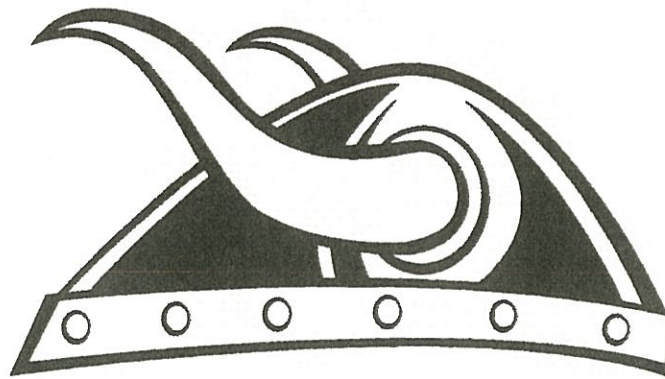


GRACE  
LUTHERAN  
CHURCH  
& SCHOOL

# Vikings

## Cross Country

### 2022



For God gave us a spirit not of fear,  
but of power and love and self-control.

2 Timothy 1:7



## Grace Cross Country Schedule 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/21	8/22	8/23 First day of school- ½ day	8/24 Early Dismiss. No practice	8/25 Practice Starts! 3:00-4:00 pm	8/26 No practice	8/27
8/28	8/29 3:00-4:00 pm Practice	8/30 3:00-4:00 pm Practice	8/31 Early Dismiss. No practice Curriculum Night	9/1 3:00-4:00 pm Practice	9/2 3:00-4:00 pm Practice	9/3
9/4	9/5 Labor Day	9/6 3:00-4:00 pm Practice	9/7 Early Dismiss. No practice	9/8 3:00-4:00 pm Practice	9/9 3:00-4:00 pm Practice	9/10 <b>MEET</b> St. John, Lombard
9/11	9/12 <b>Meet</b> St. Peter, Arlington Heights	9/13 3:00-4:00 pm Practice	9/14 Early Dismiss. No practice	9/15 3:00-4:00 pm Practice	9/16 3:00-4:00 pm Practice	9/17
9/18	9/19 3:00-4:00 pm Practice	9/20 3:00-4:00 pm Practice	9/21 Early Dismiss. No practice	9/22 3:00-4:00 pm Practice	9/23 3:00-4:00 pm Practice	9/24 <b>Meet</b> Fred Martin, Arlington Heights
9/25	9/26 3:00-4:00 pm Practice	9/27 <b>Meet</b> NWSLC at St. Peter, Arlington H.	9/28 Early Dismiss. No Practice	9/29 3:00-4:00 pm Practice	9/30 Walkathon 11:30 Dismiss No Practice	10/1
10/2	10/3 3:00-4:00 pm Practice	10/4 3:00-4:00 pm Practice	10/5 <b>Meet</b> Early Dismiss. Walther Academy	10/6 <b>Last</b> Practice for all- 11:30 Dismiss. 11:30 - 12:30 Practice P-T Conferences	10/7 <b>No School</b> No Practice	10/8
10/9	10/10 <b>No School</b> Fall Break	10/11 For State Team 3:00-4:00 Practice	10/12 Early Dismiss. No practice	10/13 For State Team 3:00-4:00 Practice	10/14 3:00 - 4:00 pm Practice	10/15 <b>State Meet @</b> Bloomington For Qualifiers
10/16	10/17 For Nationals 3:00-4:00 Practice	10/18 For Nationals 3:00-4:00 Practice	10/19 Early Dismiss.	10/20 For Nationals 3:00-4:00 Practice	10/21 No Practice	10/22 <b>Meet</b> Nationals @ Mequon, WI For Qualifiers

★ Team Post Season Party- TBA

## Meet the Team



Back Row, right side of picture: Gabe Brucato, Lukas Cohen, Coach Mason

2<sup>nd</sup> to Last Row: Coach Garcia, Coach O'Connor, Grey Lindberg, Mahalia McCamey, Matthew Huffman, Samson Thomas, Bass Bishop, Andy Leininger, Asha Sekhar, Coach McCabe

3<sup>rd</sup> to Last Row: Fiona Lowdon, Eden Ling, Quinn McClurg, Nathan Lattyak, Adam Versteeg

Just in front of those athletes: Mariel Robinson, Madison Taylor, Sarah Jones

With hands on knees: Sammy Williams, Benjamin Welch, Anders Lyle, Avielle Ling, Maxwell Pederson, Finley Schmidt, Grace Claud

Seated: Violet Ogier-Dunn, Adrinna Keefer, Isabella Jeffords-Hillis, Torston Lyle, Brynn Beals, Amanuel Brucato, Henry Galeener, Olivia Garcia, Zeus Cintora Garcia

Three Musketeers on the front right side: Alex Marshall, Austin Hartung, Yonah Altena

Not photographed (Likely playing Volleyball): Ellen Claud, Laney Juel, Xander Lymon, Augie Sterritt, Ava Watson

