vaughan	# 8 All Grades; #1 8 th grade	Mallory Bartow	#3 8 th grade
Lana Beard	#5 8 th grade		

GRADE RECORDS SET AT STATE

Jessica Marshall #22 All Grades; #8 7th grade

THE REMAINING 2009 FINAL CROSS COUNTRY SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>FIRST RACE</u>
* THURSDAY	November 19	23 rd Annual CC Banquet	Menard Cafeteria	6:00 PM

UNIFORMS

ALL UNIFORMS SHOULD BE RETURNED TO COACH'S CLASSROOM BY THE END OF THE WEEK.. PLACE YOUR WASHED UNIFORM IN A BAG WITH YOUR NAME EITHER IN OR ON THE BAG. PLEASE SEE TO THIS PROMPTLY!

23rd ANNUAL CROSS COUNTRY BANQUET (Thursday, November 19th)

The annual Cross Country Banquet is for all runners and their families and friends. It is a very special end to the season. Lots of our parents put a lot of time into making this a special occasion. Please try to be there, and bring your favorite dish ("banquet" in this case means pot luck!) There are a number of awards to be given, and the cafeteria will look better than you've ever seen it! Please don't miss this special season wrap up if at all possible. The dress for the night is nice-casual (dress, skirts, nice slacks for the girls and slacks and nice shirts for the boys – no ties. No jeans, shorts, t-shirts, running shoes.

Thursday, November 20th, 6:00 PM, Menard cafeteria

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

Home	487-8887	evenings
Cell	446-8887	whenever!
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