





Monday, September 9, 2013

ANNOUNCEMENT

CROSS COUNTRY WAS AT THE HIGHLAND PARK COURSE IN BATON ROUGE SATURDAY RUNNING AGAINST SOME OF THE STATE'S FINEST TEAMS. THE CROSS COUNTRY GUYS PLACED 7<sup>TH</sup> OF 17 TEAMS AND THE GIRLS PLACED A CLOSE 2<sup>ND</sup> OF 11 TEAMS, LOSING ONLY TO 5A ST JOSEPH'S OF BATON ROUGE. MALLORY ROBICHAUX, GRACE AHRENS, AND MALLORY BARTOW PLACED IN THE TOP TEN OUT OF 122 RUNNERS.

THE VARSITY GUYS WERE:  
BRADLEY SCHNEIDER  
COLE ROBICHAUX  
DREW AND QUINT MCMICKENS  
DOUG JUNEAU  
AND TAYLOR AND AUSTIN ROGERS

THE TOP 7 VARSITY GIRLS WERE:  
MALLORY ROBICHAUX  
GRACE AHRENS  
MALLORY BARTOW  
RACHEL ENGELSMAN  
LINDSAY VAUGHAN  
KELLEY ROBICHAUX  
AND MERRIK BOWMAN

Monday, September 16, 2013

CONGRATULATIONS TO ALL RUNNERS FOR THEIR GREAT SHOWING AT THE EPISCOPAL INVITATIONAL IN BATON ROUGE SATURDAY.

THE VARSITY GIRLS MADE A CLAIM TO THE #1 CROSS COUNTRY TEAM IN LOUISIANA BY DOMINATING THEIR RACE, BEATING ALL 26 TEAMS, INCLUDING 5A STATE CHAMP DOMINICAN AND 3 OTHER 5A TOP TEN STATE SCHOOLS. THE GIRLS WON BY 36 POINTS.

THE VARSITY BOYS TEAM PLACED 23<sup>RD</sup> OF 38 MOSTLY 5A TEAMS.

THE TOP FINISHERS FOR THE VARSITY GIRLS WERE:  
MALLORY ROBICHAUX  
MALLORY BARTOW  
GRACE AHRENS  
KELLEY ROBICHAUX  
LINDSAY VAUGHAN  
MERRIK BOWMAN  
AND AVERY LONG

THE TOP FINISHERS FOR THE VARSITY BOYS WERE:  
BRADLEY SCHNEIDER  
COLE ROBICHAUX  
QUINT AND DREW MCMICKENS  
DOUG JUNEAU  
AND TAYLOR AND AUSTIN ROGERS

Thursday, September 26, 2013

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE CENLA CHAMPIONSHIPS YESTERDAY.

THE GIRLS DOMINATED, PLACING ALL 7 RUNNERS IN THE TOP TEN, WINNING OVER 10 TEAMS BY 67 POINTS. THE BOYS TEAM PLACED AN AMAZING 4<sup>TH</sup> OF 17 TEAMS.

ALSO CONGRATULATIONS TO MALLORY ROBICHAUX FOR WINNING THE GIRLS RACE BY ALMOST A MINUTE

RUNNING IN THE VARSITY RACE FOR THE GIRLS WERE:  
MALLORY ROBICHAUX  
MALLORY BARTOW  
LINDSAY VAUGHAN  
KELLEY ROBICHAUX  
MERRIK BOWMAN  
GRACE AHRENS  
AND AVERY LONG

RUNNING IN THE VARSITY RACE FOR THE BOYS WERE:  
COLE ROBICHAUX  
DREW MCMICKENS  
QUINT MCMICKENS  
DOUG JUNEAU  
KENT MILTON  
TAYLOR ROGERS  
AND AUSTIN ROGERS

Monday, September 30, 2013

ANNOUNCEMENT

CROSS COUNTRY TRAVELLED TO THE BATTLEFIELD CROSS COUNTRY FESTIVAL NEAR ST FRANCISVILLE SATURDAY TO COMPETE WITH NEARLY 50 SCHOOLS. THE GIRLS CONTINUED TO CONQUER ALL CHALLENGERS, WINNING BY ALMOST 30 POINTS. THE UP AND COMING GUYS' TEAM TOOK 6<sup>TH</sup> OF 18 TEAMS, LOSING ONLY TO 5A SCHOOLS.

RUNNING IN THE GIRLS VARSITY RACE WERE:  
MALLORY ROBICHAUX  
GRACE AHRENS  
LINDSAY VAUGHAN  
MERRIK BOWMAN  
MALLORY BARTOW  
AVERY LONG  
KELLEY ROBICHAUX  
MARTHA VOLTZ  
REGAN ROBICHAUX  
RACHEL ENGELSMAN  
AND MIRANDA HAWTHORNE

RUNNING IN THE BOYS VARSITY RACE WERE:  
BRADLEY SCHNEIDER  
COLE ROBICHAUX  
QUINT MCMICKENS  
DREW MCMICKENS  
DOUG JUNEAU  
KENT MILTON  
TAYLOR ROGERS  
DAVID LEMAIRE  
NICK DUFRERE  
AND AUSTIN ROGERS

Thursday, October 3, 2013

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE SIMPSON INVITATIONAL YESTERDAY.

THE JV GIRLS WON THE 18 TEAM VARSITY GIRLS RACE. THE JV BOYS TEAM PLACED 16<sup>TH</sup> OF 20 TEAMS.

RUNNING IN THE VARSITY RACE FOR THE GIRLS WERE:

MERRIK BOWMAN  
MARTHA VOLTZ  
REGAN ROBICHAUX  
ANNE STANDLEY  
AVA KARAM  
MADISON DONNELLY  
CHRISTIAN JEANSONNE  
ALYSSA RABIE  
AND AVERY LONG

RUNNING IN THE VARSITY RACE FOR THE BOYS WERE:

KENT MILTON  
NICK DUFRENE  
WILL CARBO  
TREY BROWN  
GABE PETERMAN  
MATT GUILLORY  
AND THOMAS DAVIS

MONDAY, October 7, 2013

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE PINEVILLE THIS PAST SATURDAY.

THE GIRLS WIN, BEATING 4A POWER BENTON AND 5A POWER BARBE AND 4 OTHERS. MALLORY ROBICHAUX WAS THE INDIVIDUAL WINNER OF THE GIRLS RACE. THE EVER-IMPROVING GUYS TAKE 3<sup>RD</sup> OUT OF 7 TEAMS.

RACING FOR THE GIRLS WERE:

MALLORY ROBICHAUX  
MALLORY BARTOW  
LINDSAY VAUGHAN  
KELLEY ROBICHAUX  
GRACE AHRENS  
AVERY LONG  
REGAN ROBICHAUX  
MARTHA VOLTZ  
ANNE STANDLEY  
CHRISTIAN JEANSONNE  
AND ALYSSA RABIE

RACING FOR THE BOYS WERE:

DREW McMICKENS  
QUINT McMICKENS  
DOUG JUNEAU  
BRADLEY SCHNEIDER  
KENT MILTON  
DAVID LEMAIRE  
AND NICK DUFRENE

Monday, October 14, 2013

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT PERFORMANCES AT THE CATHOLIC HIGH INVITATIONAL IN BATON ROUGE SATURDAY. THIS IS THE BIGGEST CROSS COUNTRY RACE IN THE STATE, HOSTING OVER 2000 RUNNERS FROM ALL SEVEN CLASSIFICATIONS.

THE GIRLS DOMINATED THE 32 TEAMS IN THEIR RACE, WHICH INCLUDED 6 OF THE TOP 10 5A SCHOOLS IN LAST YEAR'S STATE CHAMPIONSHIPS, WINNING BY 21 POINTS OVER MANDEVILLE. THE BOYS PLACED 3<sup>RD</sup> IN THE 2A DIVISION OF THEIR RACE. BOTH RACES WERE DOMINATED BY 5A SCHOOLS. THERE WERE 242 RUNNERS IN THE GIRLS RACE AND 304 RUNNERS IN THE GUYS RACE.

RUNNING IN THE VARSITY GIRLS RACE WERE:

MALLORY ROBICHAUX  
GRACE AHRENS  
MALLORY BARTOW  
LINDSAY VAUGHAN  
MERRIK BOWMAN  
AVERY LONG  
AND KELLEY ROBICHAUX

RUNNING IN THE VARSITY BOYS RACE WERE:

QUINT McMICKENS  
DOUG JUNEAU  
KENT MILTON  
DREW McMICKENS  
DAVID LEMAIRE  
TAYLOR ROGERS  
AND AUSTIN ROGERS

Monday, October 21, 2013

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE MENARD INVITATIONAL SATURDAY. MENARD HOSTED OVER 30 SCHOOLS FROM ALL OVER THE STATE SATURDAY AT THE FORT BUHLOW RECREATION COMPLEX.

THE GIRLS AGAIN DOMINATED, WINNING WITH A PERFECT SCORE OF 15. THE BOYS PLACED 4<sup>TH</sup> RUNNING THEIR BEST TEAM TIME OF THE SEASON. MALLORY ROBICHAUX WAS THE INDIVIDUAL WINNER IN THE GIRLS RACE.

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX  
MALLORY BARTOW  
GRACE AHRENS  
MERRIK BOWMAN  
LINDSAY VAUGHAN  
AVERY LONG  
AND MARTHA VOLTZ

SCORING FOR THE BOYS WERE:

COLE ROBICHAUX  
DREW McMICKENS  
QUINT McMICKENS  
BRADLEY SCHNEIDER  
DOUG JUNEAU  
KENT MILTON  
AND DAVID LEMAIRE

Thursday, October 24, 2013

ANNOUNCEMENT

THE CROSS COUNTRY 7<sup>TH</sup>, 8<sup>TH</sup>, AND 9<sup>TH</sup> GRADES COMPETED WITH THE VARSITY TEAMS AT THE JOHN MILLER INVITATIONAL AT BUHLOW YESTERDAY. THE GIRLS PLACED 2<sup>ND</sup> OF 14 SCHOOLS AND THE GUYS WERE 16<sup>TH</sup> OF 20 SCHOOLS.

RUNNING IN THE VARSITY GIRLS RACE WERE:

GRACE AHRENS  
MERRIK BOWMAN  
AVERY LONG  
REGAN ROBICHAUX  
AVA KARAM  
ANNE STANDLEY

AND MARTHA VOLTZ

RUNNING IN THE VARSITY BOYS RACE WERE:

KENT MILTON  
TAYLOR ROGERS  
NICK DUFRENE  
AUSTIN ROGERS  
TREY BROWN  
GABE PETERMAN

AND DAVID LEMAIRE

OUR TOP RUNNERS IN THE JUNIOR VARSITY RACES WERE:

MADISON DONNELLY  
ALYSSA RABIE  
CHRISTIAN JEANSONNE  
BRITTNEY JEANSONNE  
ANNIE KARAM  
THOMAS DAVIS  
WILL CARBO  
JUSTIN DUCOTE

AND MATT GUILLORY

Monday, October 28, 2013

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE COMEAUX INVITATIONAL SATURDAY IN LAFAYETTE. THE GIRLS WITHOUT OUR SENIORS WERE A CLOSE SECOND OUT OF 30 SCHOOLS, LOSING ONLY TO SA STATE CHAMP ST JOSEPH. THE GUYS RAN THEIR BEST TEAM TIME OF THE YEAR TO PLACE NINTH OF 34 SCHOOLS.

SCORING FOR THE BOYS WERE:

BRADLEY SCHNEIDER  
COLE ROBICHAUX  
KENT MILTON  
QUINT McMICKENS  
DOUG JUNEAU  
DREW McMICKENS

AND DAVID LEMAIRE

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX  
GRACE AHRENS  
MERRIK BOWMAN  
KELLEY ROBICHAUX  
AVERY LONG  
MARTHA VOLTZ

AND REGAN ROBICHAUX

Wednesday, October 30, 2013

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE PARISH CHAMPIONSHIPS AT BUHLOW YESTERDAY.

THE GIRLS DOMINATED, WINNING FOR THE SIXTH YEAR IN A ROW PLACING 6 IN THE TOP 9 FINISHERS. MALLORY ROBICHAUX WAS THE OVERALL WINNER.

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX  
MALLORY BARTOW  
LINDSAY VAUGHAN  
MERRIK BOWMAN  
KELLEY ROBICHAUX  
AVERY LONG

AND REGAN ROBICHAUX

THE BOYS FINISHED IN THIRD PLACE OUT OF 9 SCHOOLS. SCORING FOR THE BOYS WERE:

COLE ROBICHAUX  
DOUG JUNEAU  
BRADLEY SCHNEIDER  
QUINT McMICKENS  
KENT MILTON  
DAVID LEMAIRE

AND TAYLOR ROGERS

THE GIRLS JV TEAM ALSO WON, PLACING 6 RUNNERS IN THE TOP TEN. SCORING FOR THE JV GIRLS WERE:

MARTHA VOLTZ  
MADISON DONNELLY  
ANNE STANDLEY  
ALYSSA RABIE  
AVA KARAM  
CHRISTIAN JEANSONNE

AND CARSON RABALAIS

Monday, November 4, 2013

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE ST THOMAS MORE INVITATIONAL SATURDAY IN LAFAYETTE. THE GIRLS PLACED A CLOSE SECOND TO ST THOMAS MORE OUT OF 13 SCHOOLS. THE GUYS PLACED SIXTH OF 14 SCHOOLS.

SCORING FOR THE BOYS WERE:

COLE ROBICHAUX  
BRADLEY SCHNEIDER  
QUINT McMICKENS  
KENT MILTON  
DREW McMICKENS  
TAYLOR ROGERS  
DAVID LEMAIRE  
NICK DUFRENE

AND AUSTIN ROGERS

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX  
MALLORY BARTOW  
LINDSAY VAUGHAN  
AVERY LONG  
REGAN ROBICHAUX  
MADISON DONNELLY  
MARTHA VOLTZ  
ANNE STANDLEY

AND CHRISTIAN JEANSONNE

MONDAY, November 6, 2013

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE DISTRICT MEET HELD AT THE BUSHLOW COURSE YESTERDAY.

THE GUYS WON THE TEAM CHAMPIONSHIP OVER 5 OTHER SCHOOLS, PLACING ALL FIVE SCORERS IN THE TOP TEN. LEADING THE WAY WAS COLE ROBICHAUX WHO TOOK THIRD PLACE OVERALL.

THE GIRLS ALSO WON THE TEAM CHAMPIONSHIP WITH MALLORY ROBICHAUX CLAIMING THE OVERALL INDIVIDUAL TITLE. THE GIRLS PLACED SEVEN RUNNERS IN THE TOP TEN, INCLUDING THE TOP FIVE PLACES.

ALSO SCORING FOR THE GIRLS WERE:  
MALLORY BARTOW  
LINDSAY VAUGHAN  
MERRIK BOWMAN  
AVERY LONG  
REGAN ROBICHAUX  
AND ANNE STANDLEY

ALSO SCORING FOR THE BOYS WERE  
BRADLEY SCHNEIDER  
QUINT McMICKENS  
KENT MILTON  
DOUG JUNEAU  
TAYLOR ROGERS  
AND DAVID LEMAIRE

MONDAY, November 6, 2012

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT LAKESIDE IN MINDEN LAST SATURDAY.

THE GIRLS WON FOR THE TENTH TIME, PLACING FIVE IN THE TOP EIGHT. THE GUYS WERE A CLOSE SECOND, PLACING THREE IN THE TOP TEN. CONGRATULATIONS TO MALLORY ROBICHAUX FOR WINNING HER 7<sup>TH</sup> RACE OF THE YEAR.

SCORING FOR THE GIRLS WERE:  
MALLORY ROBICHAUX  
LINDSAY VAUGHAN  
GRACE AHRENS  
MALLORY BARTOW  
AVERY LONG  
KELLEY ROBICHAUX  
AND MADISON DONNELLY

SCORING FOR THE BOYS WERE:  
BRADLEY SCHNEIDER  
COLE ROBICHAUX  
QUINT McMICKENS  
KENT MILTON  
DOUG JUNEAU  
TAYLOR ROGERS  
DAVID LEMAIRE

THE STATE MEET IS ONE WEEK FROM TODAY.

TUESDAY, November 19, 2013

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SEASONS JUST ENDED, AND FOR THEIR RESULTS AT THE STATE MEET IN NATCHITOCHEES YESTERDAY.

IN THE SUPER TOUGH 2A CLASSIFICATION, THE GIRLS WON THEIR 8<sup>TH</sup> STATE CHAMPIONSHIP AND SECOND IN THREE YEARS, WINNING BY 22 POINTS. THE GUYS MOVED UP FROM 13<sup>TH</sup> LAST YEAR TO 5<sup>TH</sup> THIS YEAR. ALSO CONGRATULATIONS TO MALLORY ROBICHAUX, GRACE AHRENS, AND LINDSAY VAUGHAN FOR EARNING ALL-STATE RANKINGS.

RUNNING FOR THE GIRLS WERE:  
MALLORY ROBICHAUX  
GRACE AHRENS  
LINDSAY VAUGHAN  
MERRIK BOWMAN  
KELLEY ROBICHAUX  
MALLORY BARTOW  
AND AVERY LONG

RUNNING FOR THE BOYS WERE:  
COLE ROBICHAUX  
QUINT McMICKENS  
BRADLEY SCHNEIDER  
DOUG JUNEAU  
DREW McMICKENS  
KENT MILTON  
AND TAYLOR ROGERS

# Albright leads St. Paul's to win in Bayou Boogie Classic

BY CHRIS CHAPPLÉ  
Special to The Advocate

There was a repeat champion on the boys side, while St. Joseph's Academy freshman Annie Hill was impressive in her varsity debut as the cross country season opened Saturday morning at Highland Road Park in Baton Rouge.

St. Paul's senior Zachary Albright won the three-mile boys title in 15 minutes, 28.75 seconds in the 15th Bayou Boogie Classic. Albright won two races at Highland last season, including the Bayou Boogie.

"It's going to be a fun year," Albright said. "I was pleased with my time and more importantly we think our team is going to be very good. We want to win state this year. It's our year."

St. Paul's won the boys title with 35 points. Catholic was second with 59, followed by Episcopal (85) and Ascension Catholic (141).

St. Paul's had four finishers in the top 10, including Eric Coston (16:06.50) in third place. Episcopal's Bryan Stamey

## Cross country

(16:10.50) was fourth, Ascension Catholic's Zach Capello (16:18.69) was sixth, Catholic's Jeffrey Kelly was seventh, University's Hank Patrick was ninth and Ascension Catholic's Jesse Hood was 10th.

"I was really pleased with the way our guys stepped up," Catholic coach Pete Boudreaux said. "Jeffrey Kelly ran a good race. St. Paul's is loaded and looked very good."

St. Joseph's Academy won the girls title with 45 points. The Redstickers had five finishers in the top 15, including Andrea' Laville (20:23.93) who was sixth.

Menard was a close second with 48 points. Menard's Mallory Robichaux (19:37.03), Grace Ahrens (20:30.06) and Mallory Bartow (20:31.28) were third, seventh and eighth, respectively.

"We feel like this is our year," Menard coach Wally Smith said. "We have the most runners ever in our program with 50 on the boys and girls teams. We're healthy."

The Newman girls were

third, Episcopal fourth and St. Michael fifth.

St. Joseph's Hill finished in a 19-1.72 in her first varsity race on a muddy course. Hill won several junior high races for St. Alloysius in the two-mile course at Highland.

"I didn't know what to expect with this being my first varsity race," Hill said. "I did good in a scrimmage here last week. I went out faster than I wanted in the first mile. I think I can get my time under 19 minutes. It was a good start."

"Annie Hill ran an amazing race for a freshman," said St. Michael's Haley Gregoire, who was second in 19:12.09. "I ran a personal record today and think we have the team to win state again. I think Annie and I will push each other to run faster this season."

SJA first-year coach in Mark LaHaye, who took over when Sam Young retired. "Our girls did really well today," LaHaye said. "Annie ran the same time as in the scrimmage and the course was more difficult today with the mud. I think she can go faster."

Episcopal freshman Alicia Stamey (20:23.59) was fifth.

## Cross country

### 15th Bayou Boogie Classic

at Highland Road Park

Boys varsity  
Team totals: St. Paul's, 35; Catholic (CHS), 59; 3. Episcopal, 85; 4. Hahnville, 118; 5. Ascension Catholic (ACHS), 141; 6. East Ascension (EAS), 211; 7. Menard, 213; 8. Newman, 215; 9. Assumption, 236; 10. St. Michael, 249; 11. Delcambre, 318; 12. St. Amant, 344; 13. Episcopal of Acadiana, 384; 14. Central, 426; 15. Plaquemine, 441; 16. Holy Rosary, 454; 17. St. John, 544.

Top individuals  
1. Zachary Albright, St. Paul's, 15:28.75; 2. Bryce Robinson, Hahnville, 15:37.28; 3. Eric Coston, St. Paul's, 16:06.50; 4. Bryan Stamey, Episcopal, 16:10.50; 5. Beau Robinson, Hahnville, 16:13.72; 6. Zach Capello, ACHS, 16:18.69; 7. Jeffrey Kelly, CHS, 16:27.25; 8. Don Lipani, St. Paul's, 16:32.25; 9. Hank Patrick, University, 16:41.12; 10. Jesse Hood, ACHS, 16:46.78; 11. Michael Burke, St. Paul's, 16:47.94; 12. Pierce Hill, CHS, 17:02.62; 13. James Claitor, CHS, 17:07.28; 14. Spencer Albright, St. Paul's, 17:15.31; 15. David Toups, CHS, 17:18.59.

ADVOCATE  
9/8/13

Girls varsity  
Team totals: 1. St. Joseph's Academy (SJA), 45; 2. Menard, 185; 3. Newman, 96; 4. Episcopal, 172; 5. St. Michael, 177; 6. Ascension Catholic (ACHS), 146; 7. St. Amant, 206; 8. East Ascension, 207; 9. University, 254.

Individuals: 1. Annie Hill, SJA, 19:01.72; 2. Haley Gregoire, St. Michael, 19:12.09; 3. Mallory Robichaux, Menard, 19:37.03; 4. Mallory Bartow, Newman, 20:30.06; 5. Alicia Stamey, Episcopal, 20:23.59; 6. Andrea' Laville, SJA, 20:23.93; 7. Grace Ahrens, Menard, 20:30.06; 8. Mallory Bartow, Newman, 20:31.28; 9. Hank Patrick, University, 20:31.28; 10. Don Lipani, St. Paul's, 20:32.25; 11. Don Lipani, St. Paul's, 20:32.25; 12. Don Lipani, St. Paul's, 20:32.25; 13. Don Lipani, St. Paul's, 20:32.25; 14. Don Lipani, St. Paul's, 20:32.25; 15. Don Lipani, St. Paul's, 20:32.25.

Boys varsity  
Team totals: 1. Our Lady of Mercy, 68; 2. St. Alloysius, 91; 3. Episcopal, 113; 4. Northwestern Middle, 133; 5. Episcopal of Acadiana, 133.

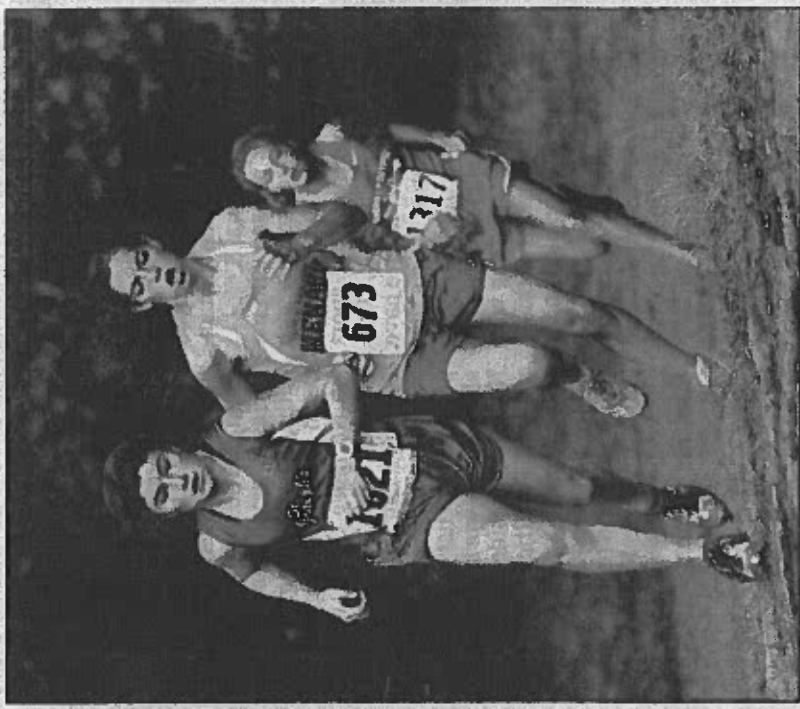
Top individuals  
1. Michael Lee, Episcopal, 11:58.68; 2. Will Ridge, Our Lady of Mercy, 12:22.31; 3. Lalonde James, St. Alloysius, 12:24.88; 4. Oliver Vreeland, Episcopal of Acadiana, 12:29.12; 5. Stephen Schlottmann, St. Paul's, 12:37.91.

Junior high girls  
Team totals: 1. Our Lady of Mercy, 60; 2. St. Alloysius, 88; 3. Episcopal, 107; 4. University, 140; 5. St. Thomas More Catholic, 153.

Top individuals  
1. Katie Brumfield, Cha Crusaders, 13:23.53; 2. Claire Barfield, Our Lady of Mercy, 13:30.91; 3. Claire Vaughn, Alexandria, 13:46.41; 4. Ellie Pennington, University, 13:49.53; 5. Adele Broussard, Episcopal, 13:52.72.

# Round Table Run

ADVOCATE  
9/14/13



**BY FRED ALDRICH**  
Special to The Advocate

It was a good day for local runners at the sun-splashed Episcopal Round Table Run on Saturday at Highland Road Park.

Freshman Annie Hill of St. Joseph's Academy won the varsity girls' three-mile race, Episcopal's Bryan Stamey finished first in the boys varsity division, Catholic High took the boys crown, and St. Joseph's finished second in the girls competition.

Hill, who finished in a personal record time of 18 minutes, 37.53 seconds and St. Michael's Haley Gregoire (18:46.91) were the only Baton Rouge area girls to finish in the top 10, with Adie Burleigh of Catholic of Pointe Coupee finishing 11th and Amber Ferguson of Denham Springs in the 13th spot in the race that attracted nearly 1,500 runners.

Holy Savior Menard of Alexandria topped St. Joseph's 84-120 for the girls title. Dominican finished third, followed by Mandeville, St. Scholastica of Covington, and LA Catholic of Pointe Coupee in sixth place.

Jeffrey Kelley, in sixth place, was the top finisher for Catholic High, but the Bears placed their five top runners in the top 25 including James Clairor (12th), Pierce Hill (21st), Lawrence Elkins (22nd) and David Toups (25th) to edge second-place John Curtis 83-99.

Jesuit (115) and Brother Martin (138) finished in third and fourth ahead of host Episcopal with 160 points.

"We don't have that guy that's maybe going to challenge for

Advocate photos by **JOHN OUBRE**

St. Joseph Academy's Annie Hill, left, leads Menard's Mallory Robichaux and Vandebilt Catholic's Alexa Breaux at Episcopal's Round Table Run at Highland Road Park on Saturday morning. Hill won the event with a time of 18:37.53.

Friday night's thunderstorms that disrupted high school football games and softened the Highland Road Park course.

"It was rough today. It was pretty muddy," Hill said after her win in the girls race. She still reached the goal she had set for herself.

"I was going for 18:45 and I ran 18:37," Hill said. "The first mile I tried to be patient and just stay in the back of the pack

## Results

### Girls

**Team leaders:** 1. Menard, 84-120; 2. St. Joseph's, 120-3; Dominican, 130-4; Mandeville, 143-5; St. Scholastica, 150-6; Catholic High Pointe Coupee, 161-7; St. Thomas More, 21-8; St. Thomas Aquinas, 228-9; Episcopal, 234-10; St. Michael, 251-11; Ascension Catholic, 284-12; Walker, 298-13; Comeaux, 363-14; Pineville, 389-15; East Ascension, 447.

**Individual leaders:** 1. Annie Hill, St. Joseph's, 18:37.53; 2. Haley Gregoire, St. Michael, 18:46.91; 3. Olivia Murphy, Mandeville, 18:57.62; 4. Alexa Breaux, Vandebilt Catholic, 19:02.25; 5. Mallory Robichaux, Menard, 19:37.93; 6. Mia Meyrlich, Dominican, 19:31.18; 7. Hannah Ivory, Curtis, 19:57.31; 8. Bobbi Amal, St. Thomas Aquinas, 19:59.31; 9. Mallory Bartow, Menard, 19:59.84; 10. Claire Smith, Holston, 19:59.81; 11. Adie Burleigh, Catholic High Pointe Coupee, 19:53.91; 12. Carley Boyce, St. Scholastica, 19:58.28; 13. Amber Ferguson, Denham Springs, 19:59.22; 14. Eleana Callejas, Vandebilt Catholic, 20:04.34; 15. Stephanie Breaux, Ascension Catholic, 20:11.31.

### Boys

**Team scores:** 1. Catholic High, 83-2; John Curtis, 99-3; Jesuit, 115-4; Brother Martin, 138-5; Episcopal, 160-6; Ascension Catholic, 222-7; Mandeville, 264-8; Baton Rouge High, 288-9; Mandeville, 325-10; St. Thomas More, 358-11; East Ascension, 361-12; Dutchtown, 362-13; E.A. White, 364-14; Comeaux, 402-15; Pineville, 436.

**Individual leaders:** 1. Bryan Stamey, Episcopal, 15:37.62; 2. Devyn Keith, Curtis, 15:39.41; 3. Zach Capello, Ascension Catholic, 15:40.18; 4. Beau Robinson, Hahnville, 15:48.38; 5. Bryce Robinson, Hahnville, 16:14.81; 7. Hank Patrick, U-High, 16:17.03; 8. Chase Edwards, Brother Martin, 16:21.97; 9. Christian Paz, Curtis, 16:24.15; 10. Tommy Brocato, St. Thomas Aquinas, 16:29.75; 11. Leo Friot, Baton Rouge High, 16:30.75; 12. James Clairor, Catholic High, 16:32.81; 13. Austin Brown, Curtis, 16:35.38; 14. Liam Fitzgerald, Jesuit, 16:37.88; 15. Dylan Dumford, Comeaux, 16:41.08.



Cross country

Here are the statewide high school cross country polls voted on by the Louisiana Track and Field Coaches Association.

