

# Monarch Cross Country State Qualifying Meet @ Atlantic 10/20/11

Conditions: sunny, breezy, low 50s

## Girls Varsity

NAME	PLACE	TIME	AVE/MILE	LAST YR.	NOTES
Allie Ahrenholtz	38	17:36			
Alyssa Rihner	56	18:16			
Emily Blum	63	18:30			
Alexa Beeck	69	18:48			
Maloree Gaspers	70	18:50			
Bailey Dammen	81	19:21			

*Winning Runner: Madison Waymire, Dallas Center-Grimes*

*Number of Finishers: 89*

## Girls Varsity Team Scores

SCHOOL	SCORE	SCHOOL	SCORE
1) Harlan	57	11) Denison	296
2) Dallas Center-Grimes	59	12) Perry	347
3) Shenandoah	65	13) Saydel	378
4) Ballard	127	14)	
5) Atlantic	144	15)	
6) Creston	169	16)	
7) Boone	188	17)	
8) Winterset	198	18)	
9) Glenwood	238	19)	
10) Adel Desoto Minburn	290	20)	

Comments: The girls team had their work cut out for them going into this District competition. Many of them ran better tonight at Atlantic with improved times than they did two weeks ago when they ran at the Atlantic Invitational. They were physically stronger, and mentally tough preparing for tonight. They had a nice start, really attacking the first mile. We still struggled a bit at the start of the second mile, but they had a strong finish to their race. Allie Ahrenholtz did a nice job leading the team by running one of her fastest races. Also, Maloree and Bailey ran their best times of the season tonight. Congrats to all the girls on the team for working hard and persevering through a tough sport.

Thank you to the senior leaders who will be missed next year: Alexa Beeck, Maloree Gaspers, and Kat Wigg.

# Monarch Cross Country

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Conditions: sunny, breezy, low 50s

## Boys Varsity

NAME	PLACE	TIME	AVE/MILE	LAST YR.	NOTES
Cesar Aguilera	33	18:20			
Blake Miller	37	18:28			
Josef Rogers	39	18:30			
Jayden Chapman	58	19:16			
Ivan Aguilera	60	19:18			
Raphael Ayala	77	20:14			
Drew Seefeldt	88	21:11			

Winning Runner: Chandler Austin, Boone, 16:15

Number of Finishers: 91

## Boys Varsity Team Scores

SCHOOL	SCORE	SCHOOL	SCORE
1) Boone	30	11) Creston	318
2) Glenwood	54	12) Perry	324
3) Ballard	76	13) Adel Desoto Minburn	376
4) Shenandoah	110	14)	
5) Harlan	138	15)	
6) Winterset	159	16)	
7) Dallas Center Grimes	175	17)	
8) Saydel	221	18)	
9) Denison	227	19)	
10) Atlantic	266	20)	

Comments: The boys team had high expectations set going into tonight's meet. We were hoping to qualify some individuals and possibly a team. The boys really attacked their race and packed nicely, unfortunately, their pack was just too deep to get to the front of the race. The competition was tough tonight and possibly overwhelming to a team that is young and inexperienced. Yet, they all went out and ran their best effort tonight. We will use this as a learning experience going into next year where we hope to return 6 of the 7 runners. Congratulations to all the boys on a great running effort this season!

Thank you to the senior leaders who will be missed next year: Blake Miller, Ben Claypool, and Riley Sondag.