Date:	10-03-23		
	Lake City Golf Course		
	70 & Rainy		
	,		
HS Girls Varsity Team Results:	2nd - 60 pts		
HS Girls Varsity Individual Results:			
	Name	Time	
4	Lola Mendlik	20:24:00	
5	Alexa Tremblay	20:36:00	
18	Charlotte Schrum	23:10:00	
27	Jenna Meadows	24:12:00	
31	Tiffany Ramirez	24:44:00	
35	Emily Bahnsen	25:25:00	
42	Anna Galvin	26:11:00	
HS Girls Junior Varsity Team Results:	1st - 15 pts		
HS Girls Junilr Varsity Individual Results:			
Place	Name	Time	
1	Lynnae Johnson	26:25:00	
2	Abby Gutierrez	26:37:00	
3	Christell Salazar	27:12:00	
4	Adrianna Lupian	27:15:00	
5	Estela Lupian	27:33:00	
6	Janet Castillo	27:49:00	
	Andrea Flores	28:05:00	
15	Maggie Hennings	35:26:00	
HS Boys Varsity Team Results:	5th - 121 pts		
HS Boys Varsity Individual Results:			

Place	Name	Time	
9	Kevin Sanchez	18:30:00	
17	Ethan Olsen	18:59:00	
28	Ivan Ledesma	19:49:00	
33	Juan Diaz	20:16:00	
38	Brody Skarin	20:33:00	
54	Omar Ramos	22:05:00	
HS Boys Juniar Varsity Team Results:	No Team Score		
HS Boys Varsity Individual Results:			
Place	Name	Time	
13	Leo Sanchez-Rios	23:34	
MS Girls Team Results:	No Team Score		
MS Girls Individual Results:			
	Name	Time	
22	Cora Gotto	22:53:00	
MS Boys Team Results:	1st - 28 pts		
MS Boys Team Results:			
Place	Name	Time	
2	Angel Garcia	15:41:00	
	Giovany Gomez	15:54:00	
4	Glovarry Gornez		
	Raul Salas	16:10:00	

11	Jaime Hernandez	16:47:00		
17	Edward Ibarra	17:26:00		
18	Abdiel Corona	17:31:00		
56	Jorge Barajas	21:55:00		
	Another great night of runn	ing for Monarch XO	The kids had	a well-deserved

## Comments from head coach Nick Bradley:

Another great night of running for Monarch XC. The kids had a well-deserved 3-day break over the weekend and I think it helped a ton. We came in looking fresh today. The HS girls continue to get better. They push each other throughout the meet and listen to what the coaches are telling them to do. Varsity girls narrowly missed capturing the title today. We are starting to hit our stride and looking for the top 3 in the district tournament. JV girls ran great and dominated today. They were able to capture the team title. The boys team is finally starting to get back to full strength. It will take some time to get our wind back. We have to continue to work hard in practice and we will see results. MS boys continued their team dominance. They have set goals for themselves as a team and it is evident in their competition. We are excited to see them meet and exceed their goals for this year. We will be back in action again this Thursday at Atlantic. This will be a tough meet but we are ready. We are starting to gear up as a team for the H-10 meet and the district meet. We need to make sure we are taking care of our bodies so that we can compete at the highest level for these 2 meets.