Boys

**Class 5A-3A**

1. St. Paul's (10) 100
2. West Monroe 80
3. Catholic-BR 76
4. Jesuit 64
5. Walker 59
6. Parkway 57
7. Brother Martin 48
8. St. Thomas More 31
9. Dutchtown 12
10. Shaw 7

Also receiving votes: Ruston, F.D. White Catholic, Fontainebleau, St. Michael, Benton, Northshore.

**Class 2A and below**

1. Episcopal-BR (10) 100
2. John Curtis 89
3. St. Thomas Aquinas 79
4. Lakeside 72
5. Ascension Catholic 57
6. Newman 49
7. Country Day 39
8. St. Martin's 26
9. Midland 18
10. Runnels 12

Also receiving votes: Anacoco, University, Catholic PC, Elizabeth, Patrick Taylor.

Girls

**Class 5A-3A**

1. Dominican (9) 99
2. St. Joseph's Academy (1) 72
3. Fontainebleau 72
4. Mt. Carmel Academy 68
5. St. Scholastica Academy 43
6. Parkway 36
7. Ruston 30
8. St. Michael 28
9. Benton 21
10. Mandeville 18

Also receiving votes: St. Thomas More, F.D. White Catholic, Vanderbilt Catholic.

**Class 2A and below**

1. Menard (9) 99
2. St. Thomas Aquinas (1) 81
3. Episcopal 79
4. Newman 65
5. Louise McChico 56
6. Catholic-Pointe Coupee 45
7. Sacred Heart-NO 38
8. Ascension Catholic 31
9. Country Day 23
10. University High 8

Also receiving votes: Grace Christian, Lakeside, Christian Life, John Curtis.

ADVOCATE  
9/17/13

**Girl's Composite Team Rankings Week #2**



make split  
9/18/13

**CROSS COUNTRY**

- Coast Championships**  
**Fort Bucklew**  
 Top 5 girls teams: Menard 15; Pineville 82; Buddeye 111; Anacoco 111; Grace 131  
 Top 10 girls: Robichaux, Mallory, Menard 19:47.97; Barrow, Mallory, Menard 20:45.49; Carey, Colby Natchitoches 21:20.95; Vaughan, Lindsey Menard 21:23.68; Robichaux, Kelley Menard 21:29.66; Bowman, Merrit Menard 21:29.91; Ahrens, Grace Menard 22:15.36; Slayter, Olivia Grace Christian 22:16.93; Bell, Macalla Pineville 22:25.43; Long, Avery Menard 22:38.52  
 Top 5 boys teams: Anacoco 76; Pineville 79; Buddeye 86; Menard 122; Grace 142  
**Top 10 boys:** Farris, Cameron Pineville 17:58.50; Turrspeed, Sam Anacoco 18:03.06; Brenner, Zachary Grace Christian 18:10.01; Jones, Chase Buddeye 18:18.12; Conant, Jarrod Buddeye 18:33.54; Robichaux, Cole Menard 18:38.35; Lewis, Austin Pineville 18:43.05; Freeman, Nathan Oak Hill 18:46.70; Maggio, Scott St. Mary 18:47.94; Williams, Austin Anacoco 18:52.78

TOWN TALK  
9/26/13

1. (1-3) Menard - Middle State Menard travels down to Baton Rouge for their first ever Baton Rouge win in the school's history...literally running the best the state has to offer and our week one rankings into the ground in the process. They championed over #2 (St. Jones) and #3 (Dominican) by over 40 points all while racing a muddy Highland Park course. This team has a heavy claim on the #1 honors for XC week #2.
2. (0) St. Joseph - With an average time of 20:20, SJA sits in the #2 spot for week 2. The team was led by freshman, Phonyr Annin Hill, and her dominating victory at Highland Park this past weekend. Could she hand Gabrielle Jennings her first Louisiana XC loss, or upset senior Allison Ringle? Only time will tell.
3. (0) Dominican - Last year's defending 5A champs, Dominican, made a good showing at the Episcopal meet. After an intense summer of miles, look for DHS to make a push up, but staying put at #3 this week.
4. (1-1) Parkway - Allison Ringle (#1) delivers a left, Fundamentally right, but it's up to the close running pack of the McCauley sisters & McConnet to deliver a final blow to put this team in further contention. With freshmen, Ariel McCauley, already having risen to become their #4, the season should showcase a lot of potential not only for this young runner, but for the team as she continues to gain experience and drop time. Also sidelined, but expected to return this week for her opener at the Byrd Invitational, Jaysa Valcher (19:13 PR), can help Parkway gain in the rankings. Parkway drops three spots this week to #4, but they could just as easily recover this drop in the next 1-2 weeks. Menard better not get too comfortable on top.
5. (1-3) Mandeville - True to every top team, Mandeville has a gun in its arsenal with, Olivia Murphy(#4), who had an amazing race in Baton Rouge this past weekend. Mandeville's 2,3,4 runners have a 15 second gap followed by their fifth 47 seconds back rounding out to a 20:48 team average. With all things considered, Mandeville rises to #5 this week.
6. (1-3) Scholastica - Caroly Boyce leads the way for the Doves. A team average of 20:59 drops them to 6th this week.
7. (1-3) Pointe Coupee - After a great race at Episcopal this week, Catholic High Pointe Coupee moves into the top 10. First top ten showing in quite some time.
8. (0) Mt. Carmel - With a very young team, no seniors in the top 7, the Oaks remain at #8 this week. They turned heads in Natchitoches last year with a 6th place finish. Seeming to peak just right each year under the guidance of Chris Kaley, look for them to turn heads again as the season progresses.
9. (1-2) St. Thomas More - Under the guidance of Kevin Cassdale/Musser's American record holder at 10K/Half Marathon) St. Thomas More girls are making waves finishing 7th at the EHS Round Table run this past weekend.
10. (0) St. Thomas Aquinas - with a 21:33 team average, edging out traditional power house Episcopal, the falcons just make the cut at #10.

**Menard girls win prestigious meet**

**BATON ROUGE** — Holy Savior Menard's girls cross country team, competing against Class 5A defending state champ Dominican, three other teams that finished in the top 10 in last year's Class 5A state meet, plus two other defending state champions (Class 3A's E.D. White and 1A's Catholic-Point Coupee), won the Episcopal Cross Country Meet Saturday.  
 Menard, with Mallory Robichaux (fifth, 19.07) and Mallory Bartow (ninth, 19.39) finishing in the top 10, won the meet for the first time by 36 points. Menard had five runners in the top 45 to blow away the competition in a 26-team meet, scoring 84 points. Class 5A St. Joseph was second at 120 and Dominican third at 130.  
 Menard's boys placed 23rd of 38 teams.

**Menard girls first in composite rankings**

Class 2A Holy Savior Menard is ranked first in the state composite rankings for girls cross-country, ranking above traditional Class 5A powers St. Joseph and Dominican. It is the first time in school history to be ranked No. 1 in composite rankings. This ranking came after Menard's recent win at the Episcopal Meet in Baton Rouge.

TOWN TALK 9/26/13

TOWN TALK 9/15

# Catholic, Menard win in cross country

Advocate staff report

> Swimming results. 7C  
> Swimming results. 17C

Catholic High and Alexandria-based Holy Savior Menard claimed top honors at the Battlefield Cross Country Festival held at the Port Hudson State Historic Site located in Jackson.

The Bears scored the low total of 27 points to finish ahead of Brother Martin (42), Baton Rouge High (104), Walker (124) and St. Michael the Archangel (199) on Saturday.

Menard finished with 32 points to win the girls division. Mississippi-based St. Patrick (59) Catholic-Pointe Coupee (93), St. Michael (100) and Walker (129) were the other top teams.

Catholic's Jeffrey Kelley and St. Patrick's Ramsey Wagner were the individual winners.

Kelley won the three-mile boys race in 16 minutes, 16.56 seconds. Five Bears placed in the top 10.

Wagner won the girls three-mile race in 18:51.22. St. Michael's Haley Gregoire was second, Mallory Robichaux took third to lead Menard, which also placed five runners in the top 10.

## Menard girls win Jackson meet

Holy Savior Menard's top seven runners placed in the top 15 to win the girls' title at the Battlefield Festival cross-country meet in Jackson Saturday. Menard won by 27 points over St. Patrick's of Mississippi. Menard's boys took sixth.

ADVOCATE  
9/29/13

TOWN TALK 10/2/13

## 2013 Louisiana Milesplit Composite XC Polls: Week 1

- 1) Parkway
- 3rd Mobile CoC, missing Jayni Wilcher
- 2. St. Josephs
- Won Bayou Boogie
- 3) Dominican
- Won Loyola, missing Claire Fox
- 4 SSA
- 2nd Loyola
- 5 Menard
- 2nd Bayou Boogie
- 6 Ruston
- 7 Mandeville
- 5th Mobile CoC
- 8 Mt. Carmel
- 6th Mobile CoC
- 9 Sacred Heart
- 1st JCCS Season Opener
- 10 St. Thomas Aquinas
- 2nd JCCS Opener, 1st S&S Invite

LA Running  
9/10/13

## Battlefield Cross Country Festival at Port Hudson State Historic Site

### Girls Varsity

Team scores: 1, Menard 32, 2, St. Patrick's 59, 3, Catholic-Pointe Coupee 93, 4, St. Michael 100, 5, Walker 129, 6, St. Amant 162, 7, University 199, 8, Denham Springs 202, 9, West Feliciana 252.

### TOP INDIVIDUALS

1, Ramsey Wagner, St. Patrick's, 18:51.22, 2, Haley Gregoire, St. Michael, 18:59.72, 3, Mallory Robichaux, Menard, 19:45.59, 4, Addie Burleigh, Catholic-PC, 20:20.97, 5, Grace Ahrens, Menard, 20:43.18, 6, Amber Ferguson, Denham Springs, 20:44.06, 7, Lindsay Vaughn, Menard, 20:45.47, 8, Mervin Bowman, Menard, 20:49.18, 9, Mallory Bartow, Menard, 20:50.22, 10, Collin Letard, St. Patrick's, 21:02.47, 11, Dionysia Love, Sophie B. Wright, 21:03.56, 12, Kristen Olinde, Catholic-PC, 21:13.68.

### Junior High

Top team scores: 1, St. Aloysius 57, 2, Runnels 59, 3, Our Lady of Mercy 101, 4, University 127, 5, St. George 155.

### TOP INDIVIDUALS

1, Clare Barfield, Our Lady of Mercy, 13:14.78, 2, Ellie Pennington, University, 13:28.56, 3, Claire Vaughn, Alexandria Country Day, 13:30.84, 4, Sara Lavastida, St. George, 13:33.22, 5, Summer Smith, St. Aloysius, 13:49.03.

### Boys Varsity

Team scores: 1, Catholic-BR 27, 2, Brother Martin 42, 3, Baton Rouge High 104, 4, Walker 124, 5, St. Michael 199, 6, Menard 217, 7, East St. John 220, 8, University 226, 9, West Feliciana 258, 10, Zachary 281, 11, Runnels 333, 13, Denham Springs 344, 14, Catholic-Pointe Coupee 357, 15, St. Amant 440, 16, Covington 445, 17, Central 474, 18, Central Catholic 486.

### TOP INDIVIDUALS (THREE MILES)

1, Jeffrey Kelley, Catholic-BR, 16:16.56, 2, Michael Maldonado, Brother Martin, 16:29.22, 3, James Claitor, Catholic, 16:38.78, 4, Chase Edwards, Brother Martin, 16:40.03, 5, Leo Frilot, Baton Rouge High, 16:49.78, 6, Randy Carter Jr., Jehovah-Jireh, 16:50.28, 7, David Toups, Catholic, 16:53.78, 8, Hank Patrick, University, 17:01.72, 9, Pierce Hill, Catholic, 17:07.06, 10, Lawrence Elkins, Catholic, 17:15.18, 11, Miles McLindon, Catholic 17:16.50, 12, Avery Provenzano, Brother Martin, 17:17.75.

### Junior High

Top team scores: 1, Catholic-BR 36, 2, Brother Martin 40, 3, St. Aloysius 116, 4, Our Lady of Mercy 125, 5, Baton Rouge High 197.

### TOP INDIVIDUALS (TWO MILES)

1, Hayden Courrege, Brother Martin, 11:23.75, 2, James Lalonde, St. Aloysius, 11:29.50, 3, John Paul Hardin, Zachary, 11:38.09, 4, Keim Anderson, Catholic, 11:43.18, 5, Caleb Dugas, Catholic, 11:43.69.

# NO. 1 TARGET



Menard junior Mallory Robichaux (left) and senior Mallory Bartow (right) lead a Lady Eagle cross-country team that is the top-ranked team in the state among all classes. It's the first time in school history the Lady Eagles, the favorites to win the 2A state title, have received that honor. MELANEA MARTINEZ/MMARTINEZ@TOWNTALK.COM

## Others, like Benton's Trammel, see Menard cross-country as gauge

**F**ranks Trammel called Pineville cross-country coach Kevin Kessler earlier this week and asked him if Holy Savior Menard's girls were running in Pineville High School's meet Saturday at the Ward 9 Sportsplex.

When Kessler told him yes, that Menard was going to be in the meet, Trammel said, "Then I'm coming."

Trammel is a former All-American cross-country runner for Northwestern State who has coached 16 state championship teams in track and cross-country combined in 28 years of high school coaching. A former coach at Quitman, he has won

three cross-country state championships at his current outpost at Benton, a little north of Shreveport in Bossier Parish.



**Bob Tompkins**  
btompkins  
@thetowntalk.com  
(318) 487-6349

"My (initial) plan was to go to St. Joseph's (meet) in Baton Rouge," said Trammel, who placed sixth in the marathon at the 1980 U.S. Olympic Trials, "but because of my relationship with (Menard coach) Wally (Smith), I called Kevin to check and see if Menard was coming."

Another reason he was interested in Menard's participation is because Menard's girls are ranked No. 1 in the state's composite cross-country girls poll. With Menard's girls running, Trammel believed he could gauge where his

team stood by competing against them.

This is a man who coached Benton's girls to back-to-back Class 4A state cross-country titles in 2010 and '11 when they were led by Kaitlyn Flattman, who won the individual state title four straight years and is now a sophomore runner for the University of Arkansas.

Menard's girls, led by race champion Mallory Robichaux, scored 31 points with two of the top three and five of the top 10. They did this with one of their top four runners, Merrik Bowman, sidelined with stomach pains.

Benton, with two in the top four, finished second with 50 points.

TOWNTALK See TARGET, Page C8

10/6/13

# Target

Continued from Page C1

Menard's Robichaux won the three-mile trek with a time of 19 minutes, 41 seconds — nowhere near her personal best of 18:17 as a freshman in 2011. Rachel Paine of Benton (20:00.04) was second, barely beating Menard senior Mallory Bartow (20:00.07), and Quincy Middlebrooks of Benton was fourth in 20:18.

The Lady Eagles had the eighth, ninth and 10th finishers with Lindsey Vaughan (21:02), Kelly Robichaux (21:15) and Grace Ahrens (21:20).

"Nobody yet can beat our 3, 4 and 5 runners," Menard coach Wally Smith said with a smile, tickled that his team did so well against the Benton team coached by his original cross-country coaching mentor. "He is the one who taught me the most about being a cross-country coach."

"I was flattered that somebody wanted to hear my view on how to build a cross-country program," Trammel said. "Wally would pick your brain, but he also knew what he wanted to do his own way — not just duplicate what I had done. He did this with a design in place with which he thought he could be successful."

Smith is in his 28th year of coaching, including his first three years as a volunteer coach, all at Menard. That he designed a successful program is evident in his leading Menard to seven girls cross-country state championships as well as guiding the girls to the school's first track and field state championship last spring.

working to get back to her 2011 peak after being slowed last year with mononucleosis, which also hit Bartow and Vaughn last year when Mallory's cousin, Kelly Robichaux, was sidelined by an ankle injury.

Bartow, one of two senior stars along with Vaughan, said four of Menard's top five runners came from the Rapides Junior Runners program.

"I didn't even think about running until I got involved with Rapides Junior Runners," she said. "It was a lot of fun, and it led me into seventh grade, when I started running for Menard."

That this Menard team is ranked first among all classes in the state for the first time in the school's history is something the Lady Ea-

gles are embracing.

"It's really something to get that ranking and that we're running so well this year," said Vaughan. "I couldn't imagine having a better year."

When you're No. 1, the target is on your back. Trammel, whose team ran in only its second meet of the season Saturday and whose boys won easily with five of the top seven runners, will bring his girls team back to Central Louisiana on Wednesday, Oct. 23, for the Johnny Miller meet at the Fort Buhlow Recreation Area. The Lady Eagles will run in that meet.

"After we go back home and work on some things," he said, with a glimmer in his eye, "we'll see then how we stand in comparison to Menard."

A recipient of the Louisiana High School Track and Field Coaches Association's Lifetime Achievement Award last January, Smith also has led the Menard boys to two state cross-country titles. He has coached five individual boys state champions and four girls state champions.

The most recent girls champ was Robichaux two years ago as a freshman.

Robichaux was fighting a cold Saturday, when she was nearly shoulder-to-shoulder with Kellie Webb of Barbe in the lead for about half the race before pulling away.

Her best time this season is 19:07, and she's

## CROSS COUNTRY

**Pineville High Meet**  
Saturday, Ward 9 Sportsplex  
Boys Team Results: 1. Benton, 22; 2. Pineville, 63; 3. Holy Savior Menard, 73; 4. Barbe, 89; 5. ASH, N/A.

### Top 10 boys

1. Drake Heinz, Benton, 16:56
2. Bradley Hoogerwerf, Barbe, 17:10
3. Stephen Singleton, Benton, 17:32
4. Cameron Farris, Pineville, 17:36
5. Alex Whittington, Benton, 17:39
6. Logan Caskey, Benton, 17:52.54
7. Garrett Gibson, Benton, 17:52.71
8. Jackson Newman, Pineville, 18:15
9. Austin Lewis, Pineville, 18:30
10. David Cantu, Barbe, 18:55

Girls Team Results: 1. Menard, 31; 2. Benton, 50; 3. Barbe, 73; 4. Pineville, 130; 5. Alexandria Senior High, 149; 6. Grant, 205

### Top 10 girls

1. Mallory Robichaux, Menard, 19:41
2. Rachel Paine, Benton, 20:00.04
3. Mallory Bartow, Menard, 20:00.07
4. Quincy Middlebrooks, Benton, 20:18
5. Kellie Webb, Barbe, 20:31
6. Colby Carey, Natchitoches Central, 20:58
7. Morgan Foreman, Barbe, 21:00
8. Lindsey Vaughan, Menard, 21:02
9. Kelly Robichaux, Menard, 21:15
10. Grace Ahrens, Menard, 21:20

TOWNTALK  
10/6/13

## Composite XC Team Rankings: Week #4

### Girls Composite Rankings:

1. (0) **Menard** - The Menard girls continue to roll with two victories in the past week, winning both the CENLA championships with a perfect score of 15, and the Battlefield XC averaging a time of 20:34 good enough for a point victory over St. Patrick high school (ranked #3 in Mississippi)
2. (-1) **Mandeville**: The skippers move up three spots this week after a phenomenal race at Christian Brothers. In Abita they defeated #2 SJA - 41 to 65. Lead by Olivia Murphy's 19:04 who helped bring down the team average to 20:10, Mandeville weighs in at #2 this week. However, our database ranks Mandeville #1 by 1 pt., but with the Week #1 loss to Menard we give Menard the slight edge. If Mandeville continues to improve like they are, or if Menard falls even slightly - Mandeville may take over the #1 spot.
3. (-1) **St. Joseph**: Second at St. Paul's, they will once again face a strong Mandeville team this upcoming weekend, will the SJA's recapture their LA#2 ranking and retopple Mandeville? make a push for #1? This week will reveal much.
4. (0) **Parkey**: Allison Ringle wins this weekend averaging 5:59 through 3 miles to help the Bearcats to a second place showing behind Madison Central (MS #2) - 20:09 team average.
5. (-1) **St. Scholastica** - 3rd at St. Paul's - Beat #6 Dominican with a team average 16 seconds faster. Lost to SJA and Mandeville
6. (-) **Dominican**: Missing the presence of #2 Grace Williams, they lost to SSA en route to a 4th place finish at St. Paul's this past weekend.
7. (-2) **St. Thomas More** - With a 20:49 average, the cougars won the Sacred Heart Invite led by Hannah Bourque (19:15) and Katherine Whitman (20:34). St. Thomas scored 39 points en route to defending their team from last year.
8. (-) **McGehee** - Won Newman Inville with an average time of 21:27
9. (-) **Fontainebleau** 21:21 average
10. (-) **Catholic High Pointe Coupees**: 21:15 team average. Establishing a 5th runner is critical for this squad, as a significant gap exists between their 4th and 5th finishers.

LA Running  
10/3/13

## Composite XC Team Rankings: Week #5

Page 2 of 3

- (+1) 1. **Mandeville** - The skippers take over the top spot this week. With each week they continue to improve, taking out LA#3 St. Joseph Academy at Christian Brothers Invitational and continuing the streak at Highland, winning by 37 points over the same team. The skippers are yet to beat Menard in head to head competition but with a 19:39 team average, and the way they continue to improve each week, we have to give the edge to the Skips.
- (-1) 2. **Menard** - Runs at the Pineville meet this week. Although we don't have results on file (Coach send them in!), Coach Wally was kind enough to send us his team results with splits: Menard looks strong but are going to have to drop a little more to compete with Mandeville this weekend at the composite state meet, I mean Catholic.
- (0) 3. **St. Joseph** - St. Joseph finished 2nd to a very strong Mandeville team at their home Invitational. They are solidly ahead of #4 this week based on times from Chile Pepper - moving neither up or down.
- (0) 4. **Parkey** - 20th at Chili Pepper, average deceiving due to bad conditions which slowed times significantly. With Chile Pepper aside, Parkway looks to be closing in on LA#3 St. Joseph Academy, their team averages reveal a 3 second difference.
- (0) 5. **St. Scholastica** - The doves were the top Louisiana team at the MC Watson Invitational finishing 4th with a team average of 16:51 (converts to around 20:20-25 for 3 miles). Although their seems to be a gap in the team above, who knows what will happen between now and November. It's been a few years but the doves have a few Nachitoches trophies in their school's cases back in Covington.
- (0) 6. **Dominican** - #4 at highland with only 1 of their normal top 5. Defending champs from 2012 continue stay at #6 this week, but will they have enough to gather for a late season push?
- (0) 7. **St. Thomas More** - Idle week.
- (+2) 8. **Catholic PC** - dropped average under 21, good enough for a third place showing at the prestigious St. Joseph Invitational.
- (+2) 9. **Mt. Carmel** - Back in the top ten this week after a 5th place showing at Highland, (21:07 average). They are ranked 5th according to our database, however with a loss to Catholic High PC at highland it's hard to move them up. Looks like the cubs have a lot of potential, but can they all string it together on the same day? Tradition says beware of this team.
- (+1) 10. **St. Thomas Aquinas** - The women falcons also find themselves in the top 10 this weekend after a 17:31 team average for 4K, (converts to 21:10-15). Database rankings put Episcopal at a close 10, but with their showing this weekend at St. Joes - their arch 2A rivals steal the final spot in the rankings this week.

### Boys Rankings:

- (0) 1. **St. Paul's** - The wolves continue to dominate the rankings. Kraemer Jackson is back from injury, a little out of shape, but soon to join, potentially, all his teammates in the 15's. With a team average of 15:56, the state's top two runners in Zach Albright and freshman Eric Coston, the potential of DC Lpani (9:26 3200), Albright #2, and the eventual joining of Jackson in the mix - the strength of this team continues to be scary and continues to solidly put them at #1.
- (0) 2. **Catholic** - Holds on to second place and keeps the name in the hat for the runner-up trophy for 5A
- (+1) 3. **Brother Martin** - Huge showing at St. Joseph's this week. Galliger's crusaders finally run with full strength team and looks to be ready to challenge Catholic next week finishing a mere 4 points behind them at SJA.
- (-1) 4. **John Curtis** - Moving backwards, while still the favorite for 3A, JC is still a bit away from competing with the top 5A schools
- (+1) 5. **Episcopal** - As usual, EHS gets better towards end of the season. A little off from some of the teams above them, but looks like with the moving of Curtis from their class, Dupe will be cruising to the Knight's ten thousandth title in 2A.
- (-1) 6. **Jesuit** - Looking good for a team with only a couple seniors. Should finish no worse than top 5 at state. Not bad for a rebuilding year, both in coaching and in runners.
- (+4) 7. **Shaw** - Phenomenal showing by Shaw this week. Undoubtedly stunned Mandeville, Week 4-LA#8, and Ascension Catholic, Week 4-LA#9, in the process. Can push to be a top 5 team at state if team stays healthy. A few recovering injuries on the team, bodes well for a potential rise even further upward.
- (0) 8. **Mandeville** - 8th at St. Joes team with a team average of 17:13
- (-2) 9. **West Monroe** - an underwhelming show at MC Watson. The team has potential and a reputation for showing up in Nachitoches, for now they drop to #9.
- (-1) 10. **Ascension Catholic** - 9th at Highland. Looks to be able to mop up 1A competition next month.

To help us ensure the most informative polls please try to get your results in over the weekend to [pat@louisianarunning.com](mailto:pat@louisianarunning.com).

Thanks!

LA Running  
10/10/13

## Girls Composite Poll

1. Mandeville	(8)	98
2. Menard	(2)	92
3. St. Joseph's Academy		80
4. Parkway		62
5. Dominican		50
6. St. Scholastica		43
7. Catholic of Pointe Coupee		34
8. Mt. Carmel Academy		31
9. St. Thomas More		20
10. Ascension Catholic		10

ADVOCATE 10/8/13

Also Receiving Votes: Fountainbleau, Episcopal, Sacred Heart (NO), St. Thomas Aquinas, Benton, Louise McGehee, Vanderbilt Catholic, Lafayette

BY ROBIN FAMBROUGH  
rfambrough@theadvocate.com

As the temperatures rose Saturday morning, so did the level of the competition at the Catholic High Cross Country Invitational.

St. Paul's Zachary Albright and St. Joseph's Annie Hill continued their success stories by claiming individual titles. The meet that attracted about 1,300 runners to Highland Road Park offered anything but the same old storylines.

Covington-based St. Paul's won the boys title, posting a low score of 43 points. The top-ranked Wolves put all of their scoring runners in the top 20, including three in the top six.

Host Catholic (99), John Curtis (172), Episcopal (186) and Brother Martin (189) were next.

"I'm definitely blessed with a lot of talent," St. Paul's coach Terry Chatham said with a smile. "They performed well. Thank God they've got a good bus driver."

Holy Savior Menard pulled off an upset to claim the girls crown with 68 points. Top-ranked Mandeville (89), St. Joseph's (119), Dominican (207) and Mt. Carmel (228) were the other top girls team.

Menard coach Wally Smith got emotional while explaining the Eagles' effort.

"It's history repeating itself," Smith said. "Twenty years ago we went down to New Orleans and beat Mandeville when they were ranked No. 1. We told stories about that all week."

Though Albright and Hill remained unbeaten, their three-mile races were anything but ordinary. Albright and Hahnville's Bryce Robinson battled throughout the race. The duo covered the first mile in a torrid 4 minutes, 45 seconds.

Albright posted a winning time of 15:06.81, nipping Robinson (15:07.69) at the finish. St. Paul's Eric Coston (15:24.12) and Robinson's twin, Beau (15:40.44), completed the top four.

"At one point, we were on a 4:30 mile pace," Albright said. "In a race like this you have to go with you're presented with. I just hung in there with Bryce. He ran an awesome race. I told myself I'd try to get him at the end and I did."

The girls race was billed as a showdown between Hill, an unbeaten freshman, and one Louisiana's established distance stars, First Baptist Christian's Gabrielle Jennings.

About a mile into the race St. Scholastica's Carley Boyce, Mandeville's Olivia Murphy

and Dominican's Mia Meydrich also were part of the leader group. Hill said Jennings was in front of her by about 20 yards with a half-mile to go, but dropped out of the race.

Hill had a winning time of 18:25.97. Boyce (18:40.97), Murphy (18:49.34) and Meydrich (19:04.09) followed.

"I just came out here to run," Hill said. "I didn't know what the outcome was going to be. Going up the last hill with a half-mile to go was tough. (Jennings) just dropped off. I'm not sure what happened. I'm excited that we all got to run together. It was great competition."

## Girls

### VARSITY

Top teams: 1. Menard 68, 2. Mandeville 89, 3. St. Joseph's Academy 119, 4. Dominican 207, 5. Mt. Carmel 228, 6. Episcopal 238, 7. Catholic-PC 238, 8. St. Scholastica 244, 9. St. Thomas More 268, 10. Fontainebleau 280, 11. St. Thomas Aquinas 285, 12. Co-meaux 291, 13. University 337, 14. St. Michael 361, 15. Ursuline 375, 16. Ponchatoula 446.17, Curtis 452, 18. South Terrebonne 487, 18. E.D. White 523, 20. Grace Christian 545, 21. Sildell 563, 22. East Ascension 574, 23. St. Amant 655, 24. Northshore 657, 25. Erath 684.

Top individuals: 1. Annie Hill, SJA, 18:25.97, 2. Carley Boyce, St. Scholastica, 18:40.97, 3. Olivia Murphy, Mandeville, 18:49.34, 4. Mia Meydrich, Dominican, 19:04.09, 5. Hannah Bourque, St. Thomas More, 19:06.47, 6. Mallory Robichaux, Menard, 19:06.94, 7. Bobbi Amar, St. Thomas Aquinas, 19:08.84, 8. Isabella Hemb, Mount Carmel, 19:10.09, 9. Addie Burligh, Catholic-PC, 19:14.53, 10. Alexa Breaux, Vanderbilt Catholic, 19:22.50, 11. Chelsey Jones, Mandeville, 19:31.53, 12. Amber Ferguson, Denham Springs, 19:32.00, 13. Grace Ahrens, Menard, 19:40.38, 14. Mallory Bartow, Menard, 19:45.22, 15. Hannah Ivory, Curtis, 19:46.25.

### JUNIOR HIGH

Top teams: 1. St. Aloysius 76, 2. Trafton Academy 90, 3. Runnels 101, 4. St. Joseph's 110, 5. Ascension Catholic 137.

Top individuals: 1. Clara Gilroy, Immaculate Conception-IC, 12:34.09, 2. Stephanie Breaux, Ascension Catholic, 12:37.94, 3. Cattle Brumfield, CHA, 12:48.31, 4. Riley Killian, Chapelle, 12:50.50, 5. Hayley Schwab, Episcopal, 12:52.06.

