

**Wabaunsee High School  
Cross Country Results**

**At: Northern Heights**

**Date: 9-17-2020**

**Weather: Nice**

**GIRLS:**

**Place and Record: 1<sup>st</sup>, 3-0**

**Season Record: 3-3**

**Varsity**

Rebekah Stuhlsatz	2 <sup>nd</sup>	21:17
Sienna Jones	5 <sup>th</sup>	23:24
Jenna Donaldson	12 <sup>th</sup>	25:09
Cecelia Emmert	15 <sup>th</sup>	25:28
Kimi Buchanan	20 <sup>th</sup>	26:26
Emma Alderman	24 <sup>th</sup>	27:08

**BOYS:**

**Place and Record: 5<sup>th</sup>, 1-4**

**Season Record: 2-8**

**Varsity**

Eli Mumpower	12 <sup>th</sup>	18:48
Isaac Lira	22 <sup>nd</sup>	20:08
Angel Trujillo	23 <sup>rd</sup>	20:12
Jacob Daley	48 <sup>th</sup>	23:23
AJ Grutsch	50 <sup>th</sup>	23:30
Matthew Vanstory	52 <sup>nd</sup>	24:01
Shawn Moser	53 <sup>rd</sup>	24:05

**JV**

Jackson Frey	11 <sup>th</sup>	26:06
Justin Carlson	12 <sup>th</sup>	26:40

**Comments:** Lots of improvement from our first meet! We had great weather and a flat course and our runners took advantage of it. The girls team got their first meet win of the season, beating Osage City by 1 point. On the boys side we are struggling with some injuries and had 3 freshmen running their first varsity races, but they stepped up and helped us be competitive, finishing only a few points off of 3<sup>rd</sup> place.

We'll see a more challenging course next week at our home meet. We run on Thursday, September 24 with the first race starting at 4:00. We need another good week of practice and need to continue to work on the mental aspects of training and racing. There is a lot of potential that we need to tap into by the end of the season.