MENARD
CROSS
COUNTRY

Cross Country 2012 - Girls Team

Front Row

Ava Karam
Avery Long
Catherine Evans
Meg Morrison
Rachel Engelsman
Mallory Bartow
Mallory Robichaux
Lindsay Vaughan
Kelley Robichaux

Middle Row

Brittany Ducote
Annie Karam
Emily Saccaro
Rebecca Jeanfreau
Rachel McMinn
Anne Standley
Brooke Jones
Coach Smith

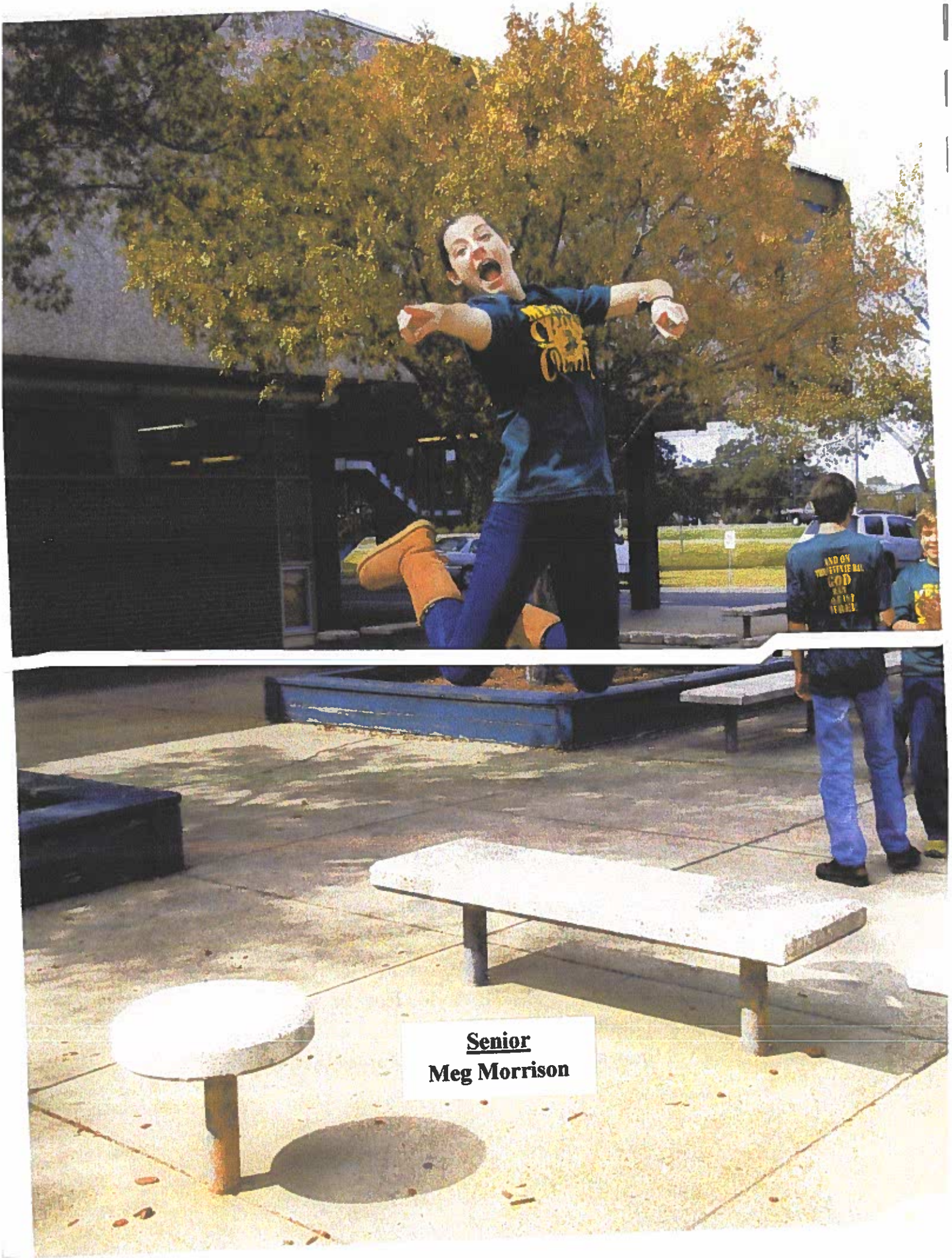
Back Row

Miranda Hawthorne
Victoria Hirchak
Brittney Jeansonne
Cameron Erickson
Madeline Jones
Kaelyn Rachall
Martha Voltz

Cross Country 2012 - Boys Team

Front Row	Back Row
Drew McMickens	Cole Robichaux
Bradley Schneider	Trey Brown
Quint McMickens	Payton Fowler
Doug Juneau	Taylor Rogers
Coach Smith	

(Not Shown: Grayson Burns, Thomas Davis)



Senior
Meg Morrison

2012 MENARD CROSS COUNTRY TEAMS

THE GIRLS...

12 Morrison, Meg
11 Bartow, Mallory
11 Evans, Catherine
11 Vaughan, Lindsay
10 Engelsman, Rachel
10 Jones, Madeline
10 Rabalais, Carson
10 Rachall, Kaelyn
10 Robichaux, Kelley
10 Robichaux, Mallory
9 Erickson, Cameron
9 Hirchak, Victoria
9 Jeanfreau, Rebecca
9 Jeansonne, Brittney
9 Karam, Annie
9 Saccaro, Emily
8 Ducote, Brittany
8 Hawthorne, Miranda
8 Karam, Ava
8 Voltz, Martha
7 Jones, Brooke
7 Long, Avery
7 McMinn, Rachel
7 Standley, Anne

THE GUYS...

10 Davis, Thomas
10 McMickens, Drew
10 Schneider, Bradley
9 Robichaux, Cole
8 Fowler, Payton
8 Juneau, Doug
7 Brown, Trey
7 Burns, Grayson
7 McMickens, Quint
7 Rogers, Taylor

---- *MEMORIES 2012* ----------

"ONE TEAM, ONE GOAL, IN CHRIST"

LAKESIDE "ANT HILL" SPIRITS "I EAT HILLS!" **"SIX"**

PRACTICE UNIFORMS PARISH CHAMPS! WATER!!!

NEVER-NEVER LAND 960 BOX LUNCHES! BANQUET #26

GRAND COTEAU HIGHLAND "PARKING" SWIM & EATS

HOT BUHLOW TRIP, FALL, TRAMPLED, THROW UP

BATTLEFIELD: RAIN, MUD, ANTS – AND NO T-SHIRTS

TENT, TARP, COOLERS, ACCOMPLISHMENTS BANNER, AND FLAG!

GRASS-LAP-DOCK-AND-BACK 110 DEGREES MILE TIME TRIAL

BAYOU BOOGIE TRAINING GROUPS ST MICHAEL CC PRAYER

PRACTICE PUSH-UPS OYO NICKY'S SNICKERS & GRAPES

PORT-O-JOHNS ASH 400's LOG BOOK EAGLE STICKERS

DISPLAY BOARD TEAM GPA 3.57 CARAVANS BUS #43

SATURDAY 4:30 AM's ROUNDTABLE RUN CUP LAPS

SPRINT LAST QUARTER "EASY" RUNS FORGOTTEN SHOES

T-SHIRT SLOGAN CONTEST **LAKESIDE "DISTRICT"**

PRACTICE AT THE TRUCK "SWIMMING" ON THE PAVEMENT

MERC! THE HILL-LESS NSU COURSE SUMMER 7 AM's

COACH STEPHANIE GOD SPEED! LAKES MUD RUN!

MONDAY BUHLOW RUNS TEMPO RUNS RACE REVIEWS

5 – 8 – 5 RUNNING FORM CRITIQUE MASS AT ST RITA'S

BATON ROUGE T-SHIRTS GROUP 5 DISAPPEARS! SUN RISES

LA.MILESPLIT.COM NO ACADIANA PARK ☹ CC HATS!

MONO STRIKES – AND STRIKES AND STRIKES AND STRIKES …

SHINS, CALVES, ANKLES, HIPS, TOES, THROW UP .....

---------- *MEMORIES 2012* ----

NO MENARD INVITATIONAL ☹ "THANKS," NSU ☹

ICE & SARAN WRAPS 100 PLUS DEGREE RUNS

CENLA CHAMPS BUHLOW RACES EMAIL NEWSLETTERS

15 SECOND RECOVERY 400'S HONOR ROLL RUNNERS

STATE TEAM MEETINGS AT COACH'S LETTERS FROM PARENTS

POTLUCK SUPPER LASYONE'S ALL-ROOKIE BOYS VARSITY

ALL-TIME GIRLS TEAM TIME RECORD ACHES & PAINS

MILE AND TWO MILE TIME TRIALS BUHLOW HILL REPEATS

PR's! SPR's BPR's FR's SUMMER 800's GOAL SETTING

SATURDAY NSU PRACTICE TREE LAPS "PUTTER" MILES

BASEBALL FIELD 800's ROOKIE RUNNERS AND FIRST RACES

GULF STATES DISTANCE RUNNING CAMP "IT'S NOT A GAME!"

KICKED OUT OF ASH DOUBLE DISTRICT CHAMPS AGAIN!

CHOCOLATE CHIP, PLAIN, PEANUT BUTTER, AND BLUEBERRY PANCAKES

DOUBLE GRASS LAP 2-MILE TIME TRIAL "LET'S BE POSITIVE!"

WINNING T-SHIRTS, TROPHIES, PLAQUES & MEDALS 100 DAYS!

ATTITUDE IS EVERYTHING! LOGBOOKS K INCAID TRAIL RUNS

DUFFLE BAGS STINKY BATHROOMS GRASS LAPS

STAY TUNED! SUMMER PROGRAM T-SHIRTS JENNY's OIL

HOW DO YOU RESPOND? "FROM THE GATE!"

GRADE, COURSE, AND MEET RECORDS 4 MINUTE PR's!

NSU COW PASTURE #1 RANKING INDIAN RUNS

SIMPSON ROAD RACE PR's HOMECOMING DAY OFF!

