



Ace Nelson Relays Tuesday, April 19



Team Standings	
Bishop Heelan	94
Lawton-Bronson	82
IKM-Manning	68
Denison-Schleswig	67
Cherokee	59
MO Valley	28
Boyer Valley	25
Ar-We-Va	23
MVAOCOU	9
AHSTW	8
Personal Records Broken - 7	
Top 10's - 4	

We had a good night tonight. Ended up 4th on a chilly night and was a point away from being 3rd. I thought we competed a ton better than the other night and our mentality was a lot better tonight. We had 7 PR's on the night and we had 4 top 10s. We gained some experiences in some races that we needed to gain experience in and are getting stronger in some other races. I thought we grinded out the wind and ran some really smart races. We have to get healthy for the stretch run.