#! October 10th 2016 Hilliard Davidson Boys Cross Country Report

Portage Invitational

**Name 1M 2M 5K Place PR Improve**

1. Andrew Tighe-11 4:53 10:15 16:04 15 16:04 -18
2. Chris Egolf-12 5:02 10:25 16:21 28 16:21 -40
3. Reed Farmer-12 5:02 10:33 16:38 50 16:38 -32
4. Andrew Taylor-11 5:10 10:40 16:41 54 16:37 +4
5. Connor Johanssen-10 5:05 10:36 16:41 55 16:41 -17
6. Brian Egolf-12 5:07 10:45 16:55 74 16:55 -7
7. Jack Altman-10 5:05 10:49 17:02 91 17:02 -5

**Teams Stats: Third Place Portage Invite 43 Teams**

**Record:**  40 Wins 2 Lost **Total Record:** 99 Wins 26 Lost

**Split:** 16:04 to 37 seconds

**Score:** 15, 28, 50, 54, 55 = 202 Points

**Teams:** 1. Lyons IL #3 MW-67 2. Saline MI # 1 MI-160 3. Hilliard Davidson-202 4. Ann Arbor Pioneer MI-219 5. Caledonia MI- 228 43 Teams

**Portage Recap:** Davidson had a plan to get out and hold. This strategy was to put Tighe-11 in the top 10-12 while keeping Chris Egolf-12 back a bit in position 20-25 to keep the Davidson pack together. Once in position, Davidson was to stay with the flow of the race and stay connected while racing hard for a great score. Davidson ran a great plan and moved up on the field another 10-15 seconds this week. That movement in the field put the pack of Davidson for the first time in front of the cluster of runners to achieve a very positive and exciting Third Place finish in this outstanding meet. Hilliard Davidson has progressed right on schedule and is much better than the Trinity meet.

**Name 1M 2M 5K Place PR Improve**

1. Max LeClair-10 5:02 10:45 17:12 13 17:12 -22
2. Nick Dauer-11 5:20 11:13 17:36 28 17:36 -20
3. Ian Cook-12 5:20 11:17 17:47 43 17:47 -2
4. Mitchell Montgomery-9 5:30 11:25 17:50 50 17:50 -39
5. Colin Buckley-9 5:32 11:30 18:03 58 18:03 -29
6. Xavier Gallo-9 5:30 11:30 18:05 60 18:05 -11
7. Mitchell Messer-9 5:35 11:43 18:35 18:35 -6
8. Thomas Lynch-9 5:46 11:59 18:40 18:40 -14
9. Layne Marshall-11 5:48 11:59 18:47 18:47 -17
10. Kirk Myers-9 5:55 12:01 18:50 18:50 -30
11. Carson DeCarlo-10 6:10 12:13 18:58 18:58 -20
12. Andrew Schueler-11 6:14 12:33 19:15 19:15 -34
13. Nick DeSilva-9 6:30 12:29 19:17 19:17 -36
14. Manny Jenkins-10 5:53 12:20 19:32 19:21 +11
15. Luke McWherter-10 6:09 12:34 19:33 19:33 -10
16. Anas Nur-11 6:05 12:25 19:40 19:23 +17
17. John Steitz-10 6:20 12:53 20:07 19:49 +18
18. Dane Farmer-9 6:29 13:06 20:17 20:17 -5
19. Nick Caiazza-12 6:29 13:06 20:23 20:06 +17
20. Ray Chung-10 6:29 13:06 20:24 20:07 +17
21. Colin Taggart-11 6:29 13:06 20:27 20:17 +10
22. Zach Lewis-9 6:29 13:09 20:29 19:50 +39
23. Phil Nolette-10 6:35 13:22 20:54 20:54 -33
24. Emmitt Hoying-10 6:35 13:27 21:01 21:01 -13
25. Seth Altman-9 6:51 13:49 21:25 21:25 -11
26. Anthony Bray-9 6:59 13:49 21:36 21:36 -84
27. Nick Sauvey-10 DNR Leg 18:12
28. Brett Lehwald-9 DNR Foot
29. Brian Stroh-9 DNR Shin

**Recap:** Solid race with PR’s and that is what it is all about. Five guys under 18:05 and that is good.

**Outstanding Runners**: Anthony Bray-9 -84, Chris Egolf-12 -40, Mitchell Montgomery-9 -39, Nick DeSilva-9 -36, Andrew Schueler-11 -34, Phil Nolette-10 -33, Reed Farmer-12 -32, Kirk Myers-9 -30, Colin Buckley-9 -29, Max LeClair-10 -22, Nick Dauer-11 -20, Carson DeCarlo-10 -20, Andrew Tighe-11 -18, Conner Johanssen-10 -17, Layne Marshall-11 -17

**Thought’s on Portage:** I was hoping for a top five finish from Davidson. In the back of my head I was thinking that a great race would put Davidson on the awards stand and that is what the men of Davidson delivered. Most of the varsity guys ran great with a couple just a few days away from adaptation development. This process takes time and the proper amount of rest and focus to get the entire team running on all cylinders. The open guys were just like the varsity, wonderful. The next week is OCC @ Bradley. This will be the first test of true focus from the entire team and that energy will have everyone running faster and fighting for better places.

**Travel Team: Usually about 16-17 runners with a time of sub 18:00. (Selection is next week)**

***A special group of young men who have displayed excellence every day will be selected for the travel team. Their commitment and hard work for Davidson has earned them the right to continue on to NXN Nationals. The expectations of this group are to be at all functions and focus on the varsity team’s journey as we prepare for the State Championships and NXN Nationals. I am thrilled to have so many talented young runners learning what success is. Their journey through the middle of November is just getting started and they will learn no matter how fast they are today that their expectations are to develop into championship runners and teams. There will be a fee and the runners will get a Uniform top for JV and NXN meets. The Open runners will run on the Sunday after Regionals in Sandusky Ohio for the State Junior Varsity Championships.*** <http://www.ohioathletics.com/crosscountry/>

***The meet will be held at Firelands College Campus (Huron, Ohio)***

**Schedule after the OCC for the runners:**

1. After the OCC meet the regular season is officially completed.
2. Travel team is selected. Usually about 16-17 who have run a time of sub 18:00.
3. Travel teams practices together with a new focus of championship racing.
4. Runners of the team who want to continue running can do so and they will get together to organize their running for the JV state meet. Must know ASAP so they can be entered.
5. Runners who have run faster than 20 minutes are invited to run the District JV meet with the travel team. This will be announced.
6. Uniforms will be turned in right after the runner’s last race. We must do this ASAP.