

8-15-16

Hilliard Davidson Boys Cross Country Report

Hilliard Classic Recap: The 5K race was solid as the boys of Davidson ran their first 5K. The heat has been a big problem this summer but the boys of Davidson will be stronger for it. Times were ok but some runners really did well. Conner Johanssen-10 and Jack Altman-10 were awesome as well as Andrew Taylor-11. Chris Egolf-12 was off his game while Andrew Tighe-11 and Max LeClair-10 were steady. Xavier Gallo-9 is making great progress while leading a strong Freshmen class. Layne Marshall-11 is back and getting better every run. Great job but now we must focus on the 5K distance and the training focus to get this team ready.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 50 min 6-8x200@35	16 Hilliard wkout 1200-400-800- 1600@75 3:00 PM	17 Circuits After school now	18 28 min 2M O 1MT 2x400 2x200	19 Pre 5:45 AM	20 OHSAA Pre- season	21
22 28 min 10x500 @ p/s 5-6x200 @ 35+	23 16 min 5x1600T 400f	24 E Circuits	25 28 min 2x10x200 @37 then 35	26 On Own 40min	27 Highbanks 1:35	28
29 28 min 10x500 @ p/s 2x200 @ 35+	30 Hilliard wkout 1200-400-800- 1600@75	31 E Circuits	Sept 1 28 min 2M O 1MT 2x400 2x200	2 Pre 5:45 AM	3 Hot Summer Bash	4

OHSAA Pre-Season Meet 8-15-15 @ National Trails Raceway

6:45 AM	Bus Leaves	Make sure restroom done 35 minutes B4 race.
9:35 AM	Varsity Boys 5K	Report to starting line 30 minutes before race,
10:45 AM	Open Boys 5K	3 minute Tempo 20 minutes before, then spikes on.
11:40 AM	Open 3200	

Varsity 9:35AM	Open 5K 10:45AM	Open 3200 11:40AM	Not Running
Andrew Taylor-11	Nick Dauer-11	John Steitz-10	Manny Jenkins-10
Andrew Tighe-11	Peter Burbach-10	Luke McWherter-10	Phil Nolette-10
Jack Altman-10	Xavier Gallo-9	Brian Stroh-9	Brett Lehwald-9
Chris Egolf-12	Mitchell Messer-9	Nick DeSilva-9	Ray Chung-10
Max LeClair-10	Mitchell Montgomery-9	Zack Lewis-9	Seth Altman-9
Brain Egolf-12	Thomas Lynch-9	Anthony Bray-9	Anas Nur-11
Conner Johanssen-10	Colin Buckley-9	Kirk Myers-9	Emmitt Hoying-10
Nick Sauvey-10	Layne Marshall-11	Colin Taggart-11	
Ian Cook-12	Andrew Schueler-11	Nick Caiazza-12	
Reed Farmer-12	Carson DeCarlo-10	Dane Farmer-9	

You may wear any Hilliard Davidson Cross Country shirt as your warm ups to race.
 We need a cooler with ice towels from the parents.
 Bring water.

Paces August 13th 2016

Name-age	3200	5K	Vdt	est T	400T	1KT	1600T	between Michigan	
1. Chris Egolf-12	10:13	18:12	63	61	16:20	84	5:41	5:50	75
2. Andrew Taylor-11	10:16	17:00	63	61	16:20	84	5:41	5:50	75
3. Andrew Tighe-11	10:21	17:22	62	60	16:34	85	5:45	5:54	75
4. Max LeClair-10	10:25	17:24	62	60	16:34	85	5:45	5:54	75
5. Brian Egolf-12	10:45	17:50	61	58	16:48	86	5:50	6:04	75+
6. Nick Sauvey-10	10:49	17:57	61	57	16:48	86	5:50	6:09	76
7. Reed Farmer-12	10:51	17:55	59	57	17:17	89	5:59	6:09	76
8. Ian Cook-12	10:54	17:41	60	58	17:03	88	5:54	6:04	76
9. Jack Altman-10	10:55	17:27	59	60	17:17	89	5:59	5:54	76
10. Conner Johanssen-10	10:58	17:35	59	60	17:17	89	5:59	5:54	76
11. Nick Dauer-11	11:11	19:36	57	53	17:49	91	6:09	6:32	77
12. Xavier Gallo-9	11:44	18:59	54	54	18:40	95	6:26	6:26	80
13. Mitchell Messer-9	11:45	19:48	54	51	18:40	95	6:26	6:44	80
14. Mitchell Montgomery-9	-----	19:52	54	51	18:40	95	6:26	6:44	80
15. Andrew Schueler-11	-----	19:36	57	52	17:49	91	6:09	6:38	77
16. Carson DeCarlo-10	12:11	19:59	52	51	19:17	98	6:38	6:44	82
17. Anas Nur-11	12:18	21:29	52	47	19:17	98	6:38	7:10	82
18. Colin Buckley-9	12:19	19:30	53	52	19:00	97	6:32	6:38	82
19. Thomas Lynch-9	-----	19:37	53	52	19:00	97	6:32	6:38	82
20. Layne Marshall-11	12:20	19:34	52	52	19:17	98	6:38	6:38	82
21. Manny Jenkins-10	12:22	20:32	52	49	19:17	98	6:38	6:55	82
22. Colin Taggart-11	12:23	20:35	52	49	19:17	98	6:38	6:55	82
23. Peter Burbach-10	12:24	19:54	52	51	19:17	98	6:38	6:44	82
24. Kirk Myers-9	12:25	20:29	52	49	19:17	98	6:38	6:55	82
25. John Steitz-10	12:26	20:56	52	48	19:17	98	6:38	7:02	82
26. Emmitt Hoying-10	12:37	22:22	50	45	19:57	102	6:51	7:25	84
27. Luke McWherter-10	12:39	20:22	50	50	19:57	102	6:51	6:51	84
28. Nick Caiazza-12	12:57	21:24	48	47	20:39	105	7:02	7:10	87
29. Zack Lewis-9	13:14	21:39	46	47	21:25	109	7:17	7:10	90
30. Nick DeSilva-9	13:19	23:00	46	43	22:25	109	7:17	7:42	90
31. Dane Farmer-9	13:23	21:46	46	46	22:25	109	7:17	7:17	90
32. Ray Chung-10	13:58	-----	44		22:15	113	7:33	7:33	95
33. Seth Altman-9	14:21	23:39	43	43	22:41	115	7:42	7:42	96
34. Anthony Bray-9	14:26	23:02	43	43	22:41	115	7:42	7:42	96
35. Brian Stroh-9	14:48	22:01	42	45	23:38	120	8:02	7:25	99
36. Phil Nolette-10	-----	24:59		40				8:10	
37. Brett Lehwald-9	-----	24:02		41				8:00	