GOODBYE! ☹

MEG

HOLY SAVIOR MENARD
PRELIMINARY CROSS COUNTRY 2012
October 6, 2012

DAY	DATE	EVENT	LOCATION	FIRST RACE
** MONDAY	August 13	School Starts!	Meeting, then practice	
** THURSDAY	August 16	One Mile TT	Menard Track	3:30 PM
** WEDNESDAY	August 22	Two Mile TT	Menard	3:30 PM
** THURSDAY	August 23	SWIM & EAT #1!	Morrison's	(After Practice)
** TUESDAY	August 28	SWIM & EAT #2!	Juneau's	(After Practice)
** TUESDAY	September 4	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
** WEDNESDAY	September 5	SWIM & EAT #3!	Schneider's	(After Practice)
** SATURDAY	September 8	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** SATURDAY	September 15	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** SATURDAY	September 22	SACRED HEART	Grand Coteau	8:30 AM
** WEDNESDAY	September 26	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 29	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** WEDNESDAY	October 3	SIMPSON	Simpson	3:30 PM
** SATURDAY	October 6	No meet – Homecoming Weekend		
** SATURDAY	October 13	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** FRIDAY	October 19	Box Lunch Day!	Menard Cafeteria	9:00 AM
** SATURDAY	October 20	NSU	Natchitoches	11:00 AM
** WEDNESDAY	October 24	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
** MONDAY	October 29	SPAGHETTI SUPPER	Spirit's	6:00 PM
** TUESDAY	October 30	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 3	LAKESIDE	Minden, LA	9:00 AM
** MONDAY	November 12	STATE CHAMPS	NSU Girls 1:45 PM	Boys 3:15 PM
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

** Date confirmed

2012 SEASON SUMMARY

MEET	*GIRL'S*	*BOY'S*
ST MICHAEL'S	2 of 12	11 of 18
EPISCOPAL	3 of 19	11 of 29
SACRED HEART, GC	1 of 6	1 of 6
CENLA CHAMPS	1 of 12	4 of 16
BATTLEFIELD	7 of 8	15 of 16
SIMPSON	6 of 16	5 of 15
CATHOLIC	15 of 31	39 of 43
NSU ⊗	6 of 18	16 of 18
JOHN MILLER	1 of 16	13 of 21
PARISH CHAMPS (Buhlow)	1 of 7	5 of 7
LAKESIDE (District)	1 of 6	4 of 6
STATE (NSU)	3 of 18	13 of 19

VARSITY BARS (Multiple varsity letters): (Intro by # years participation) (see runner summary sheet)

5 Mallory Bartow	5 Lindsay Vaughan	4 Rachel Engelsman	4 Mallory Robichaux
3 Cameron Erikson	3 Madeline Jones	3 Kaelyn Rachall	3 Cole Robichaux
2 Miranda Hawthorne	2 Rebecca Jeanfreau	2 Doug Juneau	2 Meg Morrison
2 Carson Rabalais	2 Kelley Robichaux		

VARSITY LETTERS (First varsity letter): (Attendance, Mileage, Effort, Performance, Attitude, MERC)

Brittany Ducote	Victoria Hirchak	Ava Karam	Brooke Jones	Avery Long
Martha Voltz	Grayson Burns	Drew McMickens	Quint McMickens	Taylor Rogers
Bradley Schneider				

CERTIFICATES

Catherine Evans	Brittney Jeansonne	Annie Karam	Rachel McMinn	Emily Saccaro
Anne Standley	Trey Brown	Thomas Davis	Payton Fowler	

PATCHES

TEAM STATE CHAMPIONS

TEAM STATE RUNNER UPS

DISTRICT CHAMP (Winged foot patch) (First place individual):
Mallory Robichaux Bradley Schneider

2012 SEASON SUMMARY (Continued)

MENARD EAGLE RUNNING CLUB (T-shirt by color; name on MERC plaque)

(400/500/600; or top ten at least one: regional/Catholic/Menard/State)

First Year — GREY

Doug Juneau	405 miles	Avery Long	303 miles, 8th at Lakeside
Quint McMickens	483 miles	Kelley Robichaux	444 miles, 7th at Cenla
Taylor Rogers	400 miles	Bradley Schneider	271 miles, 10th at Lakeside

Third Year — YELLOW

Rachel Engelsman — 371 miles, 4th at Cenla, 7th at Battlefield, 9th at Lakeside

Fourth Year — GREEN

Mallory Robichaux	492 miles, 8th at Episcopal, 1st at Cenla, 6th at John Miller, 4th at Lakeside
Lindsay Vaughan	365 miles, 5th at Cenla, 10th at Battlefield, 7th at John Miller, 5th at Lakeside

Fifth Year — BLUE

Mallory Bartow — 429 miles, 9th at John Miller

SPECIAL AWARDS

ATTENDANCE		Quint McMickens	Mallory Bartow
DECORATE YOUR LOGBOOK		Madeline Jones	
MANAGERS	Kaelyn Rachall	Victoria Hirchak	Brooke Jones
MOST ROOKIE MILES		Avery Long	Quint McMickens
MOST IMPROVED ROOKIE	3 miles	Martha Voltz	Taylor Rogers
	2 miles	Emily Saccaro	Taylor Rogers
MOST IMPROVED VET		Madeline Jones	Cole Robichaux Doug Juneau
ROOKIE OF THE YEAR	Avery Long	Martha Voltz	Drew McMickens
PR AWARD		Martha Voltz	Trey Brown
EAGLE STICKERS		Avery Long	Taylor Rogers
IRON MAN/WOMAN AWARD	Cameron Erickson	Madeline Jones	Ava Karam
	Avery Long	Trey Brown	Doug Juneau Quint McMickens
MOST VALUABLE RUNNER		Mallory Robichaux	Bradley Schneider
LEADERSHIP/SPIRIT AWARD		Meg Morrison	Bradley Schneider
SENIOR AWARDS		Meg Morrison	

MENARD CROSS COUNTRY ALL TIME GREATS

GIRLS (2 miles)

FIRST TEAM	
Bridget Daigrepont – 04	11.40
Lora Pharis – 04	12.24
Emily Demarco – 06	12.29
Morgan Owen – 07	12.39
Jenni Noles – 99	12.40
Eliz Landreneau – 04	12.40
Lauren Patty – 96	12.41
SECOND TEAM	
Kim Seiler – 01	12.42
Sarah Carr – 93	12.46
Leslie Manuel – 96	12.48
Katie Womack – 01	12.52
Courtney Michiels – 99	12.56
Joy Walters – 06	12.57
Jodie White – 94	12.58
THIRD TEAM	
Sarah Ragona – 99	12.58
Lanie Sansing – 08	13.02
Shelly Blakesley – 86	13.10
Jen Drummond – 99	13.15
Jane Petrus – 03	13.20
Celina Martien – 95	13.24
Jen Pommerenke – 03	13.27
FOURTH TEAM	
Jennifer Webb – 97	13.29
Mandi Scarborough – 00	13.31
Melissa Fowlkes – 05	13.31
Jane Ann Cavanaugh – 96	13.32
Catherine McGinty – 95	13.35
Memi Miscally – 91	13.36
Jennifer Jeane – 07	13.37
FIFTH TEAM	
Sandra Jeansonne – 90	13.39
Heather Badeaux – 07	13.41
Hope Murchison – 06	13.41
Aimee Duggan – 91	13.46
Louise Cook – 02	13.46
Catherine Tuma – 04	13.46
Melanie Garcia – 06	13.46

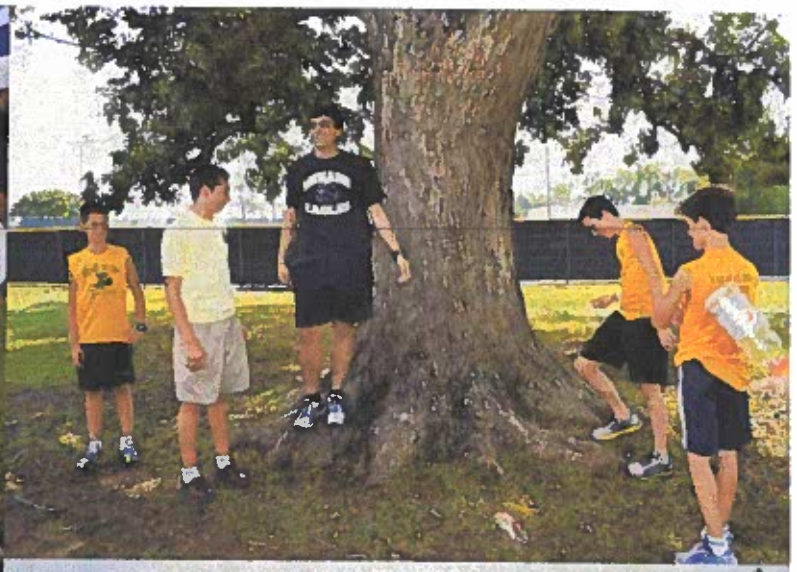
GIRLS (3 miles)

FIRST TEAM	
Mallory Robichaux – 15	18.17
Jennifer Jeane – 07	19.19
Heather Badeaux – 07	19.35
Rachel Engelsman – 15	19.37
Mallory Bartow – 14	19.58
Lindsay Vaughan – 14	20.11
Hope Murchison – 06	20.27
SECOND TEAM	
Mellynn Baker – 08	20.50
Kelley Robichaux - 15	20.57
Carson Rabalais - 15	21.21
Hannah Deworth - 13	21.24
Avery Long - 18	21.33
Megan Tarpley – 10	21.41
Jessica Marshall – 15	21.51
THIRD TEAM	
Meg Morrison - 13	21.56
Alyse Lemoine – 14	22.01
Linda O'Neal – 10	22.02
Brittany Aaron – 07	22.10
Elise Wyatt – 08	22.11
Lanie Sansing – 08	22.22
Cath Shackelford – 11	22.27
FOURTH TEAM	
Hillary LaCroix – 12	22.30
Claire Pearson – 13	22.39
Madeline Jones - 15	22.47
Lana Beard – 14	22.50
Caroline Ponthie – 09	23.10
Miranda Hawthorne - 17	23.27
Katie Price – 11	23.38
FIFTH TEAM	
Martha Voltz - 17	23.01
Macy Bartow - 16	24.11
Brittany Ducote - 17	24.27
Grace Jeanfreau - 13	24.29
Anne Standley - 18	24.29
Jennifer Mathews – 09	24.38
Ava Karam - 17	24.47

BOYS (3 miles)

FIRST TEAM	
Doug Smith – 87	15.00
Mark Landreneau – 03	15.08
Danon O'Kelly – 97	15.25
Joffroi Holcombe – 04	15.32
Mark Dotson – 09	15.38
Joe Landreneau – 01	16.17
Steven Jeansonne – 09	16.25
SECOND TEAM	
Francis Vanderlick – 04	16.27
Landry Carr – 89	16.28
Wes Pepitone – 03	16.32
Jesse Petrus – 03	16.37
Daniel Garner – 05	16.42
Alex Perez – 97	16.47
Cliff Allen – 87	16.52
THIRD TEAM	
Gavin Filasek – 01	17.02
David Sigur – 96	17.10
Brandon Adams – 02	17.10
Grant Alexander – 11	17.14
Isaac Eilts – 12	17.15
Jason Hugenroth – 89	17.18
Christian Taylor – 12	17.20
FOURTH TEAM	
Todd DeFee – 94	17.24
Stefan Waller – 08	17.24
Shawn Preau – 89	17.28
Scott Demarco – 05	17.28
Sean McHugh – 91	17.30
Tucker Baker – 12	17.33
Cody Boswell – 12	17.35
FIFTH TEAM	
Will Littlepage – 07	17.37
Maury Carr – 87	17.39
Dave Vanderlick – 96	17.39
Andrew Lemoine - 12	17.40
Sean Nolan – 89	17.45
Jack Shallock – 03	17.46
Willie Carr – 98	17.50

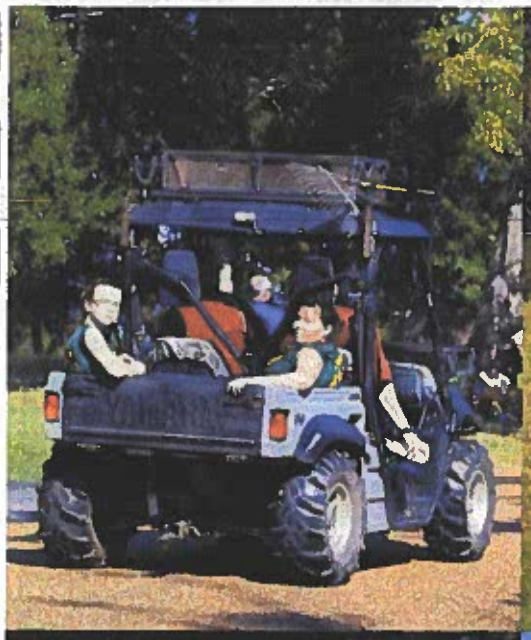
(Name – Grad Year -- Time)



