September 21st 2020 Hilliard Davidson Boys Cross Country Report

Central Ohio Invite 55 degrees with a low dew point 40. Sunny.

Name 1M 2M 5K Place Speed PR Improve

1. Connor Ackley-10 4:42 9:44 15:09 1 175-181 15:09 -27

2. Nick Puhl-11 4:51 10:03 15:47 3 167-170 16:47 -14

3. Noah Pease-12 5:04 10:29 16:20 7 153-159 16:41 -21

4. RJ Sagrilla-12 5:01 10:25 16:24 8 138-158 16:24 -41

5. Brody Boyd-9 5:04 10:29 16:29 9 148-156 16:29 -29

6. Nate Gilbert-12 5:01 10:29 16:39 11 153-153 16:39 - 3

7. Alexander Kafka-10 5:19 10:55 16:54 15 137-148 16:54 -37

8. Alex Hudson-11 5:11 10:48 16:59 18 146-146 16:59 -6

9. Adam Alsko-12 5:20 10:58 17:10 22 x - 142 17:10 -1:57!

10. Aaron Egolf-10 5:20 11:00 17:11 24 137-142 17:11 -19

11. Jay Chung-12 5:20 10:58 17:19 25 132-139 17:19 -25

12. Henry Byrne-12 5:20 11:10 17:27 32 130-137 17:27 -32

13. Zach Whitney-11 5:20 11:10 17:38 41 131-133 17:38 -11

14. Ryan Clark-10 5:24 11:18 17:40 42 130-133 17:40 -12

15. Brady Whiteside-11 5:22 11:22 17:45 O-1 17:45 -22

16. Toby Banks-10 5:27 11:30 18:02 O-2 18:02 -22

17. Jackson Wickham-10 5:28 11:31 18:12 O-3 18:12 -50

18. Owen Schnipke-10 5:29 11:40 18:27 O-4 18:27 -2

19. Archith Yogith-10 5:37 11:49 18:28 O-5 18:28 -33

20. Tyler Schmidt-12 5:47 12:04 18:43 O-7 18:43 -34

21. Nathan Hand-11 5:50 12:08 18:53 O-11 18:53 -2:35!

22. AJ Hoying-12 5:30 12:08 18:55 O-14 18:55 -17

23. Colin Schleappi-12 6:00 12:32 19:38 O-29 19:38 -1:10

24. Zach DeSilva-10 5:54 12:32 19:39 O-31 19:39 -47

25. CarterDavis-10 6:00 12:57 20:11 O-47 20:11 -7

26. Ryan Zmuda-11 6:09 12:57 20:20 O-52 20:20

27. Brayden Kulesza-12 6:29 14:20 21:16 O-78 19:45 +1:31

28. Luke Banyots-9 7:02 15:03 23:25 O-105 23:25 -2:38!

**Central Ohio Race Observations**: Davidson enjoyed great weather with a little wind on race day. We also experienced a hard workout on Thursday before race day which resulted in a super compensation adaptation for many and a few had dead legs, which is normal. The expected improvement was -20, if you were not there; the training had an effect on you. Be patient and stay positive, our goals are the tournament races.

**Central Ohio Invite Recap:** Davidson had no race plan but we wanted to run hard from the gun and work together where we could. Our goal was fast times and to experience the joy of racing. Congrats to Connor Ackley-10 for breaking the school record and winning the race in 15:09. Nick puhl-11, enjoyed a solid race in no man’s land taking 3rd in 15:47. Noah Pease-12, Rj Sagrilla-12 and Brody Boyd-9 came across the finish line in places 7-8 & 9 with times of 16:20, 16:24 & 16:29. Nate Gilbert-12 was next in 11th place in 16:39 after a big week of training. Alexander Kafka-10 has an outstanding race finishing in 15th place at 16:54. Congratulations to Brady Whiteside in winning the open race in 17:45 while leading his team to a perfect score of 15.

**Davidson Stats:** Champions 11 Teams **16:02 average!**

 **Record:** 10 Wins 0 Lost **Total Record** 25 Wins 0 Lost

 **Split:**15:09 to 16:29 = 1:20 **Score:** 1, 3, 7, 8, 9 = 28 points

**Scores: 1. Hilliard Davidson-28** 2. Waynesville-60 3. Olentangy Berlin-68 4. Olentangy Liberty-104

**Parent News:**Admissions Tickets to the 4th Annual Celtic Clash will be made available for online purchase the week before the race. Teams attending will receive a link to the online ticket site. It will be the responsibility of the coaches and/or athletic directors can pass this information along to the parents of the athletes. $7.00 admission per spectator (Limited to two tickets per order)

**Course Maps** 2-mile and 5K course maps are posted on the meet page at https://www.jeromexc.com/celtic-clash/

**\*Always check with the Davidson Athletic Website to find information regarding the guidelines and Final Forms.**

**2020 Hilliard Davidson Boys Cross Country Schedule**

* September 26th Saturday Celtic Clash @Jerome
* **October 3rd Saturday Midwest Meet @ Bradly**
* **October 6th Tuesday Darby Dash 2M @Darby**
* October 17th Saturday OCC @ Westerville North
* October 24th Saturday District @ Hilliard Darby
* October 31st Saturday Regional @ Pickerington North
* November 7th Saturday State @ Obetz

**Celtic Clash Race Schedule September 26th 2020**

4:00 PM Bus leaves

6:00 PM Group B Boys Open (10 runners)

6:40 PM Group B Boys Varsity (10 runners)