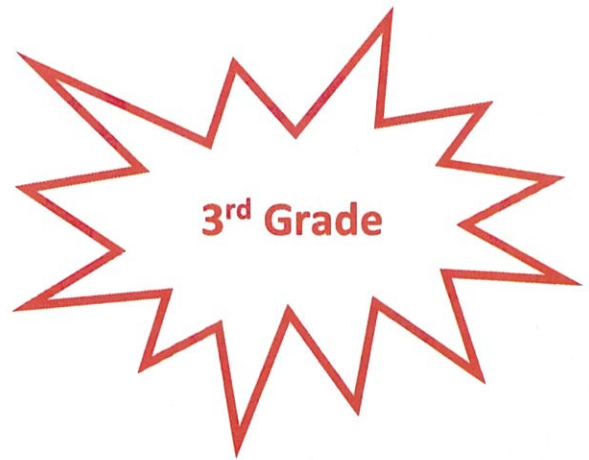
GRACE XC 2022			Wacky Awards
Yonah	Altena	3	Best at finding the fun in Cross Country
Brynn	Beals	3	Great Sportswomanship
Amanuel	Brucato	3	Coach Garcia's Biggest Fan (Prefers to do her workout!)
Zeus	Cintora Garcia	3	The Greek God of 3rd Grade Runners
Grace	Claud	3	Most Likely to someday have a dog that she runs with
Henry	Galeener	3	Most likely to stay with the "Wise Wheel"
Olivia	Garcia	3	Queen of the Giggles
Austin	Hartung	3	Master of the Michael Jordan Game Face
Isabella	Jeffords-Hillis	3	Most Enthusiastic Runner
Adrinna	Keefer	3	Most Likely to Run for a Fidget Cube
Torsten	Lyle	3	Fiecest Effort with the Calmest Face
Alex	Marshall	3	Cartwheel King
Violet	Ogier-Dunn	3	Cross Country Survivor
Mariel	Robinson	3	Most Likely to Make Coach Garcia Laugh
Finley	Schmidt	3	Cardio Queen
Madison	Taylor	3	Queen of Perseverance
Sebastian	Bishop	4	The Ambitious Runners Award
Sarah	Jones	4	Most Likely to Give Her All
Grey	Lindberg	4	Positive Attitude Award
Avielle	Ling	4	Queen of the Rainbow Run Workout
Maxwell	Pederson	4	Mr. Diligence
Ava	Watson	4	Most Coachable
Fiona	Lowdon	5	Most Grateful Runner
Anders	Lyle	5	Most Likely to Live Up the the Meaning of His Name
Mahalia	McCamey	5	Sweetest Runner (Most Likely to Hug a Coach)
Quinn	McClurg	5	Most Likely to Run with Shrek
Benjamin	Welch	5	Tough Running Warrior Award
Nathan	Lattyak	6	Most Likely to Keep a Steady Pace
Eden	Ling	6	Most Likely to Qualify for Nationals!
Samson	Thomas	6	Runner With the Slickest Soccer Skills
Adam	Versteeg	6	Most Likely to Star in a Hair Commercial
Sammy	Williams	6	Most Likely to Drop and Roll on the Whistle
Ellen	Claud	7	Best at Changing her Thoughts from Negative to Positive
Matthew	Huffman	7	Multisport Phenom
Laney	Juel	7	Nordic Goddess; Rocking the Viking Helmet
Andy	Leininger	7	Racer with the Warmest Head
Asha	Sekhar	7	Queen of the Dazzling Smile
Gabriel	Brucato	8	Best Wardrobe Change While Racing Award
Lukas	Cohen	8	Most Likely to run with Sunglasses
Xander	Lymon	8	King of the Finishing Kick
Augie	Sterritt	8	Our Humble Super Star
Coach	Garcia		Best at Keeping Exuberant Children Entertained and Tired
Coach	Mason		King of Helpfulness
Coach	McCabe		Most Prolific Story Teller
Coach	O'Connor		King of the Short Sprint Workout



**Yonah Altana**

\*Favorite colors- teal and white

\*Favorite animal- tiger  
Yonah joined our team because he wanted to get faster and he has been successful! His favorite kind of workout was the repeat 400s and feels like those workouts were his biggest accomplishments. He also loves to race!



**3rd Grade**

**Brynn Beals**

\*Favorite color is gold  
\*Favorite animal is the sloth  
Brynn would like to help run a zoo someday. Her favorite workouts have been the Rainbow Run and the BTOM Challenge days. She feels like her best accomplishment so far in XC has been racing the mile. We love Brynn's toughness and willingness to push herself.



**Amanuel Brucato**

\*Favorite color- yellow  
\*Favorite animal- zeduru  
Aman joined our team because he likes to run. He thought the BTOM Challenge was the best workout, his most favorite thing about XC, and also his best accomplishment this season. "Beat The Old Man" was a big day!



**Zeus Cintora Garcia**

\*Favorite color is blue  
\*Favorite animal- cheetah  
Zeus would like to be a veterinarian when he grows up. Though he admits that he joined the team because his mom made him (thanks Coach Garcia!), he also adds that he really likes running. He especially liked the repeat 400 workout. Way to go, Zeus!



**Gracie Claud**

\*Favorite colors- teal and purple  
\*Favorite animal- dog  
Gracie loved getting to do the Rainbow Run workout this season. She is a real racer and racing is her favorite part about XC. She is also grateful that has not had to throw up. The coaches are excited about Grace's game spirit!



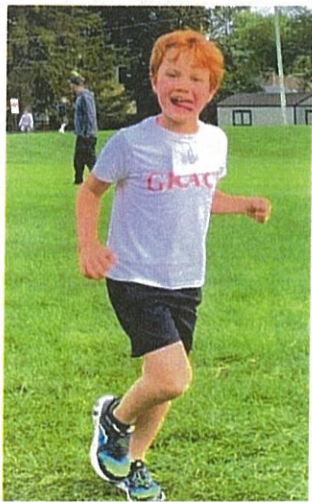
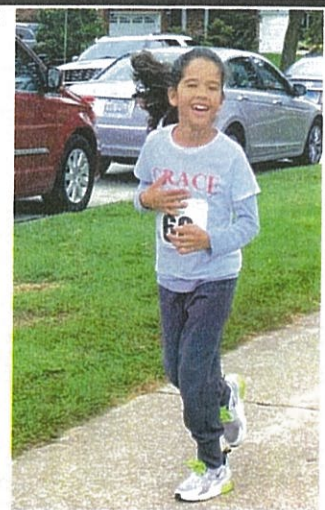
**Henry Galeener**

\*Favorite color is red  
\*Favorite animal is cats  
His favorite workout-  
repeat 400s  
One thing that Henry  
likes about XC is that it  
makes him tired! He  
feels that his best  
accomplishment this  
season is that he has  
improved so much. ★  
We think that is great!



**Olivia Garcia**

\*Favorite color- Blue  
\*Favorite animal- dog  
Olivia would like to be  
a radiologist someday.  
Her favorite workout is  
"Rainbow Run." The  
best thing about XC is  
"Coach Garcia and  
BTOM." She joined our  
team to prepare for  
basketball and to "get  
fast!"



**Austin Hartung**

\*Favorite color- blue  
\*Favorite animal- cat  
Austin joined our team  
because he wanted to  
run. He loved the  
BTOM workout and he  
feels his best  
accomplishment this  
season is that he ran a  
full mile! Austin, you've  
done a great job!



**Isabella Jeffords-Hillis**

\*Favorite colors- red  
and blue  
\*Favorite animals- cat  
and dolphin  
Bella would like to be a  
vet someday. Her  
favorite this about this  
XC season? "Everything!"  
Bella loved all the fun  
games we played and  
she loves to run!

**Adrinna Keefer**

\*Favorite color- teal  
\*Favorite animal-  
puppy She would love  
to be a professional dog  
walker someday.  
Adrinna enjoyed the  
BTOM workout best.  
She thought practices  
were fun and is proud  
of herself for running a  
full race without  
stopping. Fantastic!



**Torsten Lyle**

\*Favorite color- black  
and white  
\*Favorite animal-  
otter. Torsten joined  
our team because he  
likes running and  
thought it would be  
fun. He likes the 400  
meter repeat workout  
best and his biggest  
accomplishment was  
his State Meet race!