CHAMPIONS

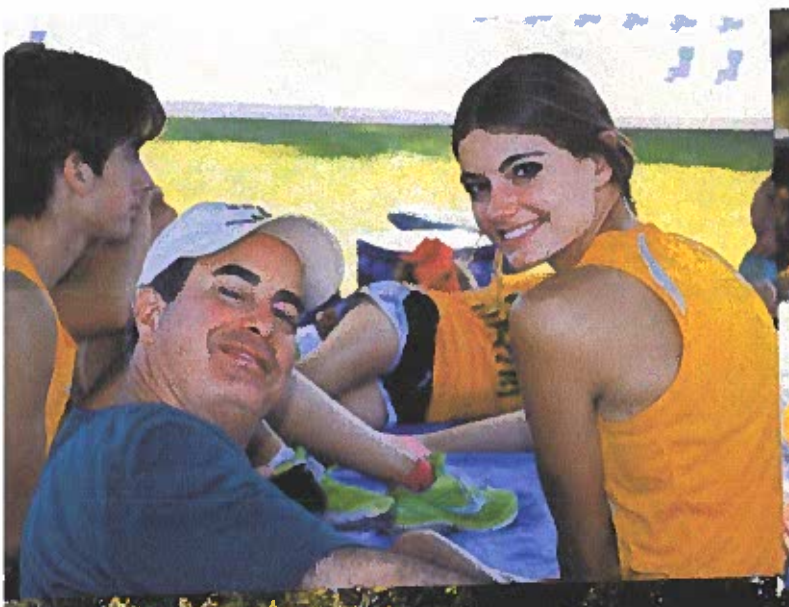
HC?
M E G

HOLLISTER

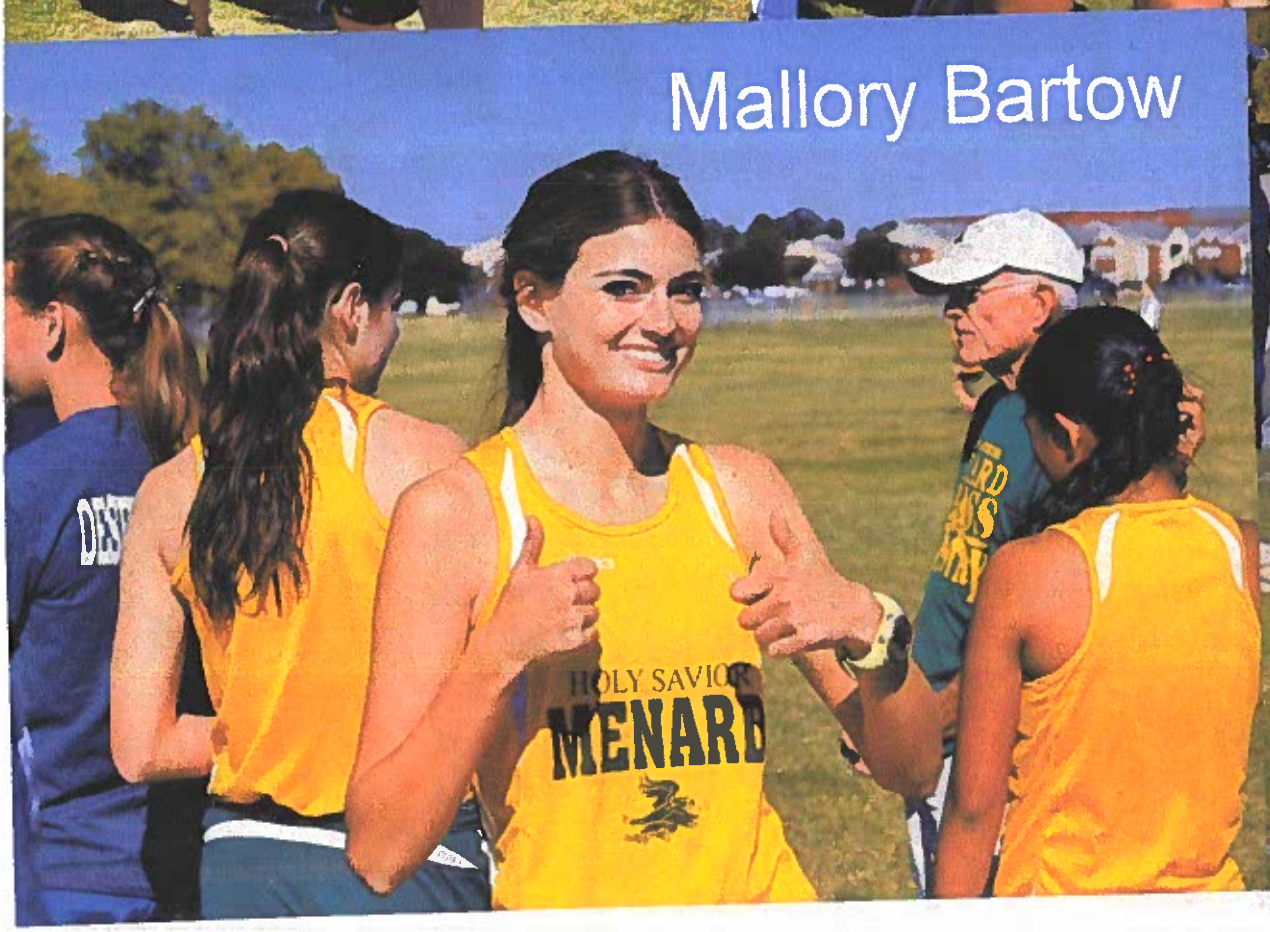


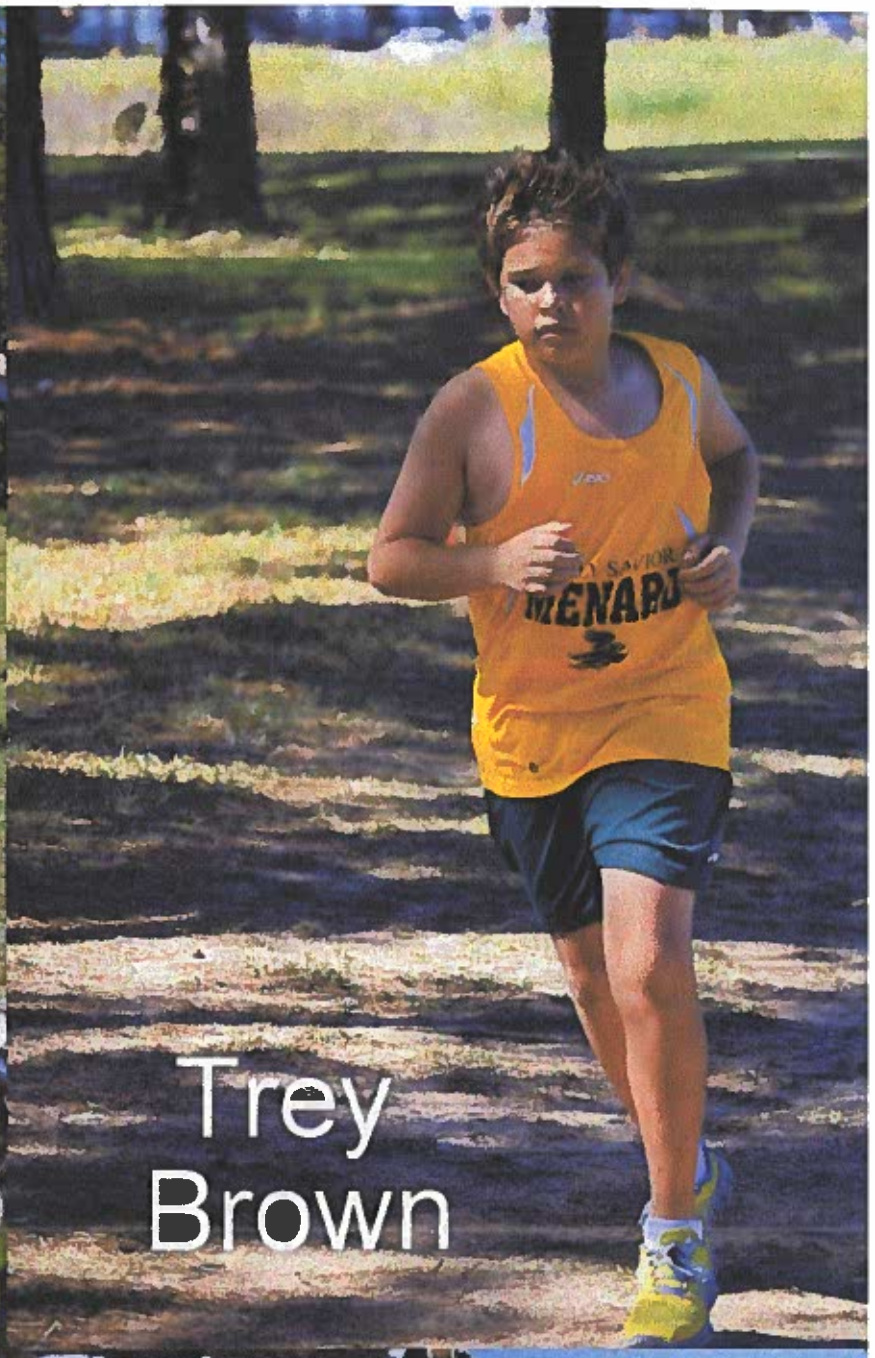
Victoria Hirchak

Managers

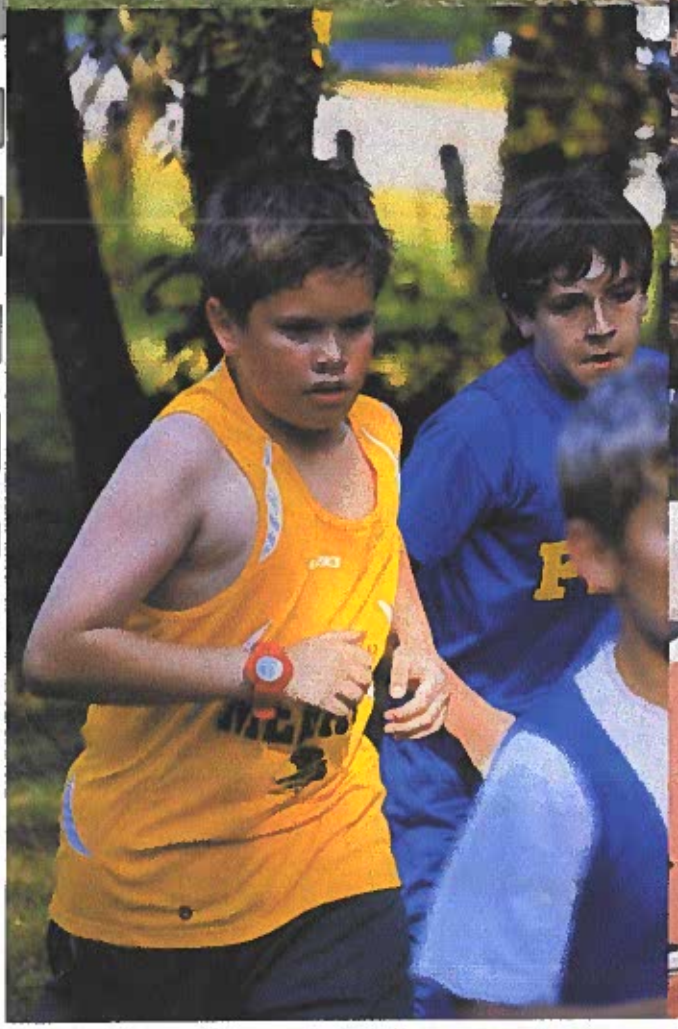


Mallory Bartow