ADVOCATE 10/13/13

## Menard wins meet, takes composite 'title'

BATON ROUGE — Holy Savior Menard had five of the top 24 runners to win the varsity girls title in the prestigious Catholic High of Baton Rouge cross-country meet Saturday.

It was considered an upset, since Class 5A Mandeville was predicted by Louisiana Running's online site to beat Menard by 48 points in the 3-mile run on Highland Road. With all teams in all classes that compete in cross country entered in the meet, Menard beat runner-up Mandeville by 21 points to claim the unofficial title as Louisiana Composite State Champion.

Mallory Robichaux of Menard finished sixth overall, and Grace Ahrens and Mallory Bartow finished 13th and 14th, respectively. Menard coach Wally Smith said the key was the finish by his fourth and fifth runners, Lindsey Vaughan and freshman Merrik Bowman, at 19th and 24th. There were 32 schools and 242 runners in the meet, Smith said, and Mandeville's fourth and fifth runners finished 27th and 35th.

TOWN TALK 10/13/13

# Holy Savior Menard girls join St. Paul's boys, Zachary Albright, Annie Hill as winners at Catholic High Invitational cross country meet

The Catholic High Invitational at Highland Road Park ended in many ways the same Saturday as St. Joseph's had a week earlier.

Senior Zachary Albright led St. Paul's to individual and team victories in the boys' race, and St. Joseph's freshman Annie Hill was the first runner across the finish line in the girls' race.

But heat in the mid-80s replaced the intermittent downpours, and Holy Savior Menard topped all girls' teams.

The Eagles let out loud cheers when finally heard Catholic Coach Pete Boudreaux announce the final scores: Menard 68, Mandeville 89, St. Joseph's 119.



(<http://hssn->

"We came down here knowing you get these chances in history that come up every now and then, and they don't repeat themselves," Coach Wally Smith said. "So we came down here, thinking (Mandeville) wouldn't worry about us because on Louisiana Running, they're 50 points ahead of us, and I figured what they ran last week was probably good, but I knew we had some downside because we're so young we're still getting better."

The victory was a repeat for the Alexandria-based squad in their own way, Smith explained.

"We won (state championships) in '93, '94, '95 and '96, my 2A girls did, and they were all the same group," he said. "But in '95, they were seniors. We meet in May. That's our kickoff the season meeting right at the end of school, and we agreed to go down to New Orleans the first meet of the year in '95 and beat Mandeville, who had been No. 1 in 5A for five straight years, and we did."

"So that was my last story I told 'em. I said, 'We are about to repeat history here.'"

strong freshman season Saturday. (Jerrit Roser, NOLA.com | The Times-Picayune)  
Mallory Robichaux (19:06.94) led Menard at No. 6, with No. 13 Grace Ahrens (19:40.38), No. 14 Mallory Bartow (19:45.22), No. 19 Lindsay Vaughn (20:08.97) and No. 24 Merrick Bowman (20:16.31) all scoring for the Eagles.

"I told stories all week," Smith said. "The first one was, 'We've got two seniors running, and this is their last Highland Park course. We're doing it for them.' We did that part right, and they both ran well. One of 'em (Vaughn) PR'ed, and the other one (Bartow) missed a PR by less than 10 seconds."

Dominican (207) and Mount Carmel (228) joined Menard, Mandeville and St. Joseph's in the top five team scores.

Episcopal-Baton Rouge (238), Catholic-Pointe Coupee (238), St. Scholastica (244), St. Thomas More (268) and Fontainebleau (280) rounded out the 10 best totals.

"It was a great day," Boudreaux said. "It was probably the best day we've had all year weather-wise, and we had a great turnout. The competition was incredible, both individually and team. There were some great, great races. It was one of those days where if we can get 'em with a little shot in the arm with some cool weather, we might really see some fast times in the next couple of weeks."

"It was a great meet. Great meet, great day, great performances."

TIMES-PICAYUNE 10/13/13



Girls



1. **(1) Menard** - On paper, Mandeville has the stats on their side; however, Wally's Eagles proved the database wrong, defeating the Skippers 68-69. Undoubtedly, they have earned their #1 spot.
2. **(2) Mandeville** - With a heartbreaking loss to Menard in Highland Park, they fall to number 2 this week. They have potential to strongly challenge Menard, but will they go head to head with the Eagles again this season? It's going to be hard for us to consider ranking them ahead of Menard otherwise.
3. **(3) St. Joseph** - St. Joseph has remained a solid #3 all season, nothing has changed to move them up or down.
4. **(4) Parkway** - The powerhouse from the north, with an average time of 20:09, stands poised to challenge some of the teams ahead as well as make a run at the 5A state crown in October. With an all star cast of (LA #1) runner Alison Ringle and (LA #19) Sarah Funderpunk, this tail end of the season is looking promising for Parkway.
5. **(5) Dominican** - Dominican moves up this week as they continue to run about where we expect them to. If Grace Williams returns to 2012 form, look for Dominican to cast a shadow in the hunt for the 5A title.
6. **(6) Mt. Scholastica** - The doves fall a spot this week after their 8th place showing at Catholic. Missing a few key runners, we still keep them at #6, despite their loss to EHS and Catholic Points Coupee in Baton Rouge.
7. **(7) EHS** - EHS beat SSA at Catholic.
8. **(8) CHPC** - Ranked #10 in our database, we will keep them at #9 because of their win over STM this past weekend.
9. **(9) STM** - STM had a ninth place finish at Catholic, losing to the 8 teams listed above. This goes to show how stacked the invitation was this past weekend. With a team average of 20:47 STM rounds out out #10 spot this week.

## Composite High School Team Rankings - Week #7

1. **(1) Menard** - Although our database tells us Mandeville should be ranked #1, the stats don't account for everything. Menard has proved to us all season, that despite where we rank them or who they run against, they will come out on top. If they run to their capabilities for the few remaining XC meets, it is unlikely that they will drop in position. Congrats to a great season, girls! Now, finish strong.
2. **(2) St. Joseph** - In a surprising upset, St. Joseph beats Mandeville by one point. Despite St. Joseph's being ranked 5th in our database, we are still keep them at #2. It's all about head to head competition, and as of now, they deserve this spot.
3. **(3) Mandeville** - The Skippers slip another spot this week after their loss to St. Joseph. Mandeville has incredible potential, and could possibly be #1, if they all put it together on the same day. However, we can't discredit their loss in the last meetings to St. Joseph Academy at Walker, or Menard at Catholic High. It is going to be a great race at state between St. Joseph and Mandeville. With counting Parkway, SSA, Mt. Carmel and Dominican, girls 5A is going to be insane!
4. **(4) Sacred Heart (NOLA)** - Thinking back to the 2012 season, the same scenario seems to be unfolding with this team. Being almost nonexistent in the rankings, they showed up and won in Nachitoches. This week, they showed up at St. Thomas and beat last week's number 6 by a slender margin. Apparently, one of the Caro-s spooked the Cardinals from their perch, becoming # 4 this week, after their "awakening" in Hammond.
5. **(5) Mt. Carmel** - Kelley's Cubs have a team average of 19:54, putting them back into the rankings this week. With potential to sit as high as 4, we still rank them at #5, due to their defeat by Sacred Heart (Hammond) and St. Joseph's (Catholic High), who have slower team averages.
6. **(6) Parkway** - Led by Alabama bound, Alison Ringle, the panthers sit at #6 this week, purely off of database rankings. As the Panthers won't race any of these teams until state, who knows what's going to happen in November.
7. **(7) St. Scholastica** - Missing a few runners at Catholic and losing to a bunch of the teams on the polls, the Doves returned with a full squad at Walker and finish third behind SJA and Mandeville, one spot ahead of Dominican, and that is exactly where we are ranking them this week, clocking in with a 20:12 team average.
8. **(8) Dominican** - Dominican finds themselves in a strange predicament this week. They are not being the favorites heading into the state meet, and have one of the largest 1-5 gaps amongst the ranked teams. If they close this gap, they could potentially be challenging for a top 3 spot at 5A state, if not look for them to remain at their current spot.
9. **(9) St. Thomas More** - Due to insider information, we rank this team at #9, off of this past week's performance at an unreported Louisiana Meet (grt). We don't want to move them too far up after one race, but watch out for the Panthers at state.
10. **(10) Episcopal** - As always, the #10 spot is a tough call, but due to Episcopal defeating some of the teams under consideration, they grab the last spot in the polls this week.

\*\*\* Benton Girls - We keep hearing they are good, but we have no results on file.

Small Schools	BOYS											
Episcopal	10	10	10	10	10	10	10	10	10	10	10	100
ACHS	9	9	9	9	9	9	9	9	9	9	9	90
St. Thomas Aquinas	7		8	8	8	7	8	8	6	8		68
Newman	8	7	7	7	7		7	7	8	7		65
Menard	3		4	5	4	8	4	2	7	6		43
St. Martin's			6		6	2	6	6	5	5		36
Anancoco	5	2	5	4	5			5	4	4		34
Choudrant	4	6	2	2	2		5	3	3	3		30
Grace Christian			1	6	1	5	2		2	2		19
Country Day	1	5	3		3			4	1			17
Mamou		5				6	1			1		13
Grace Christian	6	1		3								10
Catholic PC		8										8
Lakeside	2	3		1								6
Delcambe						4		1				5
Patrick Taylor		4										4
ESA							3					3
Chatholic Point Coupee						3						3
Jehoveh Jireh						1						1
St Martins												
	55	60	55	55	55	55	55	55	55			445

ADVOCATE 10/24/13

GIRLS

1. Menard (10) 100
2. Catholic of Pointe Coupee 86
3. Episcopal High School 84
4. Ascension Catholic 66
5. St. Thomas Aquinas 61
6. Newman 52
7. Choudrant 31
8. Cedar Creek 27
9. Metairie Park Country Day 17
10. Calvary Baptist 9

Also Receiving Votes: Anacoco, Grace Christian, Erath, Ursuline Academy, Lusher

ADVOCATE 10/23/13

**CROSS COUNTRY District 3-2A Meet  
Girls Team Standings**

1. Menard 15, 2. Pickering 61, 3. Rosepine 76, 4. Oak Hill 92

**Girls Individual Top Ten**

1. Mallory Robichaux, Menard,	18:35.88
2. Mallory Bartow, Menard,	20:10.94
3. Lindsay Vaughan, Menard,	20:48.06
4. Merrik Bowman, Menard,	20:48.24
5. Avery Long, Menard,	21:39.46
6. Cheyenne Vander, Rosepine	21:53.00
7. Jade Rouchon, Pickering,	22:06.05
8. Regan Robichaux, Menard,	22:39.22
9. Calan Nash, Oak Hill,	23:21.96
10. Anne Standley, Menard,	23:30.42

**Boys Team Standings**

1. Menard 31, 2. Oak Hill 40, 3. Rapides 90, 4. Pickering 92, 5. Rosepine

**Boys Individual Top Ten**

1. Nathan Freeman, Oak Hill,	17:24.89
2. Anthony Cantrell, Rosepine,	17:27.28
3. Cole Robichaux, Menard,	17:55.50
4. Robert Bruce, Oak Hill,	18:02.08
5. Bradley Schneider, Menard,	18:33.66
6. Quint McMickens, Menard,	18:34.30
7. Julio Gomez, Rapides,	19:05.92
8. Kent Milton, Menard,	19:11.95
9. Doug Juneau, Menard,	19:15.84
10. Kylan Barton, Oak Hill,	19:20.26

TOWUTALK 11/6/13

## XC: Holy Savior Menard, Catholic High win Round Table Run

Holy Savior Menard and Catholic High of Baton Rouge and Holy Savior Menard emerged as winners at the Episcopal High Round Table Run Cross Country Invitational at Highland Road Park this past Saturday.

The Bears took home the boys team championship while the Eagles captured the girls title.

Catholic outdistanced powerful John Curtis by 16 points with Jesuit third, Brother Martin fourth and host Episcopal fifth.

Bryan Stamey of Episcopal won the boys competition in a time of 15:32.62. Devyn Keith of John Curtis was second in a time of 15:39.41. Zach Capello of Ascension Catholic was third with the Hahnville tandem of Beau Robinson Hahnville and Bryce Robinson finishing fourth and fifth, respectively.

Holy Savior Menard easily won the girls competition by 36 points over second place St. Joseph's. Dominican was third with Mandeville fourth and St. Scholastica fifth.

Annie Hill of St. Joseph's won individual honors in a time of 18:37.53. Haley Gregoire of St. Michael was second in a time of 18:46.91. Olivia Murphy of Mandeville finished third with Alexa Breaux of Vandebilt Catholic fourth and Mallory Robichaux of Holy Savior Menard fifth.

TIMES-PICAYUNE 9/15/13

# 11/06/13 Boys CC Composite Polls

School	Points
1. St. Pauls (10)	100
2. Catholic High	87
3. Jesuit	76
4. John Curtis	69
5. Episcopal BR	51
6. Brother Martin	50
7. Archbishop Shaw	27
8. West Monroe	25
9. Benton	17
10. Mandeville	13

Others Receiving Votes: Parkway, ACHS, Ponchatoula, Hahn

## Girls Composite Poll

1. Menard	96 (6)
2. St. Joseph's Academy	91 (4)
3. Mandeville	80
4. Parkway	61
5. St. Scholastica	48
6. Mt. Carmel Academy	43
7. Dominican	38
8. Sacred Heart (NO)	22
9. St. Thomas More	17
10. Catholic of Pointe Coupee	15

Also Receiving Votes: Ruston, Episcopal, St. Michael, St. Tho

## SPORTS BRIEFS

### Menard girls second in meet

Holy Savior Menard, with five girls in the top 25, placed second in the Acadiana Cross-Country Meet Saturday to Class 5A power St. Joseph, which scored 42 points. Menard had 50 points.

Menard finished ninth in the boys meet, which was won by Class 5A Brother Martin.

Menard's girls had 24 individual personal records. Mallo-ry Robichaux led the way with a third place finish in the 3-mile event with a time of 18 minutes, 38 seconds. Grace Ahrens was fifth at 19:15, and Merrik Bowman was ninth at 19:30.

TOWNTALK 10/28/13

- (5) SJA - St. Joseph receives top honors this week while gaining momentum for the Championship season. Defeating Mandeville in week 6, and continuing to drop time, State may fall a completely different tale, but for now they continue the top spot.
- (6) Menard - The late season race for number one has gotten significantly tighter over the last week. Menard drops to number 2 this week after their loss to LAHS, St. Thomas More. Despite being a runner down, a slight edge over their rival gave to SJA, especially after their concerning late season push. The losses for teams this highly ranked can't be overlooked.
- (6) Mandeville - Consistently one of the top teams all year, switching off with the two teams ranked ahead. However, rumor has it one of their top girls is out with injury, but only time will tell after District and Northshore meet.
- (6) Sacred Heart MOLA - The fire that was lit under this team after last week, continues to burn bright. They destroyed their District meet and had 3 girls under 20 minutes.
- (6) Mt. Carmel - A consistent top 10 team all year, MCA continues in consistency in remaining #6 this week.
- (6) Parkway - They did well enough this year to stay ranked high, yet haven't faced a lot of their southern counterparts. With the heavy hitting punch by Allison Ringo, it will be interesting to see how this team stacks up with the teams ranked ahead of them in the coming weeks.
- (6) St. Scholastica - They continue to stay strong over the last few weeks and continue to stay in the top 10.
- (5) St. Thomas More - In a surprising turn of events, they defeated last week's LAHS, on their home course, by a few points. While evaluating team averages, we aren't sure who we would move down. There is no room for error at this point in the season. The Cougars brought a valuable lesson to the Eagles, one they will likely take with them as they prepare to travel to Northshore.
- (5) Dominican - They continue to slip in the rankings, as teams continue to improve. Will the defending 5A champions gather for a push in Northshore and surprise our panel?
- (6) Episcopal - As a consistent top small school, they remain at top 10, with their team average and ability to knock off schools on the brink of making this list.

11/9/13  
LA  
RUNNING

# Butterflies for Menard cross-country coach before state

Five weeks ago, after Holy Savior Menard's girls won Baton Rouge Catholic High's All-Classes Cross-Country Meet, Menard coach Wally Smith thought nobody could beat his team.

Five weeks later, going into today's Class 2A state meet in Natchitoches, he's not so sure.

"I'm not so sure 'scared' is the right word, that might be a bit strong," says Smith to describe his state of mind before the big show. "To say 'nervous' might be too weak."

Even though Menard is pre-

dicted to win the 2A girls title today, based on the times his girls have posted through the season, Smith's stomach is unsettled with butterflies because two of his runners — his second and third best in Merrik Bowman and Grace Ahrens — have "back issues." A worse case scenario that worries him is that one or both don't even finish the 3-mile race.

"We're going to have to wait and see," says Smith, who envisions a likely three-way battle for first with St. Thomas Aquinas and Episcopal of Baton Rouge. "And you could probably throw Newman in there, too."

"St. Thomas Aquinas' top three runners are better than our top three," he said, noting



**Bob Tompkins**  
btompkins  
@thetowntalk.com  
(318) 487-6349

his top runner, junior Mallory Robichaux, "is not going to be happy unless she wins." Robichaux has the second-best time this season at 18:35.88 behind only Bobby Amar of St. Thomas Aquinas at 18:19.89.

Menard's boys, meanwhile, who finished 13th last year with

a group of guys who had never run before, are seeded fourth and are led by Cole Robichaux, Mallory's brother (17:45.80), and Bradley Schneider (17:59.70).

"I'd never had a team that finished 13th before," says Smith, who's in his 28th year of coaching, including his first three years as a volunteer coach, all at Menard. "We finished 10th once. I told them before the season they had to get to single digits."

Boys and girls teams in Classes 2A down through Class C will run today in the two-day state meet at Northwestern State University. On Tuesday, Classes 3A and above will compete. The Class C boys start the action today at 10 a.m., and the

**TODAY'S RACES**  
10 a.m. — Class C boys  
10:45 a.m. — Class B boys  
11:30 a.m. — Class C girls  
12:15 p.m. — Class B girls  
1 p.m. — Class 1A boys  
1:45 p.m. — Class 2A boys  
2:30 p.m. — Class 1A girls  
3:15 p.m. — Class 2A girls

2A girls finish the day's races with a 3:15 p.m. start, with races scheduled every 45 minutes.

If Menard's Lady Eagles can win today it'll be their eighth state championship and second in three years, having last won

See TOMPKINS, Page B6

## Tompkins

Continued from Page B1

in 2011.

Oak Hill is expected to finish among the top 10 Class 2A boys teams. St. Mary's figures to have a top-10 (6th) team in Class 1A boys. Scott Maggio of St. Mary's has a chance at a top-10 individual finish. St. Mary's is seeded fifth in the Class 1A girls meet.

Anacoco and Grace Christian have teams seeded second and fourth, respectively, in

the Class B girls event, and Brittany Sims of Anacoco and Olivia Slayter and Hailey Teal of Grace are top-10 seeds.

Anacoco and Grace are seeded as the third and fourth teams in Class B boys, and two runners from each team are seeded in the top 10, led by second-seeded Sam Turpinseed of Anacoco, whose time of 16:56.83 is second only to Patrick Taylor Academy's Stephen Torry (15:54.66).

Elizabeth (second) is the highest-seeded area boys team in Class C, as

well as in Class C girls (second), just ahead of Georgetown (third).

As a quick teaser for anyone interested in seeing some quality running Tuesday, St. Paul's is expected to run away with the Class 5A boys title with four of the top-10 seeded runners, led by No. 1 seed Zachary Albright at 14:41.12. The worst time of its next three seeds is 15:33.30.

Bob Tompkins is a senior sports reporter and columnist for the Town Talk. Contact him on Twitter @btom\_towntalk.

Towntalk  
11/18/13

# The Advocate's Varsity Zone

10C ■ Monday, November 18, 2013 ■ theadvocate.com ■ The Advocate



Advocate staff photo by JOHN OUBRE

St. Joseph's Academy's Annie Hill, left, leads Menard's Mallory Robichaux and Alexa Breaux of Vanderbilt Catholic as they run up the hill past the one mile mark of Episcopal's Round Table Run at Highland Road Park earlier this season.

# Ready to make title runs

## Many stoylines as LHSAA Cross Country Meet begins Monday

BY ROBIN FAMBROUGH  
rfambrough@theadvocate.com

It's about going for time and distance.

As the Louisiana High School Athletic Association's State Cross Country Meet unfolds on Monday and Tuesday in Natchitoches expect as many storylines as there are races.

"I think you need to have a game plan for what kind of weather you're going to have," Episcopal coach Claney Duplechin said. "You have to have some strategy and then you have to be confident enough to run your race."

Action begins at 10 a.m. Monday with teams in Class 2A to C competing in a series of three-mile races on the Northwestern State campus. Three Baton Rouge schools, along with some notable individuals step into the spotlight Monday with chances to make history. Teams in Class 5A to 3A compete Tuesday, with races to begin at 11 a.m.

Episcopal seeks its 18th straight state title in the Class 2A boys competition, a tally that would put the Knights in second place nationally in terms of consecutive state titles.

Ascension Catholic, winner of the last two 1A boys titles, has a chance to record a perfect score of 15 by placing all five of its runners in scoring positions. The last team to record a 15 was Choudrant in Class B in 2007. Episcopal (1999) and the Baton Rouge High girls (4A in 1992) also have recorded perfect scores in Natchitoches.

Coach Rocky Capello's Bulldogs also are set to battle defending 1A girls champion Catholic-Pointe Coupee and Metairie Park Country Day for a title.

"We're not talking about or thinking about any of those things," Capello said when asked about the possibility of perfect score. "It would be foolish to focus on something like that (perfect score) and then somehow throw away the chance to win a state title.

"This has been such a great year for both teams. I just want them to go out and run the best

races they can and see what happens. It's all you can ask for."

Like Capello, Duplechin prefers to talk about the competition and race, rather than records.

"I've been around this long enough to know that there are no givens," Duplechin said. "The state meet is unique because it's the only time all year teams run in groups by class. In a bigger meet, a team can score higher because their fourth or fifth runners finish way back. Because this race is smaller, those runners finish higher.

"It won't be easy. St. Thomas Aquinas and Newman are both very good, and they'll be ready for us and anybody else out there."

Alexandria-based Menard is the 2A girls favorite, but Episcopal, STA and Newman will be others to watch. Ascension Catholic's girls squad, that is led by eighth and ninth-graders, is expected to challenge CHSPC, which won its first title a year ago.

The Hornets Addie Burleigh and ACHS' Zach Capello are both defending individual champions in 1A. Episcopal School of Acadiana is the Class B boys favorite.

More close races for teams and individuals should follow

on Tuesday.

St. Joseph's Academy freshman Annie Hill is unbeaten in nine varsity races. The 5A Redstickers of first-year coach Mark LaHaye are expected to battle Mandeville and Mount Carmel for the team title.

"I think it's going to be extremely close," LaHaye said. "I've told our girls it's going to be like a basketball game where we'll have to match up with their (Mandeville's) runners. It may be decided by how the fifth, sixth and seventh runners do. Mount Carmel is going to be right there, too."

St. Paul's is the heavy favorite in the 5A boys race, but Catholic High and Mandeville also are expected to be in the mix.

"They (St. Paul's) are the favorite and they should be, because they've been so dominant all year," Catholic coach Pete Boudreaux said. "We just want to go there and run the best race possible.

"This is a group of blue-collar workers who came in without a lot of experience and have done a marvelous job. They need to not get caught up in the moment and just keep doing what they've done all year."

Benton, a Shreveport area school, is the 4A favorite, but Lafayette's St. Thomas More and St. Michael the Archangel

### SPORTS BRIEFS

#### Menard sweeps district cross-country titles

Holy Savior Menard's girls and boys both won district cross-country titles Saturday at the Fort Buhlow Recreation area. This is the first season in many years that enough schools in the district ran cross-country to have a district championship meet, said Menard coach Wally Smith.

"The girls were a lock from the get-go," said Smith. "The guys were the underdogs, but the guys would not be denied as they beat favored Oak Hill by 9 (points, 31-40)."

Pickering was second to Menard (15) in the girls' competition with 61 points.

Menard's had seven girls in the top 10, including the top five finishers. Mallory Robichaux led the field in the 3-mile event with an 18:35 clocking. Menard's boys had five of the top 10, led by third-place finisher Cole Robichaux in 17:55.

Other top five girls for Menard were Mallory Bartow, Lindsay Vaughn, Merrick Bowman and Avery Long. The other top five boys finisher for Menard was Bradley Schneider.

TOWNTALK  
11/6/13

ADVOCATE  
11/19/13

# SPORTS TUESDAY

TOWN TALK

WWW.THETOWNTALK.COM/SPORTS



Menard's Mallory Robichaux runs to a third-place finish in the Class 2A girls race at the LHSAA Cross Country Meet at Northwestern State in Natchitoches Monday. MELINDA MARTINEZ/MMARTINEZ@THETOWNTALK.COM



# Aches aside, back on top

## Menard girls grab second cross-country title in 3 years

By Bob Tompkins

btompkins@thetowntalk.com  
(318) 487-6349

**NATCHITOCHES** — The worries about “back issues” for two of his runners were whisked away in the warm, dry winds, and Holy Savior Menard cross-country coach Wally Smith was smiling again when the race was done.

Menard, with three of the top 10 finishers, lived up to its billing as the No. 1 seed by scoring 49 points to win the Class 2A girls state title at the end of day one of the LHSAA Cross Country Championships at Northwestern State University. Classes 2A through C competed Monday, and Classes 3A and up will compete Tuesday.

Menard's boys, with four of the top 39 runners, led by 20th-place finisher Cole Robichaux, finished fifth.

Junior Mallory Robichaux, with a third-place finish (19:13), led the way for the girls. Eighth-grader Grace Ahrens, one of the two girls with “back issues” that worried Smith going into the meet, finished seventh (20:09) and senior Lindsey Vaughn placed 10th (20:18).

“Our little theme is ‘I’m fine,’” Smith said with a smile about Ahrens and freshman Merrik Bowman, the Lady Eagles’ fourth finisher at 16th overall (21:07), surviving their back problems.

### ONLINE

To see a video of the LHSAA State Cross Country Meet, go to [www.thetowntalk.com](http://www.thetowntalk.com).

“Without them, we wouldn’t have won,” said Smith, who guided Menard’s girls to their eighth state cross-country championship and second in three years.

St. Thomas Aquinas was runner-up with 71 points, just ahead of third-place Episcopal of Baton Rouge (73). Junior Haley Johnson of Newman won the race for the second straight year (18:57.17) as Newman finished fourth with 85 points.

“I think I got it solved,” Ahrens said of a chronic problem with a muscle she pulled in her back during the summer and which has flared up from time to time. “I really wanted to run state and did everything I could to get here.”

Bowman explained she has had lifelong back problems, which get aggravated over the course of a cross-country season, because of a “sway back” curvature of her spine.

“I told myself that no matter how much it hurt, I was going to push through it,” she said, adding that her back was hurting just before the race. “Once the gun went off, I forgot about it because every-



Grace Christian's Olivia Slayter (370) and Hailey Teal (371) compete in the LHSAA Cross Country Championships on Monday at Northwestern State University in Natchitoches. The Grace Christian girls team placed fourth. MELINDA MARTINEZ/MMARTINEZ@THETOWNTALK.COM

thing else was hurting.”

Smith declined to pick favorites among teams he has coached to titles.

“Some people say the first is the best,” he said. “Well, no, the last one's the best. When you consider the aches and pains and everything they've been through, nobody's worked harder than these girls.”

“We knew nobody could beat us but ourselves,” he went on, “and that's not going to happen with this group.”

Robichaux was shoulder-to-shoulder for a while with the eventual top two finishers — Johnson and St. Thomas Aquinas junior Bobbi Amar — before fading a bit to finish third.

“It was a tough race and they're both really good competitors,” she said. “I'm happy with (third). The course was

long. It was about a 5K, but it's always that way.”

Vaughn said she was hurting early in the race (many runners complained of sore throats), but she said to block out her pain, she thought about — and dedicated her effort to — Chase Michiels, the Menard junior who died in a single-vehicle car accident and was buried last Thursday.

“We worked hard for this,” said junior Kelly Robichaux, who finished 17th overall. “Even when people kind of doubted us, we pulled through. We ran with our hearts.”

Mallory Bartow, the other senior with Vaughn, finished 18th. She said it was hard to believe her Menard cross-country career was over.

“It,” she said of the championship, “was a great way to end the season.”

Menard capped the day by scoring 49 points to win the girls title in Class 2A. St. Thomas Aquinas (71) edged Episcopal (73) for second. Hammond-based STA took second in both 2A races. Newman's Haley Johnson won the 2A individual title for the second straight year. She finished in 18:57.17. STA's Bobbi Amar was second, and third-place finisher Mallory Robichaux led Menard.

## STATE CROSS COUNTRY MEET RESULTS

Monday's team scores and top 10 individuals from the LHSAA cross country championships at the Walker P. Ledet Track Complex on the Northwestern State campus in Natchitoches:

### Class 2A

**BOYS**  
Team scores: 1. Episcopal 33; 2. St. Thomas Aquinas 57; 3. Newman 170; 4. Delcambre 162; 5. Menard 170; 6. Rummels 195; 7. Haynes Academy 210; 8. Payer 293; 9. Oak Hill 300; 10. Catholic, New Iberia 301.  
Individuals: 1. Bryan Brocato, Episcopal, 16:49.30; 2. Tommy Brocato, St. Thomas Aquinas, 17:01.68; 3. Alex Dunbar, Episcopal, 17:04.52; 4. Eric Greene, Lakeside, 17:16.21; 5. Andrew Jordan, St. Thomas Aquinas, 17:19.54; 6. Andrew Jordan, St. Thomas Aquinas, 17:26.61; 7. Kris Jackson, Episcopal, 17:27.79; 8. Walter Lapeyre, Newman, Isadore, 17:27.83; 9. Michael Brown, Newman, Isadore, 17:28.07; 10. Jack Bowman, Episcopal, 17:32.39.

### Girls

Team scores: 1. Menard 49; 2. St. Thomas Aquinas 71; 3. Episcopal 73; 4. Newman, Isadore 85; 5. Rummels 144; 6. Pickering 179; 7. Calvary Baptist 195; 8. Catholic, New Iberia

205; 9. Rosepine 235; 10. Oak Hill 285.  
Individuals: 1. Haley Johnson, Newman, Isadore, 18:57.17; 2. Bobbi Amar, St. Thomas Aquinas, 19:08.34; 3. Mallory Robichaux, Menard, 19:13.50; 4. Hailey Hesterman, Calvary Baptist, 19:51.55; 5. Hannah Kolozdi, Newman Isadore, 19:57.74; 6. Allison Leinders, Lakeside, 20:02.57; 7. Grace Ahrens, Menard, 20:09.35; 8. Alicia Stamey, Episcopal, 20:18.28; 9. Destiny Williams, St. Thomas Aquinas, 20:18.68; 10. Lindsay Vaughan, Menard, 20:18.71.

