

TRACK AND CC PATCHES ARE IN!
 The CC patches are covered by Cross Country. The track patches are \$20 each. This amount per each runner who ordered patches was sent out during the summer. Any questions, Coach has amounts and patches in his class room.

FINAL SUMMER MILES STATS!

| | |
|---------------------------------|-------------------------------|
| 1 Robichaux, Kelley F 12 285 | 1 McMickens, Quint M 9 285 |
| 2 Ahrens, Grace F 9 277 | 2 Dufrene, Nick M 10 274 |
| 4 Vaughn, Claire F 7 274 | 3 Brown, Trey M 9 256 |
| 5 Bowman, Merrik F 10 272 | 4 Rogers, Taylor M 9 235 |
| 6 Robichaux, Regan F 10 223 | 5 Rogers, Austin M 9 220 |
| 7 Robichaux, Mallory F 12 205 | 6 Schneider, Bradley M 12 209 |
| 8 Jeansonne, Christian F 10 201 | 7 Milton, Kent M 8 196 |
| 9 Vaughn, Katherine F 7 187 | 8 Fairbanks, Zach M 9 145 |
| 10 Voltz, Martha F 10 179 | 9 Robichaux, Cole M 11 132 |
| 11 Long, Avery F 9 176 | 10 Carbo, Will M 8 121 |
| 12 Saccaro, Emily F 11 174 | 11 Peterman, Gabe M 8 116 |
| 13 Jeansonne, Brittany F 11 169 | 12 Guillory, Matthew M 8 113 |
| 14 Michiels, Faith F 7 168 | 13 Hopewell, Jude M 7 84 |
| 15 Hawthorne, Miranda F 10 162 | 14 Lanoux, Michael M 9 75 |
| 16 Benoit, Katelyn F 11 141 | 15 Luke, Ascher M 9 75 |
| 17 Karam, Ava F 10 137 | |
| 18 Vaughan, Victoria F 7 124 | |
| 19 Dunn, Noelle F 10 121 | |
| 20 Romero, Gabi F 7 120 | |
| 21 Chatman, Kathryn F 10 113 | |
| 22 McMinn, Rachel F 9 106 | |
| 23 Long, Abby F 7 86 | |
| 24 Monceaux, Camillo F 10 83 | |
| 25 Sampey, Peyton F 7 83 | |
| 26 Juneau, Emille F 7 75 | |
| 27 Erickson, Cameron F 11 49 | |
| 28 Rabie, Alyssa F 9 45 | |
| 29 Standley, Anne F 9 15 | |

FROM THE COACH

The "dog days" of CC are almost over! Next Saturday we enter the competitive season at the St Michael's meet. The first meet is always one of the most exciting as the vets see where they are at the beginning of a new season, and the rookies find out where they are after a wide variety of first-ever training. The Highland Park races are a great way for you rookie parents to get introduced to CC. Don't miss this one if at all possible!

We are struggling with the weather to get a consistent week's set of workouts in, and when we can run, it's HOT! We will do the best we can - and pray for drier and cooler days!

I know the bus thing is not very popular - sorry.

KICK OFF THE SEASON POT LUCK SUPPER THURSDAY, September 4, MENARD CAFETERIA, 6 PM

Put it on your calendar! Thursday, September 4, 6 PM in the cafeteria. This is mandatory for all runners and families, especially our new runners and their families. This is where you can meet the other runners and parents, learn something about this sport called cross country, and have a great meal. We will have lots of information to pass out that night, so try hard not to miss this important get together. *It is not luck, so bring your favorite dish.*

LHSAA FORMS

Three forms (Participation, Drug, and Medical) MUST be on file at Menard for any athlete to be eligible to participate in sports. Coach needs stuff from: Armstrong, Fields, Freeman, Jimenez, Romero, Smith, Suptavepiat, Benton, Despino, Farnold, Ono, McConville, Stahr. Contact Coach with questions. **THESE MUST BE COMPLETED AND TURNED IN TO COACH ASAP!**

YOU CANNOT RUN AT ST MICHELS WITHOUT THESE FORMS TURNED IN BY WEDNESDAY.

MEET SET UP CREWS (DESPARATELY) NEEDED!

We bring tents, coolers, flags, tables, tarps, cups, medicine bag, ... to every meet. This year we have the softball trailer available for the season, so we will be able to leave all the equipment in the trailer week to week. The job: take all the above to the meets and set it all up. It would be nice to have four families working together to get all this done. This is a big need! Contact Coach if interested.

MENARD CAMP OF CHAMPIONS 83

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park must be paid this September. Coach has made a down payment of \$632 (August 26) and will pay the balance (\$1860) on September 25. This will come out of Coach's not-so-deep pockets. Twenty-five down payments will cover these reservation costs. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach.

ST MICHAEL THE ARCHANGEL (Saturday, September 4) MEET DETAILS

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many times. Maps will be available Saturday morning. ALL RUNNERS will be on the bus (NOT ON BUS MEANS NOT RUNNING)

| | |
|----------|---|
| 4:00 AM | Drop off at the Menard back parking lot - BE ON TIME |
| 4:10 AM | Leave Menard (the bus WILL leave at this time!) |
| 4:30 AM | Pick up Woodworth, etc runners at Forest Hill Burger King (be early - we will not wait) |
| 8:30 AM | Girls Varsity (3 miles) |
| 9:15 AM | Boys Varsity (3 miles) |
| 9:45 AM | Middle School Girls (2 miles) |
| 10:15 AM | Middle School Boys (2 miles) |
| 10:45 AM | Open Race (2 miles) |
| 11:15 AM | Awards All runners are expected to stay for the awards ceremony. |

Back at Menard around 3:00 PM

We will take I-49 south to US 190; US 190 to LA 415 (we will stop at the McDonald's right before crossing the Mississippi River for bathroom); I-10 to Slegan Lane; Slegan Lane to Highland Road; Highland Road to Highland Park. Parking is available in the parking lot to the right of Highland Road and in the upper parking lot to the left. Cars parking on the streets will be towed!

What to bring? It will probably be hot and dry, but it may rain - it may be muddy. Change of clothes, towel, clean shoes, lunch \$, wear your race stuff. **RUNNERS: NO OUTER WEAR EXCEPT MENARD CC WARMUPS.** The tradition is for parents to wear the team t-shirts. We will have water like we do at practice. There will be no chairs available - parents might want to bring chairs.

PRELIMINARY (Subject to change) Race Line ups:

| | |
|----------------------------|---|
| Race 1 Varsity Girls | Ahrens, Bowman, Hawthorne, Long, K Robichaux, M Robichaux, R Robichaux, C Vaughn |
| Race 2 Varsity Boys | Dufrene, Luke, McMickens, Milton, Robichaux, A Rogers, T Rogers, Schneider |
| Race 3 Middle School Girls | Juneau, Long, Michiels, Romero **, Sampey, Vaughan, Vaughn |
| Race 4 Middle School Boys | Benton**, Carbo, Guillory, Hopewell, Peterman |
| Race 5 Open Race | Benoit, Chatman, Dunn, Erickson, Fields**, B Jeansonne, Karam, Mathews, Rabie, Standley, Brown, Coreil, Fairbanks, Lanoux, Odum, Scaffano |
| Managers (and assistants!) | Chatman, Hirschak, C Jeansonne, Voltz |

** MUST HAVE LHSAA PAPERS TURNED IN BY WEDNESDAY OR DO NOT RUN

The bus is full, but non-running runners, especially our rookies, are encouraged to come with your parents to check out this CC thing. Your goal? Make the travelling team!

As of right now, we are not bringing the tents, etc. We will put coolers, tarps, and cups on the bus.

RUNNING IN THE MEETS

We want all CC runners to participate in the races, but the reality of race day with its 4 to 6 races means a runner must be able to complete the 2 or 3 mile race in a reasonable amount of time or the next race will be held up. Here's the criteria for us:

| | | | |
|--------------|----------------|-------------|----------------|
| Girls 2 mile | sub 23 minutes | Boys 2 mile | sub 19 minutes |
|--------------|----------------|-------------|----------------|

Look at these times as goals - goals to be reached ASAP! Any runner, any day, can request a time trial at practice to see if they have improved to the point they can join the races.

Runners who aren't ready for the races should still come! We need lots of help with water, split times, cheering our other runners, etc - and the races are always exciting! And Cross Country is a TEAM SPORT!

UNIFORMS

Uniforms mean two things in CC. We have our practice uniforms that you buy and keep forever. We also have race uniforms that we wear at competitions. Menard CC has race shorts and singlets and warm-ups that we will distribute before the first race day. Runners will keep these thru the season and turn back in when it's all over.

SHOES, LOGS AND WATCHES!

All runners are required to keep their running log book up to date DAILY and to turn it in every Monday. Once the races start, runners are also required to complete a race review for each race (see back of log book). Parents - check out your runners' logbook from time to time!

All runners are required to wear a digital watch at every practice. You can get fancy and spend a lot of money, or you can spend around \$6.00 - both keep the same time!

The only big expense a runner has are running shoes (and possibly racing flats and spikes). Runners have a wide variety of feet issues (arches, pronation, supination, etc) that require the correct shoe to avoid possible injuries. The wrong shoes can have disastrous results. Coach's recommendation: go to Run Wild on Jackson Street (in front of Mac's) where they will put you in the proper shoe.

AFTER SCHOOL PRACTICE

Practices start at 3:20 beside the Alumni Center. For scheduling, count on practice lasting until 5 PM. We practice Monday thru Friday (and Sunday for some) no matter what the weather. Groups 1 and 2 will meet in the back parking lot at 7 AM Sundays to run at Kincaid on August 24 and August 31. We will discontinue these runs once the meets start.

Because we take it easy on the Fridays before the meets, we will be done by 4 PM every Friday. Please handle the ride situations accordingly!

PRACTICE DRESS CODE

The practice uniform (black shorts and gold shirt) is required attire at every on campus practice. Practice shirts are available at practice - \$20 - each.

TRAINING GROUPS

- GROUP 1** GRACE AHRENS, MERRIK BOWMAN, AVERY LONG, KELLEY ROBICHAUX, MALLORY ROBICHAUX, CLAIRE VAUGHN, NICK DUFIENE, ASCHER LUKE, QUINT MCMICKENS, KENT MILTON, COLE ROBICHAUX, AUSTIN ROGERS, TAYLOR ROGERS, BRADLEY SCHNEIDER
- GROUP 2** MIRANDA HAWTHORNE, FAITH MICHELS, REGAN ROBICHAUX, GABI ROMERO, KATHARINE VAUGHN, MARTHA VOLTZ, SETH BENTON, TREY BROWN, WILL CARBO, JUDE HOPEWELL, ISAIAH LACHNEY
- GROUP 3** NOELLE DUNN, ABBY FIELDS, CHRISTIAN JEANSONNE, EMILLE JUNEAU, AVA KARAM, ABBY LONG, JACKIE MATHEWS, CARSON RABALAIS, ALYSSA RABIE, PEYTON SAMPEY, ANNE STANDLEY, VICTORIA VAUGHAN, BRANDON COREIL, ZACH FAIRBANKS, MATT GULLORY, MICHAEL LANAUX, VICTOR ODOM, GABE PETERMAN, JONATHAN SCALFANO
- GROUP 4** KATELYN BENOIT, KATHRYN CHATMAN, CAMERON ERICKSON, BRITTNEY JEANSONNE, LYNETTE JIMENEZ, RACHEL MCMINN, CAMILLE MONCEAUX, CONNOR DESPINO
- GROUP 5** SHAMYRA ARMSTRONG, GENTRY FREEMAN, AVA HARRISON, GRACE MCCAIN, PAYTON MITCH, FORTY SUPTAVEEPAT, STEPHEN DAVIS, BAILEY FARALDO, PETER GUO, CARSTENS MCCONVILLE, LUKE STEHR

MANAGERS SARAH CHATMAN, VICTORIA HIRCHAK (looking for one more manager)

CONTACT COACH????
 Contact Coach Smith ANYTIME you need to!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wcmcnard@suddenlink.net anytime!

**Girls get 2nd! Junior High Girls get 3rd!
 Boys get 11th! Junior High Boys get 8th!**

The good, the bad, the ugly - but mostly the heat. The heat always wins St Michael's. We ran 46, including 15 rookies - a very big team for Menard! Congrats to Will and Nick for PR's under tough conditions and for Claire, Grace, Mallory, Katharine, Gabi, and Faith for earning those coveted BR t-shirts! And congrats to all the rookies for overcoming their fears and anxieties and getting that first race successfully accomplished. Sign of future things?: Gabi, after running race #3, comes to the race #5 starting line and asks if she can run this race, too - and she does!

ST MICHAEL'S
 Girls Varsity (109 runners) Team Time 102.18 Gap Time 2.43

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|--------|---------------|
| 6 | Vaughn Claire | 6.18 | 6.58 | 6.31 | 19.47 | FRI | t-shirt/medal |
| 9 | Ahrens Grace | 6.19 | 7.21 | 7.00 | 20.40 | +85 | t-shirt/medal |
| 12 | Robichaux Mallory | 6.19 | 7.18 | 7.10 | 20.56 | +159 | t-shirt |
| 29 | Robichaux Kelley | 6.54 | 7.43 | 7.46 | 22.25 | +149 | |
| 30 | Bowman Merrik | 6.54 | 7.44 | 7.49 | 22.30 | +171 | |
| 46 | Robichaux Regan | 7.1 | 8.11 | 8.25 | 23.47 | +102 | |
| | Long Avery | 7.15 | DNF | | | | 23.06 |

2 mile PR's: Vaughn

Boys Varsity (207 runners) Team Time 99.17 Gap Time 2.05

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|--------|-----------|
| 68 | Robichaux Cole | 5.45 | 6.43 | 6.41 | 19.05 | +80 | |
| 79 | Milton Kent | 6.05 | 6.38 | 6.51 | 19.34 | +53 | 13.55 |
| 84 | Schneider Bradley | 5.41 | 6.42 | 7.17 | 19.39 | +100 | 18.58 |
| 88 | McMichaux Quint | 6.06 | 6.40 | 7.03 | 19.49 | +75 | 19.32 |
| 124 | Dufrene Nick | 6.39 | 7.25 | 7.08 | 21.10 | -2 | FRI 14.53 |
| 125 | Rogers Taylor | 6.22 | 7.23 | 7.34 | 21.12 | +61 | 21.28 |
| 126 | Luke Ascher | 6.23 | 7.34 | 7.29 | 21.17 | | |
| 143 | Rogers Austin | 6.46 | 7.41 | 7.56 | 22.18 | +114 | 22.07 |

Team Standings

| Boys Varsity (22 Teams) | | | | Girls Varsity (13 Teams) | | | | | | |
|-------------------------|-------------------|-----|----|--------------------------|-----|---|-------------------|-----|----|------------------|
| 1 | John Curtis (2A) | 33 | 7 | St Michael (4A) | 261 | 1 | St Joseph (5A) | 36 | 7 | E Ascension (5A) |
| 2 | Catholic, NI (2A) | 56 | 8 | ESA (B) | 369 | 2 | MENARD (2A) | 72 | 8 | Comoux (5A) |
| 3 | St Paul (5A) | 66 | 9 | Dan Springs (5A) | 372 | 3 | Epicopal, BR (2A) | 103 | 9 | Assumption (4A) |
| 4 | Epicopal, BR (2A) | 164 | 10 | Comoux (5A) | 405 | 4 | Newman (2A) | 113 | 10 | Beau Cheese (4A) |
| 5 | Assumption (4A) | 179 | 11 | MENARD (2A) | 443 | 5 | University (3A) | 127 | 11 | ESA (B) |
| 6 | Newman (2A) | 260 | 12 | Tourings Cab (4A) | 451 | 6 | St Michael (4A) | 140 | 12 | St Amant (5A) |

JH Girls (159 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|------------------|--------|--------|--------|--------|---------|
| 4 | Vaughn Katharine | 6.35 | 7.06 | 13.41 | FRI | t-shirt |
| 7 | Romero Gabi | 6.34 | 7.27 | 14.01 | FRI | t-shirt |
| 14 | Michels Faith | 6.39 | 7.59 | 14.37 | FRI | t-shirt |
| 48 | Long Abigail | 8.07 | 8.56 | 16.59 | FRI | |
| 54 | Vaughan Victoria | 8.07 | 9.1 | 17.12 | FRI | |
| 58 | Sampey Peyton | 8.14 | 9.10 | 17.21 | FRI | |
| 155 | Juneau Emille | 9.44 | 16.09 | 25.50 | FRI | |

2 mile PR's: Vaughn

JH Boys (207 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|-----------------|--------|--------|--------|--------|---------|
| 25 | Hopewell Jude | 6.35 | 6.59 | 13.34 | FRI | 17.05 |
| 28 | Carbo Will | 6.36 | 7.06 | 13.42 | -89 11 | FRI |
| 45 | Benton Seth | 6.28 | 8.03 | 14.31 | FRI | |
| 107 | Gullory Matthew | 7.38 | 8.30 | 16.07 | +28 | 17.30 |
| 125 | Peterman Gabe | 7.43 | 9.00 | 16.40 | +38 | 17.18 |

JV Girls (777 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|------------------|--------|--------|--------|--------|---------|
| | Rabie Alyssa | 8.13 | 7.40 | 15.53 | +38 | |
| | Standley Anne | 7.36 | 8.20 | 15.56 | +65 | 18.34 |
| | Dunn Noelle | 7.37 | 8.21 | 15.58 | | |
| | Mathews Jackie | 7.36 | 8.44 | 16.20 | | |
| | Karam Ava | 8.17 | 9.09 | 17.26 | +146 | 23.38 |
| | Freeman Gentry | 8.16 | 9.32 | 17.48 | | |
| | McMillan Rachel | 8.34 | 10.16 | 18.50 | +128 | |
| | Jeansonne Rachel | 9.44 | 10.48 | 20.32 | +147 | 23.50 |
| | Benoit Katelyn | 10.45 | 11.54 | 22.39 | +117 | 22.32 |
| | Chatman Kathryn | 11.03 | 12.21 | 23.24 | +267 | |
| | McCain Grace | 12.31 | DNF | | | |

JV Boys (777 Runners)

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|---------|
| | Odum Victor | 7.02 | 7.47 | 14.49 | +50 | |
| | Scalfano Jonathan | 7.10 | 8.10 | 15.20 | | |
| | Brown Trey | 7.09 | 8.38 | 15.47 | +68 | 16.15 |
| | Lanaux Michael | 7.38 | 8.23 | 16.01 | | |
| | Fairbanks Zach | 7.19 | 8.48 | 16.07 | | |
| | Davis Stephen | 8.38 | 11.19 | 19.57 | | |
| | Coreil Brandon | 6.52 | 7.22 | 8.02 | 22.16 | |

Records set at St Michael's

Grade Records

| | | | |
|-----------------|---|-------------------|---------------------------|
| Claire Vaughn | #8 All grades; #3 7 th grade | Mallory Robichaux | #6 12 th grade |
| Grace Ahrens | #6 9 th grade | Kelley Robichaux | #9 12 th grade |
| Merrik Bowman | #10 10 th grade | Kent Milton | #21 8 th grade |
| Regan Robichaux | #16 10 th grade | | |

Highland Park Course Records

| | | | |
|---------------|---------------------------------------|-------------------|---------------------------|
| Claire Vaughn | #4 All time; #1 7 th grade | Mallory Robichaux | #5 12 th grade |
| Grace Ahrens | #4 9 th grade | | |

CROSS COUNTRY WEB SITE
 This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time. The St Michael's results will be listed. Results are also posted on the direct athletics.com web site.

in milesplit.com
 Go to: stats -> xc individual
 Or go to: stats -> xc team
 Or any of their other stuff!

SHOES, LOGS: milelogs and RACE REVIEWS!
 All runners are required to keep their running log book up to date DAILY and to turn it in every Monday. Once the race start, runners are also required to complete a race review for each race (see back of log book). Parents - check out your runners' logbook from time to time!

LOG BOOKS - UP TO DATE WITH TOTALS AND RACE REVIEWS ARE DUE MONDAY

MENARD CAMP OF CHAMPIONS #1

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park must be paid this September. **Coch has made a down payment of 1637 (August 26) and will pay the balance (\$1860) on September 25. This will come out of Coch's not-so-deep pockets.** Twenty-five down payments will cover these reservation costs. Down payments so far equal 8. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coch.

SWIM & EAT!
 S&W #2, at the Ahren's (THANKS!) was another great success! Next week we're at the Vaughn's. Again, we will practice after school as we normally do. Then we'll take the bus to the Vaughn's. Parents can pick runners up there (4713 Christopher Place) no later than 5:45 PM or meet us back at school a little before 6 PM. Our host parents do a lot of work preparing food and getting ready for these events, so attendance is MANDATORY for all runners.

EPISCOPAL AT HIGHLAND PARK (Saturday, September 13th)
 The Episcopal meet is one of the big ones! It's run at Highland Park - just like the St Michael meet except bigger. This is a quality meet - lots of very good teams will be there. Maps will be available Saturday morning.

Remember, we are a **TEAM!** Since we are not using the bus (yet), we must be ready to accommodate those runners whose parents are not able to attend the meet, by providing transportation. For this reason (and of course to travel as a single unit to the meet) we will all meet at Menard Saturday morning. Unique and special circumstances for not doing this must be approved earlier in the week by coach. Woodworth cars will join our caravan as we travel south.

