

Date: 9-2-23			
Location: Council Bluffs			
Weather: 85 & Sunny			
HS Girls Team Results: 3rd - 77 pts			
HS Girls Individual Results:			
	Place	Name	Time
	2	Lola Mendlik	21:33:00
	11	Alexa Tremblay	23:21:00
	18	Charlotte Schrum	24:19:00
	38	Jenna Meadows	27:04:00
	40	Tiffany Ramirez	27:08:00
	41	Emily Bahnsen	27:18:00
	56	Anna Galvin	28:36:00
	57	Lynnae Johnson	28:40:00
	61	Abby Gutierrez	28:51:00
	67	Janet Castillo	30:24:00
	68	Andrea Flores	30:30:00
	70	Estella Lupian	30:55:00
	74	Christell Salazar	31:40:00
	77	Leila Jaime	32:25:00
	78	Maggie Hennings	35:04:00
HS Boys Team Results: 2nd - 60 pts			
HS Boys Individual Results:			
	Place	Name	Time
	2	Ivan Ledesma	18:56:00
	9	Kevin Sanchez	20:12:00

	12	Ethan Olsen	20:29:00		
	24	Brody Skarin	22:36:00		
	25	Juan Diaz	22:47:00		
	41	Matthew Sandoval	24:21:00		
	42	Omar Ramos	24:22:00		
	51	Leo Sanchez-Rios	26:01:00		
		<p>Another great race day for the Monarch XC runners. This was our first early morning Saturday meet and as coaches we were nervous about how they would handle getting up early to compete. They handled the early morning like champs. The girls were able to capture 3rd place as a team today. They continue pack up and run together. Lola Mendlik (3rd), Alexa Tremblay (11th), and Charlotte Schrum (18) were all able to capture top 20 medals. The boys also had a fantastic day. As a team they were able to capture 2nd place - they just missed out on claiming the team title. Ivan Ledesma (2nd), Kevin Sanchez (9th), and Ethan Olsen (12th) were able to capture top 20 medals. The boys got out of the gate early today and held pace the entire race. Both the boys and the girls are listening to what Coach Andersen and I tell them. They change pace, change footspeed, and make moves when necessary. This is a super competitive group. We get next week off to recoup and recover before getting ready for our next meet.</p>			