G. R. A. C. E.  
That's how we spell victory.  
GO GRACE!



**Alexander Marshall**  
 \*Favorite color- blue  
 \*Favorite animal- Tartigrade (Check it out)  
 Alex would like to have a job with YouTube as an adult. He liked our repeat 400s workout and loved the BTOM Challenge. He feels like his effort in the meets has been his best accomplishment.



**Violet Ogier-Dunn**  
 \*Favorite color- purple  
 \*Favorite animal- cat  
 Violet joined our team this year because she really likes to run. Her favorite workout was the Rainbow Run. Violet feels her best accomplishment in XC was that she completed a whole mile. You did it!!!

**Mariel Robinson**  
 \*Favorite color- teal  
 \*Favorite animal- cheetah  
 Mariel would like to be an astronaut someday. She joined our team because she wanted good workouts. The BTOM day was her favorite workout. Winning second to last in a race was Mariel's favorite accomplishment!



**Finley Schmidt**  
 \*Favorite colors- teal and pink  
 \*Favorite animals- cat and dog.  
 Finley would like to someday be a writer or a farmer. Her favorite thing about XC has been that it's a lot of fun and "It makes me run faster!" You've had great improvements this year!



**Madison Taylor**  
 \*Favorite color- pink  
 \*Favorite animal- dog  
 Madison would like to be a teacher when she grows up. She joined our team because she wants to run fast. Her favorite thing about this season has been our fun games at practice. Her best accomplishment so far? Running 2 miles!





**Sebastian Bishop**

\*Favorite color- red and black  
\*Favorite animal- dog  
Bass would like to be a NBA player when he grows up. His favorite thing about being on our team "Bunny ear-ing" Grey. His proudest moment was getting his Personal Record!



**Sarah Jones**

\*Favorite colors- gold and light blue  
\*Favorite animals- horse and dragon  
Sarah thought the Rainbow Run was the best workout of the season. She enjoyed the games and she is proud that she is faster and better at running.



**Grey Lindberg**

\*Favorite color- grey!  
\*Favorite animal- English Labrador  
Grey joined our team because he loves running long distance and he enjoyed the repeat 400s workout. His best accomplishment was running 1 mile in 7:53 at the Walther Meet!

**Avielle Ling**

\*Favorite color- yellow  
\*Favorite animal- bird  
Avielle admits that she joined our team because she was forced too, but she also states she enjoyed The Rainbow Run and the best thing about being on the team is doing things with her friends. Her best accomplishment: Her 8:44 time for 1 mile. Great job, Avielle!



**Maxwell Pedersen**

\*Favorite color- sky blue. \*Favorite animal- Red Panda  
Maxwell would like to someday be an animal research scientist and historian. He thought he'd join our team to "burn time" and he ended up loving the BTOM and playing and running w/ friends.





**Fiona Lowdon**

Fiona would love to be a doggy day care helper someday. She joined our team because she loves cross country. Her favorite workout? "All of the workouts!" She has really loved everything about this season. Her best accomplishment so far has been making it to State and having a great race there.



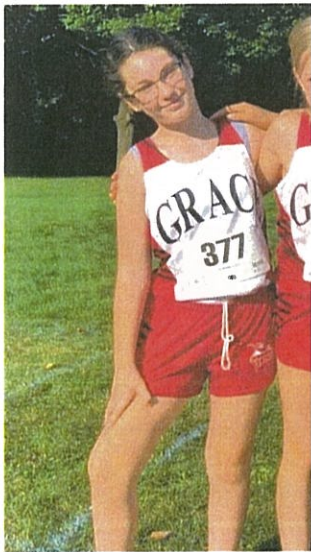
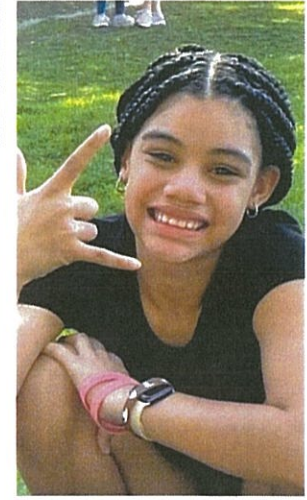
**Anders Lyle**

\*Favorite color- blue  
\*Favorite animal- tiger  
Anders liked the repeat 400 workout the best this season and he appreciated running with the older athletes in the varsity group. He is proud of his success in racing 2 miles faster than last year. We are grateful that you like running long distance. Great work at State!



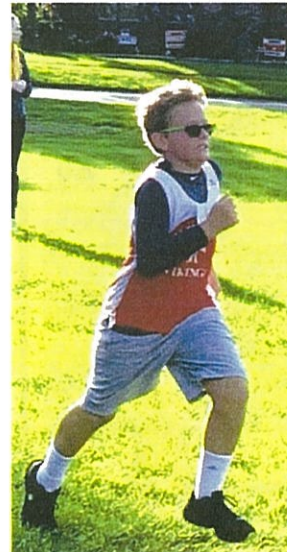
**Mahalia McCamey**

\*Favorite colors- pink gold, black, white  
\*Favorite animal- dolphin. Mahalia would someday like to be a professional athlete or a fashion designer. She joined XC to get better at track and her favorite thing has been "My coaches and the meets." ❤️



**Quinn McClurg**

\*Favorite colors- sky blue and pearlescent white  
\*Favorite animal- yellow tipped amazon parrot  
Quinn joined our team because she loves to run. She especially liked the repeat 400s workout. She's proud that within that workout she ran a 400 in 1:27. Her favorite thing about cross country? "The Running!"



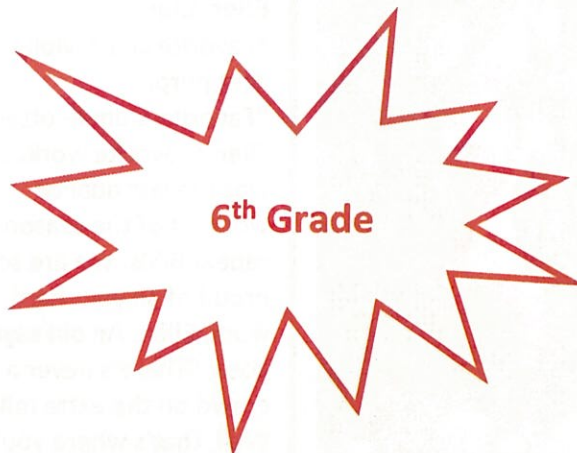
**Benjamin Welch**

\*Favorite color- mix-camo \*Favorite animal- Black Jaguar  
Benjamin would like to serve in the Air Force someday. Though he joined our team because his mom made him, he enjoyed the repeat 400s and loved the BTOM workout. He's proud that he's improved 20:17 to 10:13! Awesome!!!!!!



