**Athlete 2015 2016 Improvement**

Kyle Hansen         20:14   18:59 -1:15

Roman Hebel         21:39 20:50 -:49

John Lucas           18:57   18:01 -:56

Evan Phillips         24:35   21:46 -2:49

Erik Jorgenson       26:01   24:30 -1:31

Kade Sherry         22:44     20:11 -2:33

Notes: Every boy runner who returned from 2015 was faster.

Improvement represents a team improvement of 9:53

Sydney Sherry       22:22     21:13 -:51

Ryla Vatland         25:23     24:29 -:54

Lexi Crume           25:01     23:23 -1:38

Julianne Call         23:09       23:03 -:06

Erinn Sebion         24:18     22:50 -1:28

Sarah Weninger   25:24       24:04 -1:20

Note: Team improvement of 6:17 and the three who were not faster only missed by about 20 seconds.

**Performances 2015 Westby Invitational**

John 18:51 Elena 20:06

Kyle 19:00 Sydney 21:56

Roman 19:48 Abbey 22:04

Kade 20:58 Julianne 22:22

Brendan 21:49 Sierra 22:45

Kin 22:08 Ryla 23:20

Erik 25:06 Erinn 23:29

Lexi 24:32

Sarah 24:38

Riley 26:14

Dani 26:54

Savannah 28:23

Evie 30:31

Schedule

9/5 Labor Day Practice 9:00 am

9/6 Westby Inv. Boys run at 5:30

9/7 Practice 3:30-5:15

9/8 Practice 3:30-5:15

9/9 Practice 6:45 AM

9/10 Luther College Meet Bus leaves 6:00 am Return 3:00

9/12 Practice 3:30-5:15. We will be traveling off site to run.

9/13 Dana Waddell Meet Marshall Bus leaves 1:00 Return 10:30

9/14 Practice 3:30-5:15

9/15 Practice 3:30-5:15

9/16 Practice 6:45 AM

9/17 Top 7 Varsity: Angel Invitational Kenosha Wisconsin

9/19 Practice 3:30-5:15. We will be traveling off site to run.

9/20 Practice 3:30-5:15

9/21 Practice 3:30-5:15

9/22 Practice 3:30-5:15

9/23 Practice 6:45 AM

9/24 Midwest Invitational Bus leaves 5:30 am

9/26 Practice 3:30-5:15. We will be traveling off site to run.

9/27 Practice 3:30-5:15

9/28 Practice 3:30-5:15

9/29 Practice 3:30-5:15

9/30 Wisconsin Dells Night Run Bus leaves 3:00 pm

10/1 Practice 3:00 @ Bridge 14 in KVR