

CGA @ Penn Invitational @ Elm Road School

8/25/2018

CGA finished 5th out of 14 varsity teams with 129 points (110 runners)(scored 5 runners)

CGA JV – no race entries

<u>Varsity Race</u>		(1k -2k -3k- 4k)	(1st 2k & 2nd 2k)
3. Lexi Allen	19:50	(3:40-7:40- -15:47)	(7:40-8:07)
18. Marissa Rivera	21:25	(3:50-8:08- -17:08)	(8:08-9:00)
24. Julia Arnold	21:48	(3:42-8:08- -17:20)	(8:08-9:12)
44. Jozie Gregg	22:55	(4:21-8:54- -18:19)	(8:54-9:25)
47. Maggie Bialek	23:05	(4:22-8:52- -18:19)	(8:52-9:27)
67. Erin Anderson	24:05	(4:21-9:04- -19:18)	(9:04-10:14)
71. Caroline Perea	24:11	(4:24-9:13- -19:19)	(9:13-10:06)
72. Rachel Ricketts	24:15	(4:30-9:18- -19:19)	(9:18-10:01)
77. Anne Bonner	24:53	(4:32-9:18- -19:50)	(9:18-10:32)
94. Maureen Smith	26:35	(4:39-9:55- -21:00)	(9:55-11:05)

Team Time: 109:03

Differential: 3:15

Coach Comments for both teams:

This was a starting effort for analyzing conditioning at this point. Take a look at your kilo times, especially note the 1st 2k and the 2nd 2k times – ideally, these would be pretty close – some of us had a big drop off - these will get closer as training levels increase and your focus improves with each race. The day started out somewhat different with the weather hold, lots of rain, lots of lightning around Culver, but the Penn course was in decent shape since they had less rain in that location. It was good to see the many Culver XC athletes that did their training session and then cheered our squad of competitors along!!! We look forward to almost everyone racing next week at Manchester.

CMA @ Penn Invitational @ Elm Road School

8/25/2018

CMA finished 15th out of 16 varsity teams with 458 points (130 runners)(scored 5 runners)

CMA JV – no race entries

<u>Varsity Race</u>		(1k -2k -3k- 4k)	
69. Joe Chandler	19:00	(3:18-7:04-11:06-15:15)	(7:18-8:15)
110. Clay Long	20:34	(3:45-8:00-11:20-16:35)	(8:00-8:35)
122. Jonah Cross	21:39	(3:45-8:00-11:34-17:16)	(8:00-9:16)
123. Luke Grider	21:46	(3:45-8:09-11:48-17:23)	(8:09-9:14)
125. Fritz Ellert	21:48	(3:48-8:13-11:51-17:28)	(8:13-9:15)
126. Jacob Cross	21:53	(3:45-8:04-11:39-17:24)	(8:04-9:20)

Team Time: 104:47

Differential: 2:48