### **Nathan Lattyak**

\*Favorite color- any blue  
\*Favorite animal- monkeys  
Nathan joined our team because he likes to run. He especially liked our Rainbow Run days and his favorite part of XC is racing in the meets. He is proud that at the NWSLC meet, he was the first member of our team to cross the finish line in his race. Way to go, Nathan!



### **Eden Ling**

\*Favorite color- purple  
\*Favorite animal- shiba inus (a special dog)  
Someday Eden might want to be a vet. Her favorite workout was the one-mile time trial and she especially loved the day of our BTOM challenge. Eden's best accomplishment of the season has been going to Nationals!



### **Samson Thomas**

\*Favorite color- yellow  
\*Favorite animal- jaguar. Samson joined our team to run and have fun. He liked the 400 meter repeat workout the best and especially likes the final sprint in a race. He feels his best accomplishment has been running with the older kids in training and racing.

### **Adam Versteeg**

\*Favorite colors- cyan, black, and silver  
\*Favorite animal- snow lynx. Someday Adam would like to be an engineer. He came out for XC to get fit and have fun. Adam's favorite kind of workout is the steady 20 minute run and he really likes the meets. His best accomplishment so far is running the 2 mile in 14 minutes flat. Fantastic!



### **Ava Watson**

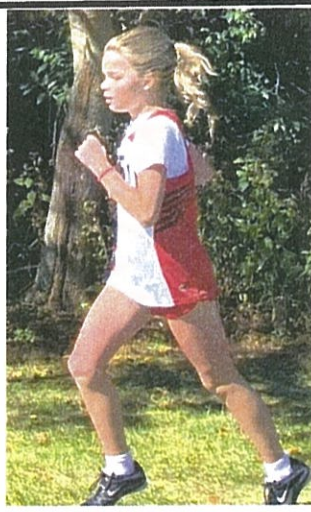
\*Favorite colors- black, blue, gold, and white  
\*Favorite animal- dog  
She would like to do art for a job when she's grown up. Ava's favorite workout was the BTOM Challenge. She loves that in XC you can run at your own pace but still push yourself hard. Her best accomplishment- running 1 1/2 miles.



### **Sammy Williams**

\*Favorite color- orange \*Favorite animal- dog. Someday Sammy would like to be an aerospace engineer. He joined our team because his parents made him (Thank you!) and he has had a great time, especially enjoying the Rainbow Run. He loves cheering on others. Yay- 9:16!!!





**Ellen Claud**  
 \*Favorite color- violet / light purple  
 \*Favorite animal- otter  
 Ellen's favorite workout was the last quality workout of the season-repeat 600s. We are so proud of all your hard work, Ellen. An old saying goes; "There's never a crowd on the extra mile." Well, that's where you'll find Ellen!



**Matthew Huffman**  
 \*Favorite color- blue  
 \*Favorite animal- tiger  
 As an adult, Matthew would like to be a hockey player. His favorite thing about XC is running and his favorite kind of workout is simply an easy run. Matthew feels his best accomplishment so far in cross country has been racing great at State and qualifying for Nationals!



**Laney Juel**  
 \*Favorite color- yellow  
 \*Favorite animal- alpaca or capybara  
 Laney would want to be a pediatric anesthesiologist. Her favorite workouts were the fast ones- 400s and even 800s. The best part about XC for Laney is making memories with her friends.



**Andy Leininger**  
 \*Favorite animal- Red Panda. Andy would like to be an astronaut when he is an adult. He joined our team because he likes to run and he liked the free run type of workout the best. His favorite thing about cross country is "Team Pride." He is also very proud of his Personal Record of "16:42-ish" for the 2 mile distance. Way to go, Andy!



**Asha Sekhar**  
 \*Favorite color- pink and green. \*Favorite animal- dog or dolphin.  
 Asha would someday like to be a nurse or businessowner. Her favorite thing about XC is hanging out with her friends, and she likes the 800/400 workout. Her best accomplishment so far has been her 15:30 PR. Great work, Asha!

**Romans 5:3-4**

3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance;  
 4 perseverance, character; and character, hope.



**Gabriel Brucato**

\*Favorite colors- red and black  
\*Favorite animal- gorilla  
Gabe would like to be a filmmaker someday. He joined the XC team this season because he really likes to run. His favorite workouts are the 400 and 800 repeats. The coaches are so proud of Gabe because he gave such a fantastic effort at the State Meet. His time was ahead of goal time and he has improved about two minutes over last year. Great job!



**Xander Lymon**

\*Favorite color- red  
\*Favorite animal- birds  
The best thing about being on the cross country team for Xander is the running part! The picture to the left gives a little hint about Xander's fine leg speed. We coaches love to see his finishing kick and think he has a lot to offer. We've also noticed his remarkably friendly, social personality. Looking forward to track!



**Augie Sterritt**

\*Favorite color- green  
\*Favorite animal- fox  
Augie credits his parents for getting him to join our team this season. His favorite workout by far is the 3 mile steady run (especially around the Concordia block). He is proud of his All-Conference achievement and the Coaches congratulate Augie on his qualifying for Nationals. With or without spikes, that State race was spectacular! You did it!

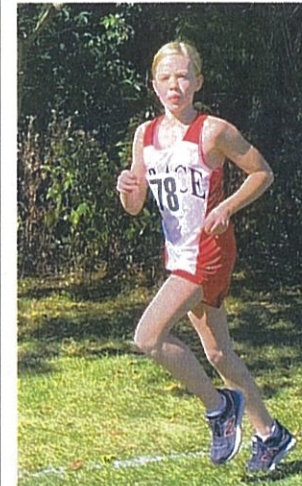
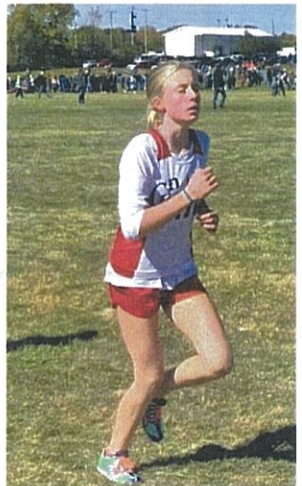
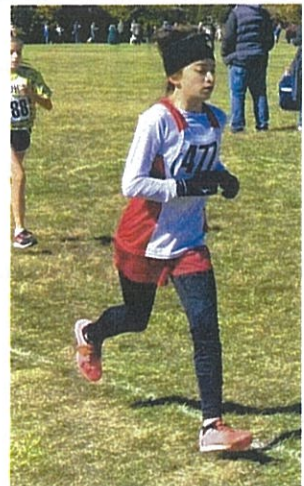
**Lukas Cohen**

\*Favorite color- green  
\*Favorite animal- dog  
Someday Lukas would like to have a career in medicine or in law. Although he has commented that he joined the team because he felt he didn't have a choice; that he's done it before, he also says he likes the 1 mile time trial and 3 mile run workouts and competing is the best part of XC. Way to go that the State Meet, Lukas! That amazing improvement in time is due to your hard work!