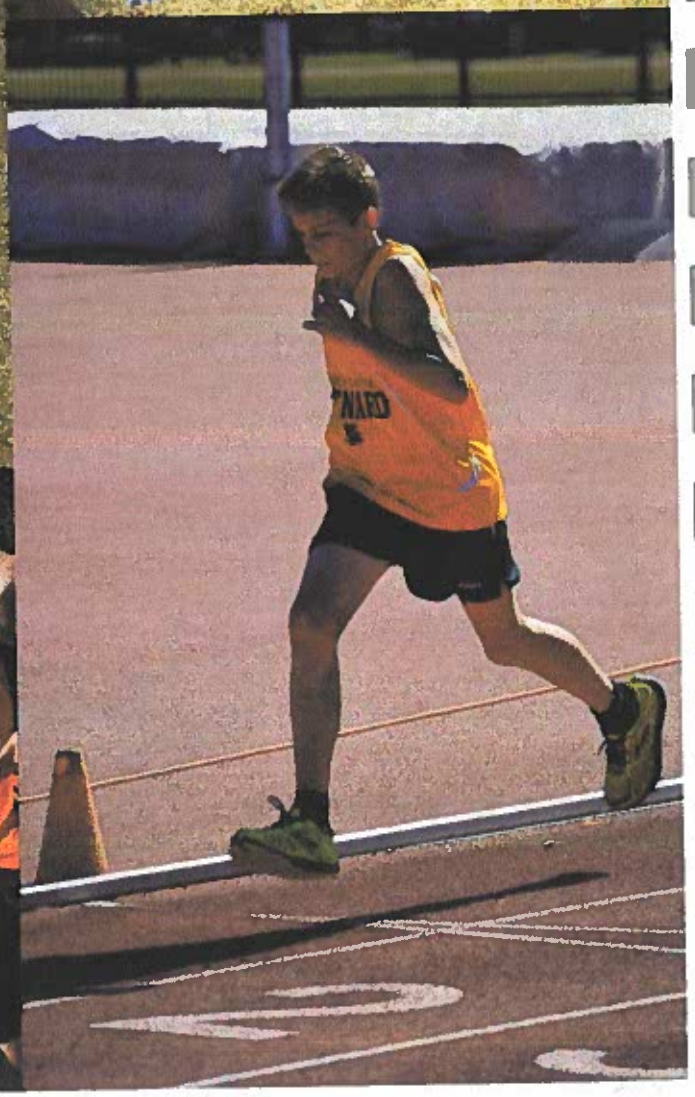


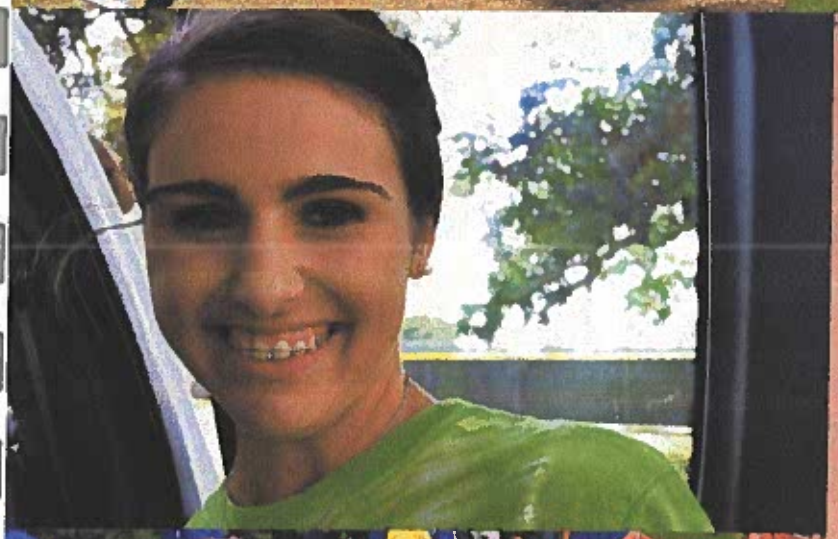


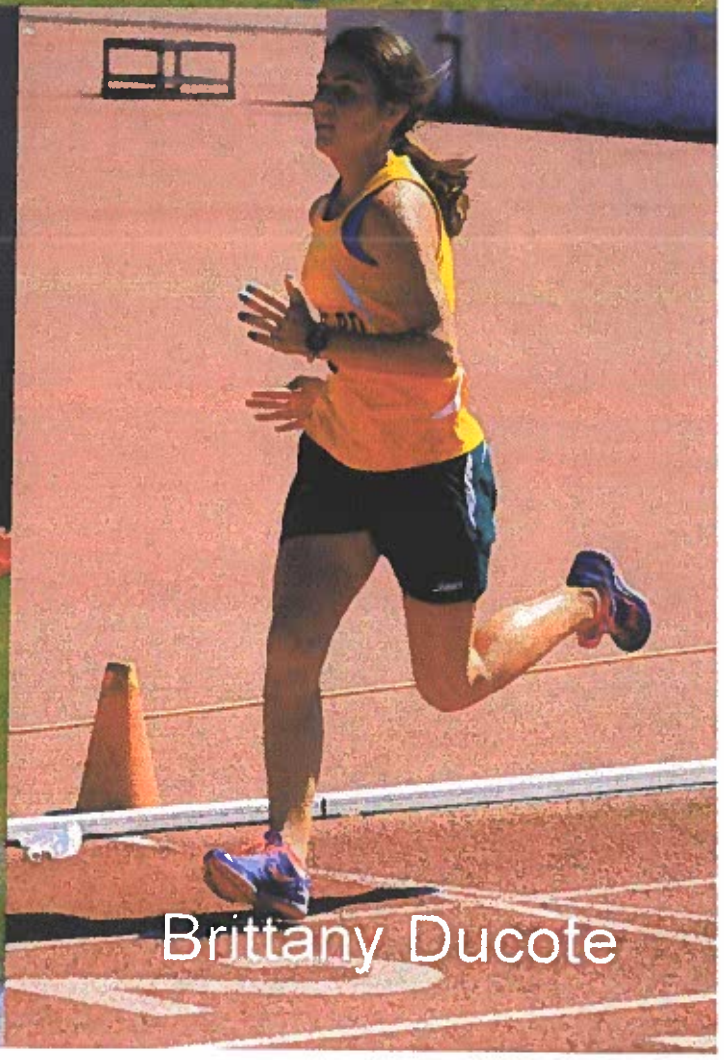
Trey
Brown

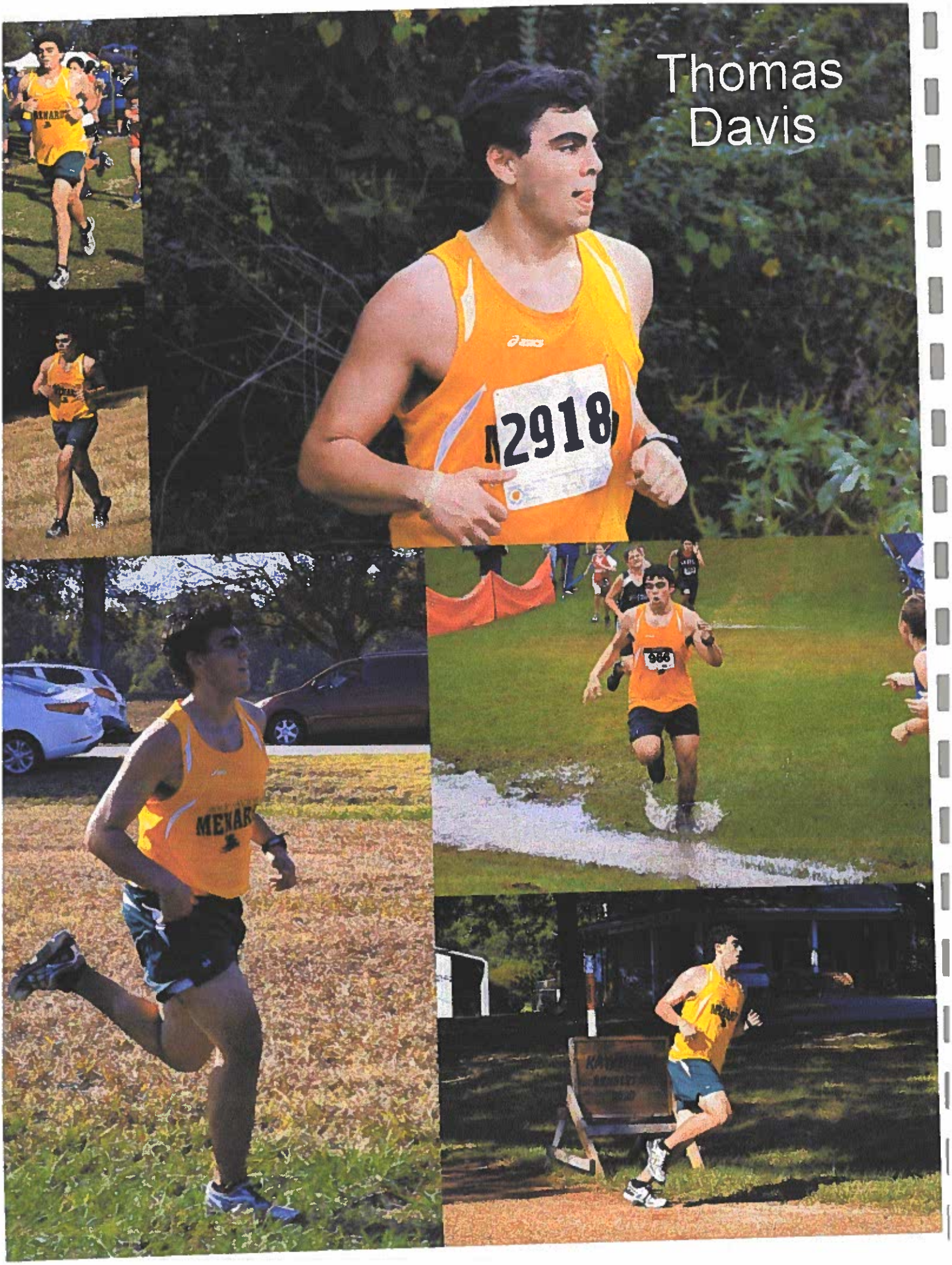


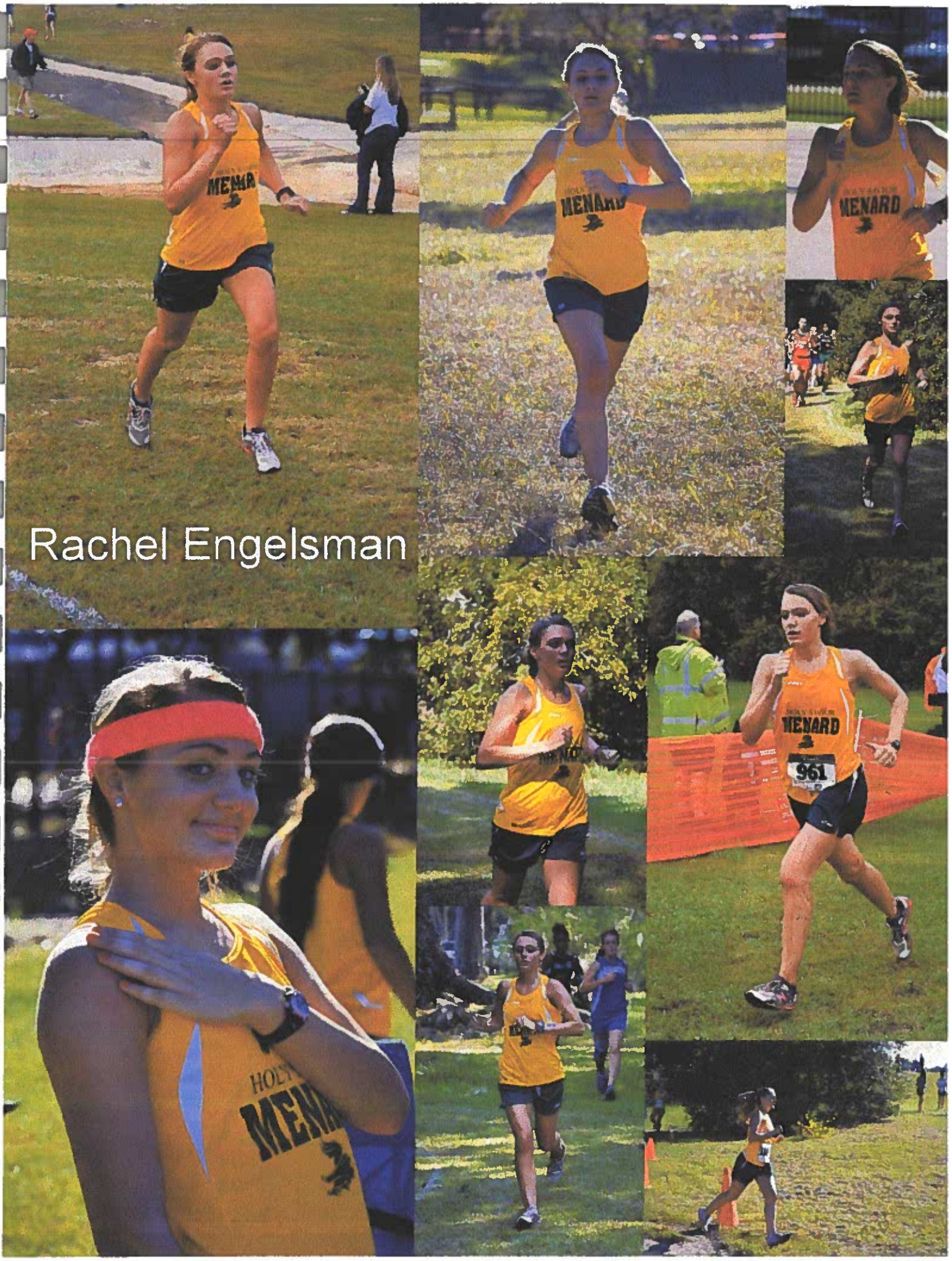
Grayson Burns

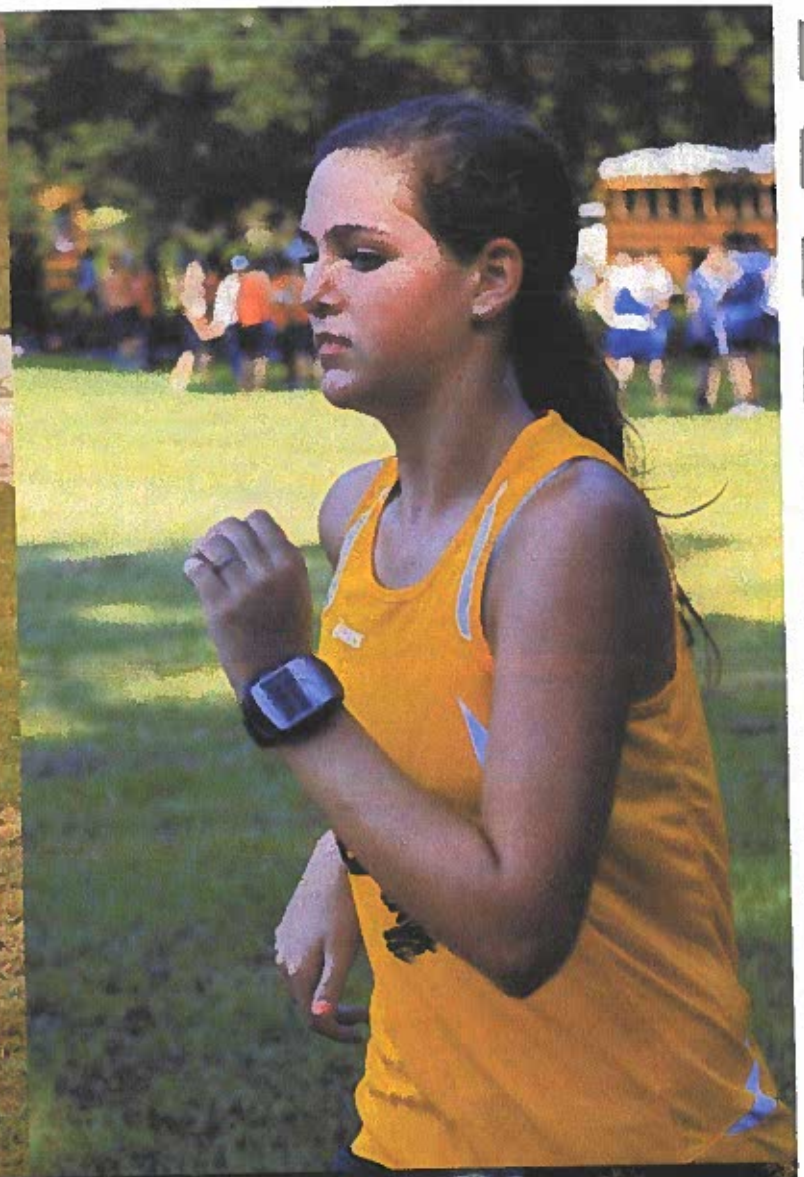