Here's the schedule of races:

| | |
|----------|------------------------------------|
| 4:30 AM | Meet at Menard - BE ON TIME |
| 4:40 AM | Leave for Baton Rouge |
| 8:20 AM | Girls Varsity (3 miles) |
| 9:00 AM | Boys Varsity (3 miles) |
| 9:30 AM | Girls Junior High (2 miles) |
| 10:00 AM | Boys Junior High (2 miles) |
| 10:25 AM | Open Race |
| 11:00 AM | Awards |
| | Back at Menard around 3:00 PM |

Please be on time to Menard (4:30 AM - not 4:40 AM). Registration and distributing bib numbers takes a while and the first race runners need time to warm up.

ALL RUNNERS MUST BE THERE FOR ALL THE RACES AND AWARDS.

Just like for St Mike's, we will take I-49 south to I-10 (we will again stop at the McDonald's at the LA 415 exit for bathrooms); I-10 to Slegan Lane; Slegan Lane to Highland Road; Highland Road to Highland Park.

We will have our tent and flag set up again. **All runners are expected to stay for the awards ceremony.**

What to bring? It may rain - it may be muddy. Change of clothes, towel, clean shoes, McDonald's \$, wear your race stuff. We will have water like we do at practice. There will be no chairs available - parents might want to bring chairs.

| | | |
|----------------|--------------------------------|---|
| Race Line ups: | Race 1 (8:20 AM) Varsity Girls | Ahrens, Bowman, Hawthorne, Long, K Robichaux, M Robichaux, R Robichaux, Vaughn, Vaughn |
| | Race 2 (9:00 AM) Varsity Boys | Dufrene, Luke, McMickens, Milton, Robichaux, A Rogers, T Rogers, Schneider |
| | Race 3 (9:30 AM) JH Girls | Armstrong*, Freeman, Harrison, Jimenez*, Juneau, Long, McMinn, Michiels, Rabie, Romero, Sampay, Smith*, Standley, Vaughan |
| | Race 4 (10:00 AM) JH Boys | Benton, Brown, Carbo, Coreil, Fairbanks, Guillory, Hopewell, Lachney, Lanzaux, McConville, Peternan, Scalfano, Stahr |
| | Race 5 (10:25 AM) Open | Benoit, Chatman, Dunn, Fields, B Jeansonne, C Jeansonne, Karam, Mathews, Monceaux, Rabalais, Volts |

* must have LHSAA form in to race

Girls get another 2nd!
Boys get 18th!

The field is at least twice as large as last week, but the girls run a solid race (beating 2A STA and Epia) handily. The guys are without Bradley (ACT) but still run a great team time. Congrats to our t-shirt winners Grace, Claire, and Mallory. And congrats to the 15 (III) PR runners and 16 (III) SPR runners - we're get faster every week! Next week Acadians Park in Lafayette! Here's the results:

EPISCOPAL

| | |
|--|---|
| Girls Varsity (174 runners) Team Time 100.13 Gap Time 1.59 | |
| Place | 1 2 3 Finish PR +/- Last Yr |
| 4 Ahrens | Grace 6.14 6.44 6.38 19.36 t-shirt! SPRJ +21 20.10 |
| 5 Vaughn | Claire 6.12 6.46 6.42 19.40 t-shirt! PRJ -7 19.07 |
| 15 Robichaux | Mallory 6.13 7.00 7.02 20.15 t-shirt! SPRJ +178 19.07 |
| 33 Vaughn | Katharine 6.52 7.12 7.03 21.07 FRJ +99 20.56 |
| 41 Robichaux | Kelley 6.55 7.18 7.22 21.35 SPRJ +154 21.09 |
| 49 Bowman | Merritt 6.38 7.36 7.39 22.13 SPRJ +111 21.29 |
| 54 Long | Avery 6.59 7.54 7.37 22.30 SPRJ +61 14.25 |
| 68 Robichaux | Regan 6.59 8.02 8.05 23.06 SPRJ |

2 mile PR's: C Vaughn

Boys Varsity (281 runners) Team Time 96.44 Gap Time 1.54

| | |
|---------------|--|
| Place | 1 2 3 Finish PR +/- Last Yr |
| 107 Robichaux | Cole 5.43 6.20 6.23 18.26 SPRJ +41 18.50 |
| 116 Milton | Ken 6.02 6.18 6.23 18.43 SPRJ +2 13.23 |
| 120 McMickens | Quint 6.04 6.18 6.23 18.46 SPRJ +12 19.00 |
| 185 Dufrene | Nick 6.30 7.02 6.47 20.19 PRJ -51 14.34 |
| 188 Rogers | Taylor 6.17 7.05 6.58 20.20 SPRJ +9 21.08 |
| 204 Luba | Ascher 6.15 7.20 7.01 20.37 PRJ -49 1 |
| 224 Rogers | Austin 6.20 7.25 7.40 21.23 SPRJ +61 21.13 |

2 mile PR's: Dufrene, Milton, T Rogers

Team Standings

Boys Varsity (29 Teams)

| | |
|-----------------------|-----|
| 1 Jesuit (5A) | 55 |
| 2 Catholic, BR (5A) | 81 |
| 3 St Paul (5A) | 92 |
| 4 Brother Martin (5A) | 101 |
| 5 Episcopal, BR (2A) | 198 |
| 6 Assumption (4A) | 202 |
| 7 Pineville (5A) | 263 |
| 8 Zachary (4A) | 277 |
| 9 Lafayette (5A) | 288 |
| 18 MENARD (2A) | 539 |

Girls Varsity (20 Teams)

| | |
|------------------------|-----|
| 1 St Joseph (5A) | 59 |
| 2 MENARD (2A) | 80 |
| 3 St Thomas Aqu (2A) | 124 |
| 4 Ascum Cath (1A) | 128 |
| 5 Vanderbilt Cath (4A) | 136 |
| 6 University (3A) | 165 |
| 7 St Michael (4A) | 202 |
| 8 Episcopal, BR (2A) | 203 |
| 9 Walker (5A) | 268 |
| 10 Lafayette (5A) | 229 |

JH Girls (246 runners)

| | |
|-------------|--------------------------------------|
| Place | 1 2 3 Finish PR +/- Last Yr |
| 30 Michiels | Faith 6.46 7.49 14.35 PRJ -2 19.12 |
| 45 Rabie | Alyssa 7.46 7.25 15.11 PRJ -4 15.42 |
| 67 Standley | Anne 7.46 8.12 15.58 +67 15.42 |
| 99 Sampay | Peyton 8.13 8.30 16.43 PRJ -38 |
| 108 Freeman | Genay 8.14 8.47 17.01 PRJ -41 |
| 127 Long | Abigail 8.40 8.37 17.17 +34 |
| 133 Vaughan | Victoria 8.40 8.47 17.27 +32 |
| 196 Juneau | Emilie 9.04 10.41 19.45 PRJ -365 III |

JH Boys (325 runners)

| | |
|---------------|--------------------------------------|
| Place | 1 2 3 Finish PR +/- Last Yr |
| 143 Hopewell | Jude 6.49 7.00 13.48 +14 |
| 144 Carbo | Will 6.31 7.17 13.48 +6 16.47 |
| 154 Benton | Seth 7.02 7.02 14.04 PRJ -27 1 |
| 208 Scalfano | Jonathan 7.24 7.24 14.47 PRJ -33 1 |
| 223 Brown | Trey 7.18 7.44 15.02 SPRJ +23 16.15 |
| 237 Guillory | Matthew 7.32 8.01 15.32 PRJ -7 17.30 |
| 265 Peternan | Gabe 8.00 8.30 16.30 SPRJ +28 16.30 |
| 267 Lanzaux | Michael 7.52 8.44 16.36 |
| 271 Fairbanks | Zach 7.54 8.56 16.37 |

JV Girls (777 runners)

| | |
|-----------|---|
| Place | 1 2 3 Finish PR +/- Last Yr |
| Dunn | Noelle 7.33 7.42 15.15 PRJ |
| Mathews | Jeckle 7.36 8.14 15.50 PRJ |
| Jeansonne | Britney 9.37 9.53 19.30 SPRJ +85 19.36 |
| Chatman | Kathryn 9.56 10.49 20.45 SPRJ +108 |
| Benoit | Katelyn 10.31 11.31 22.02 SPRJ +200 22.32 |
| McCain | Grace 11.31 14.08 25.39 PRJ |

Records set at Episcopal

| | | | |
|----------------------|---|------------------|--|
| Grade Records | | | |
| Claire Vaughn | #8 All grades; #2 7 th grade | Katharine Vaughn | #14 All grades; #6 7 th grade |
| Grace Ahrens | #2 9 th grade | Avery Long | #17 9 th grade |
| Merrick Bowman | #9 10 th grade | Regan Robichaux | #15 10 th grade |
| Mallory Robichaux | #5 12 th grade | Kelley Robichaux | #8 12 th grade |

Highland Park Course Records

| | | | |
|------------------|---------------------------------------|-------------------|---------------------------------------|
| Grace Ahrens | #2 All time; #2 9 th grade | Claire Vaughn | #4 All time; #1 7 th grade |
| Katharine Vaughn | #4 7 th grade | Mallory Robichaux | #4 12 th grade |

LOG BOOKS - UP TO DATE WITH TOTALS AND RACE REVIEWS ARE DUE MONDAY
 (If Coach still has your log book - pick it up BEFORE school Monday!)

MENARD CAMP OF CHAMPIONS II

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park must be paid this September. **Coach has made a down payment of \$637 (August 26) and will pay the balance (\$1869) on September 25. This will come out of Coach's not-so-deep pockets.** Twenty-five down payments will cover these reservation costs. Down payments so far equal 10. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach.

NEEDS!!!

- ** Set up volunteers for Conis Champs (Wednesday, Sept 24), Menard Invitational (Thursday, Oct 16), District (Tuesday, Nov 4)
 - Approximately 4 hours (8 - noon) to pound stakes and mark Buhlow course for the races Menard sponsors
 - ** Coordinator for Box Lunch Fund Raiser
 Coordinate and collect sales and organize deliveries
 - ** Race computer person
 Handle pre-race registrations and race day results
- Contact Coach if you are willing to help out with the above.

T-SHIRTS, SWEATSHIRTS, DUFFEL BAGS ARE IN!

It's time to get any monies owed into Coach!

| | | | |
|-----------|-----------|-----|-----|
| Ahrens | Grace | OWE | 30 |
| Chatman | Kathryn | | 40 |
| Freeman | Gentry | | 40 |
| Jeansonne | Britney | | 25 |
| Jeansonne | Christian | | 45 |
| Juneau | Emilie | | 30 |
| Karam | Ava | | 25 |
| Rabie | Alyssa | | 55 |
| Robichaux | Kelley | | 65 |
| Robichaux | Mallory | | 45 |
| Sampay | Peyton | | 85 |
| Vaughn | Victoria | | 135 |

ST THOMAS MORE AT ACADIANA PARK (Saturday, September 20th)
 We are going to take the bus this time. All runners be either at the Menard back parking lot at 5:30 AM or at the Forest Hill Burger King at 6 AM. This is a small but quality race with Menard, St Michael, and STM, and maybe a few others. Just so there's no questions, runners must be on the bus to race.

5:30 AM Meet at Menard (BE PROMPT!)
 5:40 AM Bus will leave Menard PROMPTLY!
 6:00 AM Forest Hill Burger King stop
 8:30 AM Boys Varsity
 9:00 AM Girls Varsity
 9:45 AM Boys & Girls JV
 10:15 AM Awards
 Back at Menard around noon

Race Line up:

Race 1 (8:30 AM) Varsity Girls
 Ahrens, Bowman, Dunn, Fields, Hawthorne, B Jeanssonne, Karam, Long, Mathews, Michiels, Rabalais, Rabin, K Robichaux, M Robichaux, R Robichaux, Romero, Standley, Vaughn, Vaughn, Voltz

Race 1 (9:00 AM) Varsity Boys
 Beaton, Brown, Carbo, Corsil, Dufrene, Guillery, Hopperwell, Luka, McMickens, Milton, Odum, Peterman, Robichaux, A Rogers, T Rogers, Scalfano, Schneider

Race 3 (9:45 AM) JV Boys & Girls
 Armstrong*, Benoit, Chatman, Freeman, Harrison, C Jeanssonne, Jimenez*, Juneau, Long, McCain, McMin, Monceaux, Sampey, Smith*, Suptaveepit, Vaughan, Davis, Fairbanks, Guo*, Lanoux, McConville, Stear

* must have LHSAA forms in to race

**Girls get third straight 2nd!
 Boys get ???!**

Just a small meet - 4 schools. But all great programs. St Michael's, St Thomas More, Live Oak, and us - equals lots of good runners. Race tabulation a little messed up - girls were second to STM by 4 (without Claire) and the boys results were too messed up to know any results. The boys have, however, brought their team time down every week so far - good job! Congrats to our 7 first time 3-milers: Faith, Noelle, Jackie, Jude, Seth and Jon (and Gabi, who was having the race of her life before twisting her ankle). We also got another slug of PR's (10), and SPR's (5), plus lots of t-shirts and medals. Also last week: Claire got the first MERC of the season! Here's the results:

ST THOMAS MORE

Varsity Girls (??? Runners) Team Time 106.16 Gap time 2.01

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- |
|-------|-------------------|--------|--------|--------|--------|--------------------|
| 1 | Ahrens Grace | 6.17 | 6.49 | 7.02 | 20.08 | T + Medal +53 |
| 2 | Robichaux Mallory | 6.15 | 6.56 | 7.08 | 20.19 | T + Medal +122 |
| 3 | Robichaux Kelley | 6.52 | 7.22 | 7.29 | 21.43 | T + Medal +107 |
| 4 | Vaughn Katharina | 7.01 | 7.32 | 7.24 | 21.57 | T + Medal +50 |
| 5 | Long Avery | 7.01 | 7.37 | 7.31 | 22.09 | SPRI T + Medal +90 |
| 6 | Robichaux Regan | 7.01 | 7.37 | 7.35 | 22.13 | SPRI Medal +8 |
| 7 | Michiels Faith | 7.01 | 7.37 | 7.50 | 22.28 | SPRI Medal |
| 8 | Rabin Alyssa | 7.38 | 7.55 | 7.23 | 22.56 | PRI -21 |
| 9 | Dunn Noelle | 7.35 | 8.03 | 8.03 | 23.41 | FRJ |
| 10 | Standley Anne | 7.37 | 8.26 | 8.38 | 24.41 | +135 |
| 11 | Mathews Jackie | 7.34 | 8.29 | 8.40 | 24.51 | FRJ |
| 12 | Romero Gabi | 6.58 | 7.39 | DNF | | |

Varsity Boys (??? Runners) Team Time 95.49 Gap time 2.10

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- |
|-------|--------------------|--------|--------|--------|--------|--------------|
| 1 | Robichaux Cole | 5.40 | 6.18 | 6.16 | 18.14 | SPRI +29 |
| 2 | Schneider Brandley | 5.58 | 6.15 | 6.31 | 18.44 | SPRI +45 |
| 3 | Milton Kent | 6.04 | 6.34 | 6.33 | 19.11 | +30 |
| 4 | McMickens Quint | 6.06 | 6.34 | 6.40 | 19.20 | +46 |
| 5 | Rogers Taylor | 6.21 | 7.01 | 7.02 | 20.24 | +13 |
| 6 | Dufrene Nick | 6.25 | 7.10 | 6.58 | 20.33 | +14 |
| 7 | Carbo Will | 6.33 | 7.23 | 7.26 | 21.22 | PRI -139 !!! |
| 8 | Luka Ascher | 6.39 | 7.33 | 7.48 | 22.00 | +83 |
| 9 | Rogers Austin | 6.19 | 7.54 | 7.51 | 22.04 | +100 |
| 10 | Corsil Brandon | 7.08 | 7.35 | 7.31 | 22.14 | PRI -2 |
| 11 | Hopperwell Jude | 7.24 | 7.42 | 7.28 | 22.34 | FRJ |
| 12 | Brown Trey | 7.29 | 7.35 | 7.52 | 22.56 | +2 |
| 13 | Beaton Seth | 7.25 | 7.55 | 8.58 | 24.18 | FRJ |
| 14 | Scalfano Jonathan | 7.30 | 8.39 | 8.21 | 24.30 | FRJ |
| 15 | Guillery Matthew | 7.36 | 8.35 | 8.33 | 24.44 | PRI -301 |
| 16 | Peterman Gabe | 8.40 | 9.14 | 9.21 | 27.15 | +163 |

CROSS COUNTRY WEB SITE

This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time. The St Michael's results will be listed. Results are also posted on the direct athletics.com web site.

la.milesplit.com
 Go to: stats -> xc individual
 Or go to: stats -> xc team
 Or any of their other stuff!

JV Boys and Girls

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- |
|-------|-------------------|--------|--------|--------|------------|
| 1 | Voltz Martha | 7.35 | 7.35 | 15.10 | +69 |
| 2 | Jimenez Lynette | 7.55 | 7.58 | 15.53 | FRJ |
| 3 | Long Abigail | 8.03 | 8.01 | 16.04 | PRI -53 !! |
| 4 | Sampey Peyton | 8.04 | 8.20 | 16.24 | PRI -19 1 |
| 5 | Vaughan Victoria | 8.05 | 8.36 | 16.41 | PRI -31 1 |
| 6 | Juneau Emille | 9.47 | 9.07 | 18.54 | PRI -51 !! |
| 7 | Armstrong Shamyra | 9.14 | 10.25 | 19.39 | FRJ |
| 8 | Chatman Kathryn | 10.19 | 10.04 | 20.23 | SPRI +86 |
| 9 | Benoit Kathryn | 11.58 | 11.28 | 23.26 | +284 |
| 10 | McCain Grace | 12.07 | 12.33 | 24.40 | PRI -59 !! |
| 1 | Odum Victor | 6.52 | 6.54 | 13.46 | PRI -13 1 |
| 2 | Lanoux Michael | 7.43 | 8.10 | 15.53 | PRI -8 1 |
| 3 | Fairbanks Zach | 8.25 | 8.43 | 17.08 | +61 |
| 4 | Quillery Ben | 10.32 | 11.08 | 21.40 | FRJ |

Records set at St Thomas More

| Grade Records | Runner | Time | Grade |
|-----------------|--|---------------|--|
| Faith Michiels | #31 All grades; #8 7 th grade | Avery Long | #15 9 th grade |
| Alyssa Rabin | #36 All grades; #19 10 th grade | Anne Standley | #25 9 th grade |
| Regan Robichaux | #10 10 th grade | Noelle Dunn | #41 All grades; #17 10 th grade |
| Jackie Mathews | #48 All grades; #18 10 th grade | | |

Acadiana Park Course Records

| Runner | Time | Grade |
|-------------------|------|------------------------|
| Katharine Vaughn | #4 | 7 th grade |
| Grace Ahrens | #3 | 9 th grade |
| Mallory Robichaux | #3 | 12 th grade |
| Faith Michiels | #5 | 7 th grade |
| Regan Robichaux | #5 | 10 th grade |

MENARD CAMP OF CHAMPIONS #3

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park must be paid this September. Coach has made a down payment of \$632 (August 26) and will pay the balance (\$1860) on September 25. This will come out of Coach's not-so-deep pockets. Twenty-five down payments will cover these reservation costs. Down payments so far equal 11. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach.

LOG BOOKS - UP TO DATE WITH TOTALS AND RACE REVIEWS ARE DUE MONDAY

(If Coach still has your log book @ - pick it up BEFORE school Monday!)

NEEDS!!!

** Course set up volunteers for Cona Champs (Wednesday, Sept 24)
Approximately 4 hours, Wednesday, Sept 24 (8 - noon) to pound stakes and mark Buhlow course

Contact Coach if you are willing to help.

CROSS COUNTRY WEB SITE

This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time. The St Michael's results will be listed. Results are also posted on the direct athletics.com web site.

la.milesplit.com
 Go to: stats -> xc individual
 Or go to: stats -> xc team
 Or any of their other stuff!

WHAT ARE ALL THOSE INITIALS!

All sports have their RBI's and TD's. Menard CC is no different. Here's a list - probably not complete:

| | |
|---------------|---|
| PR | Personal Record - best time ever at a particular distance |
| SPR | Season Personal Record - best time this season at that distance |
| TPR | Tie Personal Record - very rare! - match Personal Record |
| TSPR | Tie Season Personal Record - also very rare - match season Personal Record |
| FRJ | First race at a particular distance |
| MERC | Menard Eagle Running Club |
| Mile Splits | Individual mile times within a race |
| Records | |
| Meet Record | For certain major meets, we keep track of best times All-time - best time regardless of grade (10 deep) Grade - best time for a particular grade level (5 deep) |
| Course Record | For certain courses, we keep track of best times All-time - best time regardless of grade (10 deep) Grade - best time for a particular grade level (5 deep) |
| Grade Record | Top 25 times at each grade level, and top 50 overall times |

CROSS COUNTRY BOX LUNCH FUND RAISER

We have a major fund raiser (box lunches) that we do every year. It looks like Coach will be the coordinator for the marketing and organization of this (our only fund raiser). Dan Ahrens will handle the food prep. Our job is to SELL, SELL, SELL those box lunches! Elsewhere in this newsletter is a sales form that can be copied and taken to your offices, etc. where people can sign up for a box lunch. This is our only fund raiser. Last year we sold over a thousand lunches. With our greatly increased numbers we might be able to do much better! Besides selling, we all will be needed to pack, sort, and deliver lunches on the October 17 (we're out of school that day). And I'm sure Dan will need a lot of help also.

Start selling NOW! Turn your filled-out sheets to Coach as you get them completed.

CENLA CHAMPS (Wednesday, September 25th)

This race is called "CENLA CHAMPS" because all central Louisiana schools are invited to come run. We usually have around 20 schools here. Menard is the host and arranges for trophies, the clock, runs the meet, and tabulates the results. **If you're able to be there Wednesday, September 24, Coach needs LOTS of help. If you set up the course starting around 8:30 AM on Tuesday. Race registration starts at 2 PM on Wednesday.** We need help with course monitors, registration, scoring, etc, etc - no experience necessary! Just email Coach Smith - or just show up around 2 PM or as soon as you can! Many of you volunteered to help out at the Pot Luck - check out the volunteer sheet in this newsletter.