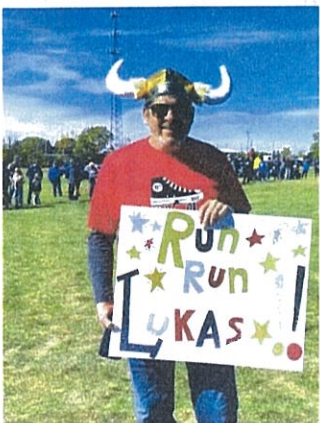
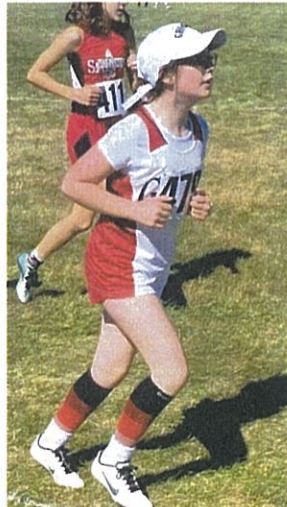
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**I can do all things  
through Christ  
who strengthens me.  
Philippians 4:13**



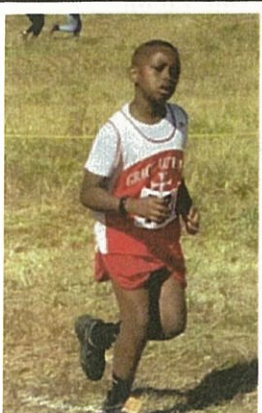
**Sticks  
in a  
bundle  
are  
unbreakable.**

Kenyan proverb



**5<sup>th</sup> Place  
Girls Team Finish!**

**Eden Ling qualifies for  
Nationals!**



**6<sup>th</sup> Place  
Boy's Team Finish!**

**Augie Sterritt and  
Matthew Huges  
Qualify for  
Nationals!**

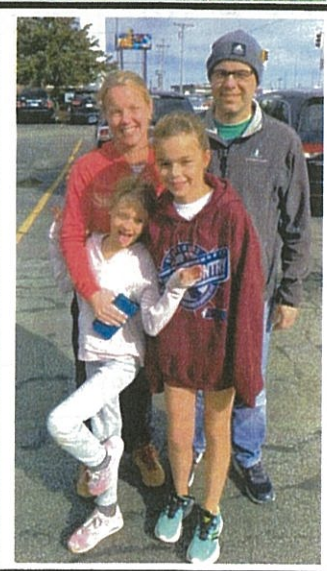
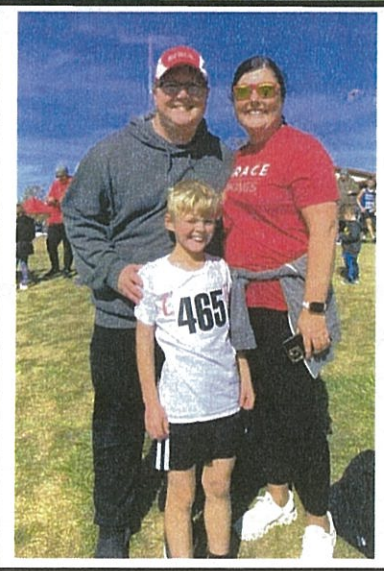


Friendship  
multiplies  
joy  
and divides  
sorrow.





Thank you,  
Parents!



So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.  
Isaiah 41:10

# Sept 10 St. John's Goals and Split Sheet

70' – 74' Sunny, Calm

4,5,6 Girls	Goal	½ M	1 Mile	Place
Fiona Lowdon (5)	4 min. @1/2 Sub 8:30	3:51	7:58	8 <sup>th</sup>
Quinn McClurg (5)	Sub 10 min.	4:10	9:13	31 <sup>st</sup>
Sarah Jones (4)	Sub 11 min. Run to 1/2	4:11	9:15	33 <sup>rd</sup>
Mahalia McCamey (5)	10:30	4:15	9:21	36 <sup>th</sup>
Avielle Ling (4)	Sub 10 min.	4:33	9:58	42 <sup>nd</sup>

Scores	Points
1.St. Paul MP	22
2.Bethany N.	47
3.Immanuel D.	53
4.Cross	55
5.Trinity L.	72
6.Grace	76
47 Runners	

4,5,6 Boys	Goal	½ M	1 Mile	Place
Torston Lyle (3)	4 min@ 1/2 Sub 8:10	4:00	8:18	39 <sup>th</sup>
Zeus Cintora Garcia(3)	4:30@1/2 Sub 9:30	4:01	8:30	44 <sup>th</sup>
Anders Lyle (5)	Hang onto Zeus. Same	4:21	8:33	47 <sup>th</sup>
Bass Bishop (4)	Run- ½ Sub 12:15	4:34	8:45	50 <sup>th</sup>
Henry Galeener (3)	Run - 1/2 Sub 11:30	4:36	9:12	56 <sup>th</sup>
Nathan Lattyak (6)	Run - ½ Sub 10:30	4:37	9:34	61 <sup>st</sup>
Maxwell Pederson (4)	Run - 1/2 Sub 10:30	4:40	9:42	63 <sup>rd</sup>
Sammy Williams (6)	Run- ½ Sub 12:00	4:41	9:43	64 <sup>th</sup>
Amanuel Brucato (3)	Run- ½ Sub 11 min	4:46	9:59	67 <sup>th</sup>

Scores	Points
1.St. John's	24
2.St. Paul MP	32
3.Bethany N.	38
4.Immanuel B.	64
5.Trinity R.	86
6.Immanuel D.	94
7.Grace	123
75 Runners	