### Class 1A

**BOYS**  
Team scores: 1. Ascension Catholic 20; 2. St. Martin's 70; 3. Cedar Creek 105; 4. Metairie Park Country Day 111; 5. Catholic, Point Coupee 118; 6. St. Mary 156; 7. Ridgewood 225; 8. Christian Life 246; 9. Grand Lake 252; 10. Houma Christian 286.  
Individuals: 1. Zach Capello, Ascension Catholic, 16:33.13; 2. Jesse Hood, Ascension Catholic, 16:57.99; 3. Trey Capello, Rodriguez-Pierro, Metairie Park, 17:38.22; 4. Carlos Antonio Imbormone, St. Martin's 17:40.85; 6. Jordan Zeringue, Ascension Catholic, 18:00.76; 7. Sal Grizzaffi, Central Catholic, 17:54.31; 8. Thomas Dalgle Ascension

Catholic, 18:00.76; 9. Mark Goley, Ridgewood, 18:08.57; 10. Scott Magglo, St. Mary, 18:12.10.

### Girls

Team scores: 1. Ascension Catholic 38; 2. Metairie Park Country Day 55; 3. Catholic, Point Coupee 73; 4. Cedar Creek 87; 5. St. Mary's 170; 6. Merryville 178; 7. St. Edmund 192; 8. Christian Life 238; 9. Houma Christian 243; 10. Sacred Heart, Ville Platte 272.  
Individuals: 1. Kirsten Landry, Ascension Episcopal, 19:36.66; 2. Stephanie Breaux, Ascension Catholic, 20:05.59; 3. Kristen Olinde, Cedar Creek, 21:05.28; 4. Mattie Lou Stinson, Ascension Catholic, 21:08.44; 5. Bailey LeBlanc, Ascension Catholic, 21:14.55; 7. Kathryn Fauchaud, Metairie Park, 21:16.36; 8. Maddie Milure, Ascension Catholic, 21:21.15; 10. Olivia Fulmer, Catholic, 21:33.63.

### Class B

**BOYS**  
Team scores: 1. Patrick Taylor Academy 56; 2. Anacoco 88; 3. Episcopal of Acadiana 112; 4. Choudrant 116; 5. Midland 136; 6. Grace Christian 145; 7. Simsboro 168; 8. Bell City 172; 9. Caustor 195; 10. Hornbeek 227.

Individuals: 1. Stephen Torry, Patrick Taylor, 17:02.76; 2. Zachary Brenner, Grace Christian, 17:02.76; 3. Nathan Anderson, Choudrant, 17:29.94; 4. Colton Cochran, Simsboro, 17:45.00; 5. Evan Michel, Patrick Taylor, 17:48.07; 6. Edward Johnson, Patrick Taylor, 17:50.07; 7. Nicholas Melara, Patrick Taylor, 17:51.69; 8. Sam Turnipseed, Anacoco, 17:55.29; 9. Tyler Mignano, Grace Christian, 17:59.93; 10. Oliver Vreelando, Episcopal, 18:04.14.

### Girls

Team scores: 1. Pitken 76; 2. Choudrant 91; 3. Anacoco 124; 4. Grace Christian 140; 5. Lacassine 148; 6. Converse 152; 7. Episcopal of Acadiana 177; 8. Bell City 186; 9. Caustor 214; 10. Simpson 225.  
Individuals: 1. Clarissa Smith, Hoidem, 19:08.40; 2. Celia Zaeringer, Patrick Taylor, 20:49.17; 3. Marissa Bennett, Choudrant, 20:55.01; 4. Samantha Withers, Episcopal, 20:55.01; 5. Chelsea James, Pitkin, 21:16.13; 6. Olivia Skayter, Grace Christian, 21:23.92; 7. Charity Snell, Pitkin, 21:28.22; 8. Hailey Teal, Grace Christian 21:32.67; 9. Haley Cooley, Lacassine, 21:46.73; 10. Allison Beason, Ne-greet, 21:49.07.

### Class C

**BOYS**  
Team scores: 1. Elizabeth 52; 2. Johnson Bayou 54; 3. Holy Rosary 61; 4. Claiborne Christian 95; Georgetown 100; 6. Jehovath-Jren Christian 145.  
Individuals: 1. Randy Carter Jr., Jehovath-Jren, 17:27.27; 2. Alex Lewis, Holy Rosary, 18:03.85; 3. Reid Dimaggio, Holy Rosary, 18:31.75; 4. Collin McClellan, Elizabeth, 18:57.12; 5. Kolby Pitclay, Elizabeth, 18:44.61; 6. Kory Kyle, Hackberry, 18:52.89; 7. John Palmer, Georgetown, 18:54.83; 8. Blake Hebert, Johnson Bayou, 18:59.52; 9. Neil Miguez, Johnson Bayou, 18:59.52; 10. Joseph Boswell, Elizabeth, 19:08.76.

### Girls

Team scores: 1. Claiborne Christian 25; 2. Elizabeth 42; 3. Georgetown 60; 4. Johnson Bayou 92; 5. Plainview 150.  
Individuals: 1. Gabrielle Jennings, First Baptist, 18:54.11; 2. Madelyn Jennings, First Baptist, 21:34.93; 3. Ellie Brown, Claiborne Christian, 22:56.89; 4. Rebekah Jowers, Claiborne Christian, 23:05.28; 5. Rachel Jowers, Claiborne Christian, 23:24.22; 6. Keinedy Sutterfield, Elizabeth, 23:28.32; 7. Grace Gardner, Elizabeth, 23:42.63; 8. Karmryn Hudson, Georgetown, 24:13.54; 9. Brylee Young, Elizabeth, 24:26.42; 10. Madison Paul, Elizabeth, 24:52.47.

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Team Meeting 3-2-1 Easy (6)	1 mile 6x800 1 mile (5)	Easy 1 mile RP+30 (4)	TT-1 2-1-1 (4)	2 miles 4x400 2 miles (5)	X	Kincaid 7AM (8)	32
2	Team Meeting 2-2-1 Easy (5)	1 mile 5x800 1 mile (4 1/2)	Easy 1 mile RP+30 (4)	TT-1 2-1-1 (4)	1 mile 4x400 2 miles (4)	X	Kincaid 7AM (6)	27 1/2
3	Team Meeting 2-1-1 Easy (4)	1 mile 4x800 1 mile (4)	Easy 1 mile RP+30 (3)	TT-1 1-1-1 (3)	1 mile 2x400 1 mile (2 1/2)	X	OYO OR Join Us! (4)	20 1/2
4	Team Meeting 1-1-1 Easy (3)	1/2 mile 4x800 1/2 mile (3)	Easy 1 mile RP+30 (3)	TT-1 1/2-1-1 2 1/2 (3)	1 mile 2x400 1 mile (2 1/2)	X	OYO (3)	17
5	Team Meeting 1-1 (2)	(2)	(2)	TT-1 1/2-1-1 (2)	(2)	X	OYO (2)	12

GET ALL YOUR MILES!

\* ST MICHAEL'S IN 26 DAYS! WILL WE BE READY?

\* All w/o's start with warm up routine and end with cool down routine

\* "Easy" means RP+90 (Groups 1-3)

August

CROSS COUNTRY WORKOUTS

2013

TRAINING PHASE

BASE BUILDING

2

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Buttlow 3+12 ④	EASY (RP+90) ⑩	EASY ⑩	2 mile TT Buttlow 1/2-2-1/2 ③	2 miles 4x400 2 miles ⑤	X	Kincaid 7AM ⑧	30
	Buttlow 2+12 ③	EASY (RP+90) ⑥	EASY ④		2 miles 4x400 1 mile ④	X	Kincaid 7AM ⑥	25
2	Buttlow 1+12 ②	EASY (RP+90) ⑤	EASY ④		1 mile 4x400 1 mile ③	X	OYO OF Janus! ④	19
	Buttlow 1/2+12 ① 1/2	EASY (Don't walk) ③	EASY ③		1/2 mile 4x400 1/2 mile ②	X	OYO ③	15 1/2
3	Buttlow 1/2+10 ① 1/2			1 mile TT 1/2-1-1/2 ②		X	OYO ②	11 1/2

I GOT ALL THE MILES!

"EASY" means RP+AC

SWIM & GAT #1! (Schmidt)

on the bear back by 5

make-up 1 mile TT!

AUGUST

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	LABOR DAY
1	BUTLOW 3+12 (4)	EASY w/4x90sec RPs (4)	1/2 3x mile 1/2 (4)	EASY (6)	TEMPO RP+60 (4)	X	LAST KINGAID! TAM COACH'S (8)	30	X
	BUTLOW 2+12 (3)	EASY w/3x90sec RPs (3)	1/2 2x mile 1/2 (3)	EASY (3)	TEMPO RP+60 (3)	X	LAST KINGAID! TAM COACH'S (6)	23	X
2	BUTLOW 1+12 (2)	EASY (NO WALK) (3)	1/2 1x mile 1/2 (2)	EASY (4)	EASY (NO WALK) (4)	X	OYO (4)	19	X
	BUTLOW 1/2+12 (1 1/2)	EASY (NO WALK) (2)	EASY (NO WALK) (3)	EASY (NO WALK) (3)	EASY (NO WALK) (3)	X	OYO (3)	15 1/2	X
3									
4									
5									

AUGUST

POT LOCK SUPPER  
NEXT WEEK!

SWIM & EAT #2!  
JUNEAU'S

1 1/2 MEET (ST MIKE)  
NEXT SATURDAY

FIRST SPEED! ④

TRAINING PHASE

2013

CROSS COUNTRY WORKOUTS

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Ⓚ	③ 5 MIN 12x400 5 MIN 90 SEC	④ TEMPO RP+60	⑤ EASY RP+90	⑥ 5-8-5 ①½	⑦ ST MIKE 1-3-1	⑧ 0x0	24½
2	Ⓚ	④ 5 MIN 10x400 5 MIN 90 SEC	③ TEMPO RP+60	⑤ EASY RP+90	⑥ 5-8-5 ①½	⑦ ST MIKE 1-3-1	⑧ 0x0	21
3	Ⓚ	③ 5 MIN 8x400 5 MIN 90 SEC	③ EASY NO WALK	④ EASY	⑤ 5-8-5 ①½	⑦ ST MIKE ½-2-½	⑧ 0x0	16½
4	Ⓚ	③ 5 MIN 6x400 5 MIN 90 SEC	④ EASY NO WALK	⑤ EASY	⑥ 5-8-5 ①½	⑦ ST MIKE ½-2-½	⑧ 0x0	14
5	Ⓚ							

SETTLE IN

SWIM & EAT  
AHEADS!

POT LUCK  
SUPPER  
6PM

DO THOSE MILES!

CROSS COUNTRY WORKOUTS

2013

TRAINING PHASE

FIRST SPEED! 5

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	9	10	11	12	13	14	15	
1	Butlow 3+(12) 4	TEMPO RP+60 4	1/2 12x400 1/2 90sec 4	Easy RP+90 6	5-8-5 1 1/2	Episcopal 1-2-1 5	0YO 4	28 1/2
2	Butlow 2+(12) 3	TEMPO RP+60 3	1/2 10x400 1/2 90sec 3 1/2	5	1-2-1 4	3	23	
3	Butlow 1+(12) 2	EASY 3	1/2 8x400 1/2 90sec 3	4	1-2-1 4	2	19 1/2	
4	Butlow 1+(10) 2	EASY 2 1/2	1/2 6x400 1/2 90sec 2 1/2	5	1/2-2-1/2 3	2	16 1/2	
5								

SEPTEMBER

Highland Park Again!

GET ALL THE MILES

CROSS COUNTRY WORKOUTS

2013

TRAINING PHASE

EARLY MEETS!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Butlow 3+12 4	Indian Run 4	5min 12x400 5min 75 sec 4	Easy 6	6-8-5 1 1/2	Butlow 4	OYO 4	27 1/2
2	2+12 3	3	5min 10x400 5min 75 sec 3 1/2	Easy 5	1 1/2	4	3	23
3	1+12 2	3	5min 8x400 5min 75 sec 3	Easy 4	1 1/2	3	2	18 1/2
4	1+10 2	2	5min 6x400 5min 75 sec 2 1/2	Easy 3	1 1/2	3	2	10
5								

SEPTEMBER

Menard rules Highland Park & Race + IHOP!



GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	23	24	25	26	27	28	29	
1	mile 6x400 75sec 1/2 mile (3)	5-8-5 1 1/2 (3)	CENJA CHAMPS (5)	EASY (6)	5-8-5 1 1/2 (5)	BATTLEFIELD (5)	OXO (4)	26
2	mile 6x400 75sec 1/2 mile (3)	5-8-5 1 1/2 (3)	(4)	(5)	5-8-5 1 1/2 (5)	(4)	(3)	22
3	mile 6x400 75sec 1/2 mile (3)	5-8-5 1 1/2 (3)	(4)	(4)	5-8-5 1 1/2 (4)	(4)	(2)	20
4	5min 4x400 75sec 5min (2)	5-8-5 1 1/2 (2)	(3)	(3)	5-8-5 1 1/2 (3)	(3)	(2)	16
5								

SEPTEMBER

Miss 7 & 8 periods

CROSS COUNTRY WORKOUTS

2013

TRAINING PHASE

EARLY MEETS (8)

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Buttows 3+12 (4)	TEMPO 4 IN 30 (4)	5 MIN (75) 12 X 400 5 MIN (4)	EASY (3)	5-0-5 (4)	Pineville (5)	0-0-0 (6)	28 1/2
	2+8 (3)	5-8-5 (1 1/2)	SIMPSON (4)	(6)	(1 1/2)	(5)	(4)	25
2	2+12 (3)	TEMPO 4 IN 32 (4)	5 MIN (75) 10 X 400 5 MIN (3 1/2)	EASY (5)	(4)	(4)	(3)	24
	1+8 (2)	5-8-5 (1 1/2)	SIMPSON (4)	(5)	(1 1/2)	(4)	(3)	21
3	1+12 (2)	TEMPO 3 IN 27 (3)	5 MIN (75) 8 X 400 5 MIN (3)	EASY (4)	(3)	(3)	(2)	18 1/2
	1+8 (1 1/2)	5-8-5 (1 1/2)	SIMPSON (3)	(4)	(1 1/2)	(3)	(2)	16 1/2
4	1+10 (2)	EASY (3)	5 MIN (75) 6 X 400 5 MIN (2 1/2)	EASY (3)	(3)	(3)	(2)	17
	1+8 (1 1/2)	5-8-5 (1 1/2)	SIMPSON (3)	(3)	(1 1/2)	(3)	(2)	15 1/2
5								

OCTOBER

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Buttlow 3+12 (4)	EASY (last 1/4 fast) (2)	5 MIN 12x400 5 MIN (60) (4)	EASY (4)	5-8-5 (1 1/2)	CATHOLIC (4)	OYO (4)	25 1/2
2	Buttlow 2+12 (3)	EASY (last 1/4 fast) (3)	5 MIN 10x400 5 MIN (60) (3 1/2)	EASY (3)	5-8-5 (1 1/2)	(3)	OYO (3)	20
3	Buttlow 1+12 (2)	EASY (last 1/4 fast) (3)	5 MIN 8x400 5 MIN (60) (3)	EASY (3)	5-8-5 (1 1/2)	(3)	OYO (2)	17 1/2
4	Buttlow 1+8 (1 1/2)	EASY (last 1/4 fast) (3)	5 MIN 6x400 5 MIN (60) (2 1/2)	EASY (3)	5-8-5 (1 1/2)	(3)	OYO (2)	16 1/2
5								

OCTOBER

CROSS COUNTRY WORKOUTS

2013

TRAINING PHASE

BIG MEETS! 10

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	14	15	16	17	18	19	20	
1	BUTLOW 3+12 (4)	TEMPO (30 min) (4)	5 MIN 12 X 400 5 MIN (4)	51 min (8:30's) (6)	5-8-5 (1 1/2)	MENARDS (4)	0x0 (4)	27 1/2
2	BUTLOW 2+12 (3)	TEMPO (24 min) (3)	5 MIN 10 X 400 5 MIN (3 1/2)	45 min (9:00's) (5)	(1 1/2)	(3)	0x0 (3)	22
3	BUTLOW 1+12 (2)	TEMPO (25:50 min) (3)	5 MIN 8 X 400 5 MIN (3)	38 min (9:30's) (4)	(1 1/2)	(3)	0x0 (2)	18 1/2
4	BUTLOW 1+10 (2)	no stop Nowalk (3)	5 MIN 6 X 400 5 MIN (2 1/2)	30 min (10:00's) (3)	(1 1/2)	(3)	0x0 (2)	17
5								

OCTOBER

Box LUNCHES NEXT WEEK!

CROSS COUNTRY WORKOUTS

2013

TRAINING PHASE

BIG MILETS! (11)

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	(21)	(22)	(23)	(24)	(25)	(26)	(27)	
1	12x400 90 16x400 RP-5 (5)	NO RUN RUN	JOHN MILLER Tempo (4)	Easy sprint last 1/4 (6)	5-8-5 (1 1/2)	TOM NOEAN	OYO (4)	
2	10x400 90 13x400 RP-5 (4)	NO RUN RUN	JOHN MILLER Tempo (3)	Easy sprint last 1/4 (5)	5-8-5 (1 1/2)		OYO (3)	
3	8x400 90 10x400 RP-5 (3)	NO RUN RUN	JOHN MILLER Tempo (3)	Easy sprint last 1/4 (4)	5-8-5 (1 1/2)		OYO (2)	
4	6x400 90 8x400 2 1/2	NO RUN RUN	JOHN MILLER Easy (3)	Easy sprint last 1/4 (3)	5-8-5 (1 1/2)		OYO (2)	
5								

~ OCTOBER ~

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	(28)	(29)	(30)	(31)	(1)	(2)	(3)	
1	EASY 4 + cooldown	PARK CHAIRS	EASY 6 + cooldown	400's 45sec	S-B-S	ST THOMAS MORE	OYO 4	
2	EASY 3 + cooldown		EASY 5 + cooldown	400's 45sec	S-B-S		OYO 3	
3	EASY 2 + cooldown		EASY 4 + cooldown	400's 45sec	S-B-S		OYO 2	
4	EASY 2 + cooldown		EASY 3 + cooldown	400's 45sec	S-B-S	A	OYO 2	
5								

OCTOBER / NOVEMBER

out of uniform Tuesday  
(jeans + current team t)  
~ yearbook pictures ~

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	5-8-5	DISTRACT	EASY 6 + cooldown	400'S (12) 30 sec	5-8-5	LAKESIDE	OFO 4	10
2			EASY 5 + cooldown	400'S (10)			OFO 3	
3			EASY 4 + cooldown	400'S (8)			OFO 2	
4			EASY 3 + cooldown	400'S (6)			OFO 2	
5								

SPAGHETTI SUPPER

CROSS COUNTRY WORKOUTS

2013

TRAINING PHASE

STATE!

14

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	XXXXX
	(11) NSU Practice Menard 9 AM	(12) 8:15 Pace (4:15) (5)	(13) 10 min 10 x 400 5 min (15)	(14) 5-8-5 All Runner Team Meeting Before Run	(15) Tempo 7:30 Pace (22:30) (3)	(16) "From the Gate" ASH 9 AM	(17) NO RUN	(18) STATE!
1								
2								
3								
4						BOYS TEAM MEETING 4 PM	GIRLS TEAM MEETING 2 PM	
5								

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Girls State Champs! Guys Get 5<sup>th</sup>!

**State Championships - NSU (Monday, November 18) MEET RESULTS**

Great day for Menard: Mass at St Rita's; wild time at Coach's; and awesome time at NSU! The girls get state championship #8, and the guys move all the way from last year's 13<sup>th</sup> to this year's 5<sup>th</sup>! Congrats to all 14 runners; to the All-Staters Mallory Robichaux, Grace Ahrens, and Lindsay Vaughan, and our all-academic Mallory Bartow. And once again, a big thanks to all our parents who give so much time to our runners. Here's the stats:

**Girls Varsity (110 runners) Team Time 97:30 Gap Time 2:00**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
3 Robichaux, Mallory	5.56	6.38	6.39	19.13	All-State!	+4 19.46
7 Ahrens, Grace	6.20	6.53	6.56	20.09	All-State!	+0
10 Vaughan, Lindsay	6.26	6.50	7.02	20.18	All-State!	-36 20.15
16 Bowman, Merrik	6.31	7.01	7.35	21.07		+31
17 Robichaux, Kelley	6.40	7.11	7.28	21.19		+25 20.57
18 Bartow, Mallory	6.20	6.53	8.11	21.24		+47 19.58
20 Long, Avery	6.50	7.34	7.24	21.48		+10 21.33

**Boys Varsity (130 runners) Team Time 92:03 Gap Time 1:45**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
20 Robichaux, Cole	5.39	6.16	6.28	18.23		-12 18.57
31 McMickens, Quint	6.04	6.27	6.36	19.07		-19 20.10
35 Schneider, Bradley	5.51	6.41	6.44	19.16		+25 18.51
39 Juneau, Doug	6.10	6.35	6.43	19.28		-1 19.23
56 Milton, Kent	6.15	6.56	7.02	20.13		+37
68 McMickens, Drew	6.27	7.02	7.12	20.41		+52 19.05
73 Rogers, Taylor	6.17	7.13	7.30	21.00		-8 21.28

**State Championships Results (Continued)**

**Team Standings**

**Boys Varsity (19 Teams)**

1 Episcopal, BR (2A)	33	7 Haynes (2A)	210	1 MENARD (2A)	49	7 Calvary Bapt (2A)
2 St Thomas Aq (2A)	57	8 Fisher (2A)	293	2 St Thomas Aq (2A)	71	8 Catholic, NI (2A)
3 Newman (2A)	83	9 Oak Hill (2A)	300	3 Episcopal, BR (2A)	73	9 Rosepine (2A)
4 Delcambre (2A)	162	10 Catholic, NI (2A)	301	4 Newman (2A)	85	10 Oak Hill (2A)
5 MENARD (2A)	170	11 Lakeside (2A)	311	5 Runnels (2A)	144	11 Westminster (2A)
6 Runnels (2A)	195	12 Pope John Paul (2A)	314	6 Pickering (2A)	179	12 Fisher (2A)

**Girls Varsity (13 Teams)**

**Records set at State**

**NSU Course Records**

Grace Ahrens	#4 All Grades; #3 8 <sup>th</sup> grade	Merrik Bowman	#10 All Grades; #2 9 <sup>th</sup> grade
Mallory Robichaux	#1 11 <sup>th</sup> grade	Lindsay Vaughan	#1 12 <sup>th</sup> grade

**State Meet Records**

Grace Ahrens	#4 All Grades; #3 8 <sup>th</sup> grade	Merrik Bowman	#10 All Grades; #2 9 <sup>th</sup> grade
Mallory Robichaux	#1 11 <sup>th</sup> grade	Lindsay Vaughan	#1 12 <sup>th</sup> grade

**OLPS GIVING TREE CHRISTMAS OUTREACH**

For the last two 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 last Monday. If each family can come up with \$20 (or more – Coach and Becky are in for \$50), we will be able to a special thing 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! Merry Christmas!!!

**THE 2013 CROSS COUNTRY SCHEDULE**

DAY	DATE	EVENT	LOCATION	FIRST RACE
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM
Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014				

**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 are now there.

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

**MENARD CAMP OF CHAMPIONS #2! Deposits of \$100 are due now!**

The Chicot cabins have been reserved! And money has been spent. To reserve a place at camp, Coach needs a deposit of \$100. We have added an extra day (Sunday thru Thursday this time), so the total runner cost will be \$250 for next summer. Dates are Sunday, July 27, 2014 thru Thursday, July 31, 2014. Make out your check to Coach, not to Menard, and take care of at least the down payment soon (it's all on my credit card!).

**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!

**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!):

**OUT OF UNIFORM!**

Tuesday after the state meet all Menard runners may dress in jeans and team t-shirt – meeting all out of uniform rules of course!

**27<sup>th</sup> ANNUAL CROSS COUNTRY BANQUET (Thursday, November 21<sup>st</sup>)**

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 Stephanie Bartow.

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 21<sup>st</sup>, 6:00 PM, Menard cafeteria**

**CONTACT COACH?????**

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

# Girls AND Guys District Champs!!

**District Championships - Buñlow (Tuesday, November 5) MEET RESULTS**

Most maybe all this year's runners were not even born the last time we actually competed for district championships (for a long, long time no other schools in our district ran CC). But now we have six real team to run with! The girls were a lock from the get-go; the guys were the underdogs. But the guys would not be denied as they beat favored Oak Hill by 9! The girls get 7 in the top ten; the guys get 5 in the top ten. Congrats to Quint, Taylor, Nick, and Will for their PR's, and Mallory for her SPR and WIN! Here's the stats:

**Girls Varsity (39 runners) Team Time 102:00 Gap Time 3:04**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
1 Robichaux, Mallory	5.54	6.25	6.16	18.35	SPRI t-shirt	+18 20.20
2 Bartow, Mallory	6.08	7.10	6.52	20.10	t-shirt	+31 22.04
3 Vaughan, Lindsay	6.37	7.11	7.00	20.48	t-shirt	+40 21.16
4 Bowman, Merrik	6.37	7.11	7.00	20.48	t-shirt	+69
5 Long, Avery	6.37	7.35	7.27	21.39	t-shirt	+60 21.48
8 Robichaux, Regan	7.07	7.51	7.41	22.39	t-shirt	+34
10 Standley, Anne	7.23	8.13	7.54	23.30	t-shirt	+84 24.29
11 Karam, Ava	7.23	8.13	7.57	23.33		+15
12 Rabie, Alyssa	7.27	8.27	7.55	23.49		+32
15 Voltz, Martha	7.32	8.45	8.14	24.31		+174 23.01
16 Jeansonne, Christian	7.50	8.27	8.15	24.32		+83
Ahrens, Grace	6.37	DNF				
Donnelly, Madison	7.19	DNF				

**Boys Varsity (41 runners) Team Time 93:28 Gap Time 1:20 @**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
3 Robichaux, Cole	5.42	6.16	5.57	17.55	t-shirt	+10 20.02
5 Schneider, Bradley	5.44	6.29	6.20	18.33	t-shirt	+34 18.53
6 McMickens, Quint	5.56	6.33	6.05	18.34	PRI t-shirt	-9 20.33
8 Milton, Kent	6.06	6.38	6.27	19.11	t-shirt	+30
9 Jucau, Doug	5.53	6.30	6.32	19.15	t-shirt	+39 19.55
17 Rogers, Taylor	6.17	7.08	6.46	20.11	PRI	-4
18 Lemaire, David	6.20	7.09	6.57	20.26		+20
21 Dufrene, Nick	6.36	7.32	7.04	21.12	PRI	-12
36 Rogers, Austin	6.27	8.42	8.06	23.15		+171
37 Carbo, Will	7.40	7.41	8.20	23.41	PRI	-18
40 Peterman, Gabe	8.00	9.47	9.33	27.20		+168

**District Championships Results (Continued)**

**Boys and Girls JV race**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Monceaux, Camille	8.26	9.14	17.40	PRI t-shirt	-32
Saccaro, Emily	8.41	9.10	17.51	SPRI t-shirt	+84
Jeansonne, Brittany	8.46	9.19	18.05	PRI t-shirt	-19 29.30
Karam, Annie	9.08	9.18	18.24	PRI	-30
Benoit, Katelyn	9.25	10.24	19.49		-85
Chatman, Kathryn	9.31	10.41	20.12		+16
Brown, Trey	7.32	7.33	15.05	t-shirt	+26
Davis, Thomas	7.39	7.49	15.28		+14
Guillery, Matt	8.24	8.32	16.56		+87

**Team Standings**

**Boys Varsity (6 Teams)**

1 MENARD (2A)	15
2 Pickering (2A)	61
3 Rosepine (2A)	76
4 Oak Hill (2A)	92
5 Rapides (2A)	
6 Many (2A)	

**Team Standings**

**Girls Varsity (6 Teams)**

1 MENARD (2A)	31
2 Oak Hill (2A)	40
3 Rapides (2A)	90
4 Pickering (2A)	92
5 Rosepine (2A)	117
6 Many (2A)	

**Records set at District**

**Grade Records**

Mallory Robichaux #1 11<sup>th</sup> grade Quint McMickens #11 8<sup>th</sup> grade

**Buñlow Course Records**

Mallory Robichaux #1 11<sup>th</sup> grade Avery Long #4 8<sup>th</sup> grade  
Kent Milton #4 7<sup>th</sup> grade Quint McMickens #3 8<sup>th</sup> grade

**District Meet Records**

Mallory Bartow #2 All Grades; #1 12<sup>th</sup> grade Lindsay Vaughan #5 All Grades; #2 12<sup>th</sup> grade  
Merrik Bowman #6 All Grades; #3 9<sup>th</sup> grade Avery Long #10 All Grades; #2 8<sup>th</sup> grade  
Kent Milton #5 7<sup>th</sup> grade

**OLPS GIVING TREE CHRISTMAS OUTREACH**

For the last two years we have adopted two families, bought and wrapped presents for all - had a great time doing it. We are doing the same this year as we decided at the Spaghetti Supper last Monday. If each family can come up with \$20 (or more - Coach and Becky are for \$50), we will be able to do a special thing for the kids and the moms. We have been given 1 families, each a single mom with five kids. Get any donations you desire to make to Coach sometime soon. Some have already done so! Merry Christmas!!!

