

<b>Date:</b>	9/23/23		
<b>Location:</b>	Harlan Golf Course		
<b>Weather:</b>	65 & Cloudy		

<b>HS Girls Team Results:</b>	7th place - 172 points
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<b>HS Girls Individual Results:</b>		
Place	Name	Time
4	Lola Mendlik	19:42:00
10	Alexa Tremblay	20:42:00
34	Charlotte Schrum	22:27:00
61	Emily Bahnsen	24:24:00
72	Tiffany Ramirez	25:27:00
73	Jenna Meadows	25:34:00
82	Abby Gutierrez	26:47:00
Jv - 28	Anna Galvin	26:11:00
Jv - 36	Estella Lupian	26:58:00
Jv - 39	Christell Salazar	27:12:00
Jv - 41	Adrianna Lupian	27:30:00
Jv - 43	Janet Castillo	27:48:00
Jv - 46	Lynnae Johnson	28:22:00
Jv - 47	Andrea Flores	28:42:00

<b>HS Boys Team Results:</b>	13th place - 358 points
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<b>HS Boys Individual Results:</b>		
Place	Name	Time
39	Ethan Olsen	18:43:00
61	Brody Tremblay	19:42:00
81	Juan Diaz	20:50:00
89	Omar Ramos	21:31:00
95	Leo Sanchez-Rios	22:26:00

<b>Comments from assistant coach Raegan Andersen:</b>	<p>The Monarch XC runners ran another great race at Harlan today. They got out competed really well. Today was our first meet seeing more of the teams in the Hawkeye Ten. The kids all did a great job of getting themselves focused and ready to go. This is the first meet where we've dealt with some weather but the kids didn't let it affect them at all. The Monarch girls came out with a 7th place finish. They were paced by Lola Mendlik (4th) and Alexa Tremblay (10th). The girls got out fast and put themselves in a place to be competitive the whole race. The Monarch Boys were paced by Ethan Olsen today with a 39th place finish. He did a great job of using the hills to his advantage and making some passes. We are still battling some injuries on the boys side, but each meet they continue to step up for one another and run hard. The Hawkeye Ten is a loaded conference with some really fast runners and our kids did a great job of pushing themselves and trusting their training today. This meet built confidence for many of our runners and showed them what they are truly capable of. We hope to carry this momentum into our home meet on Tuesday, September 26th. Our kids are excited to run fast and show our community what they can do!</p>			