

**Wabaunsee High School
Cross Country Results**

At: Regional (Wabaunsee) Date: 10-24-2020 Weather: Cold

GIRLS:

Place and Record: 3rd, 1-2

Season Record: 9-15

Rebekah Stuhlsatz	2 nd	21:46
Sienna Jones	8 th	23:09
Sophia Castillo	15 th	24:00
Kyndal Maike	17 th	24:27
Jenna Donaldson	19 th	24:47
Kimi Buchanan	22 nd	25:24
Cecelia Emmert	27 th	25:39

BOYS:

Place and Record: 7th, 0-6

Season Record: 3-26

Eli Mumpower	14 th	19:16
Angel Trujillo	28 th	21:02
AJ Grutsch	38 th	22:26
Matthew Vanstory	39 th	22:29
Elijah Wade	41 st	22:58
Shawn Moser	44 th	23:32
Jackson Frey	49 th	25:41

Comments: Thank you to everyone who helped run off the Regional Meet! We have been asked to host it for 3 years in a row and that's a tribute to the quality of help we get!

Our girls team came within 4 points of qualifying for State and within 5 points the 1st place team from Sacred Heart. Just 2 weeks ago Sacred Heart had beat us by 75 points at the Riley County meet. Since then we have really been coming on strong and continued that trend by improving by an average of 1 minute and 3 seconds from our times last week on this same course! The 2 teams that beat us today, Bennington and Sacred Heart, came into the meet ranked #4 and #6 in the State and we gave them a run for their money. We did get 2 individuals into State: Rebekah Stuhlsatz and Sienna Jones. They run at 10:05 on Saturday, October 31 at the State Meet in Victoria. This should be a good experience to build on for next year!

Our boys team has suffered a lot of bad luck with injuries this year, but kept battling throughout. Before the season we had hoped to return 5 of the 7 runners from last year's State Qualifying Team, but in the end only Eli Mumpower was able to run for us at Regionals, and we ran 4 freshman at today's meet. Eli put himself in the hunt to qualify for State individually, but in the end came up 20 seconds short. Overall the boys improved by an average of about 30 seconds from last week's race. We had lots of boys gain some varsity experience for us this year, and that will pay off down the line.

Thank you to our seniors for all of their efforts throughout the years! Our future teams will continue to benefit from your leadership.