7 + 8 Girls	Goal	½ M	1 Mile	1 ½ M	2 Mile	Place
Eden Ling (6)	8:30 @1/2 Sub 19	3:33	7:35	11:56	16:02	11 <sup>th</sup>
Asha Sekhar (7)	8:30 @ ½ Sub 19	3:36	7:48	12:33	17:28	14 <sup>th</sup>
Laney Juel (7)	9:00 @ ½ Sub 20	4:16	8:35	13:39	18:07	16 <sup>th</sup>
Ellen Claud (7)	10min @1/2 Sub 23		DNF			

Scores	Points
1.St. John's	10
No other full teams	
19 Runners	

7 + 8 Boys	Goal	½ M	1 Mile	1 ½ M	2 Mile	Place
Augie Sterritt (8)	7:30 @ ½ Sub 15	3:02	6:41	10:16	13:47	5 <sup>th</sup>
Lukas Cohan (8)	8:00 @ ½ Sub 18	3:06	6:33	10:20	13:55	6 <sup>th</sup>
Xander Lymon (8)	10min @1/2 Sub 23	3:13	7:17	11:08	14:52	8 <sup>th</sup>
Adam Versteeg (6)	8:45 @ ½ Sub 18:45	3:13	7:04	11:08	14:59	11 <sup>th</sup>
Gabe Brucato (8)	11min @1/2 Sub 24	3:59	8:35	13:50	18:44	21 <sup>st</sup>
Andy Leininger (7)	10min @1/2 Sub 23	3:59	8:37	13:57	19:14	22 <sup>nd</sup>

Scores	Points
1.Grace	23
2.St. Peter	35
3.Bethany	35
4.Immanuel	43
28 Runners	

# Sept 12 St. Peter's Goals and Split Sheet

Cloudy, 63'

<b>3 + 4 Grade</b>	<b>Gr</b>	<b>Goal</b>	<b>½ Mile</b>	<b>1 Mile</b>	<b>1 ½ Mile</b>	<b>2 Mile</b>
Torston Lyle	3	Sub 8:10	4:11	8:17		
Zeus Cintora Garcia	3	Sub 8:15	4:13	8:44		
Bass Bishop	4	Sub 9:00	4:16	8:58		
Yonah Altena	3	Run ½ no stop	4:48	9:52		
Henry Galeener	3	Sub 9:30	4:48	9:59		
Grace Claud	3	Run ½ no stop	4:40	10:03		
Finley Schmidt	3	Run ½ no stop	4:41	10:06		
Avielle Ling	4	Sub 10:00		10:12		
Maxwell Pederson	4	Sub 9:30	4:54	10:17		
Amanuel Brucato	3	Sub 9:30	5:00	10:48		
Alex Marshall	3	Run ½ no stop	4:49	10:54		
Austin Hartung	3	Run ½ no stop	4:57	11:00		
Grey Lindberg	4	Sub 9:30	5:02	11:16		
Brynn Beals	3	Run ½ no stop	5:28	13:00		
Madison Taylor	3	Run ½ no stop	5:28	13:00		
Adrinna Keefer	3	Run ½ no stop	6:05			
Olivia Garcia	3	Run ½ no stop	6:07			
Violet Ogier-Dunn	3	Run ½ no stop	6:08			
Mariel Robinson	3	Run ½ no stop	6:59			
<b>5 + 6 Grade</b>			<b>½ Mile</b>		<b>1 ½ Mile</b>	
Fiona Lowdon	5	Sub 13 min.	4:07		12:13	
Anders Lyle	5	Sub 13:30	4:40		14:20	
Nathan Lattyak	6	Sub 15 min.	4:56		14:36	
Quinn McClurg	5	Sub 13:30	4:33		14:54	
Sammy Williams	6	Sub 15 min.	5:06		14:59	
Mahalia McCamey	5	Sub 15 min.	4:48		15:40	
Benjamin Welch	5	Run 1 mile			20:20	
<b>7 + 8 Grade</b>						<b>2 Mile</b>
Augie Sterritt	8	Sub 14				13:42
Lukas Cohan	8	Sub 14				14:15
Xander Lymon	8	Sub 15				15:22
Eden Ling	6	Sub 16				15:45
Samson Thomas	6	Sub 15:30				15:49
Laney Juel	7	Sub 18				16:04
Gabe Brucato	8	Sub 19				17:41
Ellen Claud	7	TBD!				18:01
Andy Leininger	7	Sub 19				19:42

DNS: Sarah Jones, Bella Jeffords-Hillis, Asha Sekhar, Matthew Huffman, Adam Versteeg

# Sept 24 St. Peter's Invitational

58`-62` Overcast, Calm

JV Girls	Goal	1 Mile	Finish (+200m)	Place
Finley Schmidt	Don't stop	8:36	9:53	28 <sup>th</sup>
Bella Jeffords-Hillis	Don't stop	9:03	10:10	34 <sup>th</sup>
Grace Claud	Don't stop	9:23	10:41	40 <sup>th</sup>
Avielle Ling	Sub 9:45	9:29	10:45	42 <sup>nd</sup>
Violet Ogier-Dunn	Don't stop	10:23	11:55	50 <sup>th</sup>
Madison Taylor	Don't stop	10:40	12:04	51 <sup>st</sup>
Brynn Beals	Don't stop	10:39	12:09	52 <sup>nd</sup>
Adrinna Keefer	Don't stop	12:17	13:48	57 <sup>th</sup>
Olivia Garcia	Don't stop	12:21	14:00	58 <sup>th</sup>
Mariel Robinson	Don't stop	12:24	14:16	59 <sup>th</sup>

Scores	Points
1.St. Andrews	28
2.St. Paul MP	34
3.Immanuel L. E.	75
4.Grace Lutheran	103
5-10 without full teams	
Cross L., Westlake C.,	
St. John's L., Immanuel L.	
Bat., Bethany L., St. Juliana	
(60 runners in the race)	

JV Boys	Goal	1 Mile	Finish (+200m)	Place
Zeus Cintora Garcia	Sub 8:25	7:54	9:06	38 <sup>th</sup>
Henry Galeener	Sub 9:35	8:05	9:11	41 <sup>st</sup>
Bass Bishop	Sub 8:45	8:21	9:34	48 <sup>th</sup>
Grey Lindberg	Sub 9:40	8:39	10:00	54 <sup>th</sup>
Nathan Lattyak	Sub 9:25	8:51	10:01	55 <sup>th</sup>
Yonah Altena	Sub 9:30	8:52	10:02	56 <sup>th</sup>
Sammy Williams	Sub 9:40	9:16	10:32	61 <sup>st</sup>
Alex Marshall	Don't stop	9:22	10:46	62 <sup>nd</sup>
Maxwell Pedersen	Sub 9:45	9:30	10:48	63 <sup>rd</sup>
Austin Hartung	Don't stop	9:30	10:50	64 <sup>th</sup>
Amanuel Brucato	Sub 9:40	10:04	11:19	69 <sup>th</sup>
Benjamin Welch	Don't stop	10:13	11:35	70 <sup>th</sup>