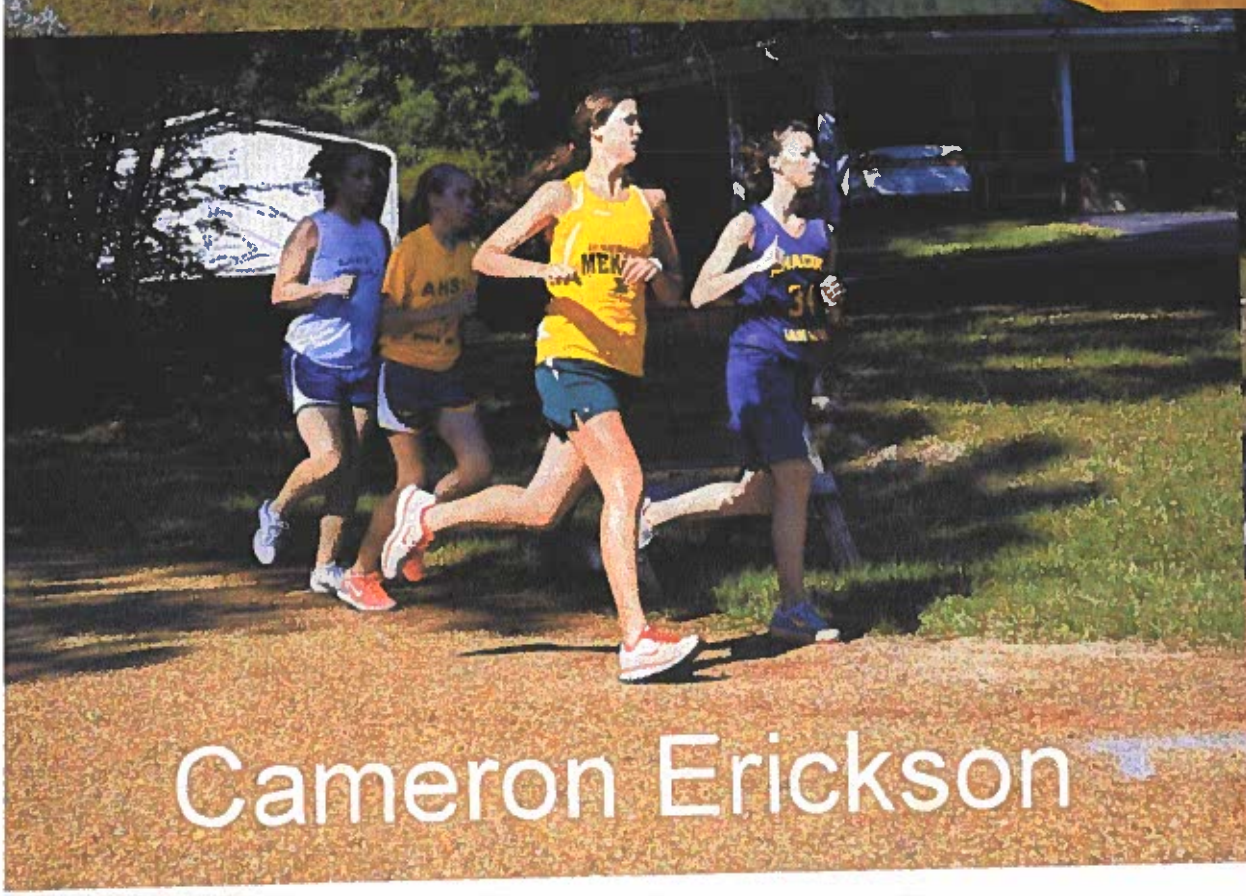



Brittany Ducote


Thomas
Davis
2918

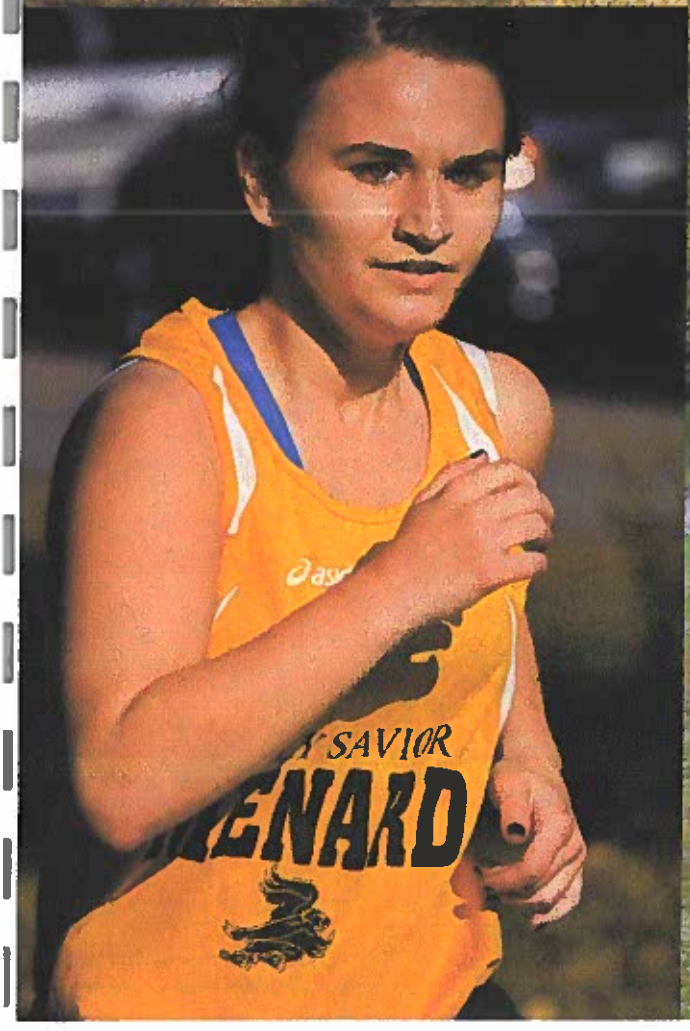

Rachel Engelsman
MENARD
961

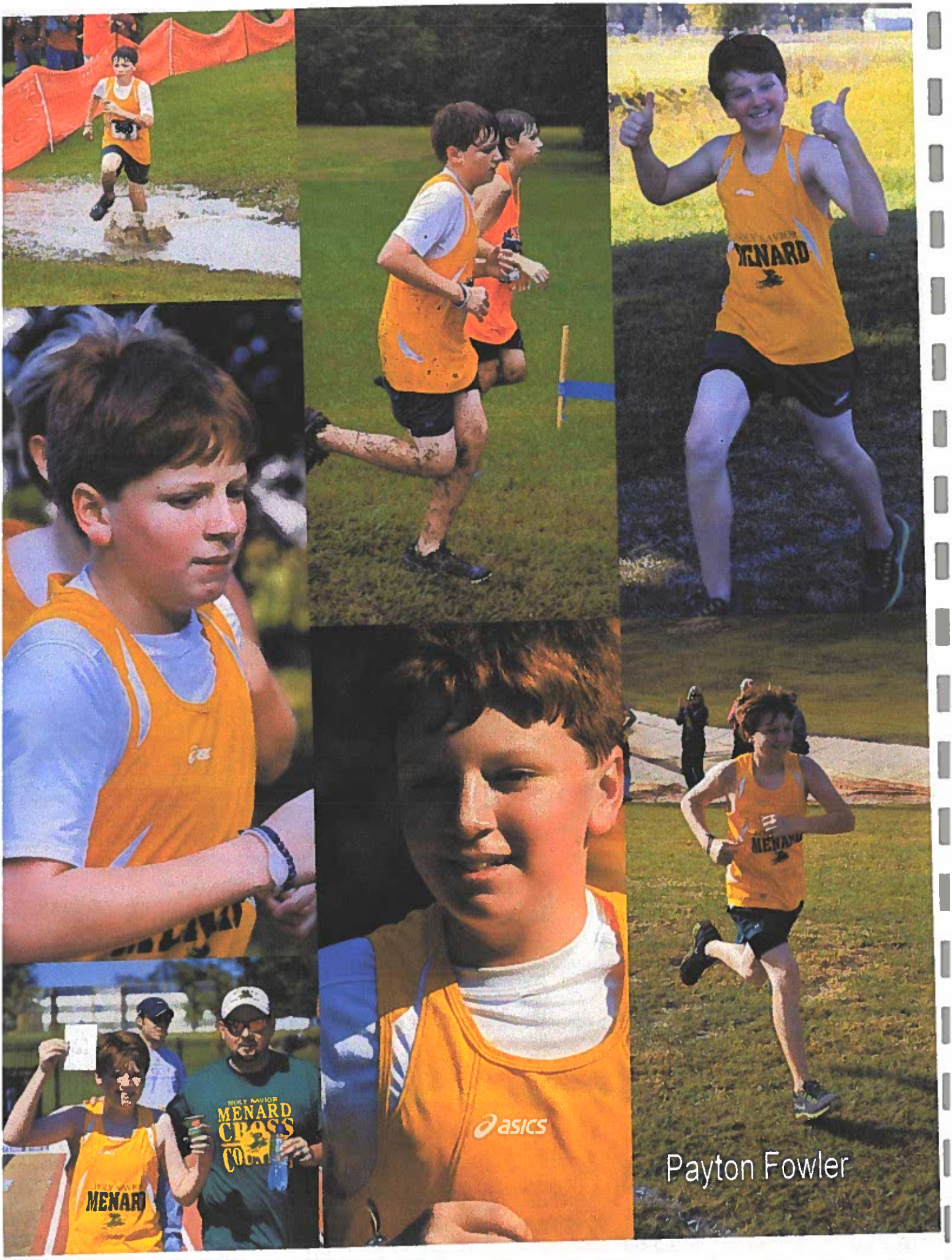




Cameron Erickson

Catherine Evans

