**8/6 2 Mile Team Time Trial**

**Boys (Time Trial)**

1. Eli Corn 10:32
2. Zane Stokes 11:48
3. Atticus Corn 11:52
4. Ethan Saravanja 11:56
5. Isaiah Thompson-Fields 12:38
6. Rocky Middendorf 12:44
7. Max West 12:45
8. Jackson Gunter 12:55
9. Zach Staley 13:11
10. Michael Boyle 13:15
11. Gabe Thompson-Fields 13:16
12. Daniel Gaddis 13:17
13. Dylan Barnett 14:21
14. Xavier Steele 14:31
15. Ben McDaniel 15:14
16. Caleb McDaniel 15:41
17. Jayden Pereira 16:41
18. Andrew Jacobson 17:05
19. Ethan Lunger 17:33
20. Cameron Corley 17:50
21. Mohamed Jallow 17:57
22. Jasiah Whitfield 19:38
23. Axel Ruiz 22:37

**Girls (Time Trial)**

1. Dresden Jolly 14:07
2. Kylie Nucci 14:15
3. Mamie Jeffries 14:47
4. Kyra Powell 14:51
5. Kendall Pitts 14:53
6. Sarah Howell 15:27
7. Kallie Drummond 16:01
8. Olivia Harris 18:09
9. Kylee Lapier 19:07
10. Addison Geiger 19:10
11. France Pimentel 19:24
12. Katie Pate 19:28
13. Carly Buikema 19:31
14. Laine Burson 19:54
15. Kaitlyn Lanza 20:28
16. Halie Holmes 20:56
17. Helena Gerster 21:08
18. JC Clackum 21:20
19. Lily Gamel 25:59

**Top Improvements 2021-2022**

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| Boys | Girls |
| 1. Daniel Gaddis 3:15
 | 1. Sarah Howell 2:24 |
| 1. Zach Staley 2:58
 | 2. Olivia Harris 1:53 |
| 1. Ethan Saravanja 2:37
 | 3. Dresden Jolly 0:34 |

Time Trial Thoughts:

1. Solid performances and tons of improvements from the returning runners
2. Very proud of all the new runners jumping in and doing their best for the time trial with less than a week of training!
3. Boys are YOUNG! I’ve coached for 12 years, and never seen this young of a team.
4. More boys broke 12 today than last season, girls are WAY stronger than last year!
5. Girls are still young, so don’t limit yourself, go after your goals and set the tone for this season! Top 10 – Seniors: 2, Juniors: 3, Sophomores: 3, 8th Grade: 2
6. Boys keep trying to move up spots, we can be very dangerous this year with that middle pack. Run together this year, there is strength in numbers.
7. Girls 2nd pack of varsity don’t let the top pack go. Next pack of girls, you are very young, so keep working.
8. Do not walk while in a race, you must push yourself! Normally most can keep going physically, it is your mentality that tells you that you can’t. Don’t listen to the negative, trust you can make it.
9. We need more competing and less just finishing. We noticed that some (including returners) were more focused on just finishing the time trial instead of competing. Until you have crossed the line (not 3 feet before) you must COMPETE!