Scores	Points
1.St. Paul MP	43
2.St. John Lombd	79
3.Immanuel Batv	88
4.Bethany	94
5.Trinity Oaks	94
6.St.Andrews	142
7.Immanuel L. E.	161
8.Grace Lutheran	176
9-11 without full teams	
St. Juliana, Immanuel Pal.,	
Westlake Christian	
(73 runners in the race)	

Varsity Girls	Goal	1 Mile	Finish (-100m)	Place	(Add for 2M)
Eden Ling	Sub 15:45	7:02	13:54	8 <sup>th</sup>	+25 sec= 14:20
Laney Juel	Sub 16	7:39	15:03	13 <sup>th</sup>	+28 sec= 15:31
Fiona Lowdon	Sub 16	7:40	15:16	14 <sup>th</sup>	+28 sec=15:44
Asha Sekhar	Sub 16	7:40	15:45	20 <sup>th</sup>	+29 sec= 16:14
Ellen Claud	X sickness	7:56	16:19	24 <sup>th</sup>	+30 sec= 16:49

Scores	Points
1.St.Johns Lombd	24
2.Grace Lutheran	60
3.St. Peter L.	62
4.Immanuel Pal	72
5-10 without full teams	
Westlake, Immanuel Batv.,	
Immanuel E., St. Juliana,	
Immanuel CL, Cross	
(37 runners in the race)	

Varsity Boys	Goal	1 Mile	Finish (-100m)	Place	(Add for 2M)
Augie Sterritt	Sub 14	6:22	12:19	5 <sup>th</sup>	+23 sec= 12:42
Matthew Huffman	Sub 16	6:32	12:35	7 <sup>th</sup>	+23 sec= 12:55
Lucas Cohen	Sub 14	6:25	12:54	11 <sup>th</sup>	+24 sec= 13:08
Xander Lymon	Sub 15	6:45	13:02	13 <sup>th</sup>	+25 sec= 13:27
Samson Thomas	Sub 15:30	7:14	14:10	22 <sup>nd</sup>	+26 sec= 14:36
Adam Versteeg	Sub 18	7:14	14:13	23 <sup>rd</sup>	+26 sec= 14:39
Anders Lyle	Sub 19:30	8:34	17:01	42 <sup>nd</sup>	+30 sec= 17:31
Andy Leininger	Sub 19	8:58	17:37	46 <sup>th</sup>	+33 sec= 18:10

Scores	Points
1.Grace Lutheran	39
2.Trinity Oaks	50
3.St. Peter	53
4. Immanuel L. CL	100
5.Immanuel L. East	114
6-11 without full teams	
(54 runners in the race)	

Unable to Attend:

Mahalia McCamey, Sarah Jones, Torston Lyle,  
Quinn McClurg, Gabe Brucato, Ava Watson

## Sept 27 St. Peter's NWSLC Meet

Mostly Sunny, 55'

<b>3 + 4 Grade</b>	<b>Gr</b>	<b>1 Mile</b>	<b>Finish</b>	<b>Place</b>	<b>2 Mile</b>
Torston Lyle	3	7:46	8:35	4 <sup>th</sup> Pl	
Zeus Cintora Garcia	3	8:37	9:31		
Bass Bishop	4	8:47	9:45		
Henry Galeener	3	8:50	9:47		
Bella Jeffords-Hillis	3	8:51	9:49		
Grey Lindberg	4	8:51	9:53		
Finley Schmidt	3	9:06	9:56		
Alex Marshall	3	9:32	10:32		
Maxwell Pedersen	4	9:34	10:33		
Sarah Jones	4	9:41	10:41		
Grace Claud	3	10:03	11:08		
Austin Hartung	3	10:07	11:09		
Amanuel Brucato	3	10:19	11:22		
Brynn Beals	3	11:16	12:28		
Madison Taylor	3	11:46	13:03		
Violet Ogier-Dunn	3	14:04	15:26		
Mariel Robinson	3	14:31	16:03		
Olivia Garcia	3	14:32	16:04		
<b>5 + 6 Grade</b>			<b>1 ½ Mile</b>		
Nathan Lattyak	6		14:27		
Sammy Williams	6		15:20		
Ava Watson	6		15:50		
Benjamin Welch	5		16:47		
<b>7 + 8 Grade</b>		<b>1 Mile</b>	<b>2 M -100m</b>	<b>+ 200m</b>	
Augie Sterritt	8	6:30	12:32	+24= 12:56	2 <sup>nd</sup> Pl
Lukas Cohan	8	6:30	12:40	+24= 13:04	4 <sup>th</sup> Pl
Matthew Huffman	7	6:44	12:52	+25= 13:17	6 <sup>th</sup> Pl
Xander Lymon	8	7:01	13:57	+26= 14:23	
Samson Thomas	6	7:20	14:06	+26= 14:32	
Adam Versteeg	6	7:20	14:24	+27= 14:51	
Laney Juel	7	7:23	14:27	+27= 14:54	3 <sup>rd</sup> Pl
Ellen Claud	7	7:59	15:40	+29= 16:09	
Asha Sekhar	7	7:51	15:40	+29= 16:09	
Gabe Brucato	8	8:05	15:55	+29= 16:24	
Andy Leininger	7	8:25	16:46	+30= 17:16	
Anders Lyle	5	8:33	16:56	+30= 17:26	

Not able to attend:

Yonah Altena, Fiona Lowdon, Quinn McClurg, Adrinna Keefer,  
Mahalia McCamey, Eden Ling, Avielle Ling

**Oct. 5 Walther Christian Academy Invitational**

70` Sunny, Calm

<b>3,4,5,6 Girls</b>	<b>Grd</b>	<b>½ Mile</b>	<b>1 Mile</b>	<b>Place</b>
Eden Ling	6	3:19	6:29	1 <sup>st</sup>
Fiona Lowon	5	3:49	7:04	5 <sup>th</sup>
Sarah Jones	5	4:10	8:13	22 <sup>nd</sup>
Bella Jeffords-Hillis	3	4:01	8:34	30 <sup>th</sup>
Avielle Ling	4	4:31	8:44	33 <sup>rd</sup>
Ava Watson	6	4:10	8:58	37 <sup>th</sup>
Finley Schmidt	3	4:21	9:00	38 <sup>th</sup>
Mahalia McCamey	5	4:34	9:18	42 <sup>nd</sup>
Grace Claud	3	5:01	9:56	48 <sup>th</sup>
Brynn Beals	3	5:41	10:51	54 <sup>th</sup>
Madison Taylor	3	5:41	10:56	56 <sup>th</sup>
Olivia Garcia	3	5:05	10:59	57 <sup>th</sup>
Adrinna Keefer	3	5:41	12:09	65 <sup>th</sup>
Mariel Robinson	3	5:50	12:13	66 <sup>th</sup>

