September 7th 2020 Hilliard Davidson Boys Cross Country Report

Hot Summer Bash 70 degrees with a low dew point 49. Sunny.

Name 1M 2M 5K Place Speed PR

1. Connor Ackley-10 4:56 10:03 15:36 2 175 15:36

2. Nick Puhl-11 4:57 10:12 16:01 6 167 16:01

3. Noah Pease-12 5:11 10:44 16:41 19 153 16:41

4. Nate Gilbert-12 4:58 10:32 16:42 20 153 16:42

5. Brody Boyd-9 5:10 10:44 16:58 32 148 16:58

6. Alex Hudson-11 5:16 10:52 17:04 41 146 17:04

7. RJ Sagrilla-12 5:05 10:46 17:26 58 138 17:05

8. Aaron Egolf-10 5:20 11:13 17:30 9-2 137 17:30

9. Alexander Kafka-10 5:20 11:13 17:31 9-3 137 17:31

10. Jay Chung-12 5:16 11:08 17:46 72 132 17:46

11. Zach Whitney-11 5:18 11:13 17:49 73 131 17:49

12. Ryan Clark-10 5:27 11:26 17:52 9-4 130 17:52

13. Henry Byrne-12 5:20 11:22 17:59 O-11 17:59

14. Brady Whiteside-11 5:25 11:28 18:03 O-13 18:03

15. Toby Banks-10 5:35 11:45 18:24 9-10 18:24

16. Owen Schnipke-10 5:35 11:45 18:29 9-12 18:29

17. Adam Alsko-12 5:29 11:48 18:47 O-28 18:47

18. Archith Yogith-10 5:43 12:03 19:01 9-27 19:01

19. Jackson Wickham-10 5:35 12:02 19:02 9-30 19:02

20. AJ Hoying-12 5:48 12:18 19:12 O-34 19:12

21. Tyler Schmidt-12 5:56 12:25 19:17 O-37 19:17

22. Brayden Kulesza-12 6:00 12:47 19:45 O-47 19:45

23. Carter Davis-10 5:53 12:51 20:18 9-77 20:18

24. Zach DeSilva-10 6:35 13:40 20:26 9-82 20:26

25. Colin Schleappi-12 6:16 13:11 20:48 O-87 20:48

26. Luke Banyots-9 7:32 16:10 26:03 9-130 26:03

27. Nathan Hand-11 DNR shin 21:28

28. Ryan Zmuda-11 DNR hip

**Hot Summer Bash Observations**: The HSB was loaded this year. The race had many outstanding individuals in the front of the race**PUHLING** everyone along. St. Xavier can into this race with a chip on their shoulder after their defeat last week and all that Hilliard Davidson media exposure on Milesplit. St. X ran with no flaws while Davidson stayed close with many issues that can most certainty be corrected in a couple weeks. I was also surprised how much improved Coffman was and looked to run a perfect race for this time in the season. It is now time for our first changes in training and our mental outlook has to focus on our goals. Improvement will come with a mindset change that creates a conviction to feed the furnace.

**Hot Summer BashVarsity Recap**: The race went out fast then settled down with a large lead pack forming. Connor Ackley-10, Nick Puhl-11 and Nate Gilbert-12 were riding in the front crossing the mile between 4:56 & 4:58. Rj Sagrilla-12, lost contact and fell back to the second group in 5:05. Brody Boyd-9 and Noah Pease-12 were stocking at 5:10-11. Alex Hudson-11 was calculating his early pace in his first race back in 5:16. By the 2 mile mark, the front of the race had become strung out with Connor Ackley-10, following Mountain from St. X, in 10:03 and Nick Puhl-11, in 5th at 10:12. Nate Gilbert was drifting back but fighting in his first hard run in three weeks in 10:32. At the same time, Noah Pease-12 was pulling Brody Boyd-9 to Nate Gilberts-12 position with RJ Sagrilla-12 breathing heavily at 10:44 to 10:46. Alex Hudson-11 was moving up as well in 10:52. At this point St. X was not too much in front of us but they finished the last mile very well. Connor Ackley-10 finished 2nd in 15:36. Nick Puhl-11 fought a cramp and placed 6th in 16:01. Noah Pease-12, ran a great last mile, and helped, and winded Nate Gilbert to the line in 16:41 and 16:42 (19th& 20th place). Fifth man Brody Boyd-9, finished in 16:58 for 32nd place. Alex Hudson-11 ran great for his first race back in 17:04 (41st place).