# Ant Hill Falls Again!

**LAKESIDE INVITATIONAL - THE ANTHILL! (Saturday, November 9) MEET RESULTS**

This time we (except the rookies!) know what we're in for, and again we "eat the hill for breakfast"! The girls easily win, and the guys almost pull off a win losing by just 2. Congrats to Lindsay (first sub 20!), Matt (7 minutes!!), and Thomas (2 minutes!!) for their PR's and Quint who ties his PR. Also congrats to Mallory who chalks up her 7<sup>th</sup> individual win of the season! Here's the stats:

**Girls Varsity (58 runners) Team Time 100:49 Gap Time 2:04**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
1 Robichaux, Mallory	6.07			18.50	t-shirt	+33 20.20
5 Vaughan, Lindsay	6.45			19.59	PRI t-shirt	-9 21.16
6 Ahrens, Grace	6.35			20.02	t-shirt	+47
7 Bartow, Mallory	6.34			20.45	t-shirt	+66 22.04
8 Long, Avery	6.55			21.13	t-shirt	+34 21.48
12 Robichaux, Kelley	7.01			21.47		+111 22.58
16 Donnelly, Madison	7.38			22.16		+10
18 Voltz, Martha	7.33			22.54		+77 23.01
19 Robichaux, Regan	7.32			23.10		+65
24 Rabie, Alyssa	7.58			23.48		+29
25 Karam, Ava	7.58			23.50		+32 24.47
27 Jeansonne, Christian	8.13			24.14		+65
43 Rabalais, Carson	9.11			28.38		+437
45 Ducote, Brittany	9.11			28.54		+287
46 Saccaro, Emily	9.11			28.55		+121
49 Karam, Annie	9.33			29.57		+98 31.37
50 Jeansonne, Brittany	9.27			30.01		+79 29.30
51 Benoit, Katelyn	10.13			31.28		+153
52 Chatman, Kathryn	10.13			31.34		+121
Hawthorne, Miranda	7.35	DNF				24.03

**Boys Varsity (62 runners) Team Time 94:11 Gap Time 1:49**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
4 Schneider, Bradley	5.55			18.13	t-shirt	+54 18.53
7 Robichaux, Cole	5.53			18.26	t-shirt	+43 20.02
9 McMickens, Quint	6.10			18.34	TPRI t-shirt	+0 20.33
15 Milton, Kent	6.18			18.56		+15
19 Jucau, Doug	6.19			20.02		+86 19.55
25 Rogers, Taylor	6.33			20.46		+35
26 Lemaire, David	6.36			20.51		+45
32 Dufrene, Nick	7.04			21.21		+9
44 Brown, Trey	7.35			23.19		+25 25.39
46 Carbo, Will	7.52			23.44		+3
47 Davis, Thomas	7.51			24.33	PRI	-123
51 Guillery, Matt	8.06			25.14	PRI	-407
53 Peterman, Gabe	8.14			25.33		+61

**LAKESIDE INVITATIONAL - THE ANTHILL! Meet Results (Continued)**

**Team Standings**

**Boys Varsity (6 Teams)**

1 Cedar Creek (1A)	52
2 MENARD (2A)	54
3 Loyola (4A)	86
4 Northwood (4A)	107
5 Lakeside (2A)	
6 Calvary Baptist (2A)	

**Team Standings**

**Girls Varsity (6 Teams)**

1 MENARD (2A)	27
2 Cedar Creek (1A)	81
3 Loyola (4A)	97
4 Calvary Baptist (2A)	120
5 Northwood (4A)	
6 Lakeside (2A)	

**Records set at Lakeside**

**Grade Records**

Lindsay Vaughan #9 All Grades; #4 12<sup>th</sup> grade

**THE 2013 CROSS COUNTRY SCHEDULE**

DAY	DATE	EVENT	LOCATION	FIRST BO
** MONDAY	November 18	STATE CHAMPS	NSU Boys 1:45 PM	Girls 3:15 PM
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

**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 are now there.

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

**MENARD CAMP OF CHAMPIONS #2! Deposits of \$100 are due now!**

The Chicot cabins have been reserved! And money has been spent. To reserve a place at camp, Coach needs a depo \$100. We have added an extra day (Sunday thru Thursday this time), so the total runner cost will be \$250 for next summer. Dates are Sunday, July 27, 2014 thru Thursday, July 31, 2014. Make out your check to Coach, not to Menard and take care of at least the down payment soon (it's all on my credit card!).

**TURN IN UNIFORMS!**

Once your racing season is over, please put your four Menard CC uniform items in a bag with your name on and turn it in to Coach in his classroom. Cleaned, of course!

La Running Ind Rankings

(147 Girls)		(182 Guys)	
1 Robichaux, Mallory	F	18 Robichaux, Cole	M
7 Ahrens, Grace	F	23 Schneider, Bradley	M
11 Bowman, Merrick	F	40 McMickens, Quint	M
12 Bartow, Mallory	F	45 Milton, Kent	M
14 Robichaux, Kelley	F	52 McMickens, Drew	M
15 Vaughan, Lindsay	F	53 Juneau, Doug	M
19 Loog, Avery	F	86 Lemaire, David	M
23 Engelsman, Rachel	F	88 Rogers, Taylor	M
25 Voltz, Martha	F	94 Rogers, Austin	M
31 Robichaux, Regan	F	113 Dufrene, Nick	M
33 Donnelly, Madison	F	150 Brown, Trey	M
38 Standley, Anne	F	161 Carbo, Will	M
39 Hawthorne, Miranda	F	168 Davis, Thomas	M
48 Jeansonne, Christian	F	173 Guillory, Matthew	M
52 Karam, Ava	F	173 Peterman, Gabe	M
60 Rabie, Alyssa	F	NR Ducote, Justin	M
99 Rabelais, Carson	F		
105 Fields, Abby	F		
119 Saccaro, Emily	F		
121 Ducote, Brittany	F		
122 Benoit, Katelyn	F		
124 Karam, Annie	F		
130 Texada, Lucy	F		
137 Jeansonne, Brittany	F		
142 Chatman, Kathryn	F		
NR DeKeyser, Aza	F		
NR McMinn, Rachel	F		
NR Monceaux, Camille	F		
NR Powell, Haley	F		

**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!):

**FINAL LOG BOOK TURN IN (MONDAY, November 11<sup>th</sup>)**

**STATE MEET TEAMS (only 7 will run)**

- Guys: Juneau, Lemaire, McMickens, McMickens, Milton, Robichaux, Rogers, Rogers, Schneider  
 Girls: Ahrens, Bartow, Bowman, Long, K Robichaux, M Robichaux, Vaughan

**NSU PRACTICE (State Meet Runners Only) Monday, November 11<sup>th</sup> (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. State meet runners only - no parents this time.

**STATE TEAM MEETINGS (November 16<sup>th</sup> and 17<sup>th</sup>)**

The state meet runners (runners only, no parents) meet at Coach's house for dinner and race details just before the state meet. The state runners will meet earlier to handle race day stuff. The whole team will meet for general stuff and the meal.

- Guys Saturday, November 16<sup>th</sup> State Runners 4:00 PM Rest of Guys Team 5:00 PM  
 Girls Sunday, November 17<sup>th</sup> State Runners 2:00 PM Rest of Girls Team 4:00 PM

**STATE MEET (Monday, November 18<sup>th</sup>)**

Only a maximum of seven designated boys and girls will 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

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!

**OUT OF UNIFORM!**

Tuesday after the state meet all Menard runners may dress in jeans and team t-shirt - meeting all out of uniform rules of course!

**27th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 21<sup>st</sup>)**

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 Stephanie Bartow.

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 21<sup>st</sup>, 6:00 PM, Menard cafeteria

**MERC UPDATE!**

Mileage MERC's to date: Grace Ahrens, Mallory Bartow, Kelley Robichaux, Mallory Robichaux, Avery Long, Trey Brown, David Lemaire, Quint McMickens, Austin Rogers, Taylor Rogers  
 Performance MERC's to date: Grace Ahrens (Menard), Mallory Bartow (Episcopal, Menard), Merrick Bowman (Menard), Mallory Robichaux (Episcopal, Catholic, Menard), Lindsay Vaughan (Menard), Cole Robichaux (Menard)

Stay tuned, there's might be more!

**MENARD CC GOLF CART!**

The golf cart is a reality!!!  
 We also have upgraded our track and CC computer!  
 Stay tuned - more to come!

**CONTACT COACH?????**

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

**Holy Savior Menard Cross Country 2013!**

**Half a girls team almost enough! Guys take 6<sup>th</sup> of 15!**

**ST THOMAS MORE INVITATIONAL (Saturday, November 2) MEET RESULTS**

It's back to the original Acadiana Park course this week. The girls get 4 in the top 12, but without Grace, Merrick, and Kelley, STM is 2 points too much. The girls have it all: TSPR, TPR, PR, FR, DNF and even a ? (Who knows what all those letters mean?!). The guys run a creditable race, just 99 seconds off their best team time - and a couple PR's to boot! Camille (that's our newest runner) is probably the first ever to get a t-shirt in her very first race - and under an alias! Just two weeks to go - hang onto your hats! Here's the stats.

**Girls Varsity (82 runners): Team Time 101:29 Gap Time 3:27**

Place	Mile 1	Mile 2	Mile 3	Finish	TSPR!	t-shirt!	PR +/-
1 Robichaux, Mallory	5.59	6.07	6.32	18.38	TSPR!	t-shirt!	+21
5 Bartow, Mallory	6.14	6.18	7.07	19.39	TPR!	t-shirt!	+01
8 Vaughan, Lindsay	6.34	6.34	7.06	20.14		t-shirt!	+6
12 Loog, Avery	6.37	6.53	7.18	20.48		t-shirt!	+9
19 Robichaux, Regan	7.14	6.56	7.55	22.05	PR!	t-shirt!	-25
20 Donnelly, Madison	7.14	6.54	7.58	22.06	PR!	t-shirt!	-150 !!
22 Voltz, Martha	7.12	7.36	7.33	22.21			+44
23 Standley, Anne	?	?	?	22.26	PR!		-11
33 Jeansonne, Christian	7.41	7.51	8.12	23.44			+35
64 Fields, Abby	8.23	9.37	9.34	27.34	FR!		
68 Saccaro, Emily	9.04	?	?	28.49			+115
69 Benoit, Katelyn	9.24	9.18	10.19	29.01	PR!		-194 !!!
71 Karam, Annie	9.24	9.47	10.01	29.12			+53
75 Texada, Lucy	9.24	9.51	10.54	30.09	FR!		
79 Jeansonne, Brittany	9.24	10.27	11.18	31.09			+147
Ahrens, Grace	6.47	DNF					
Chatman, Kathryn	8.17	DNF					
Rabie, Alyssa	7.40	DNF					

2 mile PR's: Bartow (12.32); Benoit (18.42); Donnelly (14.08); C. Jeansonne (15.32); Long (13.30); Robichaux (14.10); Texada (19.15); Vaughan (13.08)

**ST THOMAS MORE INVITATIONAL RESULTS (Continued)**

Boys Varsity (84 runners) Team Time 94:25 Gap Time 1:37

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
17 Robichaux, Cole	5.55	5.53	6.18	18.06	t-shirt +21
24 Schneider, Bradley	5.55	6.13	6.34	18.42	+43
25 McMickens, Quint	6.11	6.06	6.26	18.43	PR1 -2
29 Milton, Kent	6.11	6.12	6.48	19.11	+30
39 McMickens, Drew	6.11	6.24	7.08	19.43	+50
47 Rogers, Taylor	6.22	6.38	7.15	20.15	PR1 -34
50 Lemaire, David	6.28	6.48	7.12	20.28	+22
63 Dufrene, Nick	7.02	7.11	7.24	21.37	+13
65 Rogers, Austin	6.20	7.29	8.07	21.56	+92

2 mile PR's: Lemaire (13.16); C Robichaux (11.48); T Rogers (13.00)

**JV Boys and Girls Race 777 Runners**

Place	Mile 1	Mile 2	Finish	PR +/-
Hawthorne, Miranda	7.25	7.52	15.17	t-shirt +29
Monceaux, Camille	8.27	9.45	18.12	FR1 t-shirt
Brown, Trey	7.19	7.23	14.42	t-shirt +3
Carbo, Will	7.35	7.46	15.21	+10
Guillory, Matt	7.90	7.49	15.39	PR1 -83
Peterman, Gabe	8.09	8.25	16.34	+32

**Team Standings**

**Boys Varsity (15 Teams)**

1 St Th More (4A)	42
2 Baton Rouge (5A)	48
3 Barbe (5A)	85
4 Grace Christian (B)	119
5 Teurlings Cath (4A)	120
6 MENARD (2A)	123

**Team Standings**

**Girls Varsity (13 Teams)**

1 St Th More (4A)	36
2 MENARD (2A)	38
3 Barbe (5A)	61
4 Grace Christian (B)	106
5 Catholic, N1 (3A)	135
6 St Amant (5A)	165

**Records set at Parish Championships**

**Course Records (Buhlow)**

Mallory Bartow	#4 All-time; #1 12 <sup>th</sup> grade	Kelley Robichaux	#4 11 <sup>th</sup> grade
Kent Milton	#4 7 <sup>th</sup> grade	Doug Juneau	#23 9 <sup>th</sup> grade

**Records set at St Thomas More**

**Grade Records**

Anne Standley	#26 All grades; #10 8 <sup>th</sup> grade	Regan Robichaux	#21 All grades; #12 9 <sup>th</sup> grade
Madison Donnelly	#22 All grades; #13 9 <sup>th</sup> grade	Abby Fields	#20 11 <sup>th</sup> grade
Lucy Texada	#17 12 <sup>th</sup> grade	Quint McMickens	#12 8 <sup>th</sup> grade

**Course Records (Acadiana)**

Mallory Bartow	#5 All-time; #1 12 <sup>th</sup> grade	Lindsay Vaughan	#7 All-time; #2 12 <sup>th</sup> grade
----------------	--	-----------------	--

**Girls dominate!  
Guys take 3<sup>rd</sup> at the Parish Champs!**

**PARISH CHAMPIONSHIPS RESULTS**

Both the varsity and the JV girls place 6 in the top ten to overwhelm all parish teams. The boys place third of nine. A together we get just four PR's and one SPR in the Buhlow heat. Congrats to Doug, who gets the lone varsity PR and Nick, Trey, and Alyssa for their PR's, and Carson for her SPR!

Girls Varsity (175 runners) Team Time 107:26

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
1 Robichaux, Mallory	5.55	6.33	6.24	18.52	t-shirt	+35 21.02
2 Bartow, Mallory	6.19	6.45	6.49	19.53	t-shirt	+14 21.01
3 Vaughan, Lindsay	6.39	7.28	7.50	20.57	t-shirt	+49 21.04
4 Bowman, Merrik	6.39	7.28	6.53	21.00	t-shirt	+81
6 Robichaux, Kelley	6.39	7.28	7.11	21.18	t-shirt	+82 22.22
9 Long, Avery	6.44	7.54	7.37	22.15	t-shirt	+96 14.17
21 Robichaux, Regan	7.18	8.30	8.33	24.21		+111

Boys Varsity (78 runners) Team Time 109:22

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
7 Robichaux, Cole	5.41	6.19	6.07	18.07	t-shirt	+22 18.47
13 Juneau, Doug	6.04	6.23	6.09	18.36	PR1	-23 19.50
18 Schneider, Bradley	5.41	6.35	6.32	19.08		+46 18.45
22 McMickens, Quint	6.06	6.45	6.26	19.20		+35 20.12
26 Milton, Kent	6.11	6.56	6.42	19.49		+68
39 Lemaire, David	6.26	7.26	7.06	20.58		+52
42 Rogers, Taylor	6.27	7.35	7.31	21.33		+44 19.47

2 mile PR's: Juneau (12.27)

**Team Standings**

**Boys Varsity (9 Teams)**

1 Pineville (5A)	55
2 Buckeye (3A)	58
3 MENARD (2A)	86
4 Grace Christian (B)	89
5 Glenmore (B)	124

**Girls Varsity (8 Teams)**

1 MENARD (2A)	16
2 Pineville (5A)	60
3 Buckeye (3A)	76
4 Grace Christian (B)	80
5 Oak Hill (2A)	147

**PARISH CHAMPIONSHIPS RESULTS (Continued)**

**JV Boys and Girls Race 777 Runners**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Dufrene, Nick	6.58	6.59	13.57	PR1 t-shirt	-3
Brown, Trey	7.11	7.28	14.39	PR1 t-shirt	-34 17.08
Carbo, Will	7.57	8.19	16.16		+65
Ducote, Justin	8.09	8.31	16.40		+55
Peterman, Gabe	8.25	8.17	16.42		+40
Guillory, Matt	8.30	8.41	17.11		+9
Voltz, Mariba	7.11	7.20	14.31	t-shirt	+30 23.23
Donnelly, Madison	7.20	7.39	14.59	t-shirt	+13
Standley, Anne	7.27	7.25	15.02	t-shirt	+1 15.37
Rabie, Alyssa	7.55	7.20	15.15	PR1 t-shirt	-26
Karam, Ava	7.40	7.58	15.38	t-shirt	+38 16.25
Jeansonne, Christian	7.57	8.05	16.02	t-shirt	+6
Rabalais, Carson	8.01	8.02	16.03	SPR1	+131
Ducote, Brittany	8.34	8.49	17.23		+72 16.25
Karam, Annie	9.28	9.40	19.08		+14 19.51
Jeansonne, Britney	9.06	11.08	20.14		+110 19.00
Chatman, Kathryn	9.42	10.54	20.36		+40
Benoit, Katelya	11.02	12.00	23.00		+108
Texada, Lucy	10.11	DNP			
Saccaro, Emily	9.50	DNP			16.47

**THE 2013 CROSS COUNTRY SCHEDULE**

DAY	DATE	EVENT	LOCATION	FIRST RACE
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
** TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	November 9	LAKESIDE (Aat Hill)		9:00 AM
** MONDAY	November 18	STATE CHAMPS	NSU Boys 1:45 PM Girls 3:15 PM	
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\*\* Date confirmed

**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 are now there.  
 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 (which may get tweaked as we get closer to the end!):

**SPAGHETTI SUPPER (Monday, November 4<sup>th</sup>)**

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. It 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 Cooch's, but quickly out grew that location! For many years lately, the district meet has not been held as no one in our district did CC - but we have always held our spaghetti supper anyway. This year we have a new district - and 5 schools with a CC program! So the tradition of gathering to eat before district reverts to its original purpose. 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 4<sup>th</sup>

6:00 PM \$7.00 PER PERSON

**DISTRICT MEET (Tuesday November 5<sup>th</sup>)**

We'll leave school on the bus after 6<sup>th</sup> Period. The bus will not be available after the meet.

JV Boys & Girls	3:30 PM	2 miles
Girls Varsity	4:00 PM	3 miles
Boys Varsity	4:45 PM	3 miles
Awards	5:30 PM	
Back at school	6:30 PM ish	

JV 2-miler	Benoit, Chatman, Fields, Hawthorne, B Jeansonne, McMinn, Powell, Rabalais, Saccaro, Te
Girls 3-miler	Bartow, Bowman, Donnelly, Ducote, C Jeansonne, Karam x 2, Long, Rabie, Robichaux x 3 Standley, Vaughan, Voltz
Boys 3-miler	Brown, Carbo, Ducote, Dufrene, Guillory, Juneau, Lemaire, Q McMickens, Milton, Peterman, Robichaux, Rogers x 2, Schneider

**LAKESIDE INVITATIONAL (Saturday, November 9<sup>th</sup>)**

The Lakeside meet is near Minden, LA. This will be the final tune-up for the state meet, and the last race season for all but the state meet runners. Simple - only two (3 mile) races! This race ends the allowable MERC miles.

5:30 AM	Leave Menard
9:00 AM	Girls Race
9:45 AM	Boys Race
10:30 AM	Awards
3:00 PM	Back at Menard

**CHANGE - CHANGE - CHANGE!!**

**NSU PRACTICE (State Meet Runners Only) Monday, November 11<sup>th</sup> (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. - State meet runners only - no parents this time.

**STATE TEAM MEETINGS (November 16<sup>th</sup> and 17<sup>th</sup>)**

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 16 <sup>th</sup>	5:00 PM
Girls	Sunday, November 17 <sup>th</sup>	4:00 PM

**STATE MEET (Monday, November 18<sup>th</sup>)**

Only a maximum of seven designated boys and girls will 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

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!

**27th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 21<sup>st</sup>)**

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 Stephanie Bartow.

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 21<sup>st</sup>, 6:00 PM, Menard cafeteria

# Seniorless Girls almost get St Joe; guys take 9<sup>th</sup> of 30!

**TOM NOLAN (COMEAU) INVITATIONAL (Saturday, October 26) MEET RESULTS**

You don't get perfect days often - some runners never ever see one! Acadians was a perfect day today: temp, humidity, course all perfect. And the times confirm it - 24 PR's! The girls also get a team PR and the guys get a team SPR! Stay tuned - there's a lot more excitement yet to come! Here's the stats:

**Girls Varsity 135 runners) Team Time 98.07 Gap Time 2.01**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
3 Robichaux, Mallory	5.48	6.26	6.24	18.38	SPR! t-shirt! +21
5 Ahrens, Grace	6.05	6.38	6.32	19.15	PR! t-shirt! -20
9 Bowman, Merrik	6.12	6.41	6.46	19.39	PR! t-shirt! -31
14 Robichaux, Kelley	6.14	6.53	6.49	19.56	PR! t-shirt! -60 †
25 Long, Avery	6.31	7.13	6.55	20.39	PR! -33
34 Voltz, Martha	6.45	7.38	7.14	21.37	PR! -18
50 Robichaux, Regan	7.00	7.50	7.40	22.30	PR! -19
53 Standley, Anne	7.05	7.46	7.46	22.37	PR! -108 †
59 Jeansonne, Christian	7.22	8.11	7.36	23.09	PR! -76 †
60 Karam, Ava	7.10	8.15	7.53	23.18	PR! -12

2 mile PR's: Ahrens (12.43); Bowman (12.53); Jeansonne (15.33); Long (13.44); K Robichaux (13.07); M Robichaux (13.14); Standley (14.51)

**Boys Varsity 185 runners) Team Time 92.46 Gap Time 1.02 @**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
38 Schneider, Bradley	5.38	6.11	6.10	17.59	PR! -11
49 Robichaux, Cole	5.38	6.17	6.19	18.14	+29
63 Milton, Keat	6.00	6.23	6.18	18.41	PR! -31
67 McMickens, Quint	5.53	6.22	6.31	18.46	+1
81 Juneau, Doug	5.57	6.32	6.37	19.06	+7
115 McMickens, Drew	5.53	6.37	7.24	19.54	+61
118 Lemaire, David	6.18	7.05	6.43	20.06	PR! -31
135 Rogers, Austin	6.01	7.09	7.19	20.29	PR! -44 †
145 Rogers, Taylor	6.23	7.17	7.26	21.06	+17
150 Dufrene, Nick	6.41	7.34	7.09	21.24	PR! -20

2 mile PR's: Juneau (12.29); Lemaire (13.23); Q McMickens (12.15); Milton (12.23); Rogers (13.10); Rogers (13.40); Schneider (11.49)

**TOM NOLAN INVITATIONAL RESULTS (Continued)**

**IV Boys and Girls Race 777 Runners)**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
Brown, Trey	7.08	7.54	7.52	22.54	PR! -47 †
Carbo, Will	7.27	8.26	8.06	23.59	PR! -114 †
Ducote, Justin	7.35	8.39	7.52	24.06	PR! -69 †
Peterman, Gabe	7.40	8.36	8.16	24.32	PR! -69 †
Davis, Thomas	7.27	DNF			
Rabie, Alyssa	7.19	8.11	7.47	23.17	PR! -101 †
Rabalais, Carson	7.29	8.37	8.02	24.08	SPR! +167
Ducote, Brittany	8.25	8.16	8.29	25.10	+43
Saccaro, Emily	8.14	9.52	8.48	26.54	PR! -20
Karam, Annie	8.48	10.03	9.30	28.19	PR! -168 †
Jeansonne, Britney	8.34	10.20	9.48	28.42	PR! -48 †
Chatman, Kathryn	8.58	9.59	10.36	29.33	PR! -190 †
Donnelly, Madison	6.57	DNF			
Hawthorne, Miranda	6.39	DNF			

2 mile PR's: Chatman (18.57); Karam (18.49); Rabie (15.30); Brown (15.02)

**Team Standings**

**Boys Varsity (34 Teams)**

1 Brother Martin (5A)	81	6 Barbe (5A)	163	1 St Joseph (5A)	42	6 Episcopal, BR (2A)	133
2 Comeaux (5A)	108	7 ESA (B)	256	2 MENARD (2A)	50	7 Pineville (5A)	151
3 Pineville (5A)	110	8 Runnels (2A)	262	3 Comeaux (5A)	120	8 Lafayette (5A)	256
4 Lafayette (5A)	134	9 MENARD (2A)	263	4 Barbe (5A)	131	9 Bean Cheese (4A)	264
5 University (2A)	146	10 Decambre (2A)	276	5 University (3A)	132	10 HL Bourgeois (5A)	272

**Team Standings**

**Girls Varsity (30 Teams)**

1 St Joseph (5A)	42	6 Episcopal, BR (2A)	133
2 MENARD (2A)	50	7 Pineville (5A)	151
3 Comeaux (5A)	120	8 Lafayette (5A)	256
4 Barbe (5A)	131	9 Bean Cheese (4A)	264
5 University (3A)	132	10 HL Bourgeois (5A)	272

## BOX LUNCHES A HUGE SUCCESS!!

Tuesday, October 22 was put-it-all-together and make-all-the-deliveries day! Thanks so much for all who showed up Thursday night and Friday morning to help make our fundraiser such a great success. We delivered almost 1300 lunches and cleared over \$6000!!!! All great team successes require lots of people doing lots of work. In this case, sellers, donators, cooks, cookie makers, and more. But all team successes also require a person who invests tons of time, tons of enthusiasm and cheerleading, and tons of organization. Thanks, Tammy Schneider for being the person of the hour this year! And thanks, Dan Ahrens for taking care of all that meat!

# JH Girls take second! JH boys are 16<sup>th</sup> at John Miller!

**JOHN MILLER INVITATIONAL RESULTS**

The upper classmen stay home, but the young guys and girls get 12 PR's at Buhlow! Here's the stats:

**Girls Varsity 175 runners) Team Time 107.36**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
2 Ahrens, Grace	6.21	6.43	6.31	19.35	PR! t-shirt! -5	
5 Bowman, Merrik	6.24	7.06	6.40	20.10	PR! t-shirt! -6	
14 Long, Avery	6.52	7.37	7.03	21.32	+26	22.51
30 Robichaux, Regan	7.04	8.02	7.43	22.49	PR! -4	
38 Karam, Ava	7.23	8.14	7.53	23.30	PR! -6	16.08
64 Standley, Anne	7.38	9.02	8.47	25.27	+62	17.04
Voltz, Martha	7.01	8.06	DNF			14.45

2 mile PR's: Bowman (13.30)

**Boys Varsity 78 runners) Team Time 109.27**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
37 Milton, Keat	6.05	7.23	6.29	19.57	+45	
78 Rogers, Taylor	6.30	7.16	7.03	20.49	PR! -16	
103 Dufrene, Nick	6.56	7.48	7.00	21.44	PR! -44	
140 Rogers, Austin	6.26	8.26	8.19	23.11	+118	
154 Brown, Trey	7.36	8.22	7.43	23.41	PR! -118 †	16.42
171 Peterman, Gabe	8.05	9.12	8.51	26.08	+27	
Lemaire, David	DNF					

**IV Boys and Girls Race 777 Runners)**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
79 Davis, Thomas	7.21	8.01	15.22	SPR! +8	16.09
89 Carbo, Will	7.42	8.04	15.46	+35	
105 Ducote, Justin	8.12	7.56	16.08	+23	
Quillory, Matthew	9.05	9.39	18.44	+102	
7 Donnelly, Madison	7.16	7.30	14.48	t-shirt! PR! -1	
17 Rabie, Alyssa	7.52	7.49	15.41	PR! -8	
25 Jeansonne, Christian	7.52	8.04	15.56	+8	
88 Jeansonne, Britney	9.05	9.19	18.24	PR! -8	20.00
102 Karam, Annie	9.25	9.28	18.54	PR! -47	20.49
145 Chatman, Kathryn	10.03	10.37	20.42	+46	
168 Benoit, Katelyn	11.14	11.27	22.41	+87	

JOHN MILLER INVITATIONAL RESULTS (Continued)

Team Standings			
Boys Varsity (20 Teams)		Girls Varsity (14 Teams)	
1 Benton (4A)	31	7 Grace Christian (B)	251
2 St Th More (4A)	60	8 Oak Hill (2A)	362
3 Pineville (5A)	87	9 Pine Prairie (2A)	385
4 Buckeye (3A)	150	10 Georgetown (C)	386
5 Teurlings Cath (4A)	199	11 Avoyelles PC (B)	422
6 Johnson Bayou (C)	246	16 MENARD (2A)	532
		1 St Th More (4A)	37
		2 MENARD (2A)	89
		3 Benton (4A)	95
		4 Pineville (5A)	156
		5 Grace Christian (B)	169
		6 Buckeye (3A)	190
		7 Lacassine (B)	248
		8 Natch Cent (5A)	270
		9 Elizabeth (C)	276
		10 ASH (5A)	280
		11 Leesville (4A)	559
		12 Georgetown (C)	368

Records set at John Miller

Grade Records			
Grace Ahrens	#4 All grades; #2 8 <sup>th</sup> grade	Merrick Bowman	#8 All grades; #2 9 <sup>th</sup> grade
Regan Robichaux	#29 All grades; #15 9 <sup>th</sup> grade	Ava Karam	#32 All grades; #17 9 <sup>th</sup> grade

Course Records (Buhlow)

Grace Ahrens	#2 All-time; #2 8 <sup>th</sup> grade	Merrick Bowman	#5 All-time; #2 9 <sup>th</sup> grade
--------------	---------------------------------------	----------------	---------------------------------------

Records set at Tom Nolan (Comeaux)

Grade Records			
Grace Ahrens	#2 All grades; #2 8 <sup>th</sup> grade	Avery Long	#11 All grades; #6 8 <sup>th</sup> grade
Anne Standley	#28 All grades; #10 8 <sup>th</sup> grade	Alyssa Rabie	#34 All grades; #15 8 <sup>th</sup> grade
Merrick Bowman	#7 All grades; #2 9 <sup>th</sup> grade	Martha Voltz	#15 All grades; #8 9 <sup>th</sup> grade
Regan Robichaux	#27 All grades; #14 9 <sup>th</sup> grade	Christian Jeansonne	#32 All grades; #16 9 <sup>th</sup> grade
Ava Karam	#35 All grades; #17 9 <sup>th</sup> grade	Emily Saccaro	#21 10 <sup>th</sup> grade
Annie Karam	#24 10 <sup>th</sup> grade	Brittney Jeansonne	#25 10 <sup>th</sup> grade
Mallory Robichaux	#1 11 <sup>th</sup> grade	Kelley Robichaux	#8 All grades; #2 11 <sup>th</sup> grade
Kent Milton	#5 7 <sup>th</sup> grade	David Lemaire	#15 7 <sup>th</sup> grade
Bradley Schneider	#38 All grades		

Course Records (Acadiana)

Mallory Robichaux	#1 All-time; #1 11 <sup>th</sup> grade	Grace Ahrens	#2 All-time; #2 8 <sup>th</sup> grade
Merrick Bowman	#4 All-time; #2 9 <sup>th</sup> grade	Kelley Robichaux	#5 All-time; #2 11 <sup>th</sup> grade
Avery Long	#8 All-time; #4 8 <sup>th</sup> grade	Kent Milton	#1 7 <sup>th</sup> grade

CONTACT COACH?????