73 Runners

<b>3,4,5,6 Boys</b>	<b>Grd</b>	<b>½ Mile</b>	<b>1 Mile</b>	<b>Place</b>
Samson Thomas	6	3:11	6:12	3 <sup>rd</sup>
Adam Versteeg	6	3:18	6:35	10 <sup>th</sup>
Torston Lyle	3	3:55	7:11	17 <sup>th</sup>
Anders Lyle	5	3:45	7:32	28 <sup>th</sup>
Yonah Altena	3	3:50	7:37	32 <sup>nd</sup>
Henry Galeener	3	4:00	7:41	36 <sup>th</sup>
Bass Bishop	4	3:50	7:42	37 <sup>th</sup>
Grey Lindberg	4	3:50	7:53	41 <sup>st</sup>
Zeus Cintora Garcia	3	4:06	7:54	42 <sup>nd</sup>
Nathan Lattyak	6	4:20	8:14	50 <sup>th</sup>
Alex Marshall	3	4:26	8:19	53 <sup>rd</sup>
Austin Hartung	3	4:26	8:40	58 <sup>th</sup>
Maxwell Pederson	4	4:30	8:41	59 <sup>th</sup>
Sammy Williams	6	4:40	9:18	63 <sup>rd</sup>
Benjamin Welch	5	4:47	9:33	64 <sup>th</sup>
Aman Brucato	3	5:00	9:38	66 <sup>th</sup>

79 Runners

<b>7+8 Girls</b>	<b>Grd</b>	<b>½ Mile</b>	<b>1 Mile</b>	<b>Place</b>
Laney Juel	7	3:21	6:32	5 <sup>th</sup>
Asha Sekhar	7	3:23	6:46	6 <sup>th</sup>
Ellen Claud	7	3:43	7:31	15 <sup>th</sup>

32 Runners

<b>7+8 Boys</b>	<b>Grd</b>	<b>½ Mile</b>	<b>1 Mile</b>	<b>Place</b>
Augie Sterritt	8	2:53	5:37	1 <sup>st</sup>
Lukas Cohen	8	2:55	5:44	3 <sup>rd</sup>
Xander Lymon	8	2:57	5:51	4 <sup>th</sup>
Andy Leininger	7	3:56	7:40	23 <sup>rd</sup>

32 Runners

Not able to attend (DNS): Quinn McClurg, Violet Ogier-Dunn, Matthew Huffman, Gabe Brucato

# 10.15 State Meet

# Trinity Lutheran School in Bloomington, IL

50-55', Sunny, Light breeze

<b>GIRLS</b>	<b>Grd</b>	12:00 warmup 12:15 box 12:30 Race	<b>1 Mile</b>	<b>2 Mile</b>	<b>Place</b>
Eden Ling	6	14:10/7:10/	6:39	14:17	22 <sup>nd</sup>
Laney Juel	7	14:40/7:20	7:17	14:59	39 <sup>th</sup>
Fiona Lowden	5	15:20/7:40	7:41	15:22	52 <sup>nd</sup>
Asha Sekhar	7	16:00/8:00	7:23	15:37	61 <sup>st</sup>
Ellen Claud	7	16:00/8:00	7:58	16:19	91 <sup>st</sup>
Quinn McClurg	5	19:30/9:45	8:46	19:31	131 <sup>st</sup>
<b>BOYS</b>		12:30 warmup 12:45 Box 1:00 Race			
Augie Sterritt	8	12:30/6:15	6:03	12:09	9 <sup>th</sup>
Matthew Huffman	7	12:40/6:20	6:15	12:37	21 <sup>st</sup>
Lukas Cohen	8	12:40/6:20	6:10	12:42	23 <sup>rd</sup>
Samson Thomas	6	14:00/7:00	6:52	14:06	74 <sup>th</sup>
Adam Versteeg	6	14:00/7:00	6:54	15:00	98 <sup>th</sup>
Torsten Lyle	3	16:00/8:00	7:22	15:02	100 <sup>th</sup>
Gabe Brucato	8	16:20/8:10	7:53	16:09	138 <sup>th</sup>
Anders Lyle	5	17:20/8:40	8:00	16:32	142 <sup>nd</sup>
Andy Leininger	7	17:10/8:40	8:05	16:53	147 <sup>th</sup>
<b>OPEN</b>		1:00 warm up 1:15 Box 1:30 Race			
Henry Galeener	3	18:00/9:00	7:57	16:02	8 <sup>th</sup>
Zeus Cintora Garcia	3	16:00/8:00	8:01	16:40	10 <sup>th</sup>
Bass Bishop	4	18:00/9:00	8:16	17:32	13 <sup>th</sup>
Grey Lindberg	4	18:00/9:00	8:32	17:43	14 <sup>th</sup>

### Girls Team Scores: Pts.

1. St. John's Lombard	43
2. Zion Belleville	71
3. Trinity Bloomington	107
4. Trinity Stewardson	111
<b>5. Grace Lutheran RF</b>	<b>190</b>
6. St. Peter Arlington H.	199
7. Zion Marengo	208
8. Immanuel Dundee	217
9. St. Paul Hamel	225
10. Trinity Edwardsville	242
11. Immanuel Belvidere	254
12. Trinity Springfield	258
13. Bethany	324

### Boys Team Scores: Pts.

1. Trinity Bloomington	48
2. Zion Marengo	78
3. St. Paul Hamel	101
4. Rockford Byron	146
5. Trinity Springfield	191
<b>6. Grace Lutheran RF</b>	<b>199</b>
7. Bethel Morton	212
8. St. Peter Arlington H.	237
9. Trinity Stewardson	255
10. Bethany	261
11. St. John Champaign	275
12. Trinity Edwardsville	287
13. Our Saviors	317
14. Immanuel Dundee	279
15. Immanuel Batavia	415
16. Concordia	438
17. Immanuel Belvidere	447
18. Zion Belleville	459

### Qualifiers for Nationals:

**Eden Ling**- 3<sup>rd</sup> individual (in 6<sup>th</sup> and under division)

**Augie Sterritt**- 3<sup>rd</sup> individual

**Matthew Hughes**- 7<sup>th</sup> individual