- 2:15 PM Leave for Buhlow on bus (RUNNERS WILL MISS 8th PERIOD)
- 2:00 PM Volunteers arrive
- 2:15 PM Begin Sign In
- 3:30 PM JV Girls & Boys (2 miles)
- 4:00 PM Varsity Girls (3 miles)
- 4:45 PM Varsity Boys (3 miles)
- 5:15 PM Awards
- 5:30 PM Clean up
- 6:15 PM Bus arrives at Menard

Race Line ups: Race 1 JV Girls/Boys Armstrong, Benoit, Chatman, Erickson, Fields, Freeman, Harrison, Hawthorne, Jeanseone, Jimenez, Juneau, Long, McCain, McMinn, Rabalais, Romero, Sampey, Smith, Suptavepipet, Vaughan

Davis, Fairbanks, Guillory, Guo, Lanaux, McConville, Odom, Peterman, Stehr

Race 2 Varsity Girls Ahrens, Bowman, Dunn, Long, Mathews, Michiels, Rabie, K Robichaux, M Robichaux, R Robichaux, Standley, Vaughn, Vaughn, Voltz

Race 4 Varsity Boys Benton, Brown, Carbo, Coreil, Dufrene, Guillory, Hopewell, Luke, McMickens, Milton, Robichaux, Rogers, Rogers, Scaffano, Schneider

RANKINGS

The CC coaches around the state vote on the top CC teams in the state every week. There are two kinds of polls: the composite, which ranks teams regardless of classification; and the large/small school, which ranks the 5A, 4A, 3A separately from the smaller schools (Menard is a 2A school). Here's the rankings for the last two weeks:

COMPOSITE BOYS

- 1 John Curtis (2A)
- 2 Catholic, BR (5A)
- 3 St Paul (5A)
- 4 Episcopal, BR (2A)
- 5 Assumption (5A)
- 6 Ascen Cath (1A)
- 7 Ponchatoula (5A)
- 8 St Thomas Aq (2A)
- 9 St Michael (4A)
- 10 Newman (2A)

COMPOSITE GIRLS

- 1 St Joseph (5A)
- 2 St Thomas Aq (2A)
- 3 Menard (2A)
- 4 Ascen Cath (1A)
- 5 Dominicans (5A)
- 6 John Curtis (2A)
- 7 Mt Carmel (5A)
- 8 Episcopal, BR (2A)
- 9 St Michael (4A)
- 10 University (2A)

LARGE SCHOOL BOYS

- 1 JESUIT
- 2 CATHOLIC, BR
- 3 JOHN CURTIS
- 4 PARKWAY
- 5 ST PAUL
- 6 BROTHER MARTIN
- 7 ASSUMPTION
- 8 PINEVILLE
- 9 FONTAINEBLEAU
- 10 MANDEVILLE

LARGE SCHOOL GIRLS

- 1 ST JOSEPHS
- 2 MANDEVILLE
- 3 PARKWAY
- 4 DOMINICAN
- 5 VANDERBILT CATHOLIC
- 6 MT CARMEL
- 7 UNIVERSITY HIGH
- 8 JOHN CURTIS
- 9 LUSHER
- 10 ST MICHAEL

SMALL SCHOOL BOYS

- 1 EPISCOPAL, BR
- 2 ASCENSION CATHOLIC
- 3 RUNNELS
- 4 ST THOMAS AQUINAS
- 5 NEWMAN
- 6 CEDAR CREEK
- 7 CHOUDRANT
- 8 MENARD
- 9 EPISCOPAL ACADIANA
- 10 CHRISTIAN LIFE

SMALL SCHOOL GIRLS

- 1 ST THOMAS AQUINAS
- 2 MENARD
- 3 ASCENSION CATHOLIC
- 4 EPISCOPAL, BR
- 5 NEWMAN
- 6 MP COUNTRY DAY
- 7 CATHOLIC, FC
- 8 CEDAR CREEK
- 9 CHOUDRANT
- 10 EPISCOPAL ACADIANA

BATTLEFIELD CROSS COUNTRY FESTIVAL (Saturday, September 27th)

Officially it's at the Port Hudson Historic Site, 236 Hwy 61, Jackson, LA 70748. There will be maps available Saturday morning. Here's the schedule and lineup:

IT'S A PRETTY OUT OF THE WAY PLACE. SO LET'S ALL MEET AT MENARD AND CARAVAN TOGETHER LIKE WE DID LAST YEAR.

- 5:30 AM Leave Menard (Please be on time!)
- 9:10 AM Varsity Girls (3 miles)
- 9:45 AM Varsity Boys (3 miles)
- 10:20 AM Open Race (2 miles)
- 11:15 AM Awards

Race Line ups: To be announced after Cenla Champs

Holy Savior Menard Cross Country 2014!

September 27, 2014 H

Girls win; guys get fourth in biggest ever Cenla Champs race!
Girls win again; guys get 13th in huge Battlefield race!

CENLA CHAMPS

We host 30 schools and over 400 runners on a beautiful day at the Fort Buhlow Recreation Park. The girls are missing 4, but no difference as they win by 60 anyway. The steadily improving guys got close to Buckeye and Grace for a creditable fourth place. It's Buhlow, no fast times are a little hard to come by. Congrats to Alyssa, Seth, Jude, Jonathan, and Matt for PR's, and Brittany for her SPR. Also congrats to Forty, Peter, Luke, and Carsten for their first ever CC race. Hats off to Mallory for her first win of the season. Here's the results:

Varsity Girls (88 Runners) Team Time 1:11.31 Gap time 1:50

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|-----------------|---------|
| 1 | Robichaux Mallory | 6:25 | 7:17 | 7:17 | 20:59 | t + medall +162 | 19:47 |
| 5 | Vaughn Katharine | 7:18 | 7:53 | 7:04 | 22:15 | t + medall +122 | 22:38 |
| 8 | Long Avery | 7:28 | 7:52 | 7:21 | 22:41 | t-shirt +42 | 14:28 |
| 9 | Robichaux Regan | 7:28 | 7:52 | 7:27 | 22:47 | t-shirt -71 | 17:32 |
| 10 | Rabie Alyssa | 7:39 | 8:02 | 7:08 | 22:49 | PRI | |
| 18 | Dunn Noelle | 7:39 | 8:09 | 8:03 | 23:51 | | |
| 20 | Michiels Faith | 7:38 | 8:46 | 8:08 | 24:32 | +124 | |
| 24 | Standley Anne | 7:53 | 8:41 | 8:41 | 25:15 | +169 | 16:06 |
| 26 | Mathews Jackie | 7:39 | 8:55 | 9:08 | 25:42 | +51 | |
| | Robichaux Kelley | 7:00 | DNP | | | | 21:29 |

Varsity Boys (122 Runners) Team Time 96:33 Gap time 2:44

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|---------------|---------|
| 6 | Robichaux Cole | 5:43 | 6:23 | 6:00 | 18:06 | t-shirt +21 | 18:38 |
| 11 | Schneider Bradley | 5:43 | 6:26 | 6:28 | 18:37 | +38 | |
| 18 | Milton Kent | 6:07 | 6:55 | 6:22 | 19:24 | +43 | 21:11 |
| 21 | McMickens Quint | 6:08 | 6:59 | 6:29 | 19:36 | +62 | 19:27 |
| 38 | Rogers Taylor | 6:28 | 7:17 | 7:15 | 20:50 | +39 | 21:35 |
| 44 | Luke Ascher | 6:36 | 7:39 | 6:55 | 21:20 | +43 | |
| 53 | Rogers Austin | 6:35 | 7:46 | 7:20 | 21:41 | +77 | 25:38 |
| 18 | Benton Seth | 7:13 | 7:43 | 6:56 | 21:52 | PRI -146 IIII | |
| 60 | Carbo Will | 6:59 | 7:51 | 7:06 | 21:56 | +34 | |
| 66 | Hopewell Jude | 7:13 | 7:51 | 7:05 | 22:09 | PRI -25 I | 15:37 |
| 79 | Coreil Brandon | 7:29 | 8:00 | 7:45 | 23:14 | +60 | |
| 85 | Scaffano Jonathan | 7:35 | 8:21 | 7:46 | 23:42 | PRI -48 II | |
| 89 | Brown Trey | 7:29 | 8:21 | 8:04 | 23:54 | +60 | 15:54 |
| 96 | Guillory Matthew | 7:40 | 8:30 | 8:33 | 24:43 | PRI -1 I | 17:09 |
| 104 | Dufrene Nick | 7:00 | 9:03 | 9:34 | 25:37 | +318 | 14:00 |

CENLA CHAMPS (Continued)

JV Boys and Girls

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|--------------------|--------|--------|--------|----------|---------|
| 1 | Bowman Merrik | 6:48 | 6:55 | 13:43 | +50 | 21:29 |
| 2 | Romero Gabl | 7:00 | 7:26 | 14:26 | +25 | |
| 3 | Jimenez Lynetta | 8:31 | 8:06 | 16:37 | +44 | |
| 4 | Long Abigail | 8:33 | 8:28 | 17:01 | +57 | |
| 5 | Vaughn Victoria | 8:31 | 8:31 | 17:02 | +21 | |
| 6 | Sampey Peyton | 8:48 | 9:20 | 18:08 | +104 | |
| 7 | Jeanseone Brittany | 8:21 | 10:34 | 18:55 | SPRI +50 | |
| 8 | Juneau Emille | 9:58 | 9:17 | 19:15 | +21 | |
| 9 | Suptavepipet Forty | 9:48 | 11:56 | 21:44 | FRI | |
| 10 | Benoit Katelyn | 12:57 | 12:10 | 25:07 | +385 | 23:41 |
| 11 | Armstrong Shamya | 13:36 | 12:41 | 26:17 | +398 | |
| 12 | McCain Grace | 13:34 | 13:27 | 27:01 | +141 | |
| 13 | Chatman Katherys | 10:52 | DNP | | DNP | DNP |

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|--------------------|--------|--------|--------|--------|---------|
| 1 | Odom Victor | 6:54 | 7:23 | 14:17 | +31 | |
| 2 | Lanaux Michael | 8:09 | 7:54 | 16:03 | +10 | |
| 3 | Fairbanks Zach | 8:39 | 8:13 | 16:52 | +45 | |
| 4 | Peterman Gabe | 8:39 | 8:36 | 17:15 | +73 | 16:11 |
| 5 | Guo Peter | 8:55 | 9:08 | 18:03 | FRI | |
| 6 | Stehr Luke | 10:14 | 10:37 | 20:51 | FRI | |
| 7 | McConville Carsten | 10:47 | 12:06 | 22:53 | FRI | |
| 8 | Guillory Ben | 13:40 | 12:57 | 26:37 | +297 | |

| Team Standings | | | Team Standings | | |
|-------------------------|---------------------|-----|--------------------------|-----------------|-----|
| Boys Varsity (12 Teams) | | | Girls Varsity (11 Teams) | | |
| 1 | Pineville (5A) | 58 | 7 | Pickering (2A) | 210 |
| 2 | Grace Christian (B) | 69 | 8 | Avoyelles Chart | 215 |
| 3 | Buckeye (3A) | 80 | 9 | Roseport (2A) | 226 |
| 4 | MENARD (2A) | 85 | 10 | Oak Hill (B) | 295 |
| 5 | Deridder (4A) | 130 | 11 | Many (2A) | 315 |
| 6 | Toga (4A) | 199 | 12 | Glenmora (B) | 315 |
| 7 | Oak Hill (B) | 180 | | | |
| 8 | Avoyelles Chart | 183 | | | |
| 9 | ASH (5A) | 254 | | | |
| 10 | Georgetown (C) | 270 | | | |
| 11 | Many (2A) | 282 | | | |

Records set at CENLA CHAMPS

Grade Records
 Alyssa Rabie #15 All grades; #19 9th grade

Buhlow Course Records
 Katharine Vaughn #5 7th grade

CENLA CHAMPS Meet Records
 Mallory Robichaux #3 12th grade
 Faith Michiels #4 7th grade
 Katharine Vaughn #2 7th grade

BATTLEFIELD
Great day at Battlefield! Girls got a big win (including 1-2-3!) beating #1 SA St Joe in the process. Congrats to the 9 PR's and 4 SPR's, and to Mallory for her second straight individual title. Here's the results:

Varsity Girls (155 Runners) Team Time 104:38 Gap time 1:53

| Place | Name | Mallory | Mile | | | Finish | PR +/- | Last Yr | |
|-------|-----------|-----------|------|------|------|--------|--------|--------------|-------|
| | | | 1 | 2 | 3 | | | | |
| 1 | Robichaux | Mallory | 5:58 | 6:38 | 7:29 | 20:05 | SPRI | t-shirt +108 | 19:45 |
| 2 | Ajzenz | Grace | 6:09 | 6:47 | 7:20 | 20:16 | | t-shirt +61 | 20:43 |
| 3 | Vaughn | Clair | 6:08 | 6:48 | 7:27 | 20:23 | | t-shirt +43 | |
| 4 | Vaughn | Katharine | 6:52 | 7:20 | 7:44 | 21:56 | | t-shirt +49 | |
| 15 | Bowman | Merrick | 6:42 | 7:06 | 7:10 | 21:58 | SPRI | t-shirt +139 | 20:49 |
| 40 | Robichaux | Regan | 6:49 | 7:41 | 8:44 | 23:14 | | | |
| 41 | Rabie | Alyssa | 7:02 | 7:48 | 8:30 | 23:20 | | +31 | 16:48 |
| 42 | Dunn | Noelle | 7:02 | 7:44 | 8:39 | 23:25 | PR | -16 | 1 |
| 46 | Michiels | Faith | 7:01 | 7:49 | 8:55 | 23:45 | | +77 | |

Varsity Boys (229 Runners) Team Time 98:32 Gap time 2:44

| Place | Name | Mile | | | Finish | PR +/- | Last Yr | | |
|-------|-----------|----------|------|------|--------|--------|---------|---------|-------|
| | | 1 | 2 | 3 | | | | | |
| 51 | Robichaux | Cole | 5:30 | 6:16 | 6:56 | 18:42 | | +37 | 18:47 |
| 63 | Schneider | Brandley | 5:30 | 6:18 | 7:18 | 19:06 | | +67 | 18:36 |
| 79 | Milton | Ken | 6:05 | 5:53 | 7:37 | 19:35 | | +54 | 20:56 |
| 105 | Luka | Ascher | 6:02 | 6:58 | 7:33 | 20:33 | PR | -41 | 18:51 |
| 108 | McMickens | Quint | 5:53 | 6:55 | 7:49 | 20:37 | | +123 | 18:51 |
| 112 | Dufrene | Nick | 6:11 | 7:04 | 7:39 | 20:54 | | +35 | 22:29 |
| 115 | Hopewell | Jude | 6:26 | 6:51 | 7:43 | 21:00 | PR | -69 III | |
| 116 | Carbo | Will | 6:22 | 6:54 | 7:46 | 21:02 | PR | -54 II | 15:56 |
| 136 | Rogers | Taylor | 6:02 | 7:13 | 8:37 | 21:52 | | +101 | 21:03 |
| 162 | Rogers | Austin | 6:02 | 7:40 | 9:25 | 23:07 | | +163 | 22:40 |
| 175 | Coreil | Brandon | 7:30 | 7:56 | 8:05 | 23:31 | | +17 | |
| 186 | Brown | Trey | 7:29 | 7:49 | 8:39 | 23:57 | | +63 | 16:23 |

Team Standings

| Boys Varsity (24 Teams) | | Girls Varsity (17 Teams) | | |
|-------------------------|---------------------|--------------------------|--------------------|-----|
| 1 | Catholic, BR (SA) | 41 | 1 MENARD (2A) | 32 |
| 2 | Brother Martin (SA) | 47 | 2 St Joseph (SA) | 42 |
| 3 | St Michael (4A) | 151 | 3 Unversity (3A) | 122 |
| 4 | Zackary (4A) | 178 | 4 St Michael (4A) | 138 |
| 5 | Walker (SA) | 206 | 5 Baton Rouge (SA) | 180 |
| 6 | Dalestown (SA) | 225 | 6 Cath, PC (1A) | 182 |
| 7 | Baton Rouge (SA) | 234 | 7 Cedar Creek (1A) | 207 |
| 8 | Rumrills (2A) | 248 | 8 Walker (SA) | 213 |
| 9 | Cedar Creek (1A) | 249 | 9 E Ascension (SA) | 239 |
| 13 | MENARD (2A) | 343 | 10 Cabrini (4A) | 256 |

Records set at Battlefield

| Grade Records | Name | Grade |
|-------------------|------|--|
| Jude Hopewell | | #24 7 th grade |
| Noelle Dunn | | #40 All grades; #16 10 th grade |
| Merrick Bowman | | #9 10 th grade |
| Mallory Robichaux | | #5 12 th grade |

BATTLEFIELD (Continued)
JV Girls & Boys (777 runners)

| Place | Name | Mile | | | Finish | PR +/- | Last Yr |
|-------|---------------|----------|-------|-------|--------|--------|---------|
| | | 1 | 2 | 3 | | | |
| 1 | Rozero | Gabi | 6:40 | 8:06 | 14:46 | | +45 |
| 2 | Standley | Aane | 7:10 | 8:29 | 15:39 | SPRI | +48 |
| 3 | Mathews | Jackie | 7:10 | 8:30 | 15:40 | PR | -10 I |
| 4 | Vaughn | Victoria | 7:43 | 9:23 | 17:06 | | +25 |
| 6 | Long | Abigail | 8:04 | 9:19 | 17:23 | | +79 |
| 5 | Sampey | Peyton | 7:39 | 11:39 | 17:18 | | +54 |
| 7 | Juneau | Emilie | 9:14 | 11:15 | 20:29 | | +96 |
| 8 | Suptaveepipat | Forty | 9:32 | 13:18 | 22:50 | | +66 |
| 9 | Erickson | Cameron | 10:30 | 13:17 | 23:47 | SPRI | +368 |
| 10 | Beaot | Katelyn | 10:50 | 13:07 | 23:57 | | +315 |
| 11 | McCain | Grace | 12:11 | DNF | | | |
| 1 | Benton | Seh | 6:40 | 7:18 | 13:58 | PR | -8 I |
| 2 | Scaffano | Jonathan | 6:43 | 7:24 | 14:07 | PR | -40 II |
| 3 | Odom | Victor | 6:31 | 7:44 | 14:15 | | +29 |
| 4 | Lanaux | Michael | 7:24 | 8:14 | 15:38 | PR | -16 I |
| 5 | Fairbanks | Zach | 7:10 | 10:16 | 17:26 | | +79 |
| 6 | Peterman | Cabe | 7:42 | 10:05 | 17:47 | | +105 |
| 7 | McConville | Carstens | 9:32 | 12:22 | 21:54 | PR | -58 II |

CROSS COUNTRY WEB SITE
This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time. The St Michael's results will be listed. Results are also posted on the direct athletics.com web site.
la.milesplit.com
Go to: state -> xc individual
Or go to: state -> xc team
Or any of their other stuff!

LOG BOOKS - UP TO DATE WITH TOTALS AND RACE REVIEWS ARE DUE MONDAY
(If Coach still has your log book - pick it up BEFORE school Monday!)

MENARD CAMP OF CHAMPIONS #1
DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park has been paid by Coach, a total of \$2492. *This money has come out of Coach's not-so-deep pockets.* Twenty-five down payments will cover these reservation costs. Down payments so far equal 12. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach.

SATURDAY, OCTOBER 4 RACES
We are going in two directions this coming Saturday. A few runners are headed to Clinton, Mississippi for the Mississippi College Invitational. The rest of us will be at Ward 9 for the Pineville Cross Country meet.

We need to split up the stuff: one tent, tarp, 2 coolers, accomplishments banner, flag, portions of medical bag to Mississippi
one tent, tarp, 3 coolers, medical bag to Pineville

If parents would like to get together to coordinate all this, let's meet after practice Monday (around 5:15 PM)

Mississippi College (all races are 5K's)

| | |
|----------|------------------------------------|
| 9:00 AM | Elite Girls Race |
| 9:30 AM | Elite Boys Race |
| 10:00 AM | Large School Girls Race |
| 10:30 AM | Small School Girls Race (our race) |
| 11:00 AM | Large School Boys Race |
| 11:30 AM | Small School Boys Race (our race) |

Girls: Ahrena, Long, Robichaux, Robichaux, Vaughn, Vaughn
Guys: Dufrene, Luka, McMickens, Milton, Schneider

Google says 3:15 hours to the race site. This allows for leaving Saturday morning at say, at 5:30 AM. The other option is to travel Friday.

Pineville Cross Country Meet

| | |
|----------|---|
| 9:10 AM | JH Race |
| 9:30 AM | JV Girls Race (our race - 2 miles) |
| 10:30 AM | JV Boys Race (our race - 2 miles) |
| 11:10 AM | Varsity Girls Race (our race - 3 miles) |
| 11:50 AM | Varsity Boys Race (our race - 3 miles) |

JV Girls: Armstrong, Benoit, Chatman, Erickson, Freeman, Harrison, Jeansonne, Jeansonne, Juneau, McCain, Sampey, Smith, Suptaveepipat, Vaughn

JV Boys: Davis, Fairbanks, B Guillory, Guo, Lanaux, McConville, Peterman, Stehr

Varsity Girls: Dunn, Jimenez, Long, Mathews, Michiels, Rabie, Romero, Standley, Bowman, K Robichaux, Voltz

Varsity Boys: Benton, Carbo, Coreil, M Guillory, Hopewell, Odom, Scaffano, Brown

Meet at Menard at 8:00 AM

Odd's n Pdn

Mississippi didn't work out. Most are going to the Pineville meet, and 5 to the St Joe meet in Baton Rouge. Race stuff below.

