

Meet: Dodgeville/MP Dual 2019**Date:** Tuesday, Sept. 24, 2019**Girls** 4K**Site:** UWP/PHS**Race Conditions/Info:** Soggy, Wet, 77°, Wind Girls: PHS 25, DMP 30

	<u>Varsity Race</u>	<u>1 mile</u>	<u>4K</u>	<u>Pace/Mile</u>	<u>Place</u>	<u>Notes:</u>
1	Brittani Meis	6:18	16:13	6.29	1	
2	Harmony Bell	6:36	17:32	7.01	3	
3	Alexis Thompson	6:39	17:37	7.03	5	
4	Abigale Goomey	6:51	17:48	7.07	6	
5	Kasey Hammill	7:00	18:41	7.28	10	
6	Morgan Mumm	7:10	19:01	7.36	12	
7	Leah Hammill	7:24	19:06	7.38	13	
<i>Time Spread 1-5:</i>			2:28/1:09			
8	Sara Langmeier	7:22	19:09	7.40	14	
9	Paige Kerkenbusch	7:09	19:16	7.42	15	
10	Mia Bernhardt	7:23	19:41	7.52	17	
11	Abbey Sasse	7:40	19:53	7.57	18	
12	Meagan Hall	7:38	20:04	8.02	21	
13	Rachel Marweg	7:40	20:22	8.09	22	
14	Bri Poller	7:40	20:53	8.21	23	
15	Alli Bird	7:40	20:37	8.15	24	
16	Grace Stombaugh	7:40	21:37	8.39	25	
17	Kiersten Freed	8:03	21:57	8.47	26	
18	Grace Deis	8:30	22:15	8.54	27	
19	Adelle Holder	8:30	22:16	8.54	28	
20	Aubrey Swenson	8:41	22:45	9.06	29	
21	Emma Pennekamp	8:40	23:06	9.14	32	
22	Kendra Statsny	7:28	DNF			Did 2K
23	Gabby Poller	DNR	DNR			
24	Kalle Pluemer	DNR	DNR			

Meet: Dodgeville/MP Dual 2019**Date:** Tuesday, Sept. 24, 2019**Boys** 4K**Site:** UWP/PHS**Race Conditions/Info:** Soggy, Wet, 77° Boys: DMP 21, PHS 36

	<u>Varsity Race</u>	<u>1 mile</u>	<u>4K</u>	<u>Pace/Mile</u>	<u>Place</u>	<u>Notes:</u>
1	Cal Udelfhofen	5:42	14:20	5:44	4	
2	John Wells	5:41	14:26	5.46	5	
3	Sam Kronick	5:42	14:39	5.52	7	
4	Quinn Wright	5:42	14:44	5.53	8	
5	Caleb Wright	5:56	15:46	6.18	13	
6	Erik Grabandt	5:58	15:48	6.19	14	
7	Casen Udelhofen	5:59	16:00	6.24	15	
<i>Time Spread 1-5:</i>			1:26			
8	Mic Frommelt	6:21	16:22	6.33	17	
9	Shannon Gil-Mast	6:20	16:36	6.38	19	
10	David Li	6:14	16:37	6.38	20	
11	Jack Stange	6:16	16:48	6.43	21	
12	Noah Rhoden	6:31	16:51	6.44	22	
13	Ben Stange	6:31	17:02	6.49	23	
14	Zaden Brunette	6:19	17:16	6.54	25	
15	Caycey Gillen	6:31	17:22	6.57	27	
16	Anthony McWilliams	6:31	17:43	7.05	28	
17	Daniel Wells	6:56	17:44	7.05	29	
18	Luke Gottschall	6:37	17:48	7.07	31	
19	Noah Schulenburg	6:42	17:59	7.12	33	
20	Noah Deis	6:53	18:02	7.13	34	
21	Dillon Schwarz	7:11	19:15	7.42	35	
22	Miles Zhang	7:10	19:17	7.43	36	
23	Fernando Ramos	7:23	20:18	8.07	37	
24	Aiden Amin	10:08	28:36	11:26	39	
25	Jacob Sherer	DNR	DNR			

	NAME	1 mile	4K	Pace/Mile	Place	Notes:
26	Nick McWilliams		DNR			
27	Austin Jentz		DNR			

RECAP: Wow!! Where to Start????You ran very well tonight. Saw a lot of Grit, and much better pacing. Kicks are coming and we are beginning to really race. Take a look at your times from the 4K Run off, and it's pretty impressive how far you have come... We are still building and getting stronger! The Course was about 50 meters short because of the Soggy Starting Line.(probably :10 off your times, but then again, the ground was soft and muddy – so add another :10- it's probably a wash).

Seniors – Thanks for all of your leadership! That was nice to be able to honor you tonight.

Girls: It's starting to Gel.... Brit is a WOW leader for us, but our 2-4 is getting tighter, and 5-8 is getting better as well.. This is the key here... getting 5 to be up there.. Goomey took a leap of faith tonight and it paid off. We need that to happen again.. With a couple more... and we can be tough!

Guys: Cal – Big Race for you! And we have a really nice 1-4, we need that 5th runner... That pack of 5-7 – We need to have you emerge.... We'll keep working on being better and better with each practice.. each meet! We'll get there.

So many of you – Girls and Boys.... had some really outstanding races tonight. Because the start was moved up, you can add about :10 to your mile time. Now with that :10, take a look at your PPM. Many of you ran really nice paced racing tonight. Some of you people Negative Split!

I'm looking forward to Saturday.