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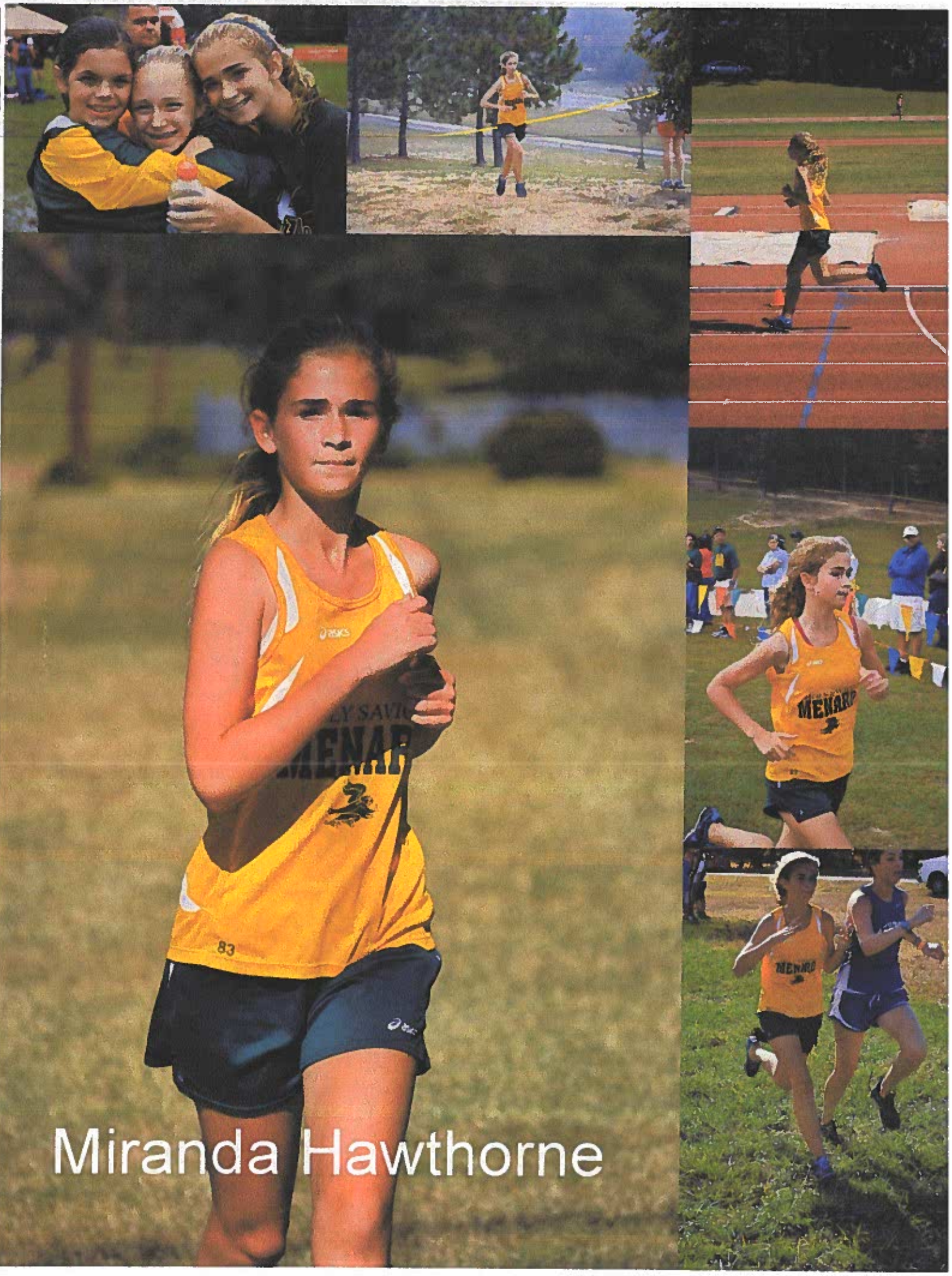
asics
Payton Fowler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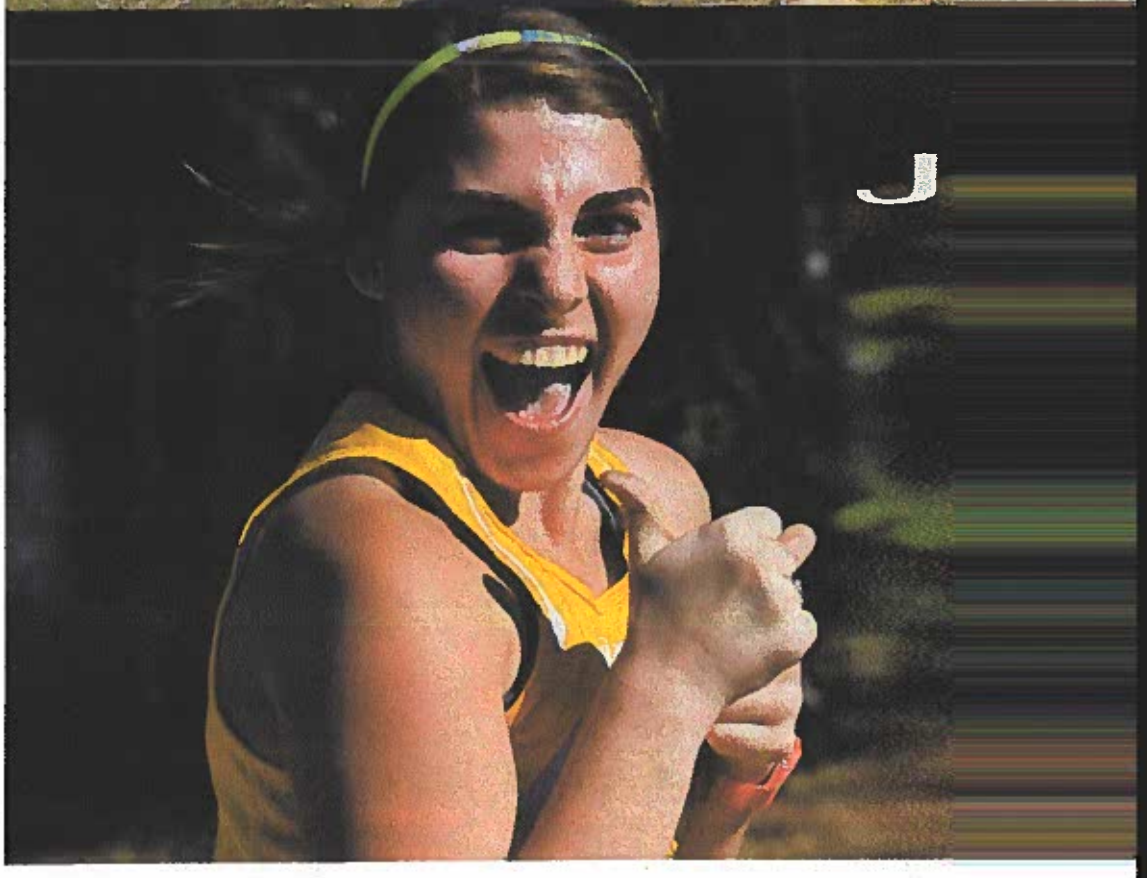
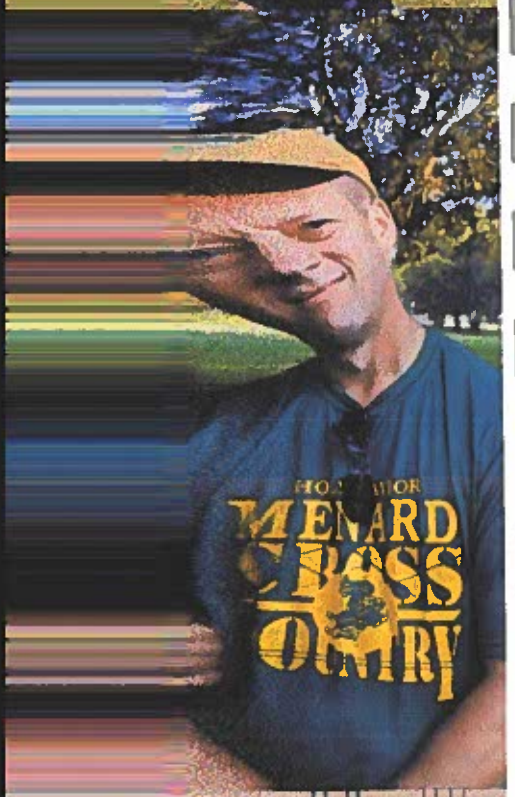
83
Miranda Hawthorne