Pineville (Ward 9 Sports Complex, Pineville - NOT Buhlow!). Saturday, October 4
Here's the schedule and lineups for the Pineville meet:

| | |
|---------------|---|
| 8:45 AM | ALL runners arrive at Ward 9 (to warm up and/or cheer team members) |
| 9:10 AM | JH Boys and Girls (not us) |
| 9:30 AM | JV Girls (2 miles) |
| 10:30 AM | JV Boys (2 miles) |
| 11:10 AM | Varsity Girls (3 miles) |
| 11:50 AM | Varsity Boys (3 miles) |
| 12:40 AM | Awards |
| JV Girls | Armstrong, Benoit, Chatman, Erickson, Freeman, Harrison, Hawthorne, Jeansonne, Jeansonne, Juneau, McCain, Rabalais, Smith, Suptaveepipat |
| JV Boys | Fairbanks, B Guillory, Guo, McConville, Peterman, Stehr |
| Varsity Girls | Dunn, Jimenez, Long, Mathews, Michiels, Rabie, Romero, Sampey, Standley, Vaughn, Voltz |
| Varsity Boys | Benton, Brown, Carbo, Coreil, Dufrene, Guillory, Hopewell, Lanaux, Luke McMickens, Milton, Odom, Scaffano, Schneider |
| Ward 9 | MacArthur Drive towards OK Allen Bridge I-49 South to Pineville Expressway Pineville Expressway to LA 3144 (Edgewood Drive) Right on Edgewood Drive to Donabue Ferry Road Left on Donabue Ferry to Ward 9 |

St Joe, Baton Rouge
We are sending 5 girls to the St Joe meet:

Varsity Girls 9:30 AM Avery Long, Mallory Robichaux, Regan Robichaux, Katharine Vaughn, Claire Vaughn.

Go get them!

MENARD CAMP OF CHAMPIONS #2
DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park has been paid by Coach, a total of \$2492. *This money has come out of Coach's not-so-deep pockets.* Twenty-five down payments will cover these reservation costs. Down payments so far equal 13. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach.

Box Lunch Fund Raiser

The Box Lunch fund raiser is not going to happen. The informal poll asking to choose between the Box Lunch project and a \$100 participation fee was unanimous in favor of the \$100 fee. Where does this money go? Here's a sampling:

| | |
|-----------------|--------------------------------------|
| Race Entry Fees | \$800 |
| Pot Luck Supper | 200 |
| Team T-shirts | 900 |
| Summer T-shirts | 400 |
| MERC t-shirts | 200 |
| Pot Luck Supper | 250 |
| Banquet | 1500 |
| Supplies | 600 (Coolers, tarps, etc) |
| Miscellaneous | 500 (Supplies, ice, food, cups, etc) |

The three races we host, thanks to sponsors, clear some money. The Menard Eagle Running Camp makes some money.

If you've ever done any budgeting, you know reality is usually on the negative side.

In the past, because of the success of the box lunch fund raiser, we have been able to purchase some big expense items like tents, race management software and equipment, the golf cart. Our medicine bag has been repaired once and will be replaced before next season - \$300 ish. The next major expense will be new uniforms which, depending on various factors, will cost at least \$8000. It would be cool to have our own clock

Some years we clear a good deal of money, some years we break even. But things like uniforms and tents take up all the excess.

So we are instituting a \$100 per runner participation fee. The money is due as soon as possible. In recognition of our multiple runner families, the fee for each additional in-the-family runner will be \$50.

October is the beginning of the big meets. Catholic, Menard, NSU, St Thomas More, State - a very exciting time! Believe it or not, we're 7 weeks from the end! Don't miss out!

Extra team t-shirts and sweatshirts

We have two medium sweatshirts (\$25), and some team t-shirts (\$15). First come-first served!

Girls win at Pineville; guys take second! Girls get 7th of ?? at St Joe's in Baton Rouge!

Beautiful racing day everywhere - and the results prove how tough the heat can be as we ALL race great in the coolest! We have 5 first runners (3 in lies), 18 PR's, 5 SPR's, and 3 WT's at Pineville. The St. Joe girls get a cool 7th out of around 50 teams, led by Claire's amazing sub 19 and Mallory's SPR. (St Joe official results not available at this time.) Next week: Catholic! Here's the results:

PINEVILLE

Varsity Girls (22 Runners) Team Time 111.05 Gap time 0.50

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|------------------|--------|--------|--------|--------|--------|-------------------|
| | | | | | | | |
| 4 | Michiels Faith | 6:38 | 7:30 | 7:47 | 21:55 | PR! | t-shirt! -33 I |
| 5 | Rabie Alyssa | 6:41 | 7:43 | 7:39 | 22:03 | PR! | t-shirt! -46 I |
| 6 | Dunn Noelle | 6:38 | 7:31 | 7:58 | 22:07 | PR! | t-shirt! -78 II |
| 7 | Mathews Jackie | 6:40 | 7:38 | 7:57 | 22:15 | PR! | t-shirt! -156 III |
| 10 | Romero Gabi | 6:38 | 7:44 | 8:23 | 22:45 | FR! | t-shirt! |
| 11 | Standley Anne | 6:40 | 7:51 | 8:23 | 22:54 | SPR! | +28 |
| 13 | Voltz Martha | 6:47 | 8:06 | 8:25 | 23:18 | | +101 |
| 15 | Long Abigail | 7:24 | 8:29 | 8:44 | 24:37 | FR! | |
| 16 | Jimenez Lynette | 7:25 | 8:27 | 8:46 | 24:38 | FR! | |
| 17 | Vaughan Victoria | 7:26 | 8:30 | 9:29 | 25:25 | FR! | |
| 19 | Sampay Peyton | 7:37 | 10:13 | 9:50 | 27:40 | FR! | |

Varsity Boys (32 Runners) Team Time 96.12 Gap time 2.41

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|--------|----------------|
| | | | | | | | |
| 7 | Milton Kent | 5:20 | 6:12 | 6:27 | 17:59 | PR! | t-shirt! -42 I |
| 11 | McMickens Quinn | 5:23 | 6:12 | 6:38 | 18:13 | PR! | -21 I |
| 17 | Luke Ascher | 5:41 | 6:44 | 7:05 | 19:30 | PR! | -63 II |
| 18 | Dufrene Nick | 5:50 | 6:53 | 7:07 | 19:50 | PR! | -29 I |
| 20 | Hopewell Jude | 6:14 | 7:04 | 7:22 | 20:40 | PR! | -20 I |
| 21 | Benton Seth | 6:17 | 6:54 | 7:45 | 20:56 | PR! | -56 I |
| 22 | Scalfino Jonathan | 6:15 | 7:24 | 7:28 | 21:07 | PR! | -155 III |
| 23 | Brown Trey | 6:17 | 7:11 | 7:43 | 21:11 | PR! | -103 III |
| 29 | Lanzam Michael | 6:43 | 8:15 | 8:36 | 23:34 | FR! | |
| 31 | Gullory Matt | 6:50 | 8:35 | 9:04 | 24:29 | PR! | -45 I |
| | Carlo Will | 5:57 | 7:15 | WT | | | 17.17 |
| | Corral Brandon | 6:17 | 7:04 | WT | | | |
| | Odon Victor | 6:16 | 7:12 | WT | | | 15.11 |

ST JOE

Varsity Girls (777 Runners) Team Time 103.45 Gap time 3.21

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|--------|-------------------------|
| | | | | | | | |
| 3 | Vaughn Claire | 6:02 | 6:32 | 6:20 | 18:54 | PR! | medallion-shirt! -46 II |
| 13 | Robichaux Mallory | 6:02 | 6:47 | 6:40 | 19:29 | SPR! | t-shirt! +72 |
| 69 | Vaughn Katharine | 6:56 | 7:31 | 7:03 | 21:30 | | +23 |
| 71 | Long Avery | 6:56 | 7:22 | 7:19 | 21:37 | SPR! | +58 |
| 82 | Robichaux Regan | 7:11 | 7:38 | 7:26 | 22:15 | | +10 |

* Catholic

PINEVILLE (Continued)

IV Girls (11 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|-------------------|
| | | | | | | |
| 7 | Erickson Cameron | 8:42 | 9:53 | 18:35 | SPR! | t-shirt! +86 |
| 8 | Armstrong Shamyr | 9:04 | 10:27 | 19:31 | PR! | t-shirt! -8 I |
| 9 | Suptavispit Forty | 8:35 | 11:24 | 19:39 | PR! | t-shirt! -105 III |
| 10 | Benoit Katelyn | 9:41 | 10:27 | 20:08 | SPR! | t-shirt! +86 |
| | McCals Grace | 9:48 | DNF | | | 21.14 |

IV Boys (12 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|---------------------|--------|--------|--------|--------|----------------|
| | | | | | | |
| 10 | Peterman Gabe | 7:14 | 8:03 | 15:17 | PR! | t-shirt! -45 I |
| 11 | Fairbanks Zach | 7:21 | 8:38 | 15:39 | PR! | -8 I |
| 12 | Gullory Ben | 9:23 | 10:33 | 19:36 | PR! | -104 III |
| | McConville Carstens | 9:05 | DNF | | | |

Records set at PINEVILLE

| Grade Records | Runner | Time | Grade |
|-----------------|--|------------------|---|
| Faith Michiels | #20 All time; #8 7 th grade | Gabi Romero | #37 All time; #9 7 th grade |
| Lynette Jimenez | #50 All time; #17 7 th grade | Victoria Vaughan | #21 7 th grade |
| Peyton Sampay | #24 7 th grade | Alyssa Rabie | #24 All grades; #14 9 th grade |
| Anne Standley | #20 9 th grade | Noelle Dunn | #27 All time; #10 10 th grade |
| Jackie Mathews | #30 All time; #12 10 th grade | Martha Voltz | #18 10 th grade |

Records set at ST JOE (Highland park)

| Grade Records | Runner | Time | Grade |
|-------------------|---------------------------------------|------------|---------------------------|
| Claire Vaughn | #2 All time; #1 7 th grade | Avery Long | #10 9 th grade |
| Mallory Robichaux | #2 12 th grade | | |

Highland Park Course Records

| | | | |
|---------------|---------------------------------------|-------------------|---------------------------|
| Claire Vaughn | #2 All time; #1 7 th grade | Mallory Robichaux | #1 12 th grade |
|---------------|---------------------------------------|-------------------|---------------------------|

St Joe/Catholic Meet Records

| | | | |
|---------------|---------------------------------------|-------------------|---------------------------|
| Claire Vaughn | #2 All time; #1 7 th grade | Katharine Vaughn | #4 7 th grade |
| Avery Long | #5 9 th grade | Mallory Robichaux | #1 12 th grade |

LOG BOOKS - UP TO DATE WITH TOTALS AND RACE REVIEWS ARE DUE MONDAY

(If Coach still has your log book - pick it up BEFORE school Monday!)

EXTRA T-SHIRTS!

The sweatshirts are gone (but if you're desperate, you can order individually through Cenla Sports). We do have a number of team t-shirts available, size XS to XL. They are available at or after practice.

\$100 PARTICIPATION FEE

We're all way too busy. The very successful Box Lunch Fund Raiser is no more. To offset that upwards of \$6000 project, we have resorted to a participation fee of \$100 per athlete (\$50 per additional runner within a family). The quality of our program, which is respected literally by every coach in the state, depends on adequate funding. Please get your payment to Coach as soon as possible. Checks should be made out to Menard Cross Country.

MENARD CAMP OF CHAMPIONS #1

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park has been paid by Coach, a total of \$2492. **This money has come out of Coach's not-so-deep pockets.** Twenty-five down payments will cover these reservation costs. Down payments so far equal 19. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach.

THANK YOU'S!

Runner names get plastered all over the newsletters, but there's a lot of action going on behind the scenes also.

Special thanks to our managers Victoria Hirschak, Sarah Chatman, and Maddie Mitchell who are at all our practices handling water, cups, icing, times, and anything else that comes up. And for running around all the meets making sure we have all those mile spits and finish times. Not much glory in a sport that gets too little glory. Thank you, girls.

Also a special thanks to our parents who are making sure all our equipment gets to all the meets. That's two trailers, golf cart, tents, tarps, banners, flags, water, cups, ... It's very cool what you are willing to do to make your kids CC experience the best it can be. Thank you.

Thanks to our parent-coaches, Stacey and Dan, for warm-ups, pep talks, and cool-downs, etc, etc

Thanks to Stephanie Robichaux and all the other picture takers.

Thanks to our traveling parents for giving up race days for your runners; for your enthusiasm; and your willingness to do whatever it takes to make race days and Menard CC in general a success.

Together we make it great!

Why Are We Good?

In a sentence, we work hard! Our runners individually this year have between 15 and 480 miles as of last week. As a team we had almost 7,000 summer miles and total to date we have just under 13,000 miles. We do speed; we do hills; but mileage volume is the first order of business!

CATHOLIC AT HIGHLAND PARK (Saturday, October 11th) (And LAST 4:30 AM!!!)
 The Catholic meet is THE big one! It's run at Highland Park - just like the Episcopal meet, except two or three times as big! ALL of very good teams will be there. Maps will be available Saturday morning. Here's the schedule of races:

4:30 AM Meet at Menard - **BE ON TIME**
 4:40 AM Leave for Baton Rouge
 8:30 AM Girls Junior High (2 miles)
 9:00 AM Boys Junior High (2 miles)
 9:30 AM Girls Varsity (3 miles)
 10:00 AM Boys Varsity (3 miles)
 10:30 AM Open (2 miles or 3 miles)
 Back at Menard around 3:00 PM

Girls JH: Jimenez, Juneau, Long, Michiels, Rabie, Romero, Sampey, Standley, Vaughan
 Boys JH: Benton, Brown, Carbo, Coreil, Fairbanks, M Guillory, Hopewell, Lanaux, Peterman, A Rogers, Scalfano
 Girls V: Ahrens, Bowman, Long, K Robichaux, M Robichaux, Vaughn, Vaughn
 Boys V: Dufrene, Luke, McMickens, Milton, Robichaux, T Rogers, Schneider
 Open (3 miles): Dunn, Erickson, Hawthorne, Mathews, R Robichaux, Voltz, Odum
 Open (2 miles): Armstrong, Benoit, Harrison, B Jeansonne, C Jeansonne, Suptaveepipat, B Guillory, Guo, McConville, Stehr

Please be on time at Menard. Registration takes a while and the first race runners need time to warm up. **Night before families inform Coach this week.** Woodworth expected to fall in caravan as we pass.

MENARD INVITATIONAL

Our big race is SATURDAY, October 18!!! We will need all of us who can possibly be there to pitch in. Please look over the volunteer list in this newsletter. **IF YOU CAN NOT BE THERE FOR OUR RACE PLEASE EMAIL ME RIGHT AWAY.** Our race is one of the most popular races in the state and we usually host well over 50 schools. One of the reasons coaches like our race is its organization and its personality - which has a lot to do with all of us doing our job that day. **For this race, the work comes before watching your runner!** If your name is not on the list - stay tuned and show up prepared to work anyway (always some no shows)! As parents indicate they cannot be there, this list will change. And like any major event, there is ALWAYS a need for additional help!

**So Close! Girls get a very close third!
 JH Girls get 6th of 23; JH Boys get 15th of 27!**

The girls are right behind #1 and #2 SA St Joe and Mandeville 5A powers to get 3rd of 36 teams at the big Catholic, Baton Rouge meet. And the JH teams stand up and get noticed while mixing it up with the best Louisiana has to offer at the biggest meet of the year. Congrats to top 20 girls Grace, Claire, and Mallory, and Merrick and Katharine's best runs of the year. Also congrats to Kent and his #2 best 8th grade Highland Park time, and Alyssa, Anne, Matt, Peter, and Luke for big PR's.

CATHOLIC

Varsity Girls (278 Runners) Team Time 100.42 Gap time 1.44

| Place | Team | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-----------|--------|--------|--------|--------|-----------------|------------|
| 12 | Ahrens | 6.06 | 6.40 | 6.35 | 19.21 | SPRI 1 + medall | +6 19.40 |
| 13 | Vaughn | 6.03 | 6.41 | 6.37 | 19.21 | 1 + medall | +27 19.06 |
| 17 | Robichaux | 6.08 | 6.56 | 6.47 | 19.50 | t-shirt! | +93 20.16 |
| 39 | Bowman | 6.44 | 7.07 | 7.14 | 21.05 | SPRI | +86 20.16 |
| 40 | Vaughn | 6.53 | 7.1 | 7.03 | 21.05 | PR! | -2.1 |
| 91 | Robichaux | 6.58 | 7.43 | 7.57 | 22.38 | | +162 21.23 |
| | Long | 8.08 | DNF | | | | 21.06 |

Varsity Boys (300 Runners) Team Time 101.32 Gap time 3.32

| Place | Team | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-----------|--------|--------|--------|--------|--------|------------|
| 128 | Milton | 5.41 | 6.15 | 6.22 | 18.18 | | +21 19.12 |
| 185 | Schneider | 5.45 | 6.16 | 7.28 | 19.29 | | +94 |
| 219 | Dufrene | 6.20 | 7.03 | 7.01 | 20.24 | | +37 |
| 245 | McMickens | 6.13 | 7.07 | 8.18 | 21.38 | | +209 18.45 |
| 249 | Rogers | 6.32 | 7.26 | 7.52 | 21.50 | | +94 22.06 |

Team Standings

Boys Varsity 41 Teams

| | | |
|----|---------------------|-----|
| 1 | John Curtis (2A) | 69 |
| 2 | Parkway (4A) | 96 |
| 3 | Brother Martin (5A) | 113 |
| 4 | St Paul (5A) | 118 |
| 5 | Catholic, BR (5A) | 166 |
| 6 | Episcopal, BR (2A) | 232 |
| 7 | AB Shew (5A) | 355 |
| 8 | AB Rummel (5A) | 300 |
| 9 | Fountainbleau (5A) | 371 |
| 36 | MENARD (2A) | 974 |

Girls Varsity 36 Teams

| | | |
|---|-------------------|-----|
| 1 | St Joseph (5A) | 92 |
| 2 | Mandeville (5A) | 97 |
| 3 | MENARD (2A) | 100 |
| 4 | St Thomas Aq (2A) | 179 |
| 5 | Parkway (4A) | 195 |
| 6 | St Th More (5A) | 232 |
| 7 | Mt Carmel (5A) | 249 |
| 8 | Barbo (5A) | 256 |
| 9 | McGehee (2A) | 261 |
| # | John Curtis (2A) | 287 |

CATHOLIC (Continued)

JH Girls (239 runners)

| Place | Team | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr | |
|-------|----------|----------|--------|--------|--------|---------|-------------|
| 24 | Romero | Gabi | 6.43 | 7.21 | 14.04 | +3 | |
| 25 | Rabie | Alyssa | 6.53 | 7.13 | 14.06 | PR! | -18.1 15.49 |
| 34 | Standley | Anno | 6.52 | 7.26 | 14.18 | PR! | -13.1 15.01 |
| 39 | Michiels | Faith | 6.39 | 7.43 | 14.22 | +14 | |
| 107 | Vaughn | Victoria | 7.32 | 7.38 | 16.10 | +14 | |
| 160 | Sampey | Peyton | 8.07 | 9.21 | 17.28 | +64 | |
| 220 | Juneau | Emille | 9.05 | 11.14 | 20.19 | +85 | |

JH Boys (296 runners)

| Place | Team | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr | |
|-------|-----------|----------|--------|--------|--------|---------|-------|
| 108 | Benton | Seth | 6.17 | 7.12 | 13.29 | +18 | |
| 125 | Coreil | Brandon | 6.24 | 7.20 | 13.44 | +23 | |
| 124 | Scalfano | Jonathan | 6.36 | 7.08 | 13.44 | +5 | |
| 130 | Carbo | Will | 6.29 | 7.25 | 13.54 | +42 | 15.40 |
| 141 | Hopewell | Jude | 6.39 | 7.24 | 14.03 | +45 | |
| 145 | Brown | Trey | 6.47 | 7.23 | 14.10 | +42 | |
| 150 | Rogers | Austin | 6.12 | 8.17 | 14.29 | +79 | 15.30 |
| 190 | Lanaux | Michael | 7.03 | 8.05 | 15.08 | +10 | |
| 206 | Guillory | Matt | 7.27 | 8.09 | 15.36 | +11 | |
| 214 | Fairbanks | Zach | 7.18 | 8.31 | 15.49 | PR! | -10.1 |
| 247 | Peterman | Gabe | 8.02 | 9.34 | 17.36 | +139 | 16.16 |

Open Race (2 miles)

| Place | Team | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr | |
|-------|---------------|---------|--------|--------|--------|---------|-----------|
| | Long | Abigail | 7.51 | 8.08 | 15.59 | +6 | |
| | Rabalais | Carson | 9.21 | 11.28 | 20.49 | +417 | |
| | Benoit | Katelyn | 11.45 | 12.40 | 24.25 | +343 | 22.11 |
| | Jeansonne | Britney | 8.46 | DNF | | | |
| | Suptaveepipat | Forty | DNF | | | | |
| | Guo | Peter | 7.10 | 10.47 | 17.57 | PR! | -6.1 |
| | Stehr | Luke | 8.51 | 9.19 | 18.10 | PR! | -16.1 !!! |

Open Race (3 miles)

| | | | | | | | | |
|--|-----------|--------|------|------|------|-------|------|-------|
| | Robichaux | Regan | 7.00 | 7.39 | 7.39 | 22.18 | +13 | 14.40 |
| | Dunn | Noelle | 7.00 | 7.40 | 7.42 | 22.22 | +15 | |
| | Mathews | Jackie | 7.17 | 8.33 | 8.51 | 24.41 | +146 | |
| | Odum | Victor | 6.32 | 7.24 | DNF | | | |

CATHOLIC (Continued)

Records set at CATHOLIC

Grade Records
 Katharine Vaughn #14 All time; #5 7th grade Grace Ahrens #2 9th grade
 Merrick Bowman #8 10th grade

At Highland Park Course

Grace Ahrens #3 All time; #2 9th grade Katharine Vaughn #4 7th grade
 Merrick Bowman #4 10th grade Kent Milton #2 8th grade

At Catholic High Meet

Grace Ahrens #3 All time; #2 9th grade Katharine Vaughn #4 7th grade
 Merrick Bowman #3 10th grade Kent Milton #2 8th grade

MENARD INVITATIONAL

Our big race is this SATURDAY, October 18!!! We will need all of us who can possibly be there to pitch in. Please look over the volunteer list in this newsletter. **IF YOU CAN NOT BE THERE FOR OUR RACE PLEASE EMAIL ME RIGHT AWAY.** Our race is one of the most popular races in the state and we usually host well over 50 schools. One of the reasons coaches like our race is its organization and its personality - which has a lot to do with all of us doing our job that day. **For this race, the work comes before watching your runner!** If your name is not on the list - stay tuned and show up prepared to work anyway (always some no shows)! As parents indicate they cannot be there, this list will change. And like any major event, there is ALWAYS a need for additional help!