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

GOLF CART

After many years of dreaming and wishing, it's really time that CC track has their very own golf cart. CC is willing to buy (donations of course accepted!). Nothing fancy - electric only. Know of any?

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 29<sup>th</sup>)

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 6<sup>th</sup> 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
Boys Varsity	4:45 PM	3 miles
Awards	5:30 PM	
Back at school	6:30 PM ish	

JV 2 miles: Benoit, Chatman, Donnelly, Ducote, Fields, Jeansonne, Jeansonne, Karam, Karam, McMinn, Powell, Rabalais, Rabie, R Robichaux, Saccaro, Standley, Texada, Voltz, C Ahrens, Brown, Carbo, Davis, Ducote, Dufrene, Guillory, Peterman, Rogers, Rogers  
 Varsity Girls: Ahrens, Bartow, Bowman, Long, K Robichaux, M Robichaux, Vaughan  
 Varsity Boys: Juneau, Lemaire, McMickens, McMickens, Milton, Robichaux, Schneider

ST THOMAS MORE INVITATIONAL (Saturday, November 2)

Repeat of last Saturday (except probably smaller). We'll have maps Saturday morning. Here's the schedule:

5:45 AM	Meet at Menard (BE PROMPT!)
8:15 AM	Girls & Boys JV
9:00 AM	Girls Varsity
9:45 AM	Boys Varsity
10:15 AM	Awards
	Back at Menard around 1:00 PM

Varsity Girls: Ahrens, Bartow, Benoit, Bowman, Chatman, Donnelly, B Ducote, Fields, Hawthorne (?), Jeansonne x 2, Karam x 2, Long, Powell, Robichaux x 3, Saccaro, Standley, Texada, Vaughan, Voltz

Varsity Boys: Davis, Dufrene, Juneau, Lemaire, McMickens x 2, Milton, Robichaux, Rogers x 2, Schneider

Girls & Boys JV: McMinn, Brown, Carbo, J Ducote, Guillory, Peterman

THE 2013 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
** TUESDAY	October 29	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM
YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)				
** SATURDAY	November 2	ST THOMAS MORE	Acadiana Park, Lafayette	
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
** TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	November 9	LAKESTIDE (Art Hill!)		9:00 AM
** MONDAY	November 18	STATE CHAMPS	NSU Boys 1:45 PM	Girls 3:15 PM
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\*\* Date confirmed

SWEATSHIRTS ARE IN!!!

Runners or parents can pick them up at practice this week. Must have your \$20 per shirt in to Coach first!

Ahrens \$40 Hawthorne \$20 Texada \$20

SPAGHETTI SUPPER (Monday, November 4<sup>th</sup>)

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! For many years lately, the district meet has not been held as no one in our district did CC - but we have always held our spaghetti supper anyway. This year we have a new district - and 5 schools with a CC program! So the tradition of gathering to eat before district reverts to its original purpose. We're meeting at Brocato's (LA 28 West just past Menard). This is 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 4<sup>th</sup>  
 6:00 PM \$7.00 PER PERSON

DISTRICT MEET (Tuesday, November 5<sup>th</sup>)

We'll leave school on the bus after 6<sup>th</sup> Period.

JV Boys & Girls	3:30 PM	2 miles
Girls Varsity	4:00 PM	3 miles
Boys Varsity	4:45 PM	3 miles
Awards	5:30 PM	
Back at school	6:30 PM ish	

Race rosters TBA

LAKESTIDE INVITATIONAL (Saturday, November 9<sup>th</sup>)

The Lakeside meet is near Minden, LA. This will be the final tune-up for the state meet, and the last race of the season for all but the state meet runners. Simple - only two (3 mile) races! This race ends the allowable MERC miles.

5:30 AM	Leave Menard
9:00 AM	Girls Race
9:45 AM	Boys Race
10:30 AM	Awards
3:00 PM	Back at Menard

NSU PRACTICE (State Meet Runners Only) Saturday, November 16<sup>th</sup>

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

**STATE TEAM MEETINGS (November 16<sup>th</sup> and 17<sup>th</sup>)**

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

Guys	Saturday, November 16 <sup>th</sup>	5:00 PM
Girls	Sunday, November 17 <sup>th</sup>	4:00 PM

**STATE MEET (Monday, November 18<sup>th</sup>)**

Only a maximum of seven designated boys and girls will 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

Hang out at Cosch'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!

**27th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 21<sup>st</sup>)**

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 Stephanie Bartow.

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 21<sup>st</sup>, 6:00 PM, Menard cafeteria

**RUNNER MILES SUMMARY SO FAR THIS SEASON**

How do you get good at this sport? Below is the answer!

1 Robichaux, Mallory	F	669	1 McMickens, Quint	M	501
2 Bartow, Mallory	F	587	2 Rogers, Austin	M	431
3 Ahrens, Grace	F	578	3 Rogers, Taylor	M	418
4 Robichaux, Kelley	F	544	4 Brown, Trey	M	406
5 Vaughan, Lindsay	F	457	5 Juneau, Doug	M	399
6 Jeansonne, Christian	F	409	6 Lemaire, David	M	372
7 Long, Avery	F	375	7 Dufrene, Nick	M	366
8 Voltz, Martha	F	336	8 Schneider, Bradley	M	351
9 Donnelly, Madison	F	325	9 Robichaux, Cole	M	325
10 Bowman, Merrik	F	318	10 Milton, Kent	M	276
11 Hawthorne, Miranda	F	299	11 Peterman, Gabe	M	237
12 Karam, Ava	F	293	12 McMickens, Drew	M	219
13 Standley, Anne	F	290	13 Carbo, Will	M	197
14 Fields, Abby	F	283	14 Ducote, Justin	M	134
15 Engelsman, Rachel	F	267	15 Guillory, Matthew	M	120
16 Robichaux, Regan	F	262	16 Davis, Thomas	M	119
17 Saocaro, Emaly	F	244	17 Ahrens, Coburn	M	33
18 Karam, Annie	F	229			
19 Chatsman, Kathryn	F	228			
20 Jeansonne, Britney	F	225			
21 DeKeyzer, Aza	F	197			
22 Benoit, Katelyn	F	195			
23 Rabalais, Carson	F	182			
24 Ducote, Brittany	F	125			
25 McMinn, Rachel	F	120			
26 Powell, Haley	F	119			
27 Texada, Lucy	F	90			
28 Rabie, Alyssa	F	73			

# Girls win again; Guys are 4<sup>th</sup>!

**MENARD INVITATIONAL (Saturday, October 19) MEET RESULTS**

It's good to be back! After no Menard Invitational last year, most coaches said they were happy we are again holding our meet. And many coaches said this is the funnest, best run meet to go to. That's a Menard TEAM statement for sure, as a ton of parents – on homecoming weekend no less – get the job done. We all should be very proud of putting our best foot forward once again. Hats off to registration, finish chute, water, course work, and the best music (we were the first to have music in Louisiana) ever! Coach says a big thanks to all. And thanks to God for the great weather!

And there were a few good runs, too! Congrats to Mallory on her win and first 18 of the year; the girls on another perfect score; the 13 PR's (Madison and Gabe both get 3 minute plus PR's, and Cole gets his first 17!); and the ever improving guys with team SPR time. Here's the stats:

**Girls Varsity (47 runners) Team Time 99:30 Gap Time 1:37**

Place	Mile 1	Mile 2	Mile 3	Finish	SPRI	medal + ti	PR + / -
1 Robichaux, Mallory	6:01	6:27	6:18	18:46			+29
3 Bartow, Mallory	6:28	6:54	6:36	19:58			+19
4 Ahrens, Grace	6:36	6:57	6:30	20:03			+23
5 Bowman, Merrik	6:37	6:58	6:46	20:21			+5
6 Vaughan, Lindsay	6:38	7:03	6:42	20:23			+15
13 Long, Avery	7:10	7:40	7:13	22:03			+57
14 Voltz, Martha	7:11	7:44	7:17	22:12			+17
22 Robichaux, Regan	7:26	8:25	8:12	24:03			+70
28 Jeansonne, Christian	7:54	8:28	8:03	24:25	PR!		-66 1
29 Standley, Anne	7:38	8:42	8:04	24:25	PR!		-4
32 Donnelly, Madison	7:50	8:42	8:04	24:36	PR!		-198 11
34 Rabie, Alyssa	7:54	8:38	8:26	24:58	PR!		-43 1
35 Karam, Ava	7:54	8:38	8:26	24:58			+82
38 Rabalais, Carson	8:11	9:41	9:01	26:53			+332
41 Jeansonne, Britney	9:29	11:17	10:19	31:05			+95
42 Karam, Annie	9:31	11:09	10:27	31:07	PR!		-30
43 Chatsman, Kathryn	10:05	11:41	10:57	32:43	PR!		

**MENARD INVITATIONAL RESULTS (Continued)**

Boys Varsity 78 runners) Team Time 94:39 Gap Time 1:41

Place	Mile 1	Mile 2	Mile 3	Finish	SPRI	medal + ti	PR + / -
6 Robichaux, Cole	5:40	6:12	5:53	17:45	PR!		-33 1
18 McMickens, Drew	6:19	6:32	6:08	18:59	SPRI!		+6
20 McMickens, Quint	6:20	6:37	6:07	19:04			+19
29 Schneider, Bradley	6:00	6:57	6:28	19:25			+75
30 Juneau, Doug	6:18	6:47	6:21	19:26			+27
41 Milton, Kent	6:27	7:09	6:3	20:06			+54
48 Lemaire, David	6:35	7:13	6:49	20:37	PR!		-9
52 Rogers, Taylor	6:44	7:32	7:03	21:19			+14
54 Rogers, Austin	6:37	7:29	7:28	21:34			+21
63 Dufrene, Nick	7:10	8:07	7:34	22:51			+23
72 Peterman, Gabe	8:13	9:12	8:16	25:41	PR!		-188 11

2 mile PR's: Robichaux 11:52

**IV Boys and Girls Race 777 Runners)**

Place	Mile 1	Mile 2	Finish	SPRI	PR + / -
Brown, Trey	7:37	7:36	15:13	PR!	-17
Carbo, Will	7:54	7:56	15:50		+39
Ducote, Justin	8:18	8:09	16:27		+42
Guillory, Matthew	8:52	8:36	17:28		+26
McMinn, Rachel	8:46	9:12	17:58	SPRI!	+76

**Records set at Menard Invitational**

**Grade Records**

David Lemaire	#20 7 <sup>th</sup> grade	Cole Robichaux	#34 All grades; #21 10 <sup>th</sup> grade
Anne Standley	#37 All grades; #15 8 <sup>th</sup> grade	Alyssa Rabie	#43 All grades; #19 8 <sup>th</sup> grade
Christian Jeansonne	#36 All grades; #19 9 <sup>th</sup> grade	Madison Donnelly	#40 All grades; #21 9 <sup>th</sup> grade
Mallory Robichaux	#1 11 <sup>th</sup> grade		

**Course Records (Bublow)**

Mallory Bartow	#3 All-time; #1 12 <sup>th</sup> grade	Grace Ahrens	#4 All-time; #2 8 <sup>th</sup> grade
Merrik Bowman	#6 All-time; #4 9 <sup>th</sup> grade	Avery Long	#5 8 <sup>th</sup> grade
Mallory Robichaux	#1 11 <sup>th</sup> grade	Lindsay Vaughan	#2 12 <sup>th</sup> grade

**Meet Records (Menard Invitational)**

Mallory Robichaux	#1 All-time; #1 11 <sup>th</sup> grade	Mallory Bartow	#2 All-time; #1 12 <sup>th</sup> grade
Grace Ahrens	#3 All-time; #1 8 <sup>th</sup> grade	Merrik Bowman	#6 All-time; #3 9 <sup>th</sup> grade
Avery Long	#4 8 <sup>th</sup> grade	Martha Voltz	#4 9 <sup>th</sup> grade
Lindsay Vaughan	#2 12 grade		

**THE 2013 CROSS COUNTRY SCHEDULE**

DAY	DATE	EVENT	LOCATION	FIRST RACE
** TUESDAY	October 22	Box Lunch Day!	Menard Cafeteria	9:00 AM
** WEDNESDAY	October 23	JOHN MILLER (JH & JV)	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 26	COME AUX	Acadiana Park, Lafayette	
** TUESDAY	October 29	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** SATURDAY	November 2	ST THOMAS MORE	Acadiana Park, Lafayette	
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
** TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	November 9	LAKESIDE (Aut Hill!)		9:00 AM
** MONDAY	November 18	STATE CHAMPS	NSU Boys 1:45 PM Girls 3:15 PM	
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\*\* Date confirmed

**SWEATSHIRTS ARE IN!!!**

Runners or parents can pick them up at practice this week. Must have your \$20 per shirt in to Coach first!

Ahrens \$40 Donnelly \$20 Hawthorne \$20 Juneau \$20 Texada \$20

**CONTACT COACH?????**

Contact Coach Smith ANYTIME you need to!

Home 487-8887 evenings  
Cell 446-8887 whenever!  
Email wcmendar@suddenlink.net anytime!

**GOLF CART**

After many years of dreaming and wishing, it's really time that CC track has their very own golf cart. CC is willing to buy (donations of course accepted!). Nothing fancy - electric only. Know of any?

**JOHN MILLER INVITATIONAL (Wednesday, October 23<sup>rd</sup>)**

We'll leave school on the bus after 6<sup>th</sup> Period. The bus will not be available for

JV Boys & Girls	3:00 PM	2 miles
Girls Varsity	3:30 PM	3 miles
Boys Varsity	4:00 PM	3 miles
Awards	4:30 PM	
Back at school	5:30 PM ish	

Varsity Girls: Donnelly, Jeansonne C, Karam, Rabie, Robichaux, Standley, Voltz

Varsity Boys: Brown, Dufrene, Lemaire, Milton, Peterman, Rogers, Rogers

JV race: Benoit, Chatman, Jeansonne B, Karam, McMinn, Powell, Rabalais, Saccaro, Texada, Carbo, Davis, Ducote, Guillory

**COME AUX INVITATIONAL (Saturday, October 26<sup>th</sup>)**

We usually take two trips to Acadiana Park, but this year just this one. We'll have maps Saturday morning.

Here's the schedule:

6:45 AM	Meet at Menard (BE PROMPT!)
9:15 AM	Girls & Boys JV
10:00 AM	Girls Varsity
10:45 AM	Boys Varsity
11:15 AM	Awards
	Back at Menard around 2:00 PM

Varsity Girls: Ahrens, Bowman, Karam, Long, Robichaux x 3, Standley, Vaughan, Voltz

Varsity Boys: Dufrene, Juneau, Lemaire, McMickens x 2, Milton, Robichaux, Rogers x 2, Schneider

Girls & Boys JV: Brown, Carbo, Davis, Ducote, Guillory, Peterman, Chatman, Donnelly, Jeansonne x 2, Karam, McMinn, Powell, Rabalais, Rabie, Saccaro, Texada

**BOX LUNCHES!**

There will be more updates...

As of now, we meet at 9 AM Tuesday in the cafeteria to put together then deliver the box lunches. And once again, need all the help we can get for the deliveries. This would include runner who drive drive. Stay tuned!

Any questions, email or call Tammy Schneider ( ). And it wouldn't hurt to bake a bunch of cookies either (2 per zip lock bag!)

**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 16 straight A and another 22 A/B honor roll students out of 49 runners!!! Collectively, we have 244 A's, 75 B's, 22 C's, 2 D's and no F's. That's a 3.64 team average! In the GPA race, the 7<sup>th</sup> graders are tops with a 3.79, edging out the seniors and 9<sup>th</sup> grade. The girls just barely beat out the boys by a mere tenth. Great job, runners - keep it up!

Overall Cross Country Boys & Girls GPA	3.64	1 - 7 <sup>th</sup> grade	3.79
Overall Cross Country Girls GPA	3.67	2 - 12 <sup>th</sup> grade	3.75
Overall Cross Country Boys GPA	3.57	3 - 9 <sup>th</sup> grade	3.70
		4 - 11 <sup>th</sup> grade	3.59
Overall Cross Country JH GPA	3.63	5 - 10 <sup>th</sup> grade	3.55
Overall Cross Country HS GPA	3.64	6 - 8 <sup>th</sup> grade	3.53

**"A" HONOR ROLL (16)**

Mallory Bartow, Merrik Bowman, Kathryn Chatman, Madison Donnelly, Victoria Hirschak, David Lemaire, Annie Karam, Ava Karam, Avery Long, Quint McMickens, Kent Milton, Gabe Peterman, Alyssa Rabie, Mallory Robichaux, Bradley Schneider, and Lindsay Vaughan

**"A/B" HONOR ROLL (22)**

Macy Bartow, Katelyn Benoit, Will Carbo, Sarah Chatman, Thomas Davis, Aza DeKeyzer, Justin Ducote, Dufrene, Cameron Erickson, Abby Fields, Matthew Guillory, Miranda Hawthorne, Christian Jeansonne, Drew McMickens, Rachel McMinn, Kelley Robichaux, Regan Robichaux, Austin Rogers, Taylor Rogers, Emily Saccaro, Anne Standley, Lucy Texada

**Holy Savior Menard Cross Country 2013!**

**Girls are #1 All Classes!**

**CATHOLIC HIGH MEET (Saturday, October 12) MEET RESULTS**

5A power Mandeville was a 48 point favorite, but the Menard girls had 70 points of HEART that no other teams could handle. Result? MENARD WINS IT ALL BY 21 OVER MANDEVILLE AND MUCH MORE OVER THE REST OF THE WHO'S - WHO IN LOUISIANA CROSS COUNTRY! Congrats to our 4 t-s winners (the most coveted shirt in Louisiana CCI), and the 5 (!) PR girls. On the way, the girls set a new t time all-time record by 2 minutes! And if that's not enough, we get 14 more PR's in the other 4 races! An that's not enough, the JH girls take 6<sup>th</sup> of 26 teams! If you weren't there, you missed the greatest Menard (C show in our history! Here's the stats:

**Girls Varsity 242 runners) Team Time 98:52 PR: 1.10 @**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
6 Robichaux, Mallory	6:02	6:33	6:31	19:06	t-shirt!	SPR1 +49
13 Ahrens, Grace	6:20	6:39	6:41	19:40	t-shirt!	PR1 -30
14 Bartow, Mallory	6:18	6:41	6:46	19:45	t-shirt!	+6 24.28
19 Vaughan, Lindsay	6:34	6:58	6:36	20:08	t-shirt!	PR1 -3
24 Bowman, Merrik	6:32	6:59	6:45	20:16		PR1 -33
46 Long, Avery	6:42	7:17	7:07	21:06		PR1 -19 22.48
54 Robichaux, Kelley	6:38	7:22	7:23	21:23		+27

2 mile PR's: Ahrens (12:59); Bartow (12:59); Bowman (13:31); Long (13:59)

**Boys Varsity 304 runners) Team Time 97:09 Gap Time 1:39**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
138 McMickens, Quint	6:04	6:21	6:20	18:45		PR1 -6 20.08
162 Juneau, Doug	6:03	6:29	6:33	19:05		SPR1 +6 20.34
167 Milton, Kent	6:09	6:25	6:38	19:12		PR1 -55.1
188 McMickens, Drew	5:48	6:37	7:06	19:31		+38
230 Lemaire, David	6:20	7:10	7:16	20:46		PR1 -29
257 Rogers, Taylor	6:23	7:35	8:08	22:06		+61 21.31
270 Rogers, Austin	6:19	7:52	8:53	23:04		+111

2 mile PR's: Lemaire (13:30); Q McMickens (12:25); Milton (12:34)

**JH Boys Race 281 Runners)**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
196 Brown, Trey	7:24	8:06	15:30		PR1 -22 16.49
202 Carbo, Will	7:28	8:12	15:40		+29
204 Ducote, Justin	7:29	8:16	15:45		PR1 -45
216 Peterman, Gabe	7:43	8:33	16:16		+14



**CATHOLIC HIGH MEET RESULTS (Continued)**

Boys Varsity (43 Teams)			Girls Varsity (32 Teams)		
1 St Paul (5A)	43	11 Northshore (5A)	393	1 MENARD (2A)	68
2 Catholic, BR (5A)	99	12 Ascen Cath (1A)	405	2 Mandeville (5A)	89
3 John Curtis (2A)	172	13 St Th More (4A)	419	3 St Joseph (5A)	119
4 Episcopal, BR (2A)	186	14 Ponchatoula (5A)	426	4 Dominican (5A)	207
5 Brother Martin (5A)	189	15 Holy Cross (5A)	435	5 Mt Carmel (5A)	228
6 Hahnville (5A)	256	16 E Ascension (4A)	436	6 Episcopal, BR (2A)	238
7 AB Shaw (4A)	301	17 Fontainebleau (5A)	450	7 Cath, PC (1A)	238
8 Mandeville (5A)	312	18 St Thomas Aq (2A)	451	8 St Scholastica (5A)	244
9 Baton Rouge (5A)	323	19 Comeaux (5A)	486	9 St Th More (4A)	268
10 ED White (3A)	357	20 MENARD (2A)	839	# Fontainebleau (5A)	280
				20 Grace Christian (B)	545

**JH Girls Race 247 Runners**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
27 Voltz, Martha	6.45	7.16	14.01	PR!	-24 24.47
42 Robichaux, Regan	7.02	7.38	14.40		+15
47 Donnelly, Madison	6.55	7.52	14.47	PR!	-13
55 Karam, Ava	7.12	7.48	15.00	PR!	-27 15.50
57 Standley, Anne	7.25	7.36	15.01	PR!	-36 16.31
92 Jeansonne, Christian	7.38	8.10	15.48	PR!	-37
93 Rabie, Alyssa	7.36	8.13	15.49	PR!	-59!
153 Ducote, Brittany	8.00	9.21	17.21		+70 24.50
200 McMinna, Rachel	9.03	10.32	19.35		+173
210 Chatman, Kathryn	9.2	11.04	20.24		+28
Hawthorne, Miranda	7.05	DNF			

**Records set at Catholic High Invitational**

Grade Records	Records	Runners
Kent Milton	#7 8 <sup>th</sup> grade	David Lemaire
Quint McMickens	#12 8 <sup>th</sup> grade	Grace Ahrens
Avery Long	#12 All grades; #6 8 <sup>th</sup> grade	Merrick Bowman
Mallory Robichaux	#1 11 <sup>th</sup> grade	Lindsay Vaughan
		#20 7 <sup>th</sup> grade
		#6 All grades; #2 8 <sup>th</sup> grade
		#8 All grades; #3 9 <sup>th</sup> grade
		#7 All grades; #4 12 <sup>th</sup> grade

**Course Records (Highland Park)**

Grace Ahrens	#6 All-time; #2 8 <sup>th</sup> grade	Lindsay Vaughan	#6 All-time; #3 12 <sup>th</sup> grade
Merrick Bowman	#7 All-time; #2 9 <sup>th</sup> grade	Avery Long	#4 8 <sup>th</sup> grade
Mallory Robichaux	#1 11 <sup>th</sup> grade		

**Meet Records (Catholic High)**

Grace Ahrens	#2 All-time; #2 8 <sup>th</sup> grade	Mallory Bartow	#3 All-time; #1 12 <sup>th</sup> grade
Lindsay Vaughan	#5 All-time; #13 12 grade	Merrick Bowman	#6 All-time; #2 9 <sup>th</sup> grade
Avery Long	#4 8 <sup>th</sup> grade	Mallory Robichaux	#1 11 <sup>th</sup> grade
Kelley Robichaux	#5 11 <sup>th</sup> grade		

**CATHOLIC HIGH MEET RESULTS (Continued)**

**JH Boys & Girls Race 777 Runners**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Rabalais, Carson	8.13	8.51	17.04	+192	15.11
Saccaro, Emily	8.57	10.11	19.08	+141	16.57
Powell, Haley	8.36	10.61	19.27	+58	
Texada, Lucy	8.40	10.57	19.37	PR!	-105 II
Karam, Anne	9.30	10.11	19.41	PR!	-9 20.58
Benoit, Katelyn	10.55	11.16	22.11	+57	
Davis, Thomas	7.52	9.11	17.03	+109	26.36

**THE 2013 CROSS COUNTRY SCHEDULE**

DAY	DATE	EVENT	LOCATION	FIRST RACE
** SATURDAY	October 19	MENARD	Fort Buhlow Recreation Area	9:00 AM
** SATURDAY	October 19	Homecoming Dance (yes, we will all run this morning!)		
** TUESDAY	October 22	Box Lunch Day!	Menard Cafeteria	9:00 AM
** WEDNESDAY	October 23	JOHN MILLER (JH & JV)	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 26	COMEAOUX	Acadians Park, Lafayette	
** TUESDAY	October 29	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** SATURDAY	November 2	ST THOMAS MORE	Acadians Park, Lafayette	
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
** TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	November 9	LAKESIDE (Ant Hill!)		9:00 AM
** MONDAY	November 18	STATE CHAMPS	NSU Boys 1:45 PM	Girls 3:15 PM
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\* Date confirmed

**CONTACT COACH?????**

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

**BOX LUNCHES!**

The time is upon us! It's time to **SELL, SELL, SELL** those box lunches!!!! Every bit helps, but the big sales help the most. Don't procrastinate! **SELL, SELL, SELL!!!!** This is CC's big fund raiser - let's make it a great success!

1. Still need drivers for delivering. We do have a couple of sales to nurseries in the Glenmora area, so will need 1 driver that can go further out to deliver
2. Need to collect boxes to box up lunches for delivery (is there anywhere we can store these until then?)
3. Sell, sell, sell!! We have only sold roughly 100 lunches that I know of at this time (these 100 sold by Bartows, Schneiders, and Benoit families)
4. The family that sells the most will get a prize (not from the legendary "lost and found" but a real prize)
5. I have gone over the orders for the past 2 years to see which businesses ordered from us. For those that were sold by runners/families that have since graduated, I would like to try and go back to those businesses and see if they would be willing to order again. I am going to email a list later this weekend so that the current runners might have a little head start.

A little suggestion for where to try and sell:

- A. businesses that employ several employees (dr's office, dentist office, lawyer's office, construction crew, mechanic shop, tire shop, beauty salon, nail salon, etc.) I generally try to think of places where they may not always have an opportunity to get away for lunch--it makes the delivery part sound attractive and entice them to buy.
- B. businesses owned by families that are Catholic or that have ties to your church/Menard.
- C. Your personal Facebook page
- D. Your email contacts, especially if they are businesses and you don't think they would mind an emailed invitation to order. If you have email messages that are sent to large numbers of people at once, those email addresses could be used as well.

I need to know if anyone has sold any of their lunches at least every few days or so. There are 2 ways to do this. Orders can be emailed to \_\_\_\_\_, or faxed to my work at 445-6697. Dan will need to order supplies as the sale nears, so I want to make sure we have enough on hand when the time comes.

**GOLF CART**

After many years of dreaming and wishing, it's really time that CC/track has their very own golf cart. CC is willing to buy (donations of course accepted!). Nothing fancy - electric only. Know of any?

**SOME NATIONAL STATS:**

Number 1 girls team: #5 runner = 18:25 | Number 25 girls team: #5 runner = 19:20  
 Number 1 boys team: #5 runner = 15:56 | Number 25 boys team: #5 runner = 16:30

**MENARD INVITATIONAL**

Our big race is SATURDAY, October 15!!! We will need all of us who can possibly be there to pitch in. Again this year as we have the very unfortunate conflict with the Cancer 5K. Please look over the volunteer list in this newsletter. **IF YOU CAN NOT BE THERE FOR OUR RACE PLEASE EMAIL MY 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 (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!

**MENARD INVITATIONAL (Saturday, October 19)**

We DO NOT meet at Menard for this one. Everyone should be at Buhlow by 8 AM. See the "volunteer" sheet elsewhere in this newsletter. The race schedule is listed there also.

**Race Line ups:**

Race 1 Small School Girls: 9 AM (3 miles)	Ahrens, Bartow, Bowman, Donnelly, C Jeansonne, Karam, Karam, Long, Powell, Rabalais, Rabie, K Robichaux, M Robichaux, R Robichaux, Standley, Texada, Vaughan, Voltz
Race 2 Small School Boys: 9:40 AM (3 miles)	Dufrene, Juneau, Lemaire, McMickens, McMickens, Milton, Peterman, Robichaux, Rogers, Rogers, Schneider
Race 3 JV Race: 10:10 AM (2 miles)	Benoit, Chatman, Dekeyzer, Ducote, Hawthorne, B Jeansonne, McMinna, Saccaro, Ahrens, Brown, Carbo, Davis, Ducote, Guillory

**SWEATSHIRTS ARE IN!!!**

Runners or parents can pick them up at practice this week. Must have your \$20 in to Coach first!

