**9th-10th Boys Race**

 **Improvement of season personal best**

Derek Helgerson 19:23 20:29 -54 seconds

Dan Green 20:32

Ryan Knight 20:37 20:57 -20 seconds

Haakon Mathison 21:55

Cooper Lipski 21:57 22:14 -17 seconds

Griffin Grass 22:46 20:30 -16 seconds

Erik Jorgenson 22:54 23:07 -13 seconds

 Team 25th out of 40 teams 680 pts

**Boys Varsity**

 2015

Hayden Fredrickson 17:22 17:39 -17 seconds

John Lucas 17:53 18:45 -52 seconds

Kyle Hansen 18:45 18:58 -13 seconds

Kade Sherry 19:00 19:11 -11 seconds

Brendan Buros 19:13 19:19 -06 seconds

 Team 28th out of 40 teams

**Girls Varsity**

Sydney Sherry 20:33 21:44 -1:11

Abbey Wedwick 21:22

Julianne Call 21:53 21:24 -----

Lexi Crume 22:38 23:30 -52 seconds

Savannah Kenyon 25:44

 Team 28th out of 40 teams

**JV Girls**

Melody Berg 29:12 29:12 -49 seconds

**JV Boys**

Roman Hebel 19:50 20:09 -19 seconds

Evan Phillips 20:20 22:12 -1:52 20:27 -07 seconds

Brad Vielhuber 20:21 20:49 -28 seconds

Kin Hamilton 21:03

Dylan Hase 24:03

Midwest has a fast course and our kids gain confidence from competing within the large field of athletes as well as numerous talented individuals. For our current team make up it is nice to see the 9th and 10th team and how they compare to other D2 communities like Platteville and Wisconsin Dells. I felt we has some nice individual efforts which you can see here. Unfortunately, our depth on the girls’ side was impacted by Homecoming commitments.

Monday Mel-Min Invitational Bus 2:15 @ Practice

Weight room

 Easy distance 4-5 miles

 Incorporation of hills

 Meet MS runners @ 4:45

Tuesday Mental Imaging

 Yoga

 Distance run

 Team meeting

Wed Plyos / Lift

 60 /90s Workout

 Post workout food

Thurs Pre meet run with the incorporation of hills

Fri Wisconsin Dells Night Meet

 Bus 4:00 pm

 Have an open mind concerning this event! It will be a late night! Possibly returning to school between 11:00-12:00.

Sat Post Oktoberfest parade run

Distance run to Snowflake

Mon Pre Meet. I would like to do a spaghetti feed.

Tues BRF Invitational

Thoughts concerning top 7 runners concerning final 5 meet schedule. I think some of you might wish to limit your racing on one of the two regular season meets at BRF or Arcadia. You would still be expected to go and you would run a workout probably on the flatter sections of the course.

 Tuesday, Oct. 4 BRF Challenging hilly course---location of Sectional race.

 Saturday, Oct. 8 Arcadia Challenging hilly course---location of Conference race

 Saturday, Oct. 15 Conference @ Arcadia

 Saturday, Oct. 22 Sectionals @ BRF

 Saturday, Oct. 29 State @ Wisconsin Rapids