Coach will be setting up the course on Friday, October 17 - any help will be GREATLY appreciated! Coach will be at Buhlow by 8 AM.

Race Day: All parents and runners be at the Buhlow headquarters shelter no later than 8 AM. Job details must be handled quickly as the races start at 9 AM. Here's our line up:

- 9:00 AM Small School Girls Ahrens, Bowman, Dunn, Jimenez, Long x 2, Mathews, Michiels, Rabie, Robichaux x 3, Romero, Standley, Vaughn x 2, Voltz
- 9:40 AM Small School Boys Benton, Brown, Carbo, Coreil, Dufrene, Fairbanks, M Guillory, Hopewell, Lanaux, Luke, McMickens, Milton, Odum, Robichaux, Rogers x 2, Scalfano, Schneider
- 10:10 AM JV Race Armstrong, Benoit, Erickson, B Jeansonne, C Jeansonne, Juneau, Rabalais, Sampey, Smith, Suptaveepipat, Vaughan, B Guillory, Guo, McConville, Peterman, Stehr

\$100 PARTICIPATION FEE

We're all way too busy. The very successful Box Lunch Fund Raiser is no more. To offset that upwards of \$6000 project, we have resorted to a participation fee of \$100 per athlete (\$50 per additional runner within a family). The quality of our program, which is respected literally by every coach in the state, depends on adequate funding. Please get your payment to Coach as soon as possible. Checks should be made out to Menard Cross Country.

MENARD CAMP OF CHAMPIONS #3

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park has been paid by Coach, a total of \$2492. **This money has come out of Coach's not-so-deep pockets.** Twenty-five down payments will cover these reservation costs. Down payments so far equal 19. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach.

WHAT HAPPENS TO YOUR BODY THE HOUR AFTER DRINKING A COKE?

10 MINUTES - 10 teaspoons of SUGAR hit your system. This is 100 percent of your recommended daily intake, and the only reason you don't VOMIT as a result of the overwhelming sweetness is because phosphoric acid cuts the flavor.

20 MINUTES - Your blood sugar spikes, and your liver responds to the resulting insulin burst by burning massive amounts of sugar into FAT.

40 MINUTES - Caffeine absorption is complete; your pupils dilate, your blood pressure RISES, and your liver dumps MORE sugar into your bloodstream.

45 MINUTES - Your body increases dopamine production, which stimulates the pleasure centers of your brain - a physically identical response to that of HEROIN by the way.

60 MINUTES - You'll start to have a sugar crash.

ONE SODA PER DAY INCREASES YOUR RISK OF DIABETES BY 85%!

SUGAR IS ACTUALLY MORE ADDICTIVE THAN COCAINE! JUST ONE EXTRA CAN OF SODA PER DAY CAN ADD AS MUCH AS 15 POUNDS TO YOUR WEIGHT OVER THE COURSE OF A SINGLE YEAR!

IF YOU ARE STILL DRINKING SODA, STOPPING THE HABIT IS AN EASY WAY TO IMPROVE YOUR HEALTH. WATER IS A MUCH BETTER CHOICE, OR IF YOU MUST DRINK A CARBONATED BEVERAGE, TRY SPARKLING MINERAL WATER WITH A SQUIRT OF LIME OR LEMON JUICE.

Girls win by 55; Guys get 5th!

We host nearly 50 schools for another very well done Menard Invitational. The girls place 7 in the top 10 to run away with their division (if the girls run in the large school race they win by 6!). The guys run close to their team season best. Check out the Open race results. Can you find a few interesting names? Congrats to all the t-shirts, medals, PR's, and SPR's (and TSPR's).

MENARD

Varsity Girls (63 Runners) Team Time 102:40 Gap time 2:10

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr | | |
|-------|-------------------|--------|--------|--------|--------|---------|---------|-------|-------|
| 2 | Robichaux Mallory | 6:11 | 6:46 | 6:33 | 19:30 | t=medal | +73 | 18:46 | |
| 3 | Vaughn Claire | 6:23 | 6:45 | 6:30 | 19:38 | t=medal | +44 | | |
| 4 | Ahrens Grace | 6:39 | 7:22 | 6:46 | 20:47 | t=medal | +92 | 20:03 | |
| 5 | Bowman Merrik | 6:50 | 7:12 | 7:03 | 21:05 | t=medal | +86 | 20:21 | |
| 7 | Rabie Alyssa | 7:20 | 7:30 | 6:50 | 21:40 | t=medal | PR! | -23 I | 24:58 |
| 8 | Romero Gabi | 6:58 | 7:28 | 7:18 | 21:44 | t=medal | PR! | -61 H | |
| 9 | Vaughn Katharine | 6:59 | 7:41 | 7:06 | 21:46 | t=medal | | +41 | |
| 11 | Robichaux Kelley | 7:01 | 7:39 | 7:20 | 22:00 | t-shirt | +162 | | |
| 12 | Michiels Faith | 7:09 | 7:37 | 7:24 | 22:10 | t-shirt | +15 | | |
| 13 | Long Avery | 7:08 | 7:37 | 7:25 | 22:10 | t-shirt | +91 | 22:03 | |
| 14 | Dunn Noelle | 7:10 | 7:36 | 7:30 | 22:16 | t-shirt | +9 | | |
| 15 | Robichaux Regan | 7:10 | 7:36 | 7:39 | 22:45 | t-shirt | +40 | 24:03 | |
| 21 | Voltz Martha | 7:41 | 8:40 | 7:49 | 24:10 | t-shirt | +133 | 22:12 | |
| 22 | Mattews Jackie | 7:41 | 8:24 | 8:06 | 24:11 | t-shirt | +116 | | |
| 24 | Stodley Anna | 7:41 | 8:37 | 8:02 | 24:20 | t-shirt | +114 | 24:25 | |
| 27 | Long Abigail | 7:58 | 8:37 | 8:10 | 24:45 | t-shirt | +8 | | |
| 30 | Jimenez Lynette | 7:52 | 8:53 | 8:41 | 25:26 | t-shirt | +48 | | |

Varsity Boys (87 Runners) Team Time 95:56 Gap time 2:09

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr | |
|-------|-------------------|--------|--------|--------|--------|---------|----------|-------|
| 17 | Robichaux Cole | 5:44 | 6:33 | 6:16 | 18:33 | t-shirt | +48 | 17:45 |
| 22 | Milton Kent | 5:45 | 6:36 | 6:21 | 18:42 | t-shirt | +43 | 20:06 |
| 23 | Schneider Bradley | 5:50 | 6:45 | 6:08 | 18:43 | t-shirt | +44 | 19:23 |
| 32 | McMickens Quint | 6:08 | 6:38 | 6:30 | 19:16 | t-shirt | +63 | 19:04 |
| 53 | Rogers Taylor | 6:25 | 7:21 | 6:56 | 20:42 | | +31 | 21:19 |
| 57 | Odum Victor | 6:47 | 7:22 | 6:47 | 20:56 | PR! | -213 III | |
| 60 | Dufrene Nick | 6:47 | 7:22 | 6:51 | 21:00 | | +70 | 22:51 |
| 66 | Hopewell Jude | 6:58 | 7:22 | 7:03 | 21:23 | | +43 | |
| 71 | Scalfano Jonathan | 7:13 | 7:32 | 6:53 | 21:38 | | +31 | |
| 73 | Luke Ascher | 6:44 | 7:42 | 7:24 | 21:50 | | +140 | |
| 75 | Corell Brandon | 6:58 | 7:45 | 7:22 | 22:05 | PR! | -91 | |
| 76 | Benton Seth | 6:58 | 7:43 | 7:40 | 22:21 | | +85 | |
| 77 | Carbo Will | 6:54 | 7:56 | 7:38 | 22:28 | | +86 | 15:50 |
| 81 | Brown Trey | 7:18 | 8:34 | 8:00 | 23:52 | | +161 | 15:13 |
| 84 | Guillory Matt | 7:32 | 8:45 | 7:53 | 24:10 | PR! | -191 | 17:28 |
| 86 | Lanaux Michael | 7:26 | 9:15 | 8:33 | 25:14 | | +100 | |
| 87 | Fairbanks Zach | 7:43 | 9:01 | 8:34 | 25:18 | PR! | | |

MENARD (Continued)

Open Race (Girls: 99 runners; Boys: 100 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | t-shirt | PR +/- | Last Yr |
|-------|----------------------|--------|--------|--------|---------|----------|---------|
| 1 | Lemaire Madeline | | | 14:15 | | | |
| 15 | Vaughan Victoria | 8:02 | 8:20 | 16:22 | | +26 | |
| 54 | Jeansonne Christiana | 9:23 | 9:26 | 18:49 | | +196 | 24:25 |
| 62 | Sampey Peyton | 9:18 | 10:15 | 19:33 | | +189 | |
| 67 | Juneau Emilia | 9:58 | 9:48 | 19:46 | | +52 | |
| 68 | Rabalala Carson | 10:01 | 9:53 | 19:54 | SPR! | +362 | 26:53 |
| 74 | Jeansonne Britney | 9:41 | 10:41 | 20:22 | | +137 | 31:05 |
| 83 | Suptaveeppit Forty | 10:52 | 11:10 | 22:02 | | +123 | |
| 91 | Benoit Katelyn | 11:56 | 11:44 | 23:40 | | +298 | |
| 98 | Armstrong Shamyrn | 12:50 | 14:11 | 27:01 | | +450 | |
| 8 | Lemaire David | | | 12:50 | t-shirt | | 25:41 |
| | Reynolds Fr Taylor | | | 15:08 | | | |
| 68 | Peterman Gabe | 8:04 | 8:08 | 16:12 | | +55 | |
| 93 | Stehr Luke | 9:23 | 9:23 | 18:46 | | +36 | |
| 96 | McCoville Carstens | 9:57 | 10:11 | 20:08 | PR! | -106 III | |
| | Guo Peter | 8:03 | DNF | | | | |

Records set at MENARD INVITATIONAL

| Grade Records | Name | Time | Grade |
|-----------------------------|--|-------------------|---|
| Gabi Romero | #37 All time; #8 7 th grade | Alyssa Rabie | #24 All time; #11 9 th grade |
| At Buhlow Course | | | |
| Claire Vaughn | #3 All time; #1 7 th grade | Grace Ahrens | #4 9 th grade |
| Merrik Bowman | #5 10 th grade | Mallory Robichaux | #1 12 th grade |
| At Menard Invitational Meet | | | |
| Claire Vaughn | #2 All time; #1 7 th grade | Gabi Romero | #4 7 th grade |
| Katharine Vaughn | #5 7 th grade | Grace Ahrens | #4 9 th grade |
| Alyssa Rabie | #5 9 th grade | Merrik Bowman | #3 10 th grade |
| Mallory Robichaux | #1 12 th grade | Kent Milton | #2 8 th grade |

THANKS!

Putting on a very large CC meet is a huge undertaking that requires lots of people pitching in when and where asked, and in some cases just pitching in! Thank all of you who had a part in making this year's Menard Invitational great! ALL coaches say it's the best meet they come to every year.

JOHN MILLER INVITATIONAL (Wednesday, October 22nd)

This race is essentially our Monday Buhlow workout - on Wednesday!

We'll leave school on the bus after 6th Period. The bus will not be available for the return trip.

| | | |
|----------------|-------------|------------------------|
| JV Girls | 3:00 PM | 2 miles |
| JV Boys | 3:30 PM | 2 miles |
| Girls Varsity | 4:00 PM | 3 miles (limited to 7) |
| Boys Varsity | 4:30 PM | 3 miles (limited to 7) |
| Awards | 5:00 PM | |
| Back at school | 5:45 PM ish | |

Varsity Girls: Ahrens, Bowman, Long, Robichaux M, Robichaux K, Vaughn C, Vaughn K

Varsity Boys: Dufrene, Luke, McMickens, Milton, Robichaux, Rogers T, Schneider

JV Boys: Rest of guys

JV Girls: Rest of girls

NSU PRE-STATE INVITATIONAL (Saturday, October 25th)

This race is on the NSU campus in Natchitoches and will be our first look at the state meet course. Because it finishes on the NSU track, only 1/2 inch spikes are allowed - plan ahead. It's a simple day: girls race and boys race. Both races are 3 miles. Runners will all ride the bus.

Only quarter-inch spikes are permitted

| | |
|---|-------------|
| Meet at Menard (in student parking lot) | 8:30 AM |
| Leave on bus for NSU | 8:45 AM |
| Girls Race | 11:00 AM |
| Boys Race | 11:45 AM |
| Awards | 12:15 PM |
| Leave for Menard | 12:30 PM |
| Back at Menard | 1:45 PM ish |

Girls: Jimenez, Juneau, Long, Michiels, Romero, Sampey, Vaughn, Vaughn, Vaughn

Boys: Benton, Brown, Carbo, Corell, Dufrene, Fairbanks, Guillory M, Hopewell, Lanaux, Luke, Milton, Odum, Peterman, Robichaux, Rogers T, Scalfano

\$100 PARTICIPATION FEE

We're all way too busy. The very successful Box Lunch Fund Raiser is no more. To offset that upwards of \$6000 project, we have resorted to a participation fee of \$100 per athlete (\$50 per additional runner within a family). The quality of our program, which is respected literally by every coach in the state, depends on adequate funding. Please get your payment to Coach as soon as possible. Checks should be made out to Menard Cross Country.

MENARD CAMP OF CHAMPIONS III

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Cibola State Park has been paid by Coach, a total of \$2492. This money has come out of Coach's not-so-deep pockets. Twenty-five down payments will cover these reservation costs. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach.

MERC UPDATE!

Last day for MERC miles is end-of-race Natchitoches Central, November 8th!

Mileage MERC's to date: Claire, Nick, Kent
 Performance MERC's to date: Grace (Episcopal, Menard), Merrik (Menard), Alyssa (Menard), Mallory R (Menard), Gabi (Menard), Claire (Episcopal, Menard), and Katharine (Menard)

Stay tuned, there's more to come!

**Girls get a big win at John Miller!
 Guys get 8th!
 JV Girls Place 5 in the top 10 in 189 runner race!**

OAK HILL

John Miller is turning into a serious race! Big time outside Cenla CC schools Boston, STM, Barbo are here. But the girls prevail, avenging a loss to STM earlier with a 3 point victory this time. In the mostly large school boys race, the guys get a creditable 8th. JV girls place 5 in the top 10 and 8 in the top 20 to impress a lot of coaches. Congrats to the 15 (!) t-shirt winners and 4 medal winners and the 12 PR and SPR runners. Here's the results:

Varsity Girls (151 Runners) Team Time 101.20 Gap time 2.05

| Place | | | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-----------|-----------|--------|--------|--------|--------|----------|-----------|
| 2 | Vaughn | Claire | 6:12 | 6:42 | 6:26 | 19:20 | t+ medal | +26 |
| 3 | Ahrens | Grace | 6:21 | 6:51 | 6:28 | 19:40 | t+ medal | +25 19.35 |
| 4 | Robichaux | Mallory | 6:14 | 7:00 | 6:46 | 20:00 | t-shirt | +103 |
| 9 | Bowman | Merrik | 6:40 | 7:22 | 6:53 | 20:55 | SPRI | +76 20.10 |
| 14 | Long | Avery | 7:15 | 7:30 | 6:40 | 21:25 | SPRI | +46 21.32 |
| 15 | Vaughn | Katharine | 7:17 | 7:28 | 6:41 | 21:26 | t-shirt | +21 |
| | Robichaux | Kelley | | DNF | | | | |

Varsity Boys (189 Runners) Team Time 94.54 Gap time 1.57

| Place | | | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|-----------|---------|--------|--------|--------|--------|--------|-------------|
| 19 | Robichaux | Cole | 5:40 | 6:14 | 5:56 | 17:50 | SPRI | +5 |
| 39 | Schneider | Bradley | 5:40 | 6:38 | 6:31 | 18:49 | | +50 |
| 48 | Milton | Kent | 6:09 | 6:28 | 6:31 | 19:08 | | +50 19.57 |
| 52 | McMichens | Quint | 6:16 | 6:47 | 6:17 | 19:20 | | +50 |
| 66 | Rogers | Taylor | 6:22 | 6:56 | 6:29 | 19:47 | PR | -24.1 20.49 |
| 72 | DuBeno | Nick | 6:26 | 6:38 | 6:39 | 20:03 | | +50 21.44 |
| 103 | Luke | Ascher | 6:45 | 7:28 | 6:46 | 20:59 | | +50 |

Team Standings

| Boys Varsity (17 Teams) | | | Girls Varsity (16 Teams) | | |
|-------------------------|---------------------|-----|--------------------------|-------------------|------------------|
| 1 | Loesville (4A) | 73 | 6 | Buckeye (3A) | 32 |
| 2 | Ploverville (5A) | 74 | 7 | Barbo (5A) | 35 |
| 3 | Benton (4A) | 88 | 8 | MENARD (2A) | 124 |
| 4 | St Th More (5A) | 99 | 9 | Johnson Bayou (C) | 165 |
| 5 | Grace Christian (B) | 132 | 10 | Avoyelles Chart | 10 |
| | | | | 6 | Benton (4A) |
| | | | | 7 | Lucasville (B) |
| | | | | 8 | Buckeyes (3A) |
| | | | | 9 | Loesville (4A) |
| | | | | 10 | Sam Houston (5A) |

OAK HILL (Continued)

Boys JV Race (218 runners)

| Place | | | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|------------|----------|--------|--------|--------|--------|-----------|
| 31 | Scalfano | Jonathan | 6:55 | 6:20 | 13:15 | PR | -24.1 |
| 32 | Boston | Seth | 6:52 | 6:31 | 13:23 | | +12 |
| 46 | Hopewell | Jude | 6:56 | 6:46 | 13:42 | | +24 |
| 55 | Corral | Brandon | 7:10 | 6:46 | 13:56 | | +35 |
| 59 | Carbo | Will | 6:54 | 7:05 | 13:59 | | +47 |
| 67 | Brown | Trey | 7:12 | 6:59 | 14:11 | | +43 15.46 |
| 97 | Lasaux | Michael | 7:50 | 7:04 | 14:54 | PR | -4.1 |
| 102 | Fairbanks | Zach | 7:50 | 7:08 | 14:58 | PR | -5.1 |
| 109 | Odum | Victor | 6:48 | 8:19 | 15:07 | | +99 |
| 147 | Peterman | Gabe | 8:11 | 8:18 | 16:29 | | +72 26.08 |
| 155 | Guilbory | Matt | 8:42 | 8:08 | 16:50 | | +85 18.44 |
| 200 | Stehr | Luke | 9:37 | 9:15 | 18:52 | | +42 |
| 216 | McConville | Carstens | 10:13 | 11:43 | 21:57 | | +109 |

Girls JV Race (198 runners)

| Place | | | Mile 1 | Mile 2 | Finish | PR +/- | Last Yr |
|-------|-----------|-----------|--------|--------|--------|--------|---------------------|
| 1 | Rabin | Alyssa | 6:55 | 6:37 | 13:32 | PR | -34.1 15.41 |
| 2 | Robichaux | Regan | 6:56 | 6:42 | 13:38 | PR | t-shirt -47.1 22.49 |
| 4 | Romero | Gabi | 6:50 | 6:57 | 13:47 | PR | t-shirt -14.1 |
| 7 | Dunn | Noelle | 6:57 | 7:10 | 14:07 | PR | t-shirt -2.1 |
| 8 | Michiels | Faith | 6:56 | 7:16 | 14:12 | | t-shirt +3.1 |
| 16 | Mathews | Jackie | 7:27 | 7:22 | 14:49 | | t-shirt +3.1 25.27 |
| 17 | Standley | Anne | 7:24 | 7:25 | 14:49 | | t-shirt +4.0 DNF |
| 19 | Volz | Martha | 7:25 | 7:25 | 14:50 | SPRI | t-shirt +4.0 |
| 31 | Jimenez | Lynette | 8:07 | 7:40 | 15:47 | PR | -3.1 |
| 33 | Long | Abigail | 8:08 | 7:46 | 15:54 | | +1 |
| 37 | Vaughn | Victoria | 8:08 | 7:59 | 16:07 | | +11 |
| 56 | Sampay | Peyton | 8:28 | 8:23 | 16:51 | | +27 |
| 64 | Jeanonne | Christian | 8:38 | 8:22 | 17:00 | SPRI | +7 15.56 |
| 151 | Jeanonne | Britney | 9:43 | 10:37 | 20:20 | | +135 18.24 |
| 182 | McCain | Grace | 12:21 | 11:53 | 24:14 | PR | -26.1 |
| 195 | Armstrong | Sharyra | 14:17 | 11:31 | 25:48 | | +377 |
| 196 | Smith | Payton | 13:48 | 12:00 | 25:48 | FR | |