Rebecca Jeanfreau

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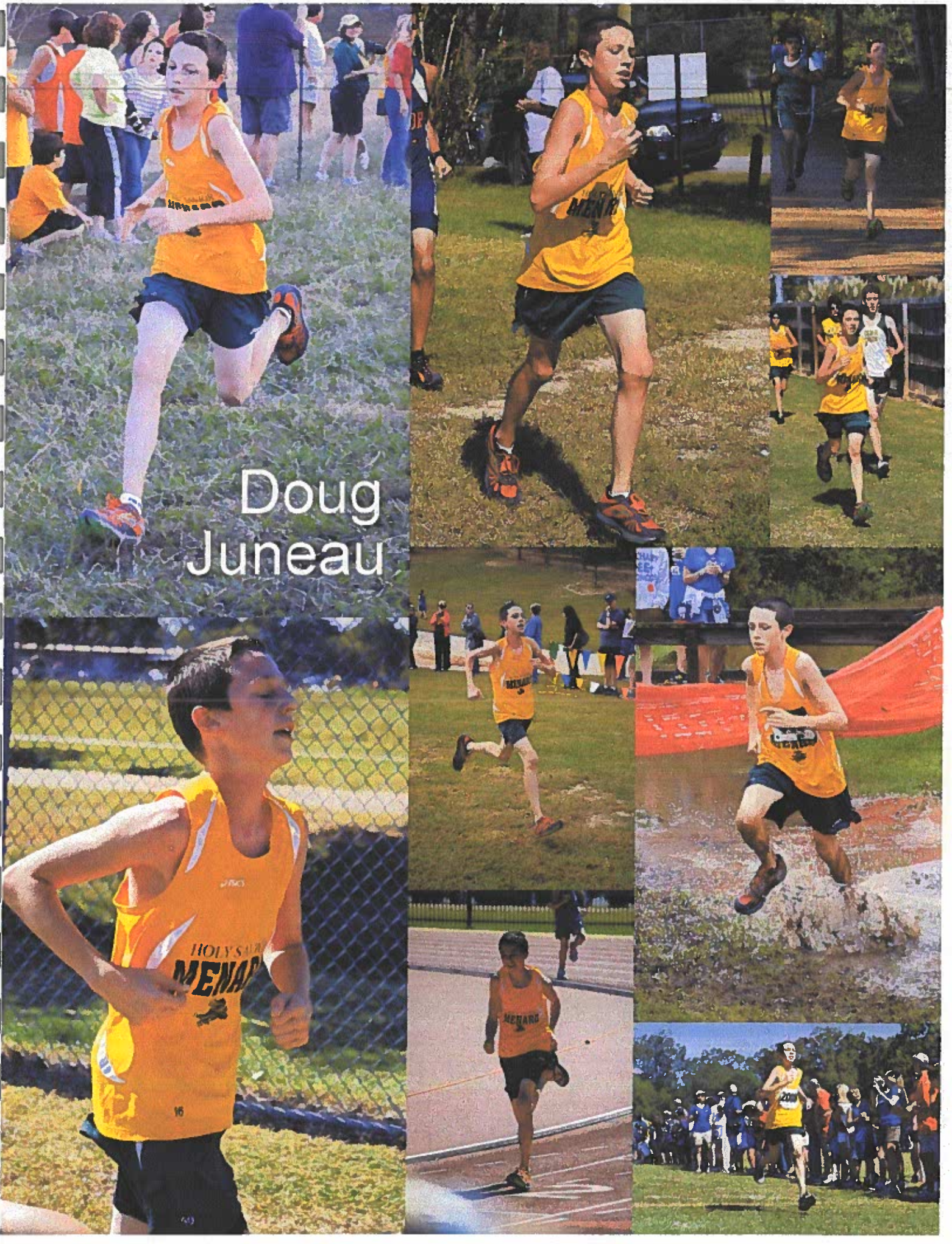
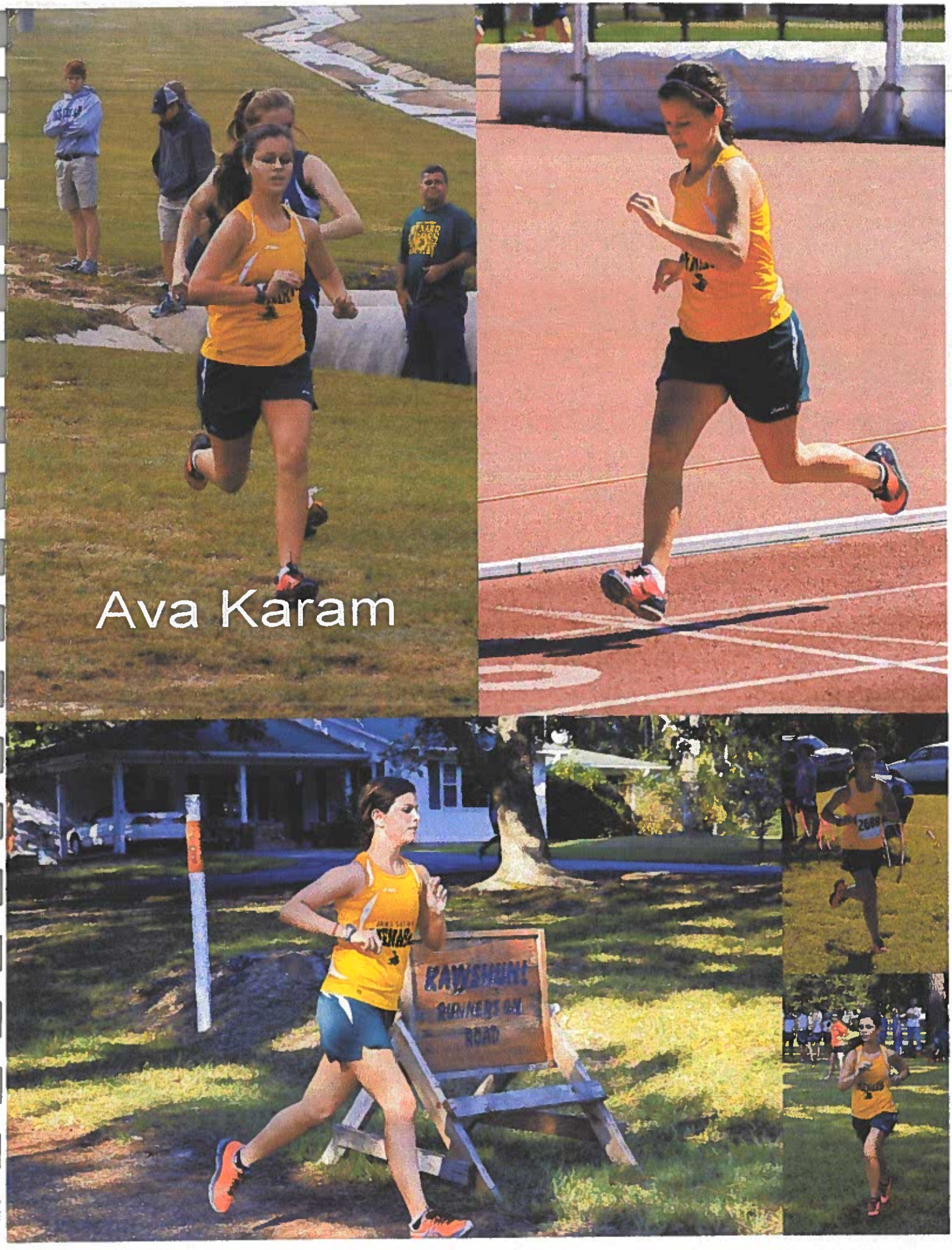
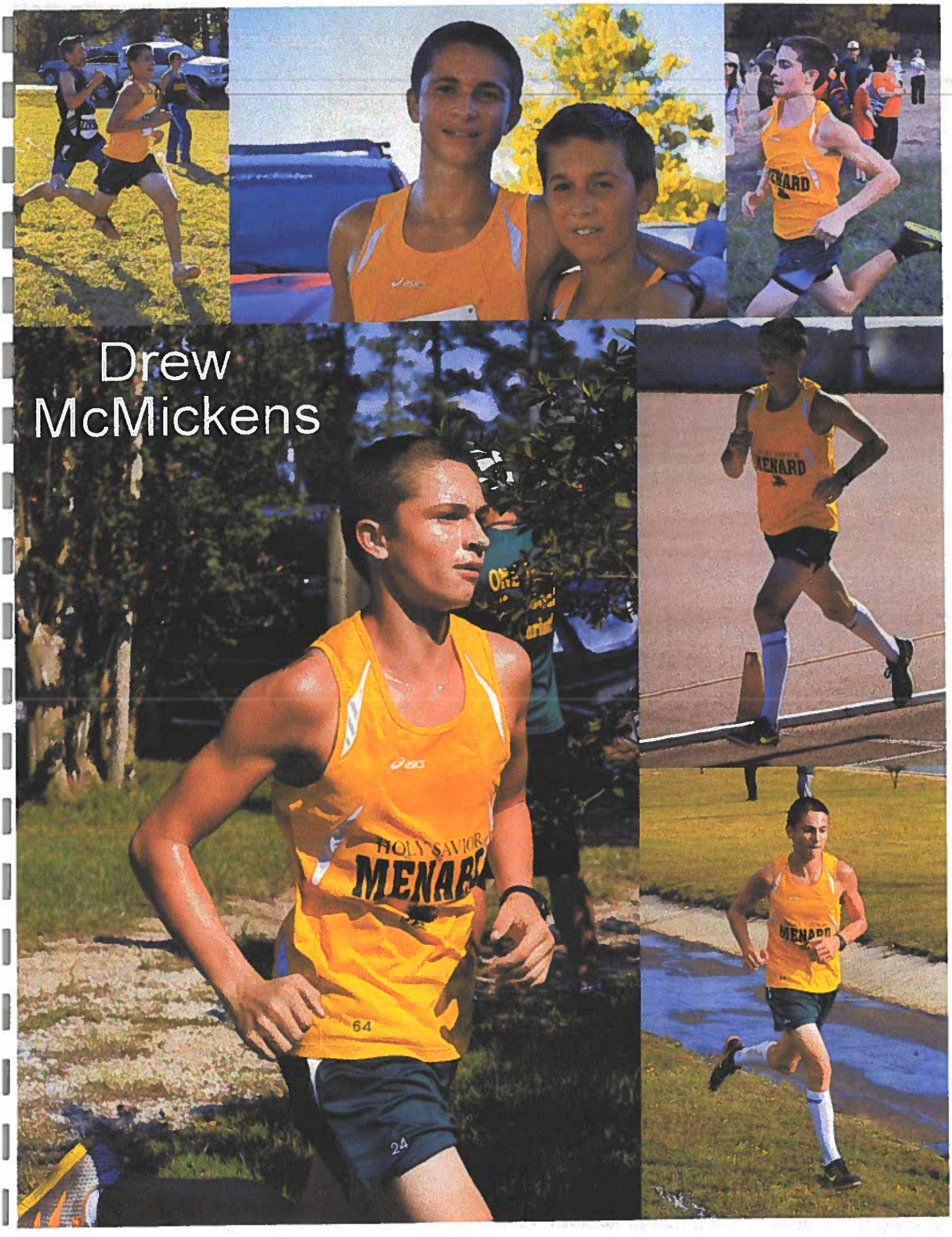
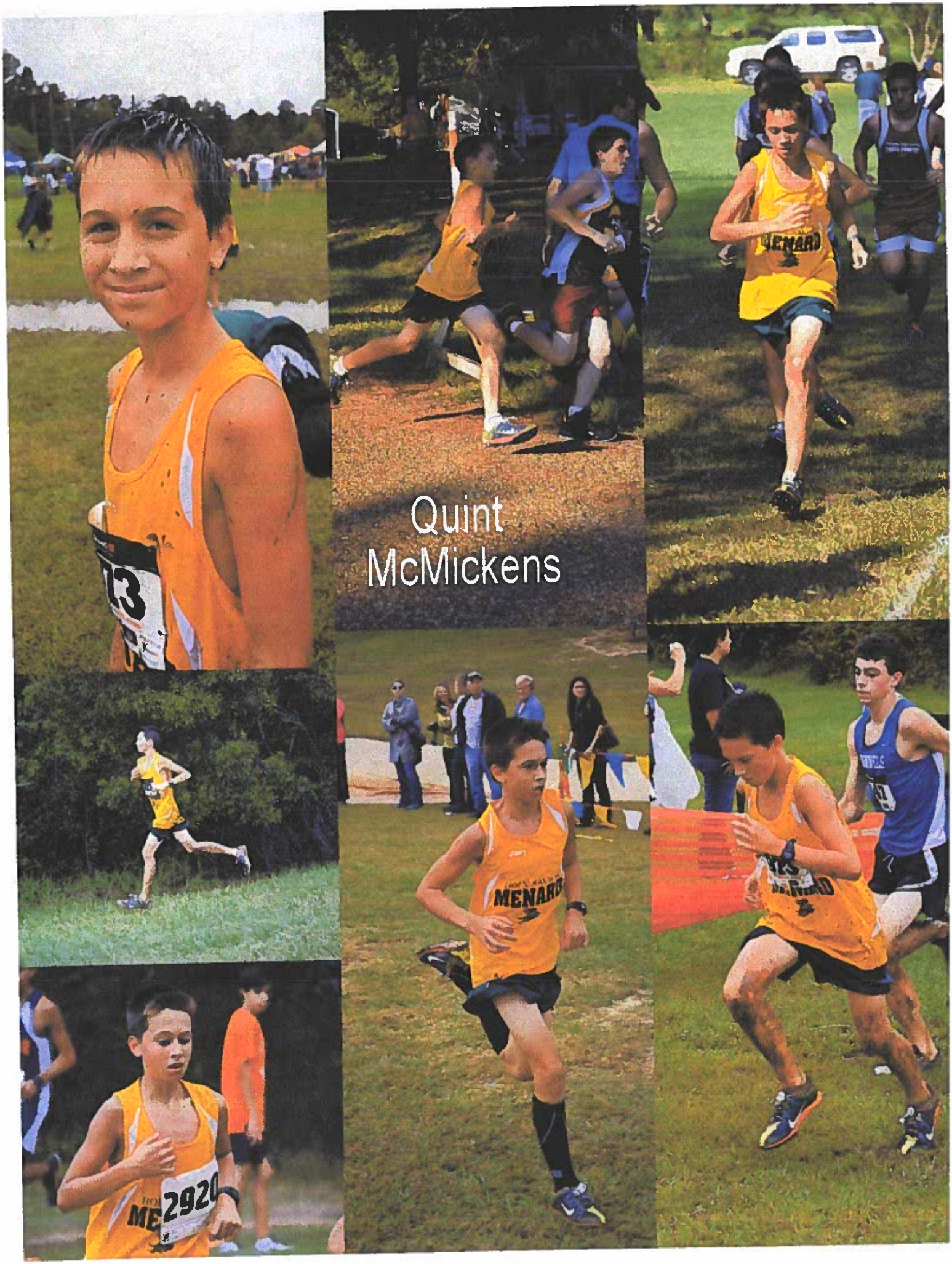

