All American Meet @ Luther College. It was nice to race after a very rough week and the loss of two races in past two weeks. At our Friday practice we spoke about the need to gain momentum with routine of normal practice schedules and upcoming meet. Saturday was a beautiful day with temps in 70s with a light breeze. Luther’s course is primarily flat with two significant hills in first mile and last mile. As you can see the bulk of each team is very close in performances. So as we continue through the season I am excited to see how this intra-squad competition boosts everyone’s improvement.

JV Girls

Faith Welton 25:40

Melody Berg 30:18

Team Inc.

Varsity Girls

 Erinn Sebion 23:57

 Ellen Johnson 24:04

 Kelsie Helgerson 24:09

 Sierra Cade 24:21

 Grace Hebel 24:24

 Liza Jackson 25:16

 Team: 23rd out of 28 teams. 27 seconds separated runners 1-5.

JV Boys

 Manuel Chavez 20:40

 Brendan Buros 21:00

 Dustin Kenyon 21:15

 Levi Hamilton 21:16

 Bailey Olson 21:56

 Eli Larrington 22:28

 Haakon Mathison 22:52

 Team: 17th out of 20 teams. 1:16 separated runners 1-5.

Varsity Boys

 Kade Sherry 17:53 26th out of 170 runners

 Cooper Lipski 19:50

 Jhett Sherry 19:57

 Derek Helgerson 20:03

 Taylor Thunstedt 20:19

 Luke Bjorklund 20:56

 Griffin Grass 21:03

 Team: 17th of 24 teams. 29 seconds separate runners 2-5.