Records set at JOHN MILLER

| Grade Records | | | |
|------------------|---------------------------------------|------------------|---------------------------|
| Avery Long | #8 9 th grade | Merrik Bowman | #6 10 th grade |
| At Buhlow Course | | | |
| Claire Vaughn | #2 All time; #1 7 th grade | Katharine Vaughn | #4 7 th grade |
| Grace Ahrens | #2 9 th grade | Merrik Bowman | #1 10 th grade |

**Amazing 7th Grade Girls Get 4th at NSU!
 Undermanned Guys get 12th of 20**

The girls take 4th in big NSU meet! The girls place 4 in the top 30 and get 2 PR's to give notice that Menard will be around for a long time! The guys get FIVE PR's to complete a great day! Congrats to the 7 PR runners and Claire who get a t-shirt! Here's the results:

NSU Invitational

Varsity Girls (148 Runners) Team Time 101.20 Gap time 2.05

| Place | | | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | |
|-------|----------|-----------|--------|--------|--------|--------|-------------|-------|
| 8 | Vaughn | Claire | 6:15 | 6:50 | 6:57 | 20:02 | t-shirt +68 | |
| 26 | Romero | Gabi | 6:55 | 7:13 | 7:16 | 21:24 | PR | -20.1 |
| 38 | Vaughn | Katharine | 7:07 | 7:13 | 7:08 | 21:27 | | +22 |
| 29 | Michiels | Faith | 7:07 | 7:13 | 7:07 | 21:27 | PR | -28.1 |
| 86 | Long | Abigail | 8:08 | 8:42 | 8:23 | 25:13 | | +36 |
| 96 | Vaughn | Victoria | 8:07 | 8:43 | 8:50 | 25:40 | | +15 |
| 146 | Sampay | Peyton | 9:23 | 10:30 | 11:37 | 31:30 | | +23.0 |

Varsity Boys (193 Runners) Team Time 94.54 Gap time 1.57

| Place | | | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | |
|-------|-----------|----------|--------|--------|--------|--------|--------|-----------|
| 59 | Milton | Kent | 6:11 | 6:21 | 6:28 | 19:00 | | +61 |
| 100 | DuBeno | Nick | 6:11 | 6:57 | 7:00 | 20:08 | | +13 |
| 112 | Benton | Seth | 6:31 | 6:55 | 7:01 | 20:27 | PR | -29.1 |
| 117 | Odum | Victor | 6:19 | 7:03 | 7:12 | 20:34 | PR | -22.1 |
| 120 | Luke | Ascher | 6:42 | 7:02 | 7:02 | 20:46 | | +76 |
| 122 | Carbo | Will | 6:41 | 7:07 | 7:05 | 20:53 | PR | -11.1 |
| 126 | Corral | Brandon | 6:42 | 7:08 | 7:25 | 21:15 | PR | -50.1 |
| 147 | Scalfano | Jonathan | 6:43 | 7:33 | 8:08 | 22:24 | | +77 |
| 154 | Hopewell | Jude | 6:45 | 8:10 | 7:59 | 22:54 | | +134 |
| 156 | Fairbanks | Zach | 7:38 | 7:44 | 7:39 | 23:01 | PR | -137.1 11 |
| 188 | Peterman | Gabe | 8:17 | 9:25 | 9:20 | 27:02 | | +150 |

Team Standings

| Boys Varsity (20 Teams) | | Girls Varsity (15 Teams) | |
|-------------------------|-------------------|--------------------------|------------------|
| 1 | Parkway (5A) | 1 | St Joseph (5A) |
| 2 | Loesville (4A) | 2 | Parkway (5A) |
| 3 | St Michael (4A) | 3 | Barbo (5A) |
| 4 | St Thomas Aq (2A) | 4 | MENARD (2A) |
| 5 | W Ouchita (4A) | 5 | St Louis (3A) |
| 6 | Cedar Creek (1A) | 6 | St Michael (4A) |
| 7 | Barbo (5A) | 7 | Cedar Creek (1A) |
| 8 | Crestor (B) | 8 | Loyola (2A) |
| 9 | Loyola (2A) | 9 | Loesville (4A) |
| 12 | MENARD (2A) | 10 | Anacoco (2A) |

Records set at NSU INVITATIONAL

Grade Records

| | | | |
|----------------|--|-------------|--|
| Seth Benton | #19 7 th grade | Gabi Romero | #17 All time; #7 7 th grade |
| Faith Michiels | #18 All time; #8 7 th grade | | |

ALNSU Course

| | |
|---------------|---------------------------------------|
| Claire Vaughn | #4 All time; #3 7 th grade |
|---------------|---------------------------------------|

CROSS COUNTRY IN THE CLASSROOM

Every year our runners can pride themselves in more than one area of their lives. One of the areas is the classroom. This year's no exception. The first 9 weeks grading period is over and the grades are in. Here's where we stand. And stand tall we do! This is - proud to say - a typical year. We have 23 straight A and another 20 A/B honor roll students out of 58 runners!!! Collectively, we have 292 A's, 74 B's, 31 C's, 5 D's and 4 F's. That's a 3.59 team average! In the GPA race, the 10th graders, with all A's and B's, are tops with a 3.82, with the seniors second with a 3.69. The girls get the boys 3.65 to 3.49. Great job, runners - keep it up!!!

| | | | |
|--|------|----------------------------|------|
| Overall Cross Country Boys & Girls GPA | 3.59 | 1 - 10 th grade | 3.82 |
| Overall Cross Country Girls GPA | 3.65 | 2 - 12 th grade | 3.69 |
| Overall Cross Country Boys GPA | 3.49 | 3 - 8 th grade | 3.57 |
| | | 4 - 7 th grade | 3.54 |
| Overall Cross Country JH GPA | 3.55 | 5 - 9 th grade | 3.44 |
| Overall Cross Country HS GPA | 3.61 | 6 - 11 th grade | 3.39 |

"A" HONOR ROLL (23)

Katelyn Benoit, Will Carbo, Kathryn Chatman, Sarah Chatman, Noelle Dunn, Miranda Hawthorne, Victoria Hirschak, Jude Hopewell, Emille Juneau, Abby Long, Grace McCain, Quint McMickens, Kent Milton, Maddie Mitchell, Gabe Peterman, Alyssa Rabie, Kelley Robichaux, Mallory Robichaux, Regan Robichaux, Peyton Sampey, Victoria Vaughan, Claire Vaughn, and Katharine Vaughn

"A/B" HONOR ROLL (20)

Grace Ahrens, Merrick Bowman, Trey Brown, Brandon Coreil, Nick Dufrene, Cameron Erickson, Zach Fairbanks, Peter Guo, Christien Jeansonne, Lynette Jimenez, Avery Long, Jackie Mathews, Faith Michiels, Victor Odom, Jon Scalfano, Bradley Schneider, Anne Standley, Luke Stehr, Forty Suptaveepipat, and Martha Voltz

CONTACT COACH????

Contact Coach Smith ANYTIME you need to!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wcmenard@suddenlink.net anytime!

\$100 PARTICIPATION FEE

We're all way too busy. The very successful Box Lunch Fund Raiser is no more. To offset that upwards of \$6000 project, we have resorted to a participation fee of \$100 per athlete (\$50 per additional runner within a family). The quality of our program, which is respected literally by every coach in the state, depends on adequate funding. Please get your payment to Coach as soon as possible. Checks should be made out to Menard Cross Country.

Those paid so far: Benoit, Dunn, Erickson, Long, Mathews, McCain, Rabie, Romero, Sampey, Vaughn, Voltz, Benton, Brown, Carbo, Coreil, Fairbanks, Hopewell, Lanoux, Luke, McMickens, Milton, Peterman, Scalfano.

MERC UPDATE!

Last day for MERC miles is end-of-race Natchitoches Central, November 8th! So far we have 5 mileage MERC's and 7 performance MERC's!

Mileage MERC's to date: Faith, Claire, Katharine, Nick, Kent

Performance MERC's to date: Grace (Episcopal, Menard)
 Merrick (Menard)
 Alyssa (Menard)
 Mallory R (Menard)
 Gabi (Menard)
 Claire (Episcopal, Menard)
 Katharine (Menard)

Stay tuned, there's more to come!

FROM NOW TO THE END

Don't miss out on the most exciting part of the season! BE THERE! Here's the details (which may get tweaked as we get closer to the end!):

PARISH CHAMPIONSHIPS (Tuesday, October 28th)

YEARBOOK PICTURES BEFORE WE LEAVE

This is an out-of-uniform day for cross country - jeans and current team shirt mandatory for yearbook pictures.

We'll leave school on the bus after 6th Period. The bus will NOT bring runners back to school.

| | | |
|-----------------|---------|-----------------|
| JV Boys & Girls | 3:30 PM | 2 miles |
| Girls Varsity | 4:00 PM | 3 miles (7 max) |
| Boys Varsity | 4:45 PM | 3 miles (7 max) |
| Awards | 5:30 PM | |

JV 2 miles: All the rest!

Varsity Girls: Ahrens, Bowman, Long, Michiels, M Robichaux, Vaughn, Vaughn

Varsity Boys: Dufrene, Luke, McMickens, Milton, Robichaux, T Rogers, Schneider

Injured: Chatman, Erickson, Hawthorne, Rabalais, K Robichaux

ST THOMAS MORE INVITATIONAL (Saturday, November 1)

Repeat of the first STM meet except MUCH larger! We'll all be on the bus including pickup at Burger King. Coach is requesting (not insisting) that all runners also return from the race on the bus. Here's the schedule:

| | |
|---------|---|
| 5:30 AM | Meet at Menard in the student parking lot. (BE PROMPT!) |
| 5:45 AM | Bus pulls out - <u>no bus no run!</u> |
| 6:00 AM | Pick up at Forest Hill Burger King |
| 8:15 AM | Girls & Boys JH |
| 9:00 AM | Girls Varsity |
| 9:45 AM | Boys Varsity |
| | Awards |
| | Back at Menard around 1:00 PM |

Varsity Girls: Ahrens, Bowman, Dunn, Jeansonne x 2, Jimenez, Long x2, Mathews, Michiels, Rabie, Robichaux x 3, Romero, Standley, Vaughan, Vaughn x 2, Voltz

Varsity Boys: Benton, Brown, Carbo, Coreil, Dufrene, Fairbanks, M Guillory, Guo, Hopewell, Lanoux, Luke, McMickens, Milton, Odom, Peterman, Robichaux, Rogers x 2, Scalfano, Schneider

Girls & Boys JV: Armstrong, Benoit, Harrison, Juneau, McCain, Sampey, Smith
 B Guillory, McConville, Stehr

SPAGHETTI SUPPER (Monday, November 3rd)

In the late 80's and early 90's, the district championships in CC were sometimes fierce competitions. We weren't thinking about state championships back then, but we did want to beat everybody in the district. We started gathering for a spaghetti supper the night before district to get psyched up a little bit for the big race. The first ones were at Coach's, but quickly out grew that location! We still want to get psyched up for district, but it's also a good time to discuss all the activities between now and the end of the season. We're meeting at Brocato's (LA 28 West just past Menard). This is a social gathering for the entire family, so please come join us. The meal is set and the cost is \$7.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER
 Brocato's (LA 28 West just past Menard)
 MONDAY, NOVEMBER 3rd
 6:00 PM \$7.00 PER PERSON

DISTRICT MEET (Tuesday, November 6th)

We'll leave school on the bus after 6th Period. The bus will not be available for the return trip.

| | | | | |
|-----------------|---------|---------|--------|---------|
| JV Boys & Girls | 3:30 PM | 2 miles | | |
| Girls Varsity | 4:00 PM | 3 miles | | |
| Boys Varsity | 4:45 PM | 3 miles | Awards | 5:15 PM |

NATCHITOCHEES CENTRAL INVITATIONAL (Saturday, November 8th)

This meet is on the state meet course and will be the final tune-up for the state meet, and the last race of the season for all but the state meet runners @. This race ends the allowable MERC miles. We will all be on the bus to and from Natchitoches.

| | |
|----------|------------------------------------|
| 7:30 AM | Meet at Menard |
| 7:45 AM | Bus leaves for NSU |
| 10:00 AM | Girls JV (2 miles) |
| 10:30 AM | Boys JV (2 miles) |
| 11:00 AM | Girls Varsity Race (7 runners max) |
| 11:30 AM | Boys Varsity Race (7 runners max) |
| Noon | Awards |
| 2:00 PM | Back at Menard |

NSU PRACTICE (State Meet Runners Only) Tuesday, November 11th

Veterans Day - no school! Meet at 9 AM at Menard. We'll take the bus to Natchitoches, run and discuss the course and the state meet; eat (Lasyone's); and return. Back around 2 PM. Runners only - no parents this time.

FRIDAY NIGHT PRAYER MEETING Friday, November 14th

STATE TEAM MEETINGS (November 16th and 17th)
 State runners will be announced after the Natchitoches meet. Only the state meet runners (runners only, no parents) meet at Coach's house for dinner and race details just before the state meet.

Guys Saturday, November 15th 5:00 PM
 Girls Sunday, November 16th 4:00 PM

STATE MEET (Monday, November 17th)
 Only a maximum of seven designated boys and girls are allowed to run in this meet. Our tradition is for the entire team and as many parents who can make it come and support our state runners. All runners are excused from school this day. Here's our schedule (for all runners and all parents!):

7:50 AM Meet at St Rita's for Mass. **All runners to be in jeans and team t-shirts.**

Hang out at Coach's house after Mass (sausage and biscuits available or bring your own stuff)

11:00 AM Leave for NSU
 12:15 PM Arrive at NSU
 12:45 PM Boys team walk/jog course - begin warm-up routine
 12:45 PM Scratch Meeting (Coach only)
 1:45 PM 2A Boys Race
 2:15 PM Girls team walk/jog course - begin warm-up routine
 3:15 PM 2A Girls Race

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

We will caravan to the state meet - no bus. Non-runners must be sure to find rides if parents are not making the trip.

21st ANNUAL CROSS COUNTRY BANQUET (Thursday, November 20th)

This is an out-of-uniform day for cross country - jeans and current team shirt only option.

The annual Cross Country Banquet is for all runners and their families and friends. It is a very special end to the season. Lots of our parents put a lot of time into making this a special occasion. Please try to be there, and bring your favorite dish ("banquet" in this case means pot luck!) There are a number of awards to be given, and the cafeteria will look better than you've ever seen it! Please don't miss this special season wrap up if at all possible. If you're interested in helping out with banquet stuff, contact Coach.

The dress for the night is nice-casual (dress, skirts, nice slacks for the girls and slacks and nice shirts for the boys - no ties. No jeans, shorts, t-shirts, running shoes.

Thursday, November 20th, 6:00 PM, Menard cafeteria

Short-handed Girls 2nd!
Guys Run Fastest Team Time in 4 years!

St Thomas Meet
 The girls compete without Claire and Grace but hold up well, getting second place. The guys run their best team time in a long time to get fourth. Congrats to the 19 (!) PR and SPR runners. Here's the results:

Varsity Girls (104 Runners) Team Time 103.17 Gap time 1.45

| Place | Name | Mallory | Mile | | | Finish | PR +/- | Last Yr | |
|-------|-------------------|---------|-------|-------|-------|---------|---------|---------|-------|
| | | | 1 | 2 | 3 | | | | |
| 5 | Robichaux Mallory | 6.09 | 6.38 | 6.42 | 19.29 | t-shirt | +72 | 18.38 | |
| 12 | Bowman Merrik | 6.41 | 6.54 | 6.59 | 20.34 | SPRU | t-shirt | +55 | |
| 17 | Romero Gabi | 6.51 | 6.30 | 7.21 | 20.51 | PRI | t-shirt | -33 II | |
| 20 | Long Avery | 7.02 | 6.28 | 7.39 | 21.09 | SPRU | t-shirt | +30 | 20.48 |
| 22 | Vaughn Katharine | 6.66 | 7.12 | 7.07 | 21.14 | | | +10 | |
| 23 | Dunn Noelle | 6.53 | 7.10 | 7.18 | 21.21 | PRI | | -46 II | |
| 26 | Robichaux Regan | 6.56 | 7.10 | 7.24 | 21.30 | PRI | | -36 II | 22.05 |
| 29 | Robichaux Kelley | 6.42 | 7.25 | 7.43 | 21.50 | | | +114 | |
| 31 | Michiels Faith | 7.08 | 7.36 | 7.26 | 22.10 | | | +43 | |
| 32 | Volz Martha | 7.10 | 7.34 | 7.27 | 22.11 | SPRU | | +34 | 22.21 |
| 34 | Ruble Alyssa | 7.13 | 7.31 | 7.41 | 22.25 | | | +46 | DNF |
| 41 | Stanley Azee | 7.30 | 7.46 | 7.44 | 23.00 | | | +34 | 22.26 |
| 47 | Jimenez Lynette | 7.34 | 8.02 | 7.37 | 23.33 | PRI | | -65 III | |
| 61 | Long Abby | 8.05 | 8.28 | 8.05 | 24.38 | | | +1 | |
| 63 | Vaughn Victoria | 8.04 | 8.19 | 8.21 | 24.44 | PRI | | -41 III | |
| 93 | Jamson Christian | 8.01 | 8.21 | 12.16 | 28.38 | | | +329 | 23.44 |
| 102 | Basoff Katelya | 10.19 | 11.01 | 10.52 | 32.12 | | | +191 | 29.01 |

2 mile PR's: Av Long, Romero

Team Standings

Boys Varsity (13 Teams)

| | | |
|----|-------------------|-----|
| 1 | St Th More (5A) | 55 |
| 2 | Baton Rouge (5A) | 113 |
| 3 | Westgate | 120 |
| 4 | MENARD (2A) | 121 |
| 5 | Barbo (5A) | 134 |
| 6 | Boon Cheno (4A) | 140 |
| 7 | Hackberry (C) | 160 |
| 8 | Natch Coast (5A) | 176 |
| 9 | Catholic, NI (2A) | 205 |
| 10 | Lafayette (5A) | 233 |

Girls Varsity (7 Teams)

| | | |
|---|-------------------|-----|
| 1 | St Th More (5A) | 32 |
| 2 | MENARD (2A) | 55 |
| 3 | Barbo (5A) | 72 |
| 4 | Consonex (5A) | 112 |
| 5 | Boon Cheno (4A) | 130 |
| 6 | Lafayette (5A) | 181 |
| 7 | Westminister (2A) | 199 |

St Thomas Meet (Continued)

Varsity Boys (135 Runners) Team Time 91.53 Gap time 2.09

| Place | Name | Mile | | | Finish | PR +/- | Last Yr | |
|-------|-------------------|------|------|------|--------|---------|---------|-------|
| | | 1 | 2 | 3 | | | | |
| 15 | Robichaux Cole | 5.37 | 6.00 | 6.02 | 17.39 | t-shirt | +8 | 18.06 |
| 20 | Milton Kent | 5.49 | 6.05 | 6.10 | 18.05 | t-shirt | +16 | 18.42 |
| 22 | Schneider Bradley | 5.37 | 6.11 | 6.19 | 18.14 | SPRU | +54 | 18.43 |
| 41 | McMickens Quint | 6.07 | 6.24 | 6.36 | 19.07 | | +1 | 20.15 |
| 63 | Rogers Taylor | 6.22 | 6.45 | 6.41 | 19.48 | | -1 | 21.37 |
| 64 | Dufrene Nick | 6.26 | 6.45 | 6.38 | 19.49 | PRI | +31 | |
| 70 | Luka Ascher | 6.22 | 6.51 | 6.48 | 20.01 | | -30 II | |
| 72 | Odum Victor | 6.39 | 6.46 | 6.39 | 20.04 | PRI | -171 | |
| 83 | Hopewell Jude | 6.43 | 6.42 | 6.58 | 20.23 | PRI | -61 | |
| 93 | Scalfo Jonathan | 6.38 | 7.11 | 6.52 | 21.01 | PRI | +12 | 15.21 |
| 95 | Carbo Will | 6.33 | 7.17 | 7.15 | 21.05 | | +77 | 21.56 |
| 104 | Rogers Austin | 6.57 | 6.55 | 7.49 | 21.41 | | +87 | 14.42 |
| 109 | Brown Trey | 7.23 | 7.37 | 7.38 | 22.38 | | -23 I | |
| 115 | Lanoux Michael | 7.44 | 7.56 | 7.31 | 23.11 | PRI | +14 | |
| 117 | Fairbanks Zach | 7.44 | 7.56 | 7.35 | 23.15 | | -30 II | 15.39 |
| 121 | Gullihoy Matt | 7.47 | 8.06 | 7.27 | 23.20 | PRI | -37 II | 16.34 |
| 126 | Peterman Gabe | 7.49 | 8.04 | 8.02 | 23.55 | PRI | | |

Boys JV Race (53 runners)

| Place | Name | Mile | | | Finish | PR +/- | Last Yr |
|-------|--------------------|------|-------|-------|--------|--------|---------|
| | | 1 | 2 | 3 | | | |
| 43 | Stebr Luka | 8.49 | 8.51 | 17.40 | PRI | -28 I | |
| 53 | McConville Carsten | 8.44 | 10.45 | 20.29 | | +44 | |

Girls JV Race (36 runners)

| Place | Name | Mile | | | Finish | PR +/- | Last Yr |
|-------|---------------|-------|-------|-------|---------|---------|---------|
| | | 1 | 2 | 3 | | | |
| 13 | Sampay Peyton | 8.30 | 8.38 | 17.08 | t-shirt | +44 | |
| 16 | Junosa Emille | 8.54 | 8.44 | 17.38 | PRI | -33 I | |
| 35 | McCain Grace | 10.40 | 12.03 | 22.43 | PRI | -91 III | |

Records set at Acadiana Park

| | | | |
|----------------------|--|-------------------|--|
| Grade Records | | | |
| Jude Hopewell | #18 7 th grade | Bradley Schneider | #24 12 th grade |
| Gabby Romero | #14 All time; #5 7 th grade | Lynette Jimenez | #43 All time; #11 7 th grade |
| Victoria Vaughn | #19 7 th grade | Avery Long | #7 9 th grade |
| Merrik Bowman | #4 10 th grade | Regan Robichaux | #20 All time; #11 10 th grade |

At Acadiana Course

| | | | |
|-------------|---------------------------|-------------------|---------------------------|
| Gabi Romero | #3 7 th grade | Katharine Vaughn | #5 7 th grade |
| Avery Long | #5 9 th grade | Merrik Bowman | #1 10 th grade |
| Noelle Dunn | #4 10 th grade | Mallory Robichaux | #1 12 th grade |

Girls Dominate Parish; Guys Get 4th!