Doug
Juneau

Annie Karam


Ava Karam

Avery Long


Drew
McMickens
HOLY SAVIOR
MENARD
64
24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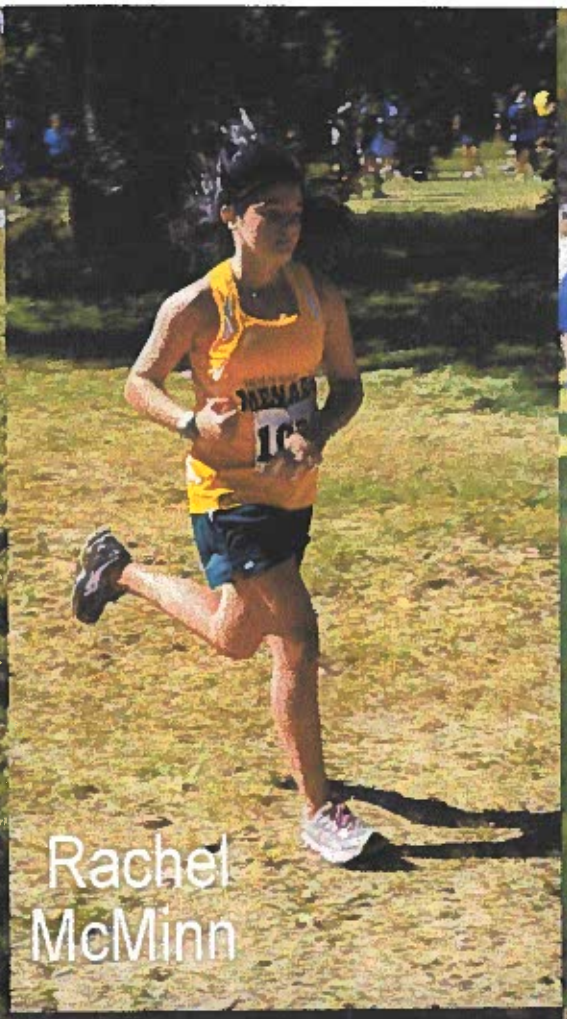
McMickens



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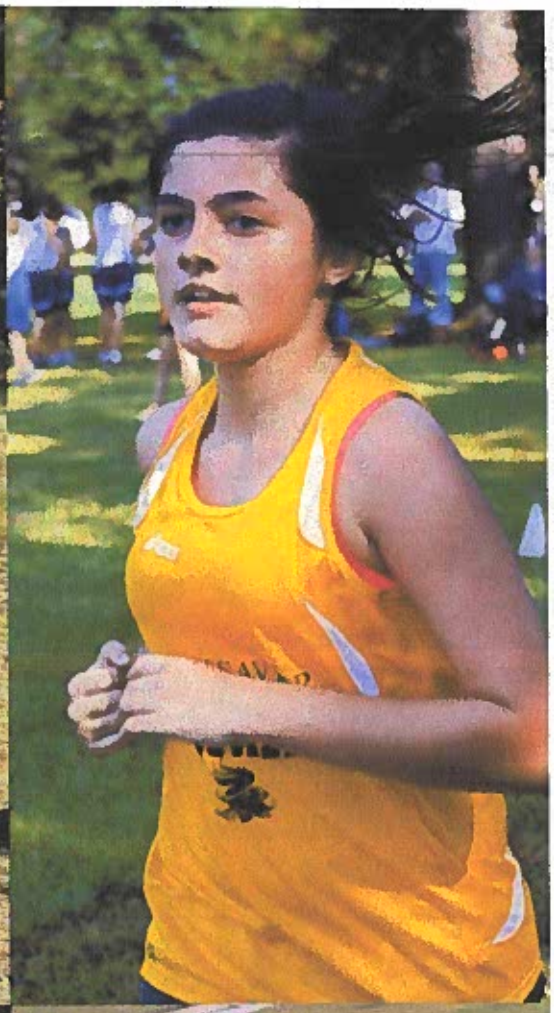
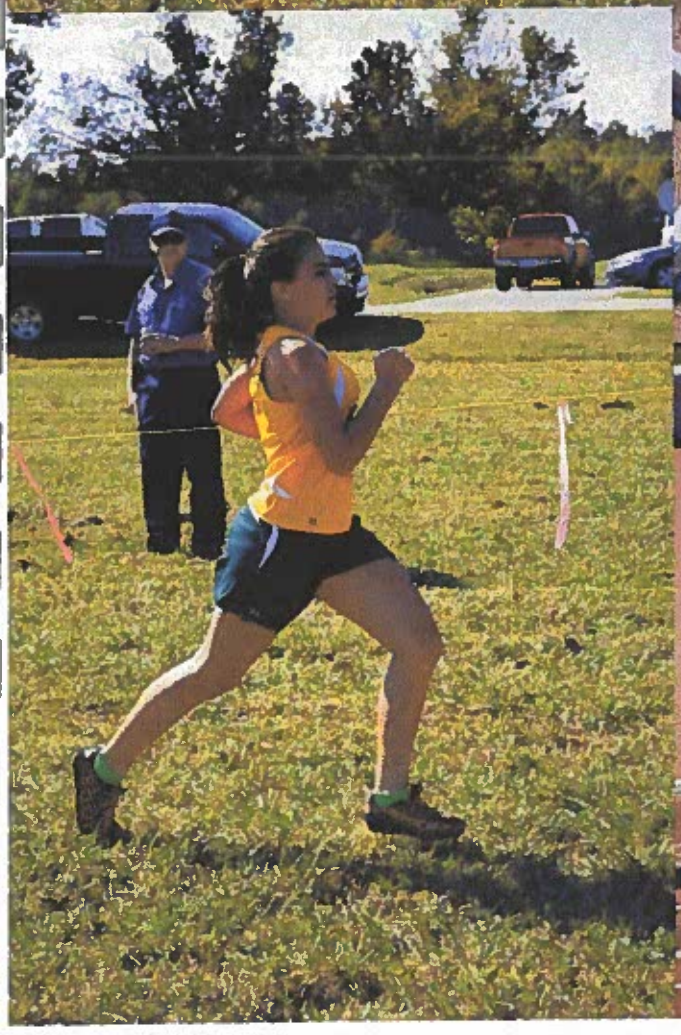