**Hot Summer Bash 9/10 Recap:** What a great race up front with AaronEgolf-10, taking 2nd in 17:30 followed by Alexander Kafka-10, in 3rd at 17:31 and 4th place finisher Ryan Clark-10, in 17:52. Rounding out the scoring for the championship Davidson team was Toby Banks-10, recovering from an injury in 10th place at 18:24 and 5th man Owen Schnipke-10 crossing the line in 18:29 for 12th place.

**Hot Summer Bash Open Recap**: Davidson finished 5th out of 11 teams. Leading the way was Henry Byrne-12 in 11th place with a time of 17:59 and he was followed by Brady Whiteside-11 in 13th place in 18:03. Great job.

**Hot Summer Bash Stats: 16:24 average Best ever at HSB**

**Varsity:Record:** 11 Wins 1 Lost **Total Record:**15 Wins 1 Lost

 **Split:** 15:36 to 16:58 = 1:22 too big **Places**: 2, 6, 19, 20, 32 =79 points

**Teams:** 1. St. Xavier 1 3 9 15 18

 2**. Hilliard Davidson 2 6 19 20 32**

 3. Dublin Coffman 4 11 28 30 31

 4. St. Ignatius 7 8 13 37 40

 5. Unioto 16 17 29 39 41

 6. Olentangy Orange 14 21 25 35 56

**9/10: Champions** (10 teams) 17:59 average

**Open: 5th place** (11 teams) 18:40 average

**Parent News:**Great job and thank you for everyone’s efforts is putting together an outstanding meet. We kept the spectators in their space, we controlled the flow of the meet and the set up and take down was the best we have ever done. Thank you again for giving our kids a great experience and all that attended.

* No meet this week, we will run Saturday at **Highbanks 8:00AM (Arrange rides).**

**2020 Central Ohio Cross Country Invitational Date**: September 19th, 2020 Location: Three Creeks Metro Park (Sycamore Fields location), 2748 Spangler Rd., Columbus, OH 43207

Tentative Schedule:

High School Girls (5K) 9:45 AM

High School Boys (5K) 10:30 AM

JV High School Girls (5K) 11:15 AM

JV High School Boys (5K) 12:00 PM

Central Ohio Meet:**T-SHIRTS -- ONLINE PRE-ORDER ONLY**

**WE WILL HAVE THEM READY FOR YOUR TEAM AT THE MEET**

**COACHES ONLY NEED TO FORWARD TO THEIR TEAM.  WE WILL SORT BY TEAM AND HAVE THE PACKAGE OF SHIRTS READY AT THE MEET.**

[**https://www.columbusrunning.com/teams/hartley**](https://www.columbusrunning.com/teams/hartley)

COVID-19 has changed many of our Cross Country race traditions and under current health guidance we are not permitted to sell t-shirts on-site.  However, with help from our friends at Columbus Running Company, we have race shirts available for on-line pre-sale.  All orders will be placed individually on-line and delivered to the team on race day.

**Order by end of day SEPTEMBER 7 to guarantee a shirt**.

*The site will remain open for orders of limited quantities (if available) of remaining supply through September 18, but we do expect to sell out.*

      The system will automatically ask for your shipping address but these meet shirts will not be shipped - select "curbside pickup" (Any of the Curbside selections is fine) at the end of checkout and we will deliver shirts to the team at the course on race day.

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

**2020 Hilliard Davidson Boys Cross Country Schedule**

* September 12th Saturday Highbanks @ Highbanks: North on 23
* **September 19th Saturday Central Ohio Invite @** Three Creeks Metro Park (Sycamore Fields location), 2748 Spangler Rd., Columbus, OH 43207
* 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