October 12th 2015 2015 Hilliard Davidson Boys Cross Country Report

**Darby Dash 10-10-15 @ Darby**

**Name 1M 2M 5K Place PR From Pitt**

1. Brian Egolf-11 5:10 10:54 17:03 20th 17:03 -25
2. Reed Farmer-11 5:12 10:59 17:29 27th 17:29 -47
3. Matt Apodaca-11 5:25 11:14 17:35 32nd 17:35 -8
4. Ian Cook-11 5:12 11:20 17:36 35th 17:36 -6
5. Nick Sauvey-9 5:30 11:26 18:03 47th 18:03 -25
6. Drew Sauvey-12 5:26 11:26 18:13 49th 18:13 -4
7. Conner Johanssen-9 5:26 11:26 18:32 49th 18:30 +52
8. Nick Caiazza-11 5:43 11:56 18:39 18:39 -49
9. Peter Burback-9 5:40 12:00 19:02 19:02 +29
10. Colin Taggart-10 5:58 12:24 19:28 19:28 -1
11. Anas Nur-10 5:58 12:28 19:47 19:47 -50
12. Carson DeCarlo-9 5:59 12:40 19:53 19:53 -35
13. Aakash Patel-12 6:18 12:52 20:13 20:13 -1:20
14. Emmitt Hoying-9 6:18 12:53 20:15 20:15 -44
15. Luke McWherter-9 6:18 12:53 20:22 20:22 -1:04
16. Manny Jenkins-9 6:28 13:37 21:19 21:19 -21
17. Phil Nolette-9 6:40 14:07 22:14 22:14 -20
18. John Steitz-9 6:42 14:06 22:33 **If** 22:33 -12
19. Andrew Tighe-10 16:13 16:43 -24
20. Adam Hoover-12 16:00 16:32
21. Matt Rose-12 16:24 16:56 -24
22. Chris Egolf-11 16:25 16:52 -24
23. Max LeClair-9 16:27 17:25 -31
24. Andrew Taylor-10 16:27 17:08 -24
25. Patrick Keck-12 16:52 17:08 -30
26. Ryan O’Rorke-12 16:26 17:42 -24
27. Jack Altman-9 16:35 17:19 -33
28. Koichi Nakazawara-10 20:35 20:35
29. Isaac Getz-11 DNR shin
30. Scott Earley-11 DNR shin
31. Layne Marshall-10 DNR hip

**Team Stats:** B Team 7th Place out of 11

**Record:** Varsity Total: 85 Wins 10 Lost 90% winning.

**Score:** 20, 27, 32, 35, 47 = 161 points

**Split:** 17:03 to 18:03 = 60 seconds

**Outstanding Runners**: (minus 10 from Pitt) Brian Egolf-11, Reed Farmer-11, Nick Sauvey-9, Nick Caiazza-11, Anas Nur-10, Carson DeCarlo-9, Aakash Patel-12, Emmitt Hoying-9, Luke McWherter-9, Manny Jenkins, Phil Nolette-9, John Steitz-9

**Darby Dash Recap:** Back to the flatland and fast times. Davidson looked very good with Brian Egolf-11 and Reed Farmer-11 getting out fast and taking a risk. That effort early established position but the pain still comes even on flat ground. After the 2 mile, both Brian and Reed caught fire and had personal bests. Davidson learned that racing is racing and it is a skill acquired through personal conviction to be better than you that you could be and to beat those runners ahead of you no matter how much pain you may be in. The OCC will be awesome because you are all ready to contribute to a synergy that makes Davidson great.

**OCC Week:** Davidson has to be ready and focused for the approaching storm of competition. This is the most competitive Region that Davidson has been in and our OCC division will give each of you a wakeup call to what it means to beat people and understand that every point matters and all runners need to be pushers. This is EXCITING!

**The OCC:** The way I see this meet is not by time but a string of runners fighting for their teams. I need to see a fight from Davidson. I need to see fire in your eyes as the middle of the race becomes focus. Every point will count and positioning is everything as you fight for a championship. You were faster in the beginning of the season so the times they have run are just that. You have been better trained and will be ready for the fight. Our number one goal is to go to state so this battle is to get each of you to fight to the end.

**OCC Race Plan:** This race will be very emotional for Dublin Coffman and Thomas Worthington. The mood will be much different than what we have experienced so far. The butterflies will make your sympathetic nervous system kick in but Davidson runners are calm, cool and ready for their tournament run. Davidson knows that a relaxed start will get the runners ready in the first two minutes. The urgency to know that every point matters will energize each of you to a ***new level of running***. This fight will come down to an incredible push the **last 1000 meters**. Davidson is ready for this because they are so fit and hungry to be the best that they can be and each runner runs not only for themselves but for their brothers. Keep your eye on your teammates and know that there cannot be any other runners in between. If there are, you must beat them!

**OCC Schedule:**

**8:30 AM Arrive at Darby**

**9:20 AM OCC Tradition**

10:00 AM Girls Central Varsity Race

**10:30 AM Boys Central Varsity Race**

11:00 AM Girls Central Open Race

**11:30 AM Boys Central Open Race**