# Holy Savior Menard

## Cross Country 2013!

October 5, 2013 #8

### Girls turn back Benton and Barbe! Guys get third! JV, Rookie girls win at Simpson!

#### PINEVILLE MEET (Saturday, October 5) (At Ward 9 Recreation Area) MEET RESULTS

What started out as a nice little at-home race, turned out to be more than a little dramatic when we find out 4A power Benton and 5A power Barbe are coming! But the drama never developed as the girls place 5 in the top ten to win easily. The amazing guys - without Cole - beat Barbe, take third, and almost catch Pineville! Congrats to the t-shirt girls, the 7 PR runners (especially Christian and Alyssa almost 3 minute PR's and Kent's almost 1 minute PR!), the 3 SPR's, and Mallory for her individual win. All in all a great day at Ward 9 (which makes the girls undefeated on that course)! Here's the stats:

#### Girls Varsity 53 runners Team Time 102:52 Gap Time 1:05 @

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
1 Robichaux, Mallory	6.03	6.47	6.51	19.41	t-shirt +84
3 Bartow, Malloy	6.22	6.45	6.53	20.00	t-shirt +21
8 Vaughan, Lindsay	6.33	7.17	7.12	21.02	t-shirt +51
9 Robichaux, Kelley	6.35	7.17	7.23	21.15	t-shirt +19
10 Ahrens, Grace	6.78	7.23	7.29	21.20	t-shirt +70
13 Long, Avery	6.53	7.44	7.32	22.09	+44
18 Robichaux, Regan	6.59	8.02	8.02	23.03	+10
20 Voltz, Martha	7.02	7.58	8.10	23.10	+75
28 Standley, Anne	7.33	8.35	8.43	24.51	SPR! +22
34 Jeansonne, Christian	7.50	8.58	8.43	25.31	PR! -168 !!
36 Rabie, Alyssa	7.50	8.58	8.53	25.41	PR! -158 !!
Engelsman, Rachel	6.42	DNF			

#### Boys Varsity 56 runners Team Time 95:29 SPR! Gap Time 1:39

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
12 McMickens, Drew	5.50	6.40	6.38	19.08	+15
14 McMickens, Quint	6.03	6.59	6.09	19.11	+20
15 Juneau, Doug	5.52	6.39	6.41	19.12	SPR! +13
19 Schneider, Bradley	5.50	6.39	7.01	19.30	+80
23 Milton, Kent	6.13	6.51	7.03	20.07	PR! -51.1
35 Lemaire, David	6.21	7.34	7.45	21.40	+25
43 Dufrene, Nick	6.49	7.49	7.5	22.28	PR! -1

2 mile PR's: Juneau 12:31; Milton 13:04

# Holy Savior Menard Cross Country 2013! October 5, 2013 3

#### SIMPSON MEET (Saturday, October 5) MEET RESULTS

Talk about a proud moment! The JV's and rookies take on 18 varsity teams and win it all! Great job girls! And congrats to the lone PR of the day to Annie Karam! Also congrats to the 6 first time 3-milers!

#### Girls Varsity 77 runners Team Time 121:39 Gap Time

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr App*
2 Bowman, Merrick	6.33	7.22	8.02	21.57	+medal!	+68
12 Voltz, Martha	7.13	7.59	7.55	23.07		+72 23.29
20 Robichaux, Regan	7.18	8.17	8.40	24.15		+82
32 Standley, Anne	8.27	8.20	9.11	25.58		+89 16.11
43 Karam, Ava	7.43	8.37	10.02	26.22		+166 26.10
64 Donnelly, Madison	8.13	9.08	10.33	27.54	FR!	
68 Jeansonne, Christian	8.10	9.11	10.58	28.19	FR!	
69 Rabie, Alyssa	8.10	9.11	10.58	28.19	FR!	
Long, Avery	7.00	8.00	DNF			23.26

#### Boys Varsity 77 runners Team Time 128:20

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
61 Milton, Kent	7.09	7.19	7.33	22.01	+65
79 Dufrene, Nick	7.11	7.44	7.54	22.49	+20
112 Carbo, Will	8.34	8.28	8.51	25.53	FR!
132 Brown, Trey	8.42	9.34	10.32	28.48	+189
133 Peterman, Gabe	8.42	9.35	10.32	28.49	FR!
145 Guillory, Matthew	8.47	12.35	10.39	32.01	FR!
Davis, Thomas	8.31	DNF			

#### IV Girls Race 77 Runners

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Saccaro, Emily	9.35	8.36	18.11	SPR!	+84 17.09
Karam, Annie	10.20	9.30	19.50	PR!	-1 21.15
Jeansonne, Britney	9.57	10.06	20.03		+91 18.36
Benoit, Katelyn	12.38	9.44	22.22		+16
Chatman, Kathryn	DNF				

#### Records set at Ward 9

Grade Records  
Anne Standley #17 8<sup>th</sup> grade Alyssa Rabie #47 All grades; #21 8<sup>th</sup> grade  
Christian Jeansonne #45 All grades; #21 9<sup>th</sup> grade

#### Records set at Simpson

Grade Records  
Alyssa Rabie #23 8<sup>th</sup> grade

# Holy Savior Menard Cross Country 2013! October 5, 2013 2

#### PINEVILLE MEET RESULTS (Continued)

##### IV Girls Race 77 Runners

Place	Mile 1	Mile 2	Finish		PR +/-
Rabalais, Carson	8.14	8.48	17.02	SPR!	+190
Jeansonne, Britney	8.43	10.15	18.58		+26
Chatman, Kathryn	9.26	11.02	20.28		+32
Benoit, Katelyn	10.31	10.43	21.14	PR!	-52.1

##### IV Boys Race 77 Runners

Place	Mile 1	Mile 2	Finish		PR +/-
Carbo, Will	7.19	7.52	15.11	PR!	-26
Brown, Trey	7.40	8.16	15.56		+4
Peterman, Gabe	7.49	8.13	16.02	PR!	-9
Davis, Thomas	7.32	8.59	16.31		+77
Guillory, Matthew	8.13	9.04	17.17		+15
Ahrens, Coburn	6.57	DNF			

#### Team Standings

##### Boys Varsity (8 Teams)

1 Benton (4A)	22	5 Buckeye (1A)	1 MENARD (2A)	31	5 ASH (5A)
2 Pineville (5A)	63	6 ASH (5A)	2 Benton (4A)	50	6 Grant (4A)
3 MENARD (2A)	73	7 Grant (4A)	3 Pineville (5A)	73	7 Tioga (4A)
4 Barbe (5A)	89	8 Tioga (4A)	4 Barbe (5A)	130	8 Buckeye (3A)

##### Girls Varsity (8 Teams)

#### CATHOLIC AT HIGHLAND PARK (Saturday, October 12<sup>th</sup>) (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 1 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: Chatman, Donnelly, Hawthorne, Jeansonne, Karam, Rabie, R Robichaux, Standley, Voltz  
Boys JH: Ahrens, Brown, Carbo, Ducote, Dufrene, Guillory, Peterman, A Rogers  
Girls V: Ahrens, Bartow, Bowman, Long, K Robichaux, M Robichaux, Vaughan  
Boys V: Juneau, Lemaire, Q McMickens, D McMickens, Milton, T Rogers, Schneider  
Open: Benoit, Engelsman, Fields, Jeansonne, Karam, Powell, Rabalais, Saccaro, Texada, Davis

Please be on time at Menard! Registration takes a while and the first race runners need time to warm up!

# Holy Savior Menard Cross Country 2013! October 5, 2013 3

#### THE 2013 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RA
** SATURDAY	October 12	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 19	MENARD	Fort Buhlow Recreation Area	9:00 AM
** SATURDAY	October 19	Homecoming Dance (yes, we will all run this morning!)		
** TUESDAY	October 22	Box Lunch Day!	Menard Cafeteria	9:00 AM
** WEDNESDAY	October 23	JOHN MILLER (JH & JV)	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 26	COMEAUX	Acadiana Park, Lafayette	
** TUESDAY	October 29	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** SATURDAY	November 2	ST THOMAS MORE	Acadiana Park, Lafayette	
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
** TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	November 9	LAKESIDE (Aut Hill)		9:00 AM
** MONDAY	November 18	STATE CHAMPS	NSU Boys 1:45 PM Girls 3:15 PM	
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\*\* Date confirmed!

#### CONTACT COACH?????

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

#### GOLF CART

After many years of dreaming and wishing, it's really time that CC/track has their very own golf cart. CC is willing buy (donations of course accepted!). Nothing fancy - electric only. Know of any?

#### SWEATSHIRTS ARE IN!!!

Runners or parents can pick them up at practice this week. Must have your \$20 to Coach first!

## Girls win, guys keep getting tougher at a DRY Battlefield!

### **BATTLEFIELD MEET (Saturday, September 28) MEET RESULTS**

This time the girls put their top 7 runners in the top 15 to win by 27 over St Patrick's (Mississippi). The guys take 6<sup>th</sup>, beating everybody except four 5A powers and the 3A state champ, running a SPR team time on the way. Congrats to the 7 t-shirt girls and Mallory who wins a pair of shoes, and the 13 (!) PR and 4 SPR runners! Here's the stats:

#### **Girls Varsity 91 runners) Team Time 107:52 Gap Time 1:05 @**

Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago*	
3	Robichaux, Mallory	5:56	6:47	7:02	19:45	Shoest	t-shirt	+88
5	Ahrens, Grace	6:22	7:23	6:58	20:43		t-shirt	+33
7	Vaughan, Lindsay	6:27	7:18	7:00	20:45	SPR!	t-shirt	+34 24.23
8	Bowman, Merrick	6:27	7:24	6:58	20:49	PR!	t-shirt	-20
9	Bartow, Mallory	6:11	7:20	7:19	20:50		t-shirt	+71
14	Long, Avery	6:41	7:29	7:15	21:25	PR!	t-shirt	+4 27.23
15	Robichaux, Kelley	6:27	7:37	7:30	21:34		t-shirt	+38
27	Voltz, Mariha	6:53	8:15	7:44	22:52			+57 27.46
28	Robichaux, Regan	6:41	8:07	8:05	22:53	PR!		-9
34	Engelsman, Rachel	6:39	8:44	8:16	23:39			24.05
	Hawthorne, Miranda	6:57	DNF					17.28

2 mile PR's: Bowman 13.51

#### **Boys Varsity 162 runners) Team Time 95:29 SPR! Gap Time 1:39**

Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago*	
41	Schneider, Bradley	5:45	6:25	6:26	18:36	SPR!		+26 20.36
46	Robichaux, Cole	5:47	6:43	6:17	18:47			+9 21.49
50	McMickens, Quint	5:52	6:39	6:20	18:51	PR!		-9 22.10
53	McMickens, Drew	5:45	6:42	6:33	19:00	SPR!		+7 22.00
85	Juceau, Doug	6:05	7:10	7:00	20:15			+76 22.59
103	Milton, Kent	6:29	7:32	6:55	20:56	PR!		-15
104	Rogers, Taylor	6:22	7:35	7:08	21:05	PR!		-3 24.55
105	Lemaire, David	6:33	7:30	7:12	21:15	PR!		-20
125	Dufrene, Nick	6:55	8:00	7:34	22:29	PR!		-96.1
127	Rogers, Austin	6:17	7:43	8:40	22:40			+87

2 mile PR's: Q McMickens 12.31; Schneider 12.10

### **BATTLEFIELD MEET MEET RESULTS (Continued)**

#### **JV Girls Race 186 Runners)**

Place	Name	Mile 1	Mile 2	Finish	PR +/-	Last Yr
21	Donnelly, Madison	7:07	7:53	15:00	PR!	-34
50	Standley, Aane	8:04	8:20	16:24		+47
54	Jeansonne, Christian	8:04	8:27	16:31		+6
62	Rabic, Alyssa	8:17	8:31	16:48	PR!	-44
110	Jeansonne, Britney	8:42	9:50	18:32	PR!	-4 20.58
126	Saccaro, Emily	9:13	9:45	18:58		+125 20.27
144	Chatman, Kathryn	9:24	10:32	19:56	PR!	-75!
180	Benoit, Katelyn	11:24	10:42	22:06	PR!	-9

#### **JV Boys Race 268 Runners)**

Place	Name	Mile 1	Mile 2	Finish	PR +/-	Last Yr
172	Carbo, Will	7:38	8:18	15:56		+19
177	Davis, Thomas	7:26	8:37	16:03	SPR!	+49 18.39
184	Peterman, Gabe	7:54	8:24	16:18		+7
191	Brown, Trey	7:44	8:39	16:23		+31 19.04
201	Ducote, Justin	8:13	8:27	16:40		+10
228	Guillory, Matthew	8:19	8:54	17:13		+11

#### **Team Standings**

<u>Boys Varsity (18 Teams)</u>	<u>Girls Varsity (9 Teams)</u>
1 Catholic, BR (5A) 27	6 MENARD (2A) 217
2 Brother Martin (5A) 42	7 E St John (5A) 220
3 Baton Rouge (5A) 104	8 University (2A) 226
4 Walker (5A) 124	9 West Feliciana (3A) 258
5 St Michael (4A) 199	10 Zackary (4A) 281
	11 MENARD (2A) 32
	12 St Patrick's (MS) 59
	13 Cath, PC (1A) 93
	14 St Michael (4A) 100
	15 Walker (5A) 129
	16 St Amant (5A)
	17 University (2A)
	18 Den Springs (5A)
	19 West Feliciana (3A)

### **Records set at Cenia Champs**

#### **Grade Records**

Kent Milton #20 7 <sup>th</sup> grade	Quint McMickens #12 8 <sup>th</sup> grade
Avery Long #6 8 <sup>th</sup> grade	Merrick Bowman #9 All grades; #5 9 <sup>th</sup> grade
Regan Robichaux #30 All grades; #15 9 <sup>th</sup> grade	Lindsay Vaughan #5 12 <sup>th</sup> grade

### **MERC Update ...**

We have a lot of runners determined to get all their miles. So far, there's two mileage MERC's: Grace and Quint! We also have two performance MERC's: Mallory R and Mallory B - both top ten at Episcopal. Remaining MERC races are Catholic, Menard, and State (the two Lafayette races may qualify depending on the turnout).

### **THANKS ...**

It takes a lot of team work to make Menard CC at the meets happen:  
 Thanks to the Voltz's for making sure we have tent, tarp, banner, and flag at the meets  
 Thanks to our managers (Macy, Sarah, Cameron, and Victoria) for handling bibs and especially race stats  
 Thanks to our parent-coaches, Stacey and Dan, for warm-ups, pep talks, and cool-downs, etc, etc  
 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 a success.

### **THE 2013 CROSS COUNTRY SCHEDULE - FINALLY SET IN STONE! (There are changes - look closely!)**

Almost all the dates are finalized. The current schedule will be published in this newsletter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RACE
** WEDNESDAY	October 2	SIMPSON (JH & JV)	Simpson	3:25 PM
** SATURDAY	October 5	PINEVILLE	Ward 9 Recreation Area	9:00 AM
** SATURDAY	October 12	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 19	MENARD	Fort Buhlow Recreation Area	9:00 AM
** SATURDAY	October 19	Homecoming Dance (yes, we will all run this morning!)		
** TUESDAY	October 22	Box Lunch Day!	Menard Cafeteria	9:00 AM
** WEDNESDAY	October 23	JOHN MILLER (JH & JV)	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 26	COME AUX	Acadiana Park, Lafayette	
** TUESDAY	October 29	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** SATURDAY	November 2	ST THOMAS MORE	Acadiana Park, Lafayette	
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
** TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	November 9	LAKESIDE (Aat Hill!)		9:00 AM
** MONDAY	November 18	STATE CHAMPS	NSU Girls ????? Boys ?????	
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\*\* Date confirmed

### **CONTACT COACH?????**

Contact Coach Smith ANYTIME you need to!

Home 487-8887 evenings  
 Cell 446-8887 whenever!  
 Email wcmennard@suddenlink.net anytime!

### **GOLF CART!**

After many years of dreaming and wishing, it's really time that CC/track has their very own golf cart. CC is willing to buy (donations of course accepted!). Nothing fancy - electric only. Know of any?

### **SWEATSHIRTS HAVE BEEN ORDERED!**

Please get your \$20 to Coach if you haven't already paid up.

### **Simpson (Simpson High School), Wednesday, October 2**

Here's the schedule and lineup for the Simpson meet:

1:30 PM Leave Menard (after 6<sup>th</sup> period) on the bus  
 3:25 PM JV Girls (2 miles)  
 3:55 PM JV Boys (2 miles) Not in this race  
 4:25 PM Varsity Girls (3 miles)  
 4:55 PM Varsity Boys (3 miles)  
 6:45 PM ish Back at Menard

Race 1 JV Girls Benoit, Chatman, Fields, Jeansonne, Jeansonne, Karam, Saccaro

Race 2 JV Boys Not in this race

Race 3 Varsity Girls Bowman, Donnelly, Karam, Long, Rabic, R Robichaux, Standley, Voltz

Race 4 Varsity Boys Brown, Carbo, Davis, Ducote, Dufrene, Guillory, Lemaire, Milton, Peterman

All runners not listed above will practice at Menard after school.

### **Pineville (Ward 9 Sports Complex, Pineville - NOT Buhlow!), Saturday, October 5**

Here's the schedule and lineup for the Pineville meet:

8:15 AM ALL runners arrive at Ward 9 (to warm up and/or cheer team members)  
 9:00 AM JV Girls (2 miles)  
 9:30 AM JV Boys (2 miles)  
 10:00 AM Varsity Girls (3 miles)  
 10:30 AM Varsity Boys (3 miles)  
 11:15 AM Awards

Race 1 JV Girls Benoit, Chatman, Dekeyzer, Donnelly, Fields, Jeansonne, Jeansonne, McMin, Powell, Rabalais, Saccaro, Texada

Race 2 JV Boys Ahrens, Brown, Carbo, Davis, Ducote, Guillory, Peterman

Race 3 Varsity Girls Ahrens, Bartow, Bowman, Engelsman, Hawthorne, Long, Rabic, R Robichaux, M Robichaux, R Robichaux, Standley, Vaughan, Voltz

Race 4 Varsity Boys Dufrene, Juceau, Lemaire, McMickens, McMickens, Milton, Robichaux, Rogers, Rogers, Schneider

**Girls perfect!  
Guys 4<sup>th</sup>!**

**CENLA CHAMPS MEET (Wednesday, September 25) MEET RESULTS**

The girls put all 7 runners in the top 10 to run away with the their race, winning with a perfect 15 by 67 over Pineville. The always improving guys – without Bradley – still take 4<sup>th</sup> out of 17 teams! Congrats to Kent, Nick, Will, Gabe, Martha, Miranda, Ava, Alyssa, Abby, and Lucy for PR's on a hot soft Buhlow where no one should be PR-ing! Also congrats to Cole for a rare TPR! We collect 4 medals and 11 (!) t-shirts to round out pretty nice day. Look out Battlefield! Here's the stats:

COMPOSITE BOYS		COMPOSITE GIRLS	
1 St Paul (5A)	1 Menard (2A)		
2 Catholic, BR (5A)	2 St Joseph (5A)		
3 West Monroe (5A)	3 Dominican (5A)		
4 Jesuit (5A)	4 Parkway (5A)		
5 Episcopal, BR (2A)	5 Mandeville (5A)		
6 Brother Martin (5A)	6 St Scholastica (5A)		
7 Parkway (5A)	7 Cath., PC (1A)		
8 Walker (5A)	8 Mt Carmel (5A)		
9 John Curtis (2A)	9 St Th More (5A)		
10 Benton (4A)	10 St Thomas Aqu (2A)		

LARGE SCHOOL BOYS		LARGE SCHOOL GIRLS	
1 ST PAUL	1 DOMINICAN		
2 WEST MONROE	2 ST JOSEPH'S		
3 CATHOLIC, BR	3 FONTAINEBLEAU		
4 JESUIT	4 MT CARMEL		
5 WALKER	5 ST SCHOLASTICA		
6 PARKWAY	6 PARKWAY		
7 BROTHER MARTIN	7 RUSTON		
8 ST THOMAS MORE	8 ST MICHAEL		
9 DUTCHTOWN	9 BENTON		
10 AB SHAW	10 MANDEVILLE		

SMALL SCHOOL BOYS		SMALL SCHOOL GIRLS	
1 EPISCOPAL, BR	1 MENARD		
2 JOHN CURTIS	2 ST THOMAS AQUINAS		
3 ST THOMAS AQUINAS	3 EPISCOPAL, BR		
4 LAKESIDE	4 NEWMAN		
5 ASCENSION CATHOLIC	5 MCGEEHEE		
6 NEWMAN	6 CATHOLIC, PC		
7 MP COUNTRY DAY	7 SACRED HEART, NO		
8 ST MARTIN	8 ASCENSION CATHOLIC		
9 MIDLAND	9 MP COUNTRY DAY		
10 RUNNELS	10 UNIVERSITY		

Girls Varsity (91 runners) Team Time 101:52 Gap Time 1:42	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Yr Ago*
1 Robichaux, Mallory	6:16 6:48 6:43 19:47 (+ medal) +90 21.12
2 Bartow, Mallory	6:48 7:03 6:54 20:45 (+ medal) +66
4 Vaughan, Lindsay	6:51 7:25 7:07 21:23 (+ medal) +72 22.32
5 Robichaux, Kelley	6:51 7:25 7:13 21:29 (+ medal) +33 22.41
6 Bowman, Merrik	6:49 7:32 7:08 21:29 t-shirt! +20
7 Ahrens, Grace	6:49 7:51 7:35 22:15 t-shirt! +125
10 Long, Avery	7:11 8:00 7:27 22:38 t-shirt! +69 26.51

Boys Varsity (122 runners) Team Time 98:45 Gap Time 2:33	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Yr Ago*
6 Robichaux, Cole	5:52 6:27 6:19 18:38 TPR! t-shirt!
15 McMickens, Drew	5:56 6:44 6:28 19:08 +72 20.05
17 McMickens, Quint	6:15 6:47 6:25 19:27 +27 21.09
39 Juneau, Doug	6:15 7:17 6:49 20:21 +84 20.23
52 Milton, Kent	6:52 7:15 7:04 21:11 PR! -2
59 Rogers, Taylor	6:35 7:33 7:27 21:35 +27 23.14
103 Rogers, Austin	6:43 9:57 8:58 25:38 +265

JV Boys Race (77 Runners)	
Place	Mile 1 Mile 2 Finish PR +/- Last Yr
1 Lemaire, David	8:50 6:56 13:55 +16
2 Dufrene, Nick	7:08 6:52 14:00 PR! -34
3 Carbo, Will	7:56 7:41 15:37 PR! -48
4 Brown, Trey	7:55 7:59 15:54 +2 19.13
5 Peterman, Gabe	8:08 8:03 16:11 PR! -9
6 Guillory, Matthew	8:47 8:22 17:09 +7
7 Ducote, Justin	8:43 8:27 17:10 +40
8 Davis, Thomas	8:17 13:09 21:26 +372 DNF

**CENLA CHAMPS MEET MEET RESULTS (Continued)**

**IV Girls Race (77 Runners)**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
1 Voltz, Martha	7:02	7:24	14:26	PR!	-19 t-shirt! 28.35
2 Robichaux, Regan	7:03	7:25	14:28	+3	t-shirt!
3 Hawthorne, Miranda	7:08	7:40	14:48	PR!	-5 t-shirt!
4 Karam, Ava	7:35	7:52	15:27	PR!	-7 28.53
5 Standley, Anne	7:43	8:23	16:06	+29	29.34
6 Donnelly, Madison	7:45	8:30	16:15	+41	
7 Jeansonne, Christian	8:26	8:15	16:41	+16	
8 Rabie, Alyssa	8:55	8:37	17:32	PR!	-56
9 Fields, Abby	8:53	9:04	17:57	PR!	-21
10 Saccaro, Emily	10:05	10:18	20:23	+250	20.57
11 Jeansonne, Brittany	10:08	11:06	21:12	+142	20.56
12 Karam, Annie	10:43	10:50	21:33	+245	23.56
13 Texada, Lucy	11:05	11:47	22:52	PR!	-23
14 Powell, Haley	11:05	11:48	22:53	+264	
15 Benoit, Katelyn	11:45	11:56	23:41	+76	
16 Chatman, Kathryn	DNF				

**Team Standings**

**Boys Varsity (17 Teams)**

1 Anacoco (B)	76	7 Elizabeth C	204	1 MENARD (2A)	15	7 St Mary's (1A)	171
2 Pineville (5A)	79	8 Pine Prairie (2A)	205	2 Pineville (5A)	82	8 Elizabeth C	209
3 Buckeye (2A)	86	9 St Mary's (1A)	216	3 Buckeye (3A)	111	9 Georgetown (C)	254
4 MENARD (2A)	122	10 Tioga (4A)	224	4 Anacoco (B)	111	10 Pine Prairie (2A)	281
5 Grace Christian (B)	142	11 Bolton (3A)	311	5 Grace Christian (B)	131	11	
6 Oak Hill (2A)	168	12 Georgetown (C)	316	6 ASH (5A)	152	12	

**Girls Varsity (10 Teams)**

**Records set at Cenla Champs**

**Grade Records**

Kent Milton #24 7<sup>th</sup> grade

**Buhlow Course Records**

Mallory Bartow #7 All-time; #4 12<sup>th</sup> grade Kelley Robichaux #9 All-time; #5 11<sup>th</sup> grade  
 Merrik Bowman #10 All-time; #4 9<sup>th</sup> grade Mallory Robichaux #1 11<sup>th</sup> grade

**Cenla Champs Race Records**

Mallory Robichaux #1 All-time; #1 11<sup>th</sup> grade Mallory Bartow #3 All-time; #2 12<sup>th</sup> grade  
 Lindsay Vaughan #4 All-time; #3 12<sup>th</sup> grade Kelley Robichaux #6 All-time; #2 11<sup>th</sup> grade  
 Merrik Bowman #7 All-time; #2 9<sup>th</sup> grade Grace Ahrens #10 All-time; #3 8<sup>th</sup> grade  
 Avery Long #5 8<sup>th</sup> grade

**THE 2013 CROSS COUNTRY SCHEDULE – SO FAR! (There are changes – look closely!)**

Almost all the dates are finalized. The current schedule will be published in this newsletter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RACE
** SATURDAY	September 28	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** WEDNESDAY	October 2	SIMPSON (JH & JV)	Simpson	3:25 PM
** SATURDAY	October 5	PINEVILLE	Ward 9 Recreation Area	9:00 AM
** SATURDAY	October 12	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 19	MENARD	Fort Buhlow Recreation Area	9:00 AM
** SATURDAY	October 19	Homecoming Dance (yes, we will all run this morning!)		
** TUESDAY	October 22	Box Lunch Day!	Menard Cafeteria	9:00 AM
** WEDNESDAY	October 23	JOHN MILLER (JH & JV)	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 26	COMEALUX	Acadiana Park, Lafayette	
** TUESDAY	October 29	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

**YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)**

** SATURDAY	November 2	ST THOMAS MORE	Acadiana Park, Lafayette	
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
** TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	November 9	NSU	Natchitoches	
** MONDAY	November 18	STATE CHAMPS	NSU Girls ????? Boys ?????	
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\*\* Date confirmed

**CONTACT COACH?????**

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

**GOLF CART?**

After many years of dreaming and wishing, it's really time that CC/track has their very own golf cart. CC is willing buy (donations of course accepted!). Nothing fancy – electric only. Know of any?

**SWEATSHIRTS HAVE BEEN ORDERED!**

Please get your \$20 to Coach if you haven't already paid up.

**Battlefield Cross Country Festival (Saturday, September 29<sup>th</sup>)**

Last year this course was 6 inches deep in water and ants. Looks like it will be a little more civilized this time around! 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:

**WE WERE THERE LAST YEAR, BUT 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 Leays Menard (Please be on time!)  
 9:00 AM JV Girls (2 miles)  
 9:30 AM JV Boys (2 miles)  
 10:00 AM Varsity Girls (3 miles)  
 10:30 AM Varsity Boys (3 miles)  
 11:15 AM Awards

Race Line ups: Race 1 JV Girls Benoit, Chatman, Dekeyzer, Donnelly, Ducote, Fields, Jeansonne, Jeansonne, Powell, Rabalais, Rabie, Sacaro, Standley, Texada  
 Race 2 JV Boys Ahrens, Brown, Carbo, Davis, Ducote, Guillory, Peterman  
 Race 3 Varsity Girls Ahrens, Bartow, Bowman, Engelsman, Hawthorne, Long, K Robichaux, M Robichaux, R Robichaux, Vaughan, Voltz  
 Race 4 Varsity Boys Dufrene, Juneau, Lemaire, McMickens, McMickens, Milton, Robichaux, Rogers, Rogers, Schneider

**CROSS COUNTRY BOX LUNCH FUND RAISER**

We have a major fund raiser (box lunches) that we do every year. Tammy Schneider has agreed to coordinate the marketing and organization of this (our only fund raiser). Dan Ahren's 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. We normally sell around 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 22 (we're out of school that day). And I'm sure Dan will need a lot of help in the meat prep work, also.

Sports Drink Parent Donation for Runners  
(Bring in an ice chest to selected meet iced with at least 54 sports drinks for runners)

St Michael	Sept 7 Sat	Stephanie & Ed Bartow (Macy & Mallory)
Episcopal	Sept 14 Sat	Melinda Lewis
Buhlow race	Sept 21 Sat	Melinda Milton and Phyllis G
Cenla Champs	Sept 25 WED	Ashley Long (Avery's Mom)
Battlefield Festival	Sept 28 Sat	Renea Ducote (Brittany & Justin)
Simpson	Oct 2 WED	Brenda Benoit (Caitlin's Mom)
Pineville	Oct 5 Sat	Rane Constantino
Catholic	Oct 12 Sat	Pat Texada
Menard Inv	Oct 19 Sat	Wendy Carbo
Johnny Miller	Oct 23 WED	Tracy Neeley (Doug's mom)
Comeaux	Oct 26 Sat	Mary Jeansonne
Parish Champs	Oct 29 Tues	Corey and Karen Rogers
St Thomas More	Nov 2 Sat	Melissa Brown (Trey)
District Race	Nov 5 Tues	Dana Karam
NSU	Nov 9 Sat	Tricia Lemaire

THANK YOU!!!

**MENARD CAMP OF CHAMPIONS #2! Deposits of \$100 are due now!**

The Chicot cabins have been reserved! And money has been spent. To reserve a place at camp, Coach needs a deposit of \$100. We have added an extra day (Sunday thru Thursday this time), so the total runner cost will be \$250 for next summer. Dates are Sunday, July 27, 2014 thru Thursday, July 31, 2014. Make out your check to Coach, not to Menard, and take care of at least the down payment soon (it's all on my credit card!).

**HELP!**

Thanks to the Voltz for taking care of the tent, etc this meet and next. BUT we need help for most of the rest of the meets

**We need a Meet Prep Crew - we have a tent, tarp, flag, banner, and water coolers that need to be transported to the meets every week - someone with a truck who is planning on attending the meets? Call Coach!**

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

**Fun at Buhlow!**

**BUHLOW PRACTICE MEET (Saturday, September 21) MEET RESULTS**

We dodge the rain, and it was not hot! We get an introduction at least for the rookie runners to the Buhlow course which we see for real this coming Wednesday at Cenla Champs. It's a little fuzzy what happened in the woods, but some great times. Congrats to Regan, Trey, Gabe, Will, Matt, Alyssa, Kathryn, and Katelyn for PR's, and great first 3-milers for Kent, David, and Nick. Let's hope the ACT-ers also PR'd today!

