

WARRIOR XC NEWS

XC News #4

“Success is a habit, not a single event”

Wasatch Rendezvous

We had some great performances at the Wasatch Rendezvous. We started off the day with a dominant performance by our girls and boys JV teams. **Courtney Giebel** and **Lauren Mangum** led the way with a fast group of warriors close behind. The top 20 overall finishers in the race earned medals and our girls were able to come home with 12 of those. The lady warriors that finished in the top 20 were **Courtney Giebel, Lauren Mangum, McKenly Day, Alena Starks, McCady Creager, Agostina Guaglianone, Alexis Tippets, Gwen Dahlin, Ambree, Burggraaf, Ashley Watson, and Amy Hibbard. Estelle Ardizzone, Madi Butler** and **Sienna Volkert** are also showing big signs of improvement as they improved their old PR's by over one minute.

Our boys' JV took the top 6 places overall and then put 11 total runners in the top 15. The top six were **Mattheo Cabezas, Carson Hurd, Matt Pauling, Brendon Shupe, Jason Cisney** and **Luke Stowers**. Our next pack all finishing in the top 15 were **Blake Whitlock, Jacob Stowers, Aniken Nielson, Dallin Christensen, and Drake Hall**. Boys with PR's of over 30 seconds were **Gibson Bailey, Colton Hansen, Ryan Johnson, and Hunter Torman**. Our boys and girls JV teams both placed first in the meet.

Our girls and boys Varsity races were fun to watch as well. Our girls fought hard and ended up winning the meet in a very tight competition. We had some great finishers in each of the races. **Avalon Marker** finished 1st place in the varsity #7 race. Other 1st place finishers were **Jenna Lund** (6th runner), **Aniya Bobo** (2nd runner) and **Sammi Lee** (1st runner). Our 2nd place finishers in their races were **Gracie Davis** (5th runner), **Liz Dove** (4th runner) and **Hannah Pope** (3rd runner), earning a medal for every girl in each of the varsity races. **Sammi Lee** had the fastest time of the day on the course and was 18 seconds ahead of 2nd place.

In the boys' varsity races, we had 2 first place finishers. They were **Everett Scott** (varsity #3) and **Garrett Minert** (varsity #4). Our second place finishers were **Daniel Vance** (varsity #7) and **Lucas Simmons** (varsity #6). **Alex Rich** (varsity #5) finished 3rd and **Mason Froerer** (varsity #2) and **Isaac Simmons** (varsity #1) both finished 4th in their races. Our varsity boys finished in 2nd place overall.

Open Meet @ Nicholl's Park

Our last open Region meet of the season will be held at **Nicholl's Park in Fruit Heights**. The race will begin at the southeast corner of the park. The course goes around a couple of baseball fields and then down to a trail that runs along a small creek and then heads back to the baseball field to finish. The whole course is on grass and dirt. Spikes are recommended. The race is a 5k.

Meet Time Schedule

12:15 pm	School is out early this day
1:00 pm	Team Pictures on the Track
1:45 pm	Bus leaves Weber
3:30 pm	Girls JV Race
4:00 pm	Boys JV Race
4:30 pm	Girls Varsity Race (Top 14)
5:00 pm	Boys Varsity Race (Top 14)

Address

Nicholl's Park
1105 Nicholl's Road
Fruit Heights, UT 84037

Team Pictures

We will have our team pictures taken on Wednesday, September 26th at 1pm. This is the day of our meet at Nicholl's park as well as an early out. Weber High's yearbook staff will be taking the picture. If you would like a digital copy, then bring a thumb drive to Coach Ortega. Athletes will wear their team shirts.

Footlocker

For those planning on going to footlocker: we need firm commitments out of each of you. It will cost around \$220 per athlete. If there are any parents interested in going, please contact Coach Ortega.

A few team rules to be aware of:

- No Walking at practice or meets!!!
- Plan to be at every practice and meet!
- Don't be late for practice (starts @ 3pm)
- Plan on being to practice until 4:30.

Meet Results

Some of our meet results including Weber State, City-County, and Wasatch Rendezvous can be found on www.runnercard.com. It's an easy website to navigate if you would ever like to check how the athletes did.

At our region meets, the results go out by e-mail to the coaches and we will post them on our cross-country webpage on the school website.

Cross-Country Banquet

Our Cross Country Banquet will be held on Tuesday, October 23rd at 6pm in the Weber High Cafeteria. Food will be provided. Athletes and their parents will eat for free. Any other guest will be charged \$5.

Remaining Meet Schedule

Sept. 26	Open Meet @ Nicholl's Park
Oct. 5	Region
Oct. 17	STATE
Oct. 23	XC Banquet
Dec. 1	Footlocker Western Regionals

Thanks,
Weber XC Coaches