The girls place 5 in the top 7 to win the Parish Championships win for the sixth straight year. The guys run their best team time of the year to take 4th. The JV's also dominate! The guys place 4 in the top ten and the girls place 8 (!) in the top ten! Congrats to the 18 (!) t-shirt winners, and the 15 (!) PR and SPR runners! Also congrats to Mallory who wins her second PC in a row and fourth in her career. Here's the results:

Parish Championships

Varsity Girls (777 Runners) Team Time 104.43 Gap time 2.19

| Place | Name | Mile | | | Finish | PR +/- | Last Yr | | |
|-------|-------------------|------|------|------|--------|--------|---------|-----|-------|
| | | 1 | 2 | 3 | | | | | |
| 1 | Robichaux Mallory | 6.02 | 6.50 | 6.35 | 19.27 | SPRU | t-shirt | +70 | 18.52 |
| 2 | Bowman Merrik | 6.34 | 7.20 | 6.56 | 20.50 | SPRU | t-shirt | +71 | 21.00 |
| 3 | Vaughn Katharine | 6.47 | 7.27 | 6.50 | 21.04 | PRI | t-shirt | -11 | |
| 6 | Romero Gabi | 6.24 | 7.35 | 7.27 | 21.36 | | t-shirt | +12 | |
| 7 | Ruble Alyssa | 6.53 | 7.31 | 7.22 | 21.46 | | t-shirt | +6 | 15.15 |
| 12 | Michiels Faith | 6.45 | 7.43 | 7.53 | 22.23 | | | +56 | |
| | Long Avery | 6.47 | DNF | | | | | | 22.15 |

Varsity Boys (777 Runners) Team Time 93.26 Gap time 2.21

| Place | Name | Mile | | | Finish | PR +/- | Last Yr | | |
|-------|-------------------|------|------|------|--------|--------|---------|-------|-------|
| | | 1 | 2 | 3 | | | | | |
| 6 | Robichaux Cole | 6.30 | 6.02 | 6.01 | 17.33 | PRI | t-shirt | -12 I | 18.07 |
| 11 | Milton Kent | 5.40 | 6.22 | 6.10 | 18.12 | | | +13 | 18.48 |
| 14 | Schneider Bradley | 5.39 | 6.30 | 6.50 | 18.59 | | | +80 | 19.08 |
| 18 | McMickens Quint | 5.51 | 6.36 | 6.21 | 18.48 | | | +35 | 19.20 |
| 24 | Rogers Taylor | 6.05 | 7.01 | 6.48 | 19.54 | | | +7 | 21.33 |
| 28 | Dufrene Nick | 6.15 | 7.13 | 6.48 | 20.17 | | | +27 | 13.57 |
| 34 | Luka Ascher | 6.14 | 7.26 | 7.03 | 20.43 | | | +73 | |

2 mile PR: Robichaux, Rogers

Team Standings

Boys Varsity (8 Teams)

| | | |
|---|---------------------|----|
| 1 | Pineville (5A) | 35 |
| 2 | Graca Christian (B) | 60 |
| 3 | Buckeye (3A) | 61 |
| 4 | MENARD (2A) | 73 |
| 5 | ASH (5A) | |
| 6 | Oak Hill (B) | |

Girls Varsity (8 Teams)

| | | |
|---|---------------------|-----|
| 1 | MENARD (2A) | 19 |
| 2 | Pineville (5A) | 81 |
| 3 | Buckeye (3A) | 81 |
| 4 | Graca Christian (B) | 93 |
| 5 | Oak Hill (B) | 152 |
| 6 | ASH (5A) | 198 |

Parish Champs (Continued)

Girls JV Race (??? runners)

| Place | | Mile 1 | Mile 2 | Finish | | PR +/- | Last Yr |
|--------------|-----------|--------|--------|--------|------|----------------|---------|
| Robichaux | Regan | 6.58 | 6.53 | 13.51 | | t-shirt +13 | 24.21 |
| Dunn | Noelle | 6.59 | 7.02 | 14.01 | PR! | t-shirt -6.1 | |
| Mathews | Jackie | 7.01 | 7.22 | 14.23 | | t-shirt +5 | |
| Standley | Azma | 7.20 | 7.15 | 14.35 | | t-shirt +17 | 15.02 |
| Voltz | Martha | 7.20 | 7.31 | 14.51 | | t-shirt +50 | 14.31 |
| Jimenez | Lynette | 7.33 | 7.31 | 15.04 | PR! | t-shirt -43.11 | |
| Long | Abby | 7.38 | 7.57 | 15.35 | PR! | t-shirt -18.1 | |
| Vaughan | Victoria | 7.32 | 8.03 | 15.35 | PR! | t-shirt -21.1 | |
| Jeanerson | Christina | 8.12 | 8.00 | 16.12 | SPR! | +39 | 16.02 |
| Sampey | Peyton | 8.43 | 9.22 | 18.05 | | +10.1 | |
| Janesu | Emilie | 9.13 | 8.58 | 18.11 | PR! | -43.11 | |
| Suptavocipet | Forty | 10.03 | 12.18 | 22.21 | | +142 | |
| McCain | Grace | DNF | | | | | |

Boys JV Race (??? runners)

| Place | | Mile 1 | Mile 2 | Finish | | PR +/- | Last Yr |
|------------|----------|--------|--------|--------|-----|----------------|---------|
| Scalfano | Jonathan | 6.30 | 6.15 | 12.45 | PR! | t-shirt -30.11 | |
| Coreil | Brandon | 6.34 | 6.37 | 13.11 | PR! | t-shirt -10.1 | |
| Odon | Victor | 6.31 | 6.53 | 13.24 | PR! | t-shirt -4.1 | |
| Carbo | Will | 6.50 | 6.59 | 13.49 | | t-shirt +37 | 16.16 |
| Brown | Trey | 7.07 | 6.53 | 14.00 | | +32 | 14.39 |
| Lanaux | Michael | 7.24 | 7.70 | 14.31 | PR! | -23.11 | |
| Fairbanks | Zach | 7.26 | 7.52 | 15.18 | | +20 | |
| Peterman | Gabe | 7.37 | 7.58 | 15.35 | | +18 | 16.42 |
| Guillory | Math | 7.54 | 7.57 | 15.31 | | +26 | 17.11 |
| Stahr | Luke | 9.16 | 8.52 | 18.08 | PR! | -2.1 | |
| McConville | Carsteos | 9.04 | 10.41 | 19.45 | | +29 | |

Records set at Parish Championships

| Grade Records | | | |
|-------------------------|--|-------------------|--|
| Cole Robichaux | #28 All time; #21 11 th grade | Mallory Robichaux | #2 12 th grade |
| Merrick Bowman | #6 10 th grade | Katharine Vaughn | #14 All time; #5 7 th grade |
| At Sublow Course | | | |
| Kent Milton | #2 8 th grade | Katharine Vaughn | #3 7 th grade |
| Merrick Bowman | #1 10 th grade | Mallory Robichaux | #1 12 th grade |

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wcmenard@suddenlink.net anytime!

FROM NOW TO THE END . . .

Don't miss out on the most exciting part of the season! BE THERE! Here's the details!
THERE HAVE BEEN SOME REVISIONS - READ CLOSELY!!!!

MONDAY, NOVEMBER 3rd

YEARBOOK PICTURES AT 2:45!

This is an out-of-uniform day for cross country - jeans and current team shirt **mandatory** for yearbook pictures.

SPAGHETTI SUPPER (Monday, November 3rd)

In the late 80's and early 90's, the district championships in CC were sometimes fierce competitions. We weren't thinking about state championships back then, but we did want to beat everybody in the district. We started gathering for a spaghetti supper the night before district to get psyched up a little bit for the big race. The first ones were at Coach's, but quickly out grew that location! We still want to get psyched up for district, but it's also a good time to discuss all the activities between now and the end of the season. We're meeting at Brocato's (LA 28 West just past Menard). This is a social gathering for the entire family so please come join us. The meal is set and the cost is \$7.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER
 Brocato's (LA 28 West just past Menard)
MONDAY, NOVEMBER 3rd
 6:00 PM \$7.00 PER PERSON

DISTRICT MEET (Tuesday, November 4th)

There is a nationally known speaker at Menard this day. The JH will hear her speak from 12:45 till 2:15 PM. The JH will change into running gear - INCLUDING WARMUPS - after lunch and go to the gym to hear the speaker. The HS runners listen to the speaker in the morning and will come down AFTER 7th to change. All on the bus (Coach Tanner driving). The bus will not be available for the return trip.

| | | | | |
|-----------------|---------|---------|--------|---------|
| JV Boys & Girls | 3:30 PM | 2 miles | | |
| Girls Varsity | 4:00 PM | 3 miles | | |
| Boys Varsity | 4:45 PM | 3 miles | Awards | 5:15 PM |

Race line ups will be posted at practice.

\$100 PARTICIPATION FEE

We're all way too busy. The very successful Box Lunch Fund Raiser is no more. To offset that upwards of \$6000 project, we have resorted to a participation fee of \$100 per athlete (\$50 per additional runner within a family). The quality of our program, which is respected literally by every coach in the state, depends on adequate funding. **Please get your payment to Coach as soon as possible.** Checks should be made out to Menard Cross Country. **This is not an option!**

Those paid so far: Benoit, Dunn, Erickson, Hawthorne, Long, Mathews, McCain, Rabie, Romero, Sampey, Vaughn, Voltz, Benton, Brown, Carbo, Coreil, Fairbanks, Guillory, Hopewell, Lanaux, Luke, McConville, McMickens, Milton, Peterman, Scalfano.

MERC UPDATE!

Last day for MERC miles is end-of-race Natchitoches Central, November 8th! So far we have 8 mileage MERC's and 7 performance MERC's!

Mileage MERC's to date: Grace, Faith, Claire, Katharine, Trey, Nick, Kent, David Lemaire

Performance MERC's to date: Grace (Episcopal, Menard)
 Merrik (Menard)
 Alyssa (Menard)
 Mallory R (Menard)
 Gmbi (Menard)
 Claire (Episcopal, St Joe, Menard)
 Katharine (Menard)

Stay tuned, there's more to come!

FROM NOW TO THE END (Continued)

NATCHITOCHEES CENTRAL INVITATIONAL (Saturday, November 8th)

This meet is on the state meet course and will be the final tune-up for the state meet, and the last race of the season for all but the state meet runners. This race ends the allowable MERC miles. We will all be on the bus to and from Natchitoches.

| | |
|----------|------------------------------------|
| 7:30 AM | Meet at Menard |
| 7:45 AM | Bus leaves for NSU |
| 10:00 AM | Girls JV (2 miles) |
| 10:30 AM | Boys JV (2 miles) |
| 11:00 AM | Girls Varsity Race (7 runners max) |
| 11:30 AM | Boys Varsity Race (7 runners max) |
| Noon | Awards |
| 2:00 PM | Back at Menard |

Race line ups will be posted at practice.

MEMORIAL MASS FOR CHASE MICHELS (Monday, November 10, 7 PM, OLEP)

Chase was not a runner, but was loved and respected by all who knew him - and Faith is one of ours. Try to be there if at all possible.

NSU PRACTICE (State Meet Runners Only) Tuesday, November 11th

Veterans Day - no school! Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet; eat (Lasyone's); and return. Back around 2 PM. Runners only - no parents this time.

MEMORIAL MASS FOR ALL MENARD DECEASED (Tuesday, November 11, 6 PM, Menard Chapel)

FRIDAY NIGHT PRAYER MEETING Friday, November 14th

STATE TEAM MEETINGS (November 13th and 16th)

Only the state meet runners (runners only, no parents) meet at Coach's house for dinner and race details just before the state meet.

| | | |
|-------|-------------------------------------|---------|
| Guys | Thursday, November 13 th | 5:00 PM |
| Girls | Sunday, November 16 th | 4:00 PM |

STATE MEET (Monday, November 17th)
 Only a maximum of seven designated boys and girls are allowed to run in this meet. Our tradition is for the entire team and as many parents who can make it come and support our state runners. All runners are excused from school this day. Here's our schedule (for all runners and all parents!):

7:50 AM Meet at St Rita's for Mass. **All runners to be in jeans and team t-shirts.**

Hang out at Coach's house after Mass (sausage and biscuits available or bring your own stuff)

11:00 AM Leave for NSU
 12:15 PM Arrive at NSU
 12:45 PM Boys team walk/jog course - begin warm-up routine
 12:45 PM Scratch Meeting (Coach only)
 1:45 PM 2A Boys Race
 2:15 PM Girls team walk/jog course - begin warm-up routine
 3:15 PM 2A Girls Race

We will have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

We will caravan to the state meet - no bus. Runners whose parents are not making the trip must be sure to find rides.

TUESDAY, NOVEMBER 18th
 This is the day after the state meet. This is an out-of-uniform day for cross country - jeans and current team shirt only option.

28th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 20th)

The annual Cross Country Banquet is for all runners and their families and friends. It is a very special end to the season. Lots of our parents put a lot of time into making this a special occasion. Please try to be there, and bring your favorite dish ("banquet" in this case means pot luck!) There are a number of awards to be given, and the cafeteria will look better than you've ever seen it! Please don't miss this special season wrap up if at all possible. If you're interested in helping out with banquet stuff, contact Coach.

The dress for the night is nice-casual (dress, skirts, nice slacks for the girls and slacks and nice shirts for the boys - no ties. No jeans, shorts, t-shirts, running shoes.

Thursday, November 20th, 6:00 PM, Menard cafeteria

District
 The girls take the first 8 spots and 13 of the first 20 to capture the District meet with a perfect 15. The guys also dominate with 6 in the top 10 and 10 in the top 20 to easily win. We get 11 PR's, 2 TPR's, 1 SPR, 7 medals, and 18 t-shirts! Congrats to Claire for winning the individual title. Here's the results:

Varsity Girls (62 Runners) Team Time 104.43 Gap time 2.19

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | TPR! | t-shirt! | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|------|----------|----------|--------------|
| 1 | Vaughn Claire | 6.01 | 6.33 | 6.20 | 18.54 | | | t + m l | |
| 2 | Robichaux Mallory | 8.04 | 8.50 | 6.44 | 19.38 | | | t + m l | +81 18.35 |
| 3 | Alvares Grace | 6.23 | 7.18 | 6.44 | 20.25 | | | t + m l | +70 DNF |
| 4 | Rabie Alyssa | 6.44 | 7.02 | 6.42 | 20.28 | | | t + m l | -72.11 23.49 |
| 5 | Bowman Merrik | 6.23 | 7.16 | 6.49 | 20.28 | SPR! | | t + m l | +49 20.48 |
| 6 | Vaughn Katharine | 6.42 | 7.08 | 6.44 | 20.34 | | | t-shirt! | -30.1 |
| 7 | Lang Avery | 6.44 | 7.24 | 7.12 | 21.20 | | | t-shirt! | +41 21.39 |
| 8 | Robichaux Regan | 6.44 | 7.24 | 7.22 | 21.30 | TPR! | | t-shirt! | -29.9 |
| 10 | Dunn Noelle | 6.42 | 7.32 | 7.36 | 21.50 | | | | +69 |
| 11 | Romero Gabi | 6.28 | 7.56 | 7.36 | 22.00 | | | | +85 24.31 |
| 17 | Volz Martha | 7.11 | 8.11 | 7.40 | 23.02 | | | | +7 |
| 18 | Juneeze Lynette | 7.29 | 8.23 | 7.48 | 23.40 | | | | +87 |
| 20 | Mathews Jackie | 7.08 | 8.24 | 8.10 | 23.42 | | | | -28.1 |
| 23 | Long Abby | 7.47 | 8.25 | 7.57 | 24.09 | PR! | | | +125 23.30 |
| 25 | Standley Anne | 7.23 | 8.29 | 8.37 | 24.29 | | | | +38 |
| 27 | Vaughn Victoria | 7.54 | 8.50 | 8.38 | 25.22 | | | | |

Varsity Boys (54 Runners) Team Time 93.26 Gap time 2.21

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | TPR! | t-shirt! | PR +/- | Last Yr |
|-------|-------------------|--------|--------|--------|--------|------|----------|----------|------------|
| 3 | Robichaux Cito | 5.32 | 6.21 | 6.18 | 18.11 | | | t + m l | +38 17.55 |
| 4 | Schneider Bradley | 5.32 | 6.21 | 6.37 | 18.30 | | | t + m l | +31 18.33 |
| 6 | Miloon Kent | 5.41 | 6.44 | 6.22 | 18.47 | | | t-shirt! | +48 19.11 |
| 8 | McMickens Quist | 5.53 | 6.47 | 6.47 | 19.27 | | | t-shirt! | +74 20.34 |
| 9 | Rogers Taylor | 5.37 | 6.57 | 6.37 | 19.31 | PR! | | t-shirt! | -16 20.11 |
| 10 | Dufrene Nick | 6.02 | 6.58 | 6.36 | 19.33 | PR! | | t-shirt! | -16 21.12 |
| 13 | Benton Seth | 6.11 | 7.16 | 6.44 | 20.11 | PR! | | | +55 |
| 16 | Luka Ascher | 6.12 | 7.24 | 6.49 | 20.25 | | | | -19 23.41 |
| 19 | Carbo Will | 6.26 | 7.10 | 6.58 | 20.34 | PR! | | | -27 |
| 20 | Scalfano Jonathan | 6.30 | 7.15 | 6.49 | 20.43 | PR! | | | +39 |
| 22 | Odum Victor | 6.21 | 7.15 | 7.07 | 20.43 | | | | +55 |
| 26 | Hopewell Jude | 6.31 | 7.17 | 7.30 | 21.18 | | | | +156 23.15 |
| 33 | Rogers Austin | 6.21 | 8.15 | 7.44 | 22.20 | | | | +116 15.05 |
| 40 | Brown Trey | 7.10 | 8.12 | 7.45 | 23.07 | | | | -7 16.56 |
| 41 | Gullory Matt | 7.11 | 8.30 | 7.32 | 23.13 | PR! | | | +10 |
| 42 | Lanux Michael | 7.16 | 8.32 | 7.35 | 23.21 | | | | +48 |
| 45 | Fairbanks Zach | 7.16 | 8.32 | 8.01 | 23.49 | | | | +179 27.20 |
| 54 | Peterman Gabe | 7.51 | 9.41 | 9.22 | 26.54 | | | | |

Boys JV Race (36 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | TPR! | t-shirt! | PR +/- | Last Yr |
|-------|--------------------|--------|--------|--------|------|----------|--------|---------|
| 19 | Stehr Luke | 9.04 | 8.35 | 17.39 | PR! | | -1.1 | |
| 32 | McCorville Carsten | 9.52 | 10.16 | 20.08 | | | +23 | |

Girls JV Race (61 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | TPR! | t-shirt! | PR +/- | Last Yr |
|-------|---------------------|--------|--------|--------|------|----------|----------|-----------|
| 3 | Jeanonne Christian | 8.13 | 8.41 | 16.54 | | | t-shirt! | +81 24.32 |
| 7 | Sampey Peyton | 8.33 | 9.10 | 17.43 | | | t-shirt! | +81 |
| 8 | Juneeze Emille | 8.56 | 8.52 | 17.48 | | | t-shirt! | +10 |
| 23 | Suptavoepipat Forty | 8.57 | 10.33 | 19.30 | PR! | | -29.1 | 19.49 |
| 40 | Benoit Katelyn | 11.52 | 11.13 | 23.05 | | | +263 | |
| 42 | McCain Grace | 11.40 | 11.39 | 23.39 | | | +58 | |

Records set at District

| Grade Records | Runner | Grade | Time | Runner | Grade | Time |
|---|------------------|---|-------------------|--|-------|------|
| #16 7 th grade | Seth Benton | #16 7 th grade | Katharine Vaughn | #13 All time; #5 7 th grade | | |
| #45 All time; #15 7 th grade | Abby Long | #45 All time; #15 7 th grade | Alyssa Rabie | #12 All time; #6 9 th grade | | |
| #3 10 th grade | Merrik Bowman | #3 10 th grade | | | | |
| At District Meet | | | | | | |
| #2 All time; #1 7 th grade | Claire Vaughn | #2 All time; #1 7 th grade | Grace Ahrens | #4 All time; #2 9 th grade | | |
| #5 All time; #3 9 th grade | Alyssa Rabie | #5 All time; #3 9 th grade | Merrik Bowman | #6 All time; #2 10 th grade | | |
| #7 All time; #2 7 th grade | Katharine Vaughn | #7 All time; #2 7 th grade | Mallory Robichaux | #1 12 th gra | | |
| At Buhlow Course | | | | | | |
| #2 All time; #1 7 th grade | Claire Vaughn | #2 All time; #1 7 th grade | Alyssa Rabie | #8 All time; #5 9 th grade | | |
| #2 7 th grade | Katharine Vaughn | #2 7 th grade | Merrik Bowman | #1 10 th grade | | |

The girls place 8 in the top 10 to win by a bunch while the guys place 4 in the top ten to beat Grace for the first time this year! Congrats to the 14 (!) t-shirt winners, and the 14 (!) PR and SPR runners! Also congrats to Claire who gets the individual win. In the REAL competition (between the A, B, and C Menard teams, the girls team B squeaks in a win and the boys team B dominates to win the coveted eat-first-at-the-banquet honors! Here's the results:

Notches Central
 Varsity Girls (38 Runners) Team Time 100.05 Gap time 1.25

| Place | Name | Mile 1 | Mile 2 | Mile 3 | Finish | TPR! | t-shirt! | PR +/- | Last Yr |
|------------|---------------------|--------|--------|--------|--------|------|----------|----------|------------|
| 10 | A Dunn Noelle | 6.48 | 7.17 | 7.16 | 21.21 | TPR! | | t-shirt! | 0 |
| 12 | A Michiels Faith | 6.49 | 7.36 | 7.43 | 22.08 | | | | +41 |
| 14 | A Mathews Jackie | 7.08 | 8.13 | 8.02 | 23.23 | | | | +68 |
| 17 | A Volz Martha | 7.19 | 8.09 | 7.57 | 23.25 | | | | +108 |
| 20 | A Jimenez Lynette | 7.22 | 8.11 | 7.56 | 23.29 | PR! | | | -4.1 |
| 21 | A Standley Anne | 7.20 | 8.12 | 7.57 | 23.29 | | | +213 | +63 |
| 1 B | | | | | | | | | |
| 1 | B Vaughn Claire | 6.10 | 6.30 | 6.27 | 19.07 | | | t + m l | +13 |
| 2 | B Alvares Grace | 6.16 | 6.40 | 6.45 | 19.41 | | | t + m l | +26 20.09 |
| 3 | B Bowman Merrik | 6.28 | 6.59 | 6.56 | 20.20 | SPR! | | t + m l | +41 21.07 |
| 7 | B Vaughn Katharine | 6.40 | 7.04 | 6.57 | 20.41 | | | t-shirt! | +7 |
| 13 | B Rabie Alyssa | 6.54 | 7.30 | 7.47 | 22.11 | | | | +103 |
| 23 | B Vaughn Victoria | 7.38 | 8.23 | 8.29 | 24.30 | PR! | | +190 | -14.1 |
| 4 C | | | | | | | | | |
| 4 | C Romero Gabi | 6.23 | 6.54 | 7.08 | 20.25 | PR! | | t + m l | -26.1 |
| 5 | C Robichaux Mallory | 6.2 | 7.04 | 7.08 | 20.32 | | | t + m l | +135 19.13 |
| 9 | C Long Avery | 6.39 | 7.14 | 7.21 | 21.14 | | | t-shirt! | +35 21.48 |
| 16 | C Robichaux Regan | 7.06 | 7.59 | 7.53 | 23.00 | | | | +90 |
| 22 | C Long Abby | 7.37 | 8.04 | 7.49 | 23.30 | PR! | | +195 | -39.11 |

2-mile PR's: Romero

Boys JV Race (77 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | TPR! | t-shirt! | PR +/- |
|-------|--------------------|--------|--------|--------|------|----------|--------|
| | Stehr Luke | 9.11 | 10.24 | 19.35 | | | +116 |
| | McCorville Carsten | 9.33 | 11.47 | 21.20 | | | +35 |

Girls JV Race (77 runners)

| Place | Name | Mile 1 | Mile 2 | Finish | TPR! | t-shirt! | PR +/- |
|-------|---------------------|--------|--------|--------|------|----------|--------|
| | Jeanonne Christian | 8.04 | 8.34 | 16.28 | | | +35 |
| | Sampey Peyton | 8.18 | 8.40 | 16.56 | | | +32 |
| | Juneeze Emille | 8.43 | 9.30 | 18.13 | | | +35 |
| | Suptavoepipat Forty | 9.32 | 10.51 | 20.23 | | | +53 |
| | Benoit Katelyn | 10.41 | 11.34 | 22.15 | | | +113 |
| | McCain Grace | 11.32 | 12.34 | 24.06 | | | +83 |

Natchitoches Central (Continued)

Varsity Boys (46 Runners) Team Time 93:26 Opp time 1:35

| Place | | | Mile 1 | Mile 2 | Mile 3 | Finish | PR +/- | Last Yr |
|-------|---|-------------------|--------|--------|--------|--------|-------------|---------|
| 5 | A | Robichaux Cole | 5.45 | 6.13 | 6.08 | 18.06 | t + ml +33 | 18.23 |
| 6 | A | Milton Kent | 5.47 | 6.18 | 6.10 | 18.15 | t-shirt +16 | 20.13 |
| 21 | A | Odum Victor | 6.23 | 6.49 | 6.41 | 19.55 | PR! -9 I | |
| 30 | A | Odum Brandon | 6.56 | 7.11 | 7.01 | 21.08 | PR! -7 | |
| 33 | A | Rogers Austin | 6.30 | 7.28 | 7.40 | 21.38 | +74 | |
| 40 | A | Gullitory Matt | 7.26 | 8.17 | 8.09 | 23.52 | +107 +39 | |
| 19 | B | Dufrene Nick | 6.17 | 6.49 | 6.35 | 19.41 | +8 | |
| 24 | B | Rogers Taylor | 6.17 | 6.58 | 6.47 | 20.02 | +31 | 21.00 |
| 29 | B | Luke Ascher | 6.22 | 6.57 | 7.11 | 20.30 | +60 | |
| 37 | B | Fairbanks Zach | 7.17 | 7.37 | 7.13 | 22.07 | PR! -54 II | |
| 38 | B | Lanaux Michael | 7.15 | 7.39 | 7.15 | 22.09 | PR! -62 III | |
| 42 | B | Peterson Gabe | 7.56 | 8.38 | 8.25 | 24.59 | -17 I +64 | |
| 7 | C | Schneider Bradley | 5.46 | 6.22 | 6.12 | 18.20 | t-shirt +21 | 19.16 |
| 9 | C | McMickens Quist | 5.46 | 6.20 | 6.23 | 18.29 | t-shirt +16 | 19.07 |
| 25 | C | Benton Seth | 6.23 | 6.56 | 6.43 | 20.06 | PR! -5 I | |
| 27 | C | Carbo Will | 6.23 | 6.54 | 6.53 | 20.14 | PR! -20 I | |
| 28 | C | Scalfano Jonathan | 6.28 | 7.06 | 6.49 | 20.23 | PR! -11 I | |
| 31 | C | Brown Trey | 6.53 | 7.14 | 7.04 | 21.11 | TPR! +1 I 0 | |

2-mile PR's: Fairbanks, Odum

Records set at Natchitoches Central

| Grade | Record | Name | Time |
|---|----------------|---|------|
| #16 7 th grade | Gabi Romero | #11 All time; #5 7 th grade | |
| #43 All time; #11 7 th grade | Abby Long | #44 All time; #12 7 th grade | |
| #50 All time; #18 7 th grade | Merrick Bowman | #2 10 th grade | |

| At NSU Course | Record | Name | Time |
|---------------------------------------|-------------------|--|------|
| #5 8 th grade | Claire Vaughn | #2 All time; #1 7 th grade | |
| #3 All time; #2 9 th grade | Merrick Bowman | #7 All time; #2 10 th grade | |
| #8 All time; #5 7 th grade | Mallory Robichaux | #2 12 th grade | |

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wemenard@suddenlink.net anytime!

CROSS COUNTRY WEB SITE

This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time. The St Michael's results will be listed. Results are also posted on the direct athletics.com web site.

la.milesplit.com Go to: stats → xc individual
 Or go to: stats → xc team Or any of their other stuff!

FROM NOW TO THE END

Don't miss out on the most exciting part of the season! BE THERE! Here's the details!

MEMORIAL MASS FOR CHASE MICHELS (Monday, November 10, 7 PM, OLPS)

Chase was not a runner, but was loved and respected by all who knew him - and Faith is one of ours. Try to be there if at all possible.

NSU PRACTICE (State Meet Runners Only) Tuesday, November 11th

Veterans Day - no school! Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet; eat (Lasyone's); and return. Back around 2 PM. Runners only - no parents this time.

MEMORIAL MASS FOR ALL MENARD DECEASED (Tuesday, November 11, 6 PM, Menard Chapel)

FRIDAY NIGHT PRAYER MEETING Friday, November 14th

STATE TEAM MEETINGS (November 13th and 16th)

Only the state meet runners (runners only, no parents) meet at Coach's house for dinner and race details just before the state meet.

| | | |
|-------|-------------------------------------|---------|
| Guys | Thursday, November 13 th | 5:00 PM |
| Girls | Sunday, November 16 th | 4:00 PM |

\$100 PARTICIPATION FEE

All but a few are paid up. Please make this happen. The quality of our program, which is respected literally by every coach in the state, depends on adequate funding. Please get your payment to Coach as soon as possible. Checks should be made out to Menard Cross Country. This is not an option!

MERC UPDATE!

MERC miles ended with the Natchitoches Central race. So far we have 8 mileage MERC's and 7 performance MERC's!

Mileage MERC's to date: Grace, Faith, Claire, Katharine, Trey, Nick, Kent, David and Madeline Lemaine

Performance MERC's to date: Grace (Episcopal, Menard)
 Merrik (Menard)
 Alyssa (Menard)
 Mallory R (Menard)
 Gabi (Menard)
 Claire (Episcopal, St Jos, Menard)
 Katharine (Menard)

Stay tuned, there's more to come!

| DAY | DATE | THE 2014 CROSS COUNTRY SCHEDULE EVENT | LOCATION | FIRST RACE |
|-------------|-------------|--|------------------|-----------------------|
| ** MONDAY | November 17 | STATE CHAMPS | NSU Boys | 1:45 PM Girls 3:15 PM |
| ** MONDAY | November 17 | Post State Race Men | Nicky's | |
| ** THURSDAY | November 20 | 28 th Annual CC Banquet | Menard Cafeteria | 6:00 PM |

Menard Camp of Champions #3 Chicot State Park Sunday, July 26, 2015 through Thursday, July 30, 2015

MENARD CAMP OF CHAMPIONS #3

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chicot State Park has been paid by Coach, a total of \$2492. This is a refundable payment if you end up not being able to attend. Checks should be made out to Coach. Full cost of the camp is \$250.

FROM NOW TO THE END (Continued)

STATE MEET (Monday, November 17th)

Only a maximum of seven designated boys and girls are allowed to run in this meet. Our tradition is for the entire team and as many parents who can make it come and support our state runners. All runners are excused from school this day. Here's our schedule (for all runners and all parents!):

| | |
|---|--|
| 7:50 AM | Meet at St Rita's for Mass. ALL runners to be in jeans and team t-shirts. |
| Hang out at Coach's house after Mass (sausage and biscuits available or bring your own stuff) | |
| 11:00 AM | Leave for NSU |
| 12:15 PM | Arrive at NSU |
| 12:45 PM | Boys team walk/jog course - begin warm-up routine |
| 12:45 PM | Scratch Meeting (Coach only) |
| 1:45 PM | 2A Boys Race |
| 2:15 PM | Girls team walk/jog course - begin warm-up routine |
| 3:15 PM | 2A Girls Race |

Cost of admission for spectators is \$10.

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

We will caravan to the state meet - no bus. Runners whose parents are not making the trip must be sure to find rides.

TUESDAY, NOVEMBER 18th

This is the day after the state meet. This is an out-of-uniform day for cross country - jeans and current team shirt only option.

28th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 20th)

The annual Cross Country Banquet is for all runners and their families and friends. It is a very special end to the season. Lots of our parents put a lot of time into making this a special occasion. Please try to be there, and bring your favorite dish ("banquet" in this case means pot luck!) There are a number of awards to be given, and the cafeteria will look better than you've ever seen it! Please don't miss this special season wrap up if at all possible. If you're interested in helping out with banquet stuff, contact Coach.

The dress for the night is nice-casual (dress, skirts, nice slacks for the girls and slacks and nice shirts for the boys - no ties. No jeans, shorts, t-shirts, running shoes.

Thursday, November 20th, 6:00 PM, Menard cafeteria

CROSS COUNTRY TEN COMMANDMENTS

- 1. Thou shalt drink at least 8 glasses of water daily.***
- 2. Thou shalt not miss a practice and shalt run the prescribed workout every day.***
- 3. Thou shalt stretch before and after every run.***
- 4. Thou shalt wear the proper shoes on every run.***
- 5. Thou shalt wear a watch on every run, and note the time and pace in your log book.***
- 6. Thou shalt not eat chips and drink soft drinks during the season. Thou shalt hardly eat cookies, chocolate, and the like during season.***
- 7. Thou shalt eat fruit and vegetables daily.***
- 8. Thou shalt set short and long term personal goals.***
- 9. Thou shalt update your log book daily.***
- 10. Thou shalt work hard and have fun every day.***

Girls Win! Guys Get 8th!

State
It's not a good day for racing - very cold and VERY windy - so the times don't happen. But we compete quite well thank you as the girls slip Episcopal by 3 points to win their second straight and three of the last four! The 8th seeded guys get 8th on a very challenging day for racing. Congrats to Claire, Grace and Mallory for earning All-State honors, Grace for the second year in a row, and Mallory for an unprecedented 6th straight time! Here's the result:

Varsity Girls (128 Runners) Team Time 103.13 Cap time 2.02

| Place | Name | School | Mile | | | Finish | PR +/- | Last Yr |
|-------|-----------|-----------|------|------|------|--------|------------|---------|
| | | | 1 | 2 | 3 | | | |
| 5 | Vaughn | Claire | 6.30 | 6.44 | 6.34 | 19.48 | All-State! | +54 |
| 7 | Ahrens | Grace | 6.33 | 6.58 | 6.46 | 20.17 | All-State! | +62 |
| 8 | Robichaux | Mallory | 6.33 | 6.59 | 6.47 | 20.19 | All-State! | +122 |
| 12 | Bowman | Merrick | 6.48 | 7.11 | 7.00 | 20.59 | | +80 |
| 20 | Romero | Gabi | 6.48 | 7.31 | 7.31 | 21.50 | | +85 |
| 26 | Vaughn | Katherine | 7.07 | 7.49 | 7.33 | 22.31 | | +117 |
| 37 | Rabie | Alyssa | 7.17 | 8.20 | 8.21 | 23.58 | | +210 |

Varsity Boys (54 Runners) Team Time 98.53 Cap time 1.48

| Place | Name | School | Mile | | | Finish | PR +/- | Last Yr |
|-------|------------|---------|------|------|------|--------|--------|---------|
| | | | 1 | 2 | 3 | | | |
| 36 | Robichaux | Cole | 5.50 | 6.28 | 6.29 | 18.47 | | +74 |
| 41 | Milton | Keat | 6.05 | 6.35 | 6.27 | 19.07 | | +68 |
| 48 | McMickless | Quint | 6.20 | 6.52 | 6.39 | 19.51 | | +98 |
| 62 | Rogers | Taylor | 6.25 | 7.10 | 6.58 | 20.33 | | +62 |
| 83 | Dufrene | Nick | 8.34 | 7.00 | 6.52 | 20.35 | | +62 |
| 73 | Schneider | Bradley | 6.13 | 7.53 | 7.07 | 21.15 | | +196 |
| 81 | Lake | Aucher | 6.40 | 7.41 | 7.17 | 21.38 | | +128 |

Records set at State
At State Meet
 Claire Vaughn #3 All time; #1 7th grade Grace Ahrens #2 9th grade
 Mallory Robichaux #2 12th grade
At NSU Course
 Mallory Robichaux #2 12th grade

TUESDAY, NOVEMBER 18th
 This is the day after the state meet. This is an **out-of-uniform day** for cross country - jeans and current team shirt **only** option.

CONTACT COACH?????
 Contact Coach Smith ANYTIME you need to!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wcmenard@suddenlink.net anytime!

CROSS COUNTRY WEB SITE
 This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time. The St Michael's results will be listed. Results are also posted on the direct athletics.com web site.
 la.milesplit.com Go to: stats ->xc individual
 Or go to: stats ->xc team Or any of their other stuff!

OLPS GIVING TREE CHRISTMAS OUTREACH
 For the last three years we have adopted two families, bought and wrapped presents for all - and had a great time doing it. We are doing the same this year as we decided at the Spaghetti Supper earlier. If each family can come up with \$20 (or more - Coach and Becky are in for \$50), we will be able to do something special for the kids and the moms. We have been given two families, each a single mom with five kids. Get any donations you desire to make to Coach sometime soon. Some have already done so!

TURN IN UNIFORMS!
 Once your racing season is over, please put your four Menard CC uniform items in a bag with your name on it and turn it in to Coach **in his classroom**. Cleaned, of course! Remember, you own your practice shirt - do not turn that in!

- Ten ways you know you're a cross country runner.
1. People say, "You run 3 miles - all at once?!"
 2. All of your socks are either stained or torn.
 3. You can eat your weight in spaghetti.
 4. You have running withdrawal if you don't run every day.
 5. Your calves are bigger than your biceps.
 6. You need a magnifying glass to see your name in the paper.
 7. You run in your dreams.
 8. You feel lost without your water bottle.
 9. Track is the "other" sport.
 10. You can maintain your race pace while throwing up.

28th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 20th)
 The annual Cross Country Banquet is for all runners and their families and friends. It is a very special end to the season. Lots of our parents put a lot of time into making this a special occasion. Please try to be there, and bring your favorite dish ("banquet" in this case means not luck!) There are a number of awards to be given, and the cafeteria will look better than you've ever seen it! Please don't miss this special season wrap up if at all possible. If you're interested in helping out with banquet stuff, contact Coach.
 The dress for the night is nice-casual (dress, skirts, nice slacks for the girls and slacks and nice shirts for the boys - no ties. No jeans, shorts, t-shirts, running shoes.
Thursday, November 20th, 6:00 PM, Menard cafeteria

| STATE MEET | BOYS | GIRLS |
|-----------------------|---|--|
| Top 10 Overall | 1. Smith (11) 15.41 85 2. M Landreanu (11) 15.49 01 3. Dotson (11) 15.49 08 4. O'Kelly (11) 16.06 95 5. J Holcombe (9) 16.36 00 6. Jesse Petrus (12) 16.41 02 7. J Landreanu (11) 16.42 99 8. Garner (9) 16.42 02 9. Pepitone (11) 16.58 01 10. L Carr (12) 17.02 88 | 1. Robichaux (11) 18.46 11 2. Engelmann (8) 19.42 10 3. Vaughn (7) 19.48 14 4. Bartow (11) 19.58 12 5. Ahrens (8) 20.09 13 6. Vaughn (11) 20.15 12 7. Marchison (12) 20.34 05 8. Baker (12) 20.50 07 9. Badesau (10) 20.53 04 10. Jesse (11) 20.56 05 |
| 7th Grade | 1. O'Kelly 19.01 91 2. J Holcombe 19.42 98 3. Bouie 20.01 06 4. Milton 20.13 13 5. J Adams 20.19 96 | 1. Vaughn 19.48 14 2. Engelmann 19.51 09 3. Robichaux 20.02 09 4. Bartow 20.36 08 5. Vaughn 21.06 08 |
| 8th Grade | 1. J Holcombe 17.55 99 2. O'Kelly 18.03 92 3. Filasck 18.09 96 4. Jeanstone 18.10 04 5. Baker 18.17 07 | 1. Engelmann 19.42 10 2. Robichaux 19.59 10 3. Ahrens 20.09 13 4. Vaughn 21.03 09 5. Turpley 21.41 05 |
| 9th Grade | 1. J Holcombe 16.36 00 2. Dotson 17.02 05 3. M Landreanu 17.06 99 4. Garner 17.12 01 5. Taylor 17.21 08 | 1. Robichaux 18.46 11 2. Ahrens 20.17 14 3. Bowman 21.07 13 4. Vaughn 21.08 10 5. Engelmann 21.11 11 |
| 10th Grade | 1. J Holcombe 16.36 01 2. Garner 16.42 02 3. O'Kelly 16.43 94 4. M Landreanu 16.43 00 5. Pepitone 17.18 00 | 1. Robichaux 19.46 12 2. Engelmann 20.29 12 3. Badesau 20.53 04 4. Baker 20.56 05 5. K Robichaux 20.57 12 |
| 11th Grade | 1. Smith 15.41 85 2. M Landreanu 15.49 01 3. O'Kelly 16.06 95 4. Dotson 16.12 07 5. J Landreanu 16.42 99 | 1. Robichaux 19.13 13 2. Bartow 19.58 12 3. Vaughn 20.15 12 4. Jesse 20.56 05 5. Badesau 21.03 05 |
| 12th Grade | 1. Dotson 15.49 08 2. O'Kelly 16.10 96 3. Smith 16.23 86 4. Petrus 16.41 02 5. J Holcombe 16.49 03 | 1. Vaughn 20.18 13 2. Robichaux 20.19 14 3. Marchison 20.34 05 4. Baker 20.50 07 5. Jesse 20.58 06 |