**Girls & Boys 3-miler (77 runners) Team Time 112:50 PR1 Gap Time 1:57**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago*
1 Ahrens, Grace	7:09	7:21	7:00	21:30	+80	
2 Bowman, Merrik	7:02	7:36	7:00	21:38	+29	
3 Robichaux, Regan	7:27	8:08	7:27	23:02	PR1	-97 !!
4 Voltz, Martha	7:27	8:07	7:39	23:13		+78 28.35
5 Hawthorne, Miranda	7:27	8:08	7:52	23:27	+59	

**Team Time 101:13 Gap Time 2:01**

1 Juneau, Doug	6:27	7:03	6:04	19:34	+35	20.23
2 McMickens, Quint	6:30	7:02	6:33	20:05	+65	21.09
3 McMickens, Drew	6:13	7:57	6:36	20:46	+113	20.05
4 Milton, Keni	6:32	7:58	6:43	21:13	FR1	
5 Lemaire, David	6:53	7:44	6:58	21:35	FR1	
6 Rogers, Taylor	6:37	8:01	7:59	22:37	+89	23.14
7 Rogers, Austin	6:32	7:59	8:13	22:44	+91	
8 Dufrene, Nick	7:40	8:30	7:55	24:05	FR1	

\* Cenla Champs comparison

**Girls & Boys 2-miler (77 runners)**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
1 Brown, Trey	7:53	7:59	15:52	PR1	-23 19.13
2 Peterman, Gabe	8:27	7:53	16:20	PR1	-10
3 Carbo, Will	8:13	8:12	16:25	PR1	-22
4 Ducote, Justin	8:27	8:03	16:30	PR1	
5 Guillory, Matthew	8:29	8:33	17:02	PR1	-28

1 Standley, Anne	7:40	8:15	15:55	+18	29.34
2 Rabie, Alyssa	8:48	8:42	18:28	PR1	-44
3 Jeansonne, Britney	10:01	10:05	20:06	+90	20.58
4 Chatman, Kathryn	10:38	10:33	21:11	PR1	-110 !!
5 Benoit, Katelyn	11:28	10:47	22:15	PR1	-17

**Records set at Buhlow**

**Grade Records**  
 Regan Robichaux #30 All grades; #15 9<sup>th</sup> grade Kent Milton #25 7<sup>th</sup> grade

**Buhlow Course Records**  
 Grace Ahrens #9 All-time; #3 8<sup>th</sup> grade Merrik Bowman #10 All-time; #5 9<sup>th</sup> grade

**CENLA CHAMPS WORKER MEETING**

**MONDAY, September 23 - 4:30 PM (after practice)**

Menard runs this meet, so we have to do all the registering, scoring, etc, etc. There is some preliminary work to be done before Wednesday - packets, race #'s, assignments, etc. If you can make it, try to be there - we need lots of help!

**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  
 FR 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

**Saturday Night Prayer Meetings TONIGHT!!!**

SATURDAY, September 21, 7 PM. Please come! (many of our runners are regulars). Questions?? Call me.

**THE 2013 CROSS COUNTRY SCHEDULE - SO FAR! (There are changes - look closely)**  
 Almost all the dates are finalized. The current schedule will be published in this newsletter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RACE
** WEDNESDAY	September 25	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 28	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** WEDNESDAY	October 2	SIMPSON (JH & JV)	Simpson	3:25 PM
** SATURDAY	October 5	PINEVILLE	Ward 9 Recreation Area	9:00 AM
** SATURDAY	October 12	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 19	MENARD	Fort Buhlow Recreation Area	9:00 AM
** SATURDAY	October 19	Homecoming Dance (yes, we will all run this morning!)		
** TUESDAY	October 22	Box Lunch Day!	Menard Cafeteria	9:00 AM
** WEDNESDAY	October 23	JOHN MILLER (JH & JV)	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 26	COMEAX	Acadians Park, Lafayette	
** TUESDAY	October 29	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:00 PM

**CROSS COUNTRY BOX LUNCH FUND RAISER**

We have a major fund raiser (box lunches) that we do every year. Tammy Schneider has agreed to coordinate the marketing and organization of this (our only fund raiser). Dan Ahren's 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 office etc. where people can sign up for a box lunch. This is our only fund raiser. We normally sell around a thousand lunch 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 22 (we're out of school that day). And I'm sure Dan will need a lot of help in meat prep work, also.

**GOLF CART**

After many years of dreaming and wishing, it's really time that CC/track has their very own golf cart. CC is willing to buy (donations of course accepted!). Nothing fancy - electric only. Know of any?

**SWEATSHIRTS HAVE BEEN ORDERED!**

Please get your \$20 to Coach if you haven't already paid up.

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** SATURDAY	November 2	ST THOMAS MORE	Acadiana Park, Lafayette	
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
** TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	November 9	NSU	Natchitoches	
** MONDAY	November 18	STATE CHAMPS	NSU Girls ????? Boys ?????	
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

**CENLA CHAMPS (Wednesday, September 25<sup>th</sup>)**

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, tabulates the results. If you're able to be there Tuesday or Wednesday, September 24 and 25, Coach needs LOTS of help. We 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!

1:30 PM	Leave for Buhlow on bus (RUNNERS WILL MISS 7 <sup>th</sup> AND 8 <sup>th</sup> PERIODS)
2:00 PM	Volunteers arrive
2:15 PM	Begin Sign In
3:00 PM	JV Girls (2 miles)
3:30 PM	JV 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

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\*\* Date confirmed

**CONTACT COACH????**

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

Race Line ups:	Race 1 JV Girls	Benoit, Chatman, Dekeyzer, Donnelly, Ducote, Fields, Hawthorne, Jeanson Karam, Karam, Powell, Rabalais, Rabie, R Robichaux, Saccaro, Standley, Texada, Voltz
	Race 2 JV Boys	Ahrens, Brown, Carbo, Davis, Ducote, Dufrene, Guillery, Lemaire, Milton, Peterman
	Race 3 Varsity Girls	Ahrens, Bartow, Bowman, Long,, K Robichaux, M Robichaux, Vaughan,
	Race 4 Varsity Boys	Juneau, McMickens, McMickens, Robichaux, Rogers, Rogers, Schneider

**EPISCOPAL (Saturday, September 14) MEET RESULTS (continued)**  
 The JH boys finish 22 of 33, and the JH girls 18 of 25 (but look at all these PR's!)

World Champs!  
 Girls Dominate at Episcopal!

**EPISCOPAL (Saturday, September 14) MEET RESULTS**  
 It's a who's who of Louisiana Girls Cross Country: 5A state champ Dominican, plus 5A St Joe, St Scholastica, and Mandeville, who all finished in the top ten at last year's 5A state meet; Throw in last year's 4A state champ St Michael and runner-up St Thomas More; and for good measure, 3A state champ ED White and 1A state champ Catholic Point Coupee - 26 schools and 235 runners in all. But it is Menard CC's finest hour as nobody can come close to us as we win (for the first time ever in Baton Rouge) by 36 points!! The girls place 2 in the top ten and 5 more in the top 45 to blow away all competition - and set an all-time team time record in the process! The boys, facing a host of powerful 5A schools, place 23 of 38 but again beat their best Highland Park team time, this time by 35 seconds. Last week few PR's. This week (still muddy but a tad cooler) it rains PR's! We have 39 runners, and we get 23 PR's and another 10 SPR's! Check the stats below. We again - as is our normal - continue to be the biggest, loudest, most spirited school there!

**JH Girls (256 runners)**

Place	Mile 1	Mile 2	Finish	PR +/-
23 Robichaux, Regan	6.43	7.42	14.25	PR I
60 Standley, Anne	7.23	8.19	15.42	SPR I
86 Jeansonne, Christian	8.00	8.25	16.25	PR I
180 Rabie, Alyssa	8.45	10.27	19.12	FR I
201 DeKeyzer, Aza	9.20	10.53	20.13	PR I

**JH Boys (319 runners)**

Place	Mile 1	Mile 2	Finish	PR +/-
78 Milton, Kent	6.24	6.59	13.23	PR I
98 Lemaire, David	6.37	7.02	13.39	PR I
154 Dufrene, Nick	6.55	7.39	14.34	PR I
161 Ahrens, Coburn	7.12	7.42	14.54	PR I
225 Brown, Trey	7.47	8.28	16.15	PR I
238 Carbo, Will	8.02	8.45	16.47	PR I
249 Peterman, Gabe	8.05	8.25	16.30	PR I
264 Guillery, Matthew	8.04	9.26	17.30	PR I

**Open Race**

Place	Mile 1	Mile 2	Finish	PR +/-
Davis, Thomas	7.47	8.34	16.21	SPR I
Rabalais, Carson	8.00	9.03	17.03	SPR I
Powell, Haley	8.40	9.49	18.29	PR I
Saccaro, Emily	8.47	10.08	18.55	
Jeansonne, Brittney	8.34	11.02	19.36	SPR I
Karam, Annie	9.31	11.12	20.43	SPR I
Benoit, Katelyn	10.50	11.42	22.32	PR I
Texada, Lucy	8.47		DNF	

**Team Standings**

Boys Varsity (38 Teams)			Girls Varsity (26 Teams)		
1 Catholic, BR (5A)	83	11 E Ascension (4A)	361	1 MENARD (2A) ☼	84
2 John Curtis (2A)	99	12 Dutchtown (5A)	362	2 St Joseph (5A)	120
3 Jesuit (5A)	115	13 ED White (3A)	364	3 Dominican (5A)	130
4 Brother Martin (5A)	138	14 Comeaux (5A)	402	4 Mandeville (5A)	143
5 Episcopal, BR (2A)	160	15 Pineville (5A)	436	5 St Scholastica (5A)	150
6 Lakeville (5A)	222	16 Assumption (4A)	463	6 Cath., PC (1A)	181
7 Baton Rouge (5A)	264	17 St Martin's (1A)	467	7 St Th More (4A)	211
8 Baton Rouge (5A)	289	18 St Thomas Aq (2A)	493	8 St Thomas Aq (2A)	228
9 Mandeville (5A)	325	19 Walker (5A)	509	9 Episcopal, BR (2A)	234
10 St Th More (4A)	358	23 MENARD (2A)	605	10 St Michael (4A)	251

**Girls Varsity (235 runners) Team Time 100:57 PR I Gap Time 1:58**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago*
5 Robichaux, Mallory	6.02	6.31	6.34	19.07	t-shirt	SPR I 19.51
9 Bartow, Mallory	6.23	6.40	6.30	19.39	t-shirt	PR I 22.18
16 Ahrens, Grace	6.31	6.58	6.41	20.10	t-shirt	PR I
30 Robichaux, Kelley	6.43	7.08	7.05	20.56		PR I 21.08
35 Vaughan, Lindsay	6.43	7.10	7.12	21.05		SPR I 21.44
37 Bowman, Merrick	6.49	7.10	7.10	21.09		PR I
45 Long, Avery	6.53	7.12	7.24	21.29		PR I 16.03
62 Voltz, Martha	7.01	7.40	7.28	22.09		16.22
71 Hawthorne, Miranda	7.09	7.44	7.35	22.28		PR I
105 Karam, Ava	7.23	8.11	8.02	23.36		PR I 16.25
Engelmann, Rachel	6.37	7.20		DNF		21.57

2 mile PR's: Bowman 13:59; Hawthorne 14:53; Karam 15:34; Long 14:05

**Boys Varsity (333 runners) Team Time 95:59 SPR I Gap Time 1:57**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago*
112 Schneider, Bradley	6.00	6.22	6.23	18.45		SPR I 12.22
121 Robichaux, Cole	6.15	6.21	6.14	18.50		SPR I 13.03
133 McMickens, Quint	6.17	6.23	6.20	19.00		PR I 12.59
144 McMickens, Drew	6.02	6.34	6.36	19.12		SPR I 12.56
208 Juneau, Doug	6.18	6.49	7.05	20.12		12.50
239 Rogers, Taylor	6.25	7.17	7.26	21.08		PR I 15.36
241 Rogers, Austin	6.28	7.19	7.26	21.13		PR I

2 mile PR's: T Rogers 13:42; A Rogers 13:47

**Records set at Episcopal**

**Grade Records**

Grace Ahrens #6 All grades; #3 8 <sup>th</sup> grade	Avery Long #14 All grades; # 6 8 <sup>th</sup> grade
Merrick Bowman #11 All grades; #5 9 <sup>th</sup> grade	Miranda Hawthorne #25 All grades; #13 9 <sup>th</sup> grade
Ava Karam #31 All grades; #16 9 <sup>th</sup> grade	Mallory Robichaux #1 11 <sup>th</sup> grade
Kelley Robichaux #10 All grades; #6 11 <sup>th</sup> grade	Mallory Bartow #5 All grades; #3 12 <sup>th</sup> grade
Lindsay Vaughan #6 12 <sup>th</sup> grade	Quint McMickens #14 8 <sup>th</sup> grade

**Highland Park Course Records**

Mallory Bartow #2 All-time; #1 12 <sup>th</sup> grade	Grace Ahrens #4 All-time; #2 8 <sup>th</sup> grade
Kelley Robichaux #9 All-time; #4 11 <sup>th</sup> grade	Avery Long #4 8 <sup>th</sup> grade
Merrick Bowman #5 9 <sup>th</sup> grade	Mallory Robichaux #1 11 <sup>th</sup> grade
Lindsay Vaughan #5 12 <sup>th</sup> grade	

**MENARD EAGLE RUNNING CLUB (MERC)**

The Menard Eagle Running Club is a Menard Cross Country "honorary" group with very high entry requirements. Membership is limited to runners accomplishing one or more of the following: running 400 miles (7<sup>th</sup> & 8<sup>th</sup> grades), 500 miles (9<sup>th</sup> & 10<sup>th</sup> grades), 600 miles (11<sup>th</sup> & 12<sup>th</sup> grades), or a top ten finish at designated meets. This year's MERC meets are Episcopal, Catholic, Menard, and State. The mileage must be logged between the end of the previous year track season and the district CC meet (November 5<sup>th</sup>). Members receive a special t-shirt at the end of the year for this achievement, and their name is added to the MERC plaque in the gym foyer. Each year a runner qualifies, a different color shirt is awarded according to this schedule: 1st year - gray, 2nd year - red, third year - yellow, fourth year - green, fifth year - blue, and sixth year - black. Until this year, only two black shirts and seven blue have ever been awarded. Only a very few have earned more than one shirt. Here's a list of the 37 runners who have earned three or more shirts since this group was formed in 1988.

<b>Black</b> 2	(Andrew Lemoine, Christian Taylor)
<b>Blue</b> 5	(Mallory Bartow, Lauren Patty, Danon O'Kelly, Joffroi Holcombe, Steven Jeansonne)
<b>Green</b> 13	(Leslie Manuel, Jesse Petrus, Emily Demarco, Francis Vanderlick, Jen Jeans, Thomas Kajor, Will Littlepage, Mellynn Baker, Mallory Robichaux, Lindsay Vaughan, Mark Dotson, Daniel Seeser, Breanan Vidrine)
<b>Yellow</b> 17	(Rachel Engelsman, Jenni Noles, Sarah Ragona, Dore Fletcher, Jodie White, Courtney Michiels, Jen Pommerenke, Nathan Fellw, Joe Landreneau, Mark Landreneau, Wes Pepitone, Lora Pharis, Elizabeth Landreneau, Bridget Daignepront, Heather Badaeux, Lanic Sansing, Isaac Eilts)

**Red** 16 **Gray** 52

We already have a few runners who have earned MERC shirts this year. So far:  
 Grace Ahrens - 428 miles (grey) Mallory Robichaux - top ten at Episcopal (blue)

And one more - very special and very historic: Mallory Bartow, with her top ten at Episcopal, has earned the VERY FIRST girls black MERC shirt! Most MERC shirts are awarded at the CC banquet at the end of the season. The black shirt, since it goes to a senior, is awarded as soon as earned. Mallory will be recognized and awarded her shirt at practice this Monday. Congratulations!

**BUHLOW PRACTICE MEET (Saturday, September 21<sup>st</sup>)**

There won't be many teams here, and just two races - boys and girls 3 mile at 8:00 AM, and boys and girls 2 mile at 8:45 AM. There won't be any awards, so let's all go to IHOP afterwards! Here's the schedule of races.

7:00 AM	Meet at BUHLOW (NOT at Menard!)
8:00 AM	Girls and boys 3-mile
8:45 AM	Girls and boys 2-mile
9:15 AM	Leave for IHOP!

**ALL RUNNERS MUST BE THERE FOR ALL THE RACES.**

We will not bring the tent, etc. We will have water and drinks.

**CROSS COUNTRY BOX LUNCH FUND RAISER**

We have a major fund raiser (box lunches) that we do every year. Tammy Schneider has agreed to coordinate the marketing and organization of this (our only fund raiser). Dan Ahren's 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. We normally sell around 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 22 (we're out of school that day). And I'm sure Dan will need a lot of help in meat prep work, also.

**Friday Night Prayer Meetings**

I assume all of you know of our prayer meetings. We have been hosting them for over 20 years. They are open to all - young and old, children and parents (we get a number of parents every time). The dates are announced at school during the week of the prayer meeting (once a month). Because of home football games, the September "Friday" Night Prayer Meeting will be SATURDAY, September 21, 7 PM. Please come! (many of our runners are regulars). Questions?? Call me.

**GOLF CART**

After many years of dreaming and wishing, it's really time that CC/track has their very own golf cart. CC is willing to buy (donations of course accepted). Nothing fancy - electric only. Know of any?

**CENLA CHAMPS WORKER MEETING**

**NEXT MONDAY, September 23 - 4:30 PM (after practice)**

Menard runs this meet, so we have to do all the registering, scoring, etc, etc. There is some preliminary work to be done before Wednesday - packets, race #'s, assignments, etc. If you can make it, try to be there - we need lots of help!

**SWEATSHIRTS HAVE BEEN ORDERED!**

Please get your \$20 to Coach if you haven't already paid up.

**Oh, so close! Girls 2<sup>nd</sup> by 3!  
 Boys an impressive 7<sup>th</sup>!**

**ST MICHAEL THE ARCHANGEL (Saturday, September 7) MEET RESULTS**

Only 5A power St Joe's beats the girls - and by just 3! Typical first meet - very hot and humid - and also very muddy. The girls place 3 in the top ten and 8 (!!) in the top 25. Congrats! The boys beat their best Highland Park team time by 5 minutes to place 7<sup>th</sup> of 17 teams! The guys are SO MUCH better this year! The heat, humid, and mud are the real winners as times are off some - except for Ava, Martha, Regan and Quint, who manage great PR's in spite of the conditions. Throw in a TPR by Taylor also. Number 2 Grace and number 7 Merrik have awesome first races in the girls varsity race, and Madison gets a sub 16's in the girls 2-mile, and Kent, David, and Nick all get sub 15's in the boys 2-mile. All in all we have 19 (!!) first race runners! We also - as is normal - continue to be the biggest, loudest, and best line dancing school in CC!

**Girls Varsity (122 runners) Team Time 103.13 Gap Time 1.41**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago*
3 Robichaux, Mallory	6.02	6.42	6.53	19.37	t-shirt+medall	+80 20.43
7 Ahrens, Grace	6.23	7.05	7.01	20.30	t-shirt!	FRI
8 Bartow, Mallory	6.13	7.06	7.11	20.31	t-shirt!	+33
14 Engelsman, Rachel	6.29	7.34	7.13	21.16	t-shirt!	+99
16 Vaughan, Lindsay	6.35	7.27	7.16	21.18		+67
18 Robichaux, Kelley	6.35	7.29	7.34	21.38		+41 22.29
21 Bowman, Merrik	6.44	7.39	7.30	21.53	FRI	
21 Voltz, Martha	6.43	7.42	7.31	21.55	PR!	-66 18.25
38 Long, Avery	7.05	7.57	8.05	23.06	+93	15.49
42 Hawthorne, Miranda	7.10	8.11	8.12	23.33	+6	16.05
48 Karam, Ava	7.15	8.22	8.21	23.58	PR!	-49 15.59

2 mile PR's: Hawthorne (15.21), Karam (15.37)

**Boys Varsity (126 runners) Team Time 96.34 Gap Time 0.49 @**

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago*
51 Schneider, Bradley	5.50	6.26	6.42	18.58	+48	12.37
54 Robichaux, Cole	6.01	6.35	6.27	19.03	+25	13.30
59 McMickens, Drew	5.52	6.37	6.44	19.13	+20	12.58
66 McMickens, Quint	6.03	6.36	6.53	19.32	PR!	-12 13.33
73 Juneau, Doug	5.55	6.53	6.50	19.47	+48	13.07
109 Rogers, Taylor	6.24	7.25	7.40	21.28	TPR!	0 16.20
130 Rogers, Austin	6.27	7.55	8.07	22.17	FRI	

2 mile PR's: Q McMickens (12.39), T Rogers (13.49)

**ST MICHAEL THE ARCHANGEL (Saturday, September 7) MEET RESULTS (continued)**

**Team Standings**

Boys Varsity (17 Teams)			Girls Varsity (11 Teams)		
1 St Paul (5A)	35	7 MENARD (2A)	213	1 St Joseph (5A)	45
2 Catholic, BR (5A)	59	8 Newman (2A)	215	2 MENARD (2A)	48
3 Episcopal, BR (2A)	85	9 Assumption (4A)	236	3 Newman (2A)	96
4 Haberville (5A)	118	10 St Michael (4A)	249	4 Episcopal, BR (2A)	122
5 Ascen Cath (1A)	141	11 Delcambre (2A)	318	5 St Michael (4A)	127
6 E Ascension (5A)	211	12 St Asen (5A)	344	6 Ascen Cath (1A)	146
				7 St Amant (5A)	
				8 E Ascension (5A)	
				9 University (2A)	
				10 ESA (B)	
				11 Assumption (4A)	

**Boys 2-mile (207 runners)**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
32 Milton, Kent	6.43	7.12	13.55	FRI	
41 Lemaire, David	6.45	7.28	14.13	FRI	
87 Ahrens, Colbern	7.24	8.20	15.41	FRI	
112 Brown, Trey	7.47	8.58	16.45	+9	19.08
118 Carbo, Will	8.11	8.55	17.05	FRI	
122 Peterman, Gabe	8.05	9.15	17.18	FRI	
153 Guillery, Matthew	8.14	10.22	18.35	FRI	
179 Constantino, Evan	9.04	11.09	20.00	FRI	

**Open Race (a LOT of runners!)**

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Robichaux, Regan	7.12	8.02	15.14	PR!	-8
Donnelly, Madison	7.34	8.00	15.34	FRI	
Jeansonne, Christian	8.14	9.00	17.14	FRI	
Rabalais, Carson	8.06	9.59	18.05	+253	
Fields, Abby	8.08	10.10	18.18	FRI	
Saccaro, Emily	8.42	10.01	18.43	+116	21.58
Standley, Anne	8.26	10.26	18.54	+197	16.09
Powell, Hailey	10.07	11.32	21.39	FRI	
DeKeyser, Aza	9.54	11.50	21.44	FRI	
Karam, Annie	10.09	11.59	22.08	+137	
Chatman, Kathryn	10.11	11.50	23.01	FRI	
Texada, Lucy	10.12	13.03	23.15	FRI	
Jeansonne, Britney	10.14	13.36	23.50	+314	
Benoit, Katelyn	11.39	12.52	24.31	FRI	
Dufrene, Nick	7.02	7.51	14.53	FRI	
Davis, Thomas	7.55	10.30	18.25	+191	

**Records set at St Michael's**

**Grade Records**

Grace Ahrens #8 All grades; #4 8 <sup>th</sup> grade	Avery Long #13 8 <sup>th</sup> grade
Merrick Bowman #16 All grades; #8 9 <sup>th</sup> grade	Martha Voltz #17 All grades; #9 9 <sup>th</sup> grade
Miranda Hawthorne #15 9 <sup>th</sup> grade	Ava Karam #32 All grades; #17 9 <sup>th</sup> grade
Mallory Robichaux #1 11 <sup>th</sup> grade	Rachel Engelsman #4 12 <sup>th</sup> grade
Kelley Robichaux #10 11 <sup>th</sup> grade	Mallory Bartow #19 8 <sup>th</sup> grade
Lindsay Vaughan #6 12 <sup>th</sup> grade	Quint McMickens #19 8 <sup>th</sup> grade

**SWIM & EAT!**  
THANKS to the Schneider's, the Juneau's, and the Ahrens' for graciously hosting our 3 swim and eats this season! A great time was had by all.

**WATER!!!!!! CAN'T SAY THIS ENOUGH!**  
It's really too hot most days to run. Not drinking enough water - and that would be 8 glasses a day minimum - is nothing less than dangerous. So runners MUST TAKE CARE TO DRINK AT HOME AND AT SCHOOL (before school, during breaks, during lunch, and at practice). Besides being dangerous to your health, it slows you down!

**MENARD CAMP OF CHAMPIONS #2!**  
The Chicot cabins have been reserved! And money has been spent. To reserve a place at camp, Coach needs a deposit of \$100. We have added an extra day (Sunday thru Thursday this time), so the total runner cost will be \$250 for next summer. Dates are Sunday, July 27, 2014 thru Thursday, July 31, 2014. Make out your check to Coach, not to Menard, and take care of at least the down payment soon (it's all on my credit card!).

**HELP!**  
Thanks to the Voltz' for taking care of the tent, etc this meet and next. BUT we need help for most of the rest of the meets.  
**We need a Meet Prep Crew - we have a tent, tarp, flag, banner, and water coolers that need to be transported to the meets every week - someone with a truck who is planning on attending the meets? Call Coach!**

We have a major fund raiser (box lunches) that we do every year - we have lost our coordinator from last year and desperately need a coordinator! Dan Ahren's will handle the food prep (THANKS!!!), but we need someone to coordinate the sales - and we need someone NOW!!!

We put on two meets each year that require all the assistance you can give. Picture-taking is always a big need. Then there's the banquet. Contact Coach if you have the time and can coordinate some of this stuff. More info on these and more at the Pot Luck.

**KICK OFF THE SEASON POT LUCK SUPPER**  
Great time at the Pot Luck Supper! Lots of info (and too much talk!), if you have questions, want to add or change t-shirt or sweatshirt orders, want more shirts - whatever - email Coach. Thank you all for coming and bringing some GREAT food!

**GOLF CART!**  
After many years of dreaming and wishing, it's really time that CC/track has their very own golf cart. CC is willing to buy (donations of course accepted!). Nothing fancy - electric only. Know of any?

**THE 2013 CROSS COUNTRY SCHEDULE - SO FAR! (There are changes - look closely!)**  
Almost all the dates are finalized. The current schedule will be published in this news letter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekday race will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RACE
** SATURDAY	September 14	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
SATURDAY	September 21	??? (Buhlow race coming)		
** WEDNESDAY	September 25	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 28	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** WEDNESDAY	October 2	SIMPSON (JH & JV)	Simpson	3:25 PM
** SATURDAY	October 5	PINEVILLE	Ward 9 Recreation Area	9:00 AM
** SATURDAY	October 12	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 19	MENARD	Fort Buhlow Recreation Area	9:00 AM
** SATURDAY	October 19	Homecoming Dance (yes, we will all run this morning!)		
** TUESDAY	October 22	Box Lunch Day!	Menard Cafeteria	9:00 AM
** WEDNESDAY	October 23	JOHN MILLER (JH & JV)	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 26	COMEAX	Acadiana Park, Lafayette	
TUESDAY	October 29	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** SATURDAY	November 2	ST THOMAS MORE	Acadiana Park, Lafayette	
** MONDAY	November 4	SPAGHETTI SUPPER	Brocato's	6:00 PM
TUESDAY	November 5	DISTRICT	Fort Buhlow Recreation Area	
SATURDAY	November 9	NSU	Natchitoches	
** MONDAY	November 18	STATE CHAMPS	NSU Girls ?????	Boys ?????
** MONDAY	November 18	Post State Race Meal	Nicky's	
** THURSDAY	November 21	27 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #2 Chicot State Park Sunday, July 27, 2014 through Thursday, July 31, 2014

\*\* Date confirmed

**CONTACT COACH?????**

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

**EPISCOPAL AT HIGHLAND PARK (Saturday, September 14<sup>th</sup>)**  
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. Here's the schedule of races:

4:10 AM	Meet at Menard - <b>BE ON TIME</b>
4:20 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 at Menard. Registration takes a while and the first race runners need time to warm up.

**ALL RUNNERS MUST BE THERE FOR ALL THE RACES.**

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 Siegan Lane; Siegan 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, Bartow, Bowman, Engelsman, Hawthorne, Karam, Long, K Robichaux, M Robichaux, Vaughan, Voltz
Race 2 (9:00 AM) Varsity Boys	Juneau, D McMickens, Q McMickens, Robichaux, A Rogers, T Rogers, Schneider
Race 3 (9:30 AM) JH Girls	Chatman, Dekeyzer, Donnelly, Ducote, C Jeansonne, Karam, Rabie, R Robichaux, Standley
Race 4 (10:00 AM) JH Boys	Ahrens, Brown, Carbo, Constantino, Ducote, Dufrene, Guillory, Lemaire, Milton, Peterman
Race 5 (10:25 AM) Open	Benoit, Fields, B Jeansonne, Karam, Powell, Rabalais, Saccaro, Texada, Davis

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

**Sports Drink Parent Donation for Runners**

(Bring in an ice chest to selected meet iced with at least 54 sports drinks for runners)

St Michael	Sept 7 Sat	Stephanie & Ed Bartow ( Macy & Mallory )
Episcopal	Sept 14 Sat	Melinda Lewis
Buhlow race??	Sept 21 Sat	Melinda Milton and Phyllis G
Cenla Champs	Sept 25 WED	Ashley Long (Avery's Mom)
Battlefield Festival	Sept 28 Sat	Renea Ducote (Brittany & Justin)
Simpson	Oct 2 WED	Brenda Benoit (Caitlin's Mom)
Pineville	Oct 5 Sat	Rane Constantino
Catholic	Oct 12 Sat	Pat Texada
Menard Inv	Oct 19 Sat	Wendy Carbo
Johnny Miller	Oct 23 WED	Tracy Neeley (Doug's mom)
Comeaux	Oct 26 Sat	Mary Jeansonne
Parish Champs	Oct 29 Tues	Corey and Karen Rogers
St Thomas More	Nov 2 Sat	Melissa Brown (Trey)
District Race	Nov 5 Tues	Dana Karam
NSU	Nov 9 Sat	Tricia Lemaire

THANK YOU!!!

**Friday Night Prayer Meetings**

I assume all of you know of our prayer meetings. We have been hosting them for over 20 years. They are open to all - young or old, children and parents (we get a number of parents every time). The dates are announced at school during the week of the per meeting (once a month). Because of home football games, the September "Friday" Night Prayer Meeting will be SATURDAY, September 21, 7 PM. Please come! ( many of our runners are regulars). Questions?? Call me.