September 25th 2017 Hilliard Davidson Boys Cross Country Report

Name 1M 2M 5K PL PR effort

1. Andrew Tighe-12 5:28 11:04 17:28T 5 16:11
2. Mitchell Montgomery-10 5:28 11:18 18:10 15 17:35 17:30
3. Xavier Gallo-10 5:28 11:23 18:15 18 17:33
4. Noah Pease-9 5:47 11:43 18:39 23 18:20 17:59
5. Carsen DeCarlo-11 5:54 11:56 18:41 24 18:19 18:01
6. Luke McWherter-11 5:54 11:52 18:50 18:26 18:10
7. Mitchell Messer-10 5:28 11:35 18:55 17:21
8. Colin Taggart-12 5:55 12:06 19:17 18:32
9. Ray Chung-11 6:08 12:16 19:17 19:17 18:37
10. Thomas Lynch-10 5:48 12:06 19:24 19:24 18:44
11. Bryce Efaw-12 6:17 12:35 19:45 19:45 19:05
12. Nate Gilbert-9 5:56 12:18 19:51 18:44
13. Andrew Schueler-12 6:13 12:35 19:53 19:06
14. Colin Buckley-10 6:08 12:22 19:55 18:25
15. Zach Lewis-10 6:13 12:35 19:58 19:06
16. Trevor Sommers-9 6:09 12:25 20:01 18:38
17. Emmitt Hoying-11 6:24 12:47 20:20 19:54 19:40
18. John Steitz-11 6:04 12:40 20:26 19:39
19. Kirk Myers-10 6:15 12:47 20:31 19:13
20. Jay Chung-9 6:11 12:38 20:38 19:22
21. AJ Hoying-9 6:38 13:20 20:47 20:12 20:07
22. Henry Byrne-9 6:32 13:18 20:53 20:07
23. Manny Jenkins-11 6:14 12:48 20:58 19:57
24. Nick DeSilva-10 6:06 12:49 21:02 18:51
25. Brett Lehwald-10 6:38 13:28 21:41 21:41 21:01
26. Dane Farmer-10 6:35 13:34 21:43 19:59
27. Phil Nolette-11 6:17 13:13 21:45 19:26
28. Anthony Bray-10 6:51 13:57 22:14 21:00
29. Seth Altman-10 6:52 14:04 22:25 21:07
30. Adam Alsko-9 7:10 14:23 22:37 21:36
31. Colin Schleappi-9 7:01 14:33 23:13 21:57
32. Peyton Smith-9 6:52 14:18 23:40 21:42
33. Tyler Schmidt-9 8:51 17:50 28:02 27:22
34. Noah Andrews-9 Sick 19:12
35. Conner Johanssen-11 Work Out 16:20
36. Max LeClair-11 Work Out 16:10
37. Nick Sauvey-11 Work Out 17:17
38. Andrew Taylor-12 Work Out 16:36
39. Anas Nur-12 Work Out 18:54
40. Jack Altman-11 Rest 16:33
41. Layne Marshall-12 Run 17:17
42. Brian Stroh-10 Run 17:59
43. Josh Hoover-9 Leg-Ham 26:49
44. Nick Dauer-12 Shin NPR
45. RJ Sagrilla-9 Foot 18:34

Team Stats: Third Place B Squad

Split: 17:28 to 18:41 = 1:13 Score: 5, 15, 18, 23, 24 = 85 points

**Ontario Recap:** Davidson’s objective was to race hard after Thursday’s monster workout. This is a much needed stressor for your future development. The course made it challenging as well as the humidity. The hills teach you to run through it then crest the hill. Downhill running is also a skill that we cannot get in Hilliard. The final thing that I was looking for was racing desire. The desire to race other runners is now what we must focus on. The rest of the season is game on and we must be ready to compete. One last note; the top 20 runners in the race were all sub 17:30 runners.

**Outstanding Runners:** Andrew Tighe’s-12 Hard Tempo, he’s back. Bryce Efaw-12, Had a great day and an effort of 19:05. Ray Chung’s-11, 19:17 was an 18:37 effort. Noah Pease-9, had a sub 18:00 effort. Carsen DeCarlo-11 was a scorer. Thomas Lynch is on his way back with an 18:44 effort. Mitchell Montgomery-10, Xavier Gallo-10, Luke McWherter-11, Emmitt Hoying-11, AJ Hoying-9, and Brett Lehwald-10 all had very good runs.

McQuaid Invitational September 30th 2017 Rochester New York……..

**McQuaid Race Plan:** This is our first race of the season. We will be more ready for this meet than we have all season. The course is rolling and full of spectators to help you with your gear changes. Work down hills and crest the top. I have scouted the teams and runners and I believe or strength will be a tight pack. We need Max LeClair-11 with Conner Johanssen-11 on his tail looking for a 500 meter position about 13th to 18th place. Andrew Tighe-12, Jack Altman-11 and Taylor-12 in a line with an eye on Max. Nick Sauvey-11 and Layne Marshall-12 should have a loose rope on Taylor. We should all be in 13 to 28 by the mile making sure you are in control. The rest of the race we roll with the course and fight for our positions. In a race like this with lots of turns, it is easy to loose contact with the runners ahead of you, stay focused. I would like to have five in before ST Xavier’s 3-4. We compete hard and finish on fire for your brothers.

**Sophomore Race Plan:** I believe we have a great team for this race and our top runners will find themselves in the 8 to 10 spot. The key is a great run by Noah Pease-9 and Brian Stroh-10. I expect the triplets to work together and challenge for the top 10 early and roll with the course. 16:45 3mile is 5:36 average and I know that Messer-10, Montgomery-10 and Gallo-10 can produce. We need a 30 second split and that requires everyone keeping an eye on the runners in front.

2:50 PM Leave Hilliard City Schools

6:30ish Eat In Erie PA- Booster’s is paying for this

9:30 PM Hotel Hampton Inn & Suites Rochester/Henrietta

280 Clay Road • Rochester, NY • 14623

Saturday 9-30-17

1:03 PM Race 14 Sophomore Boys and 9th graders

3:05 PM Awards

4:16 PM Race24 Boys Seeded Race

4:38 PM Race 25 Boys JV

6:00 PM Leave course, will stop to eat soon after

2:00AM Arrive in Hilliard

Pack movies and food for this long trip. 6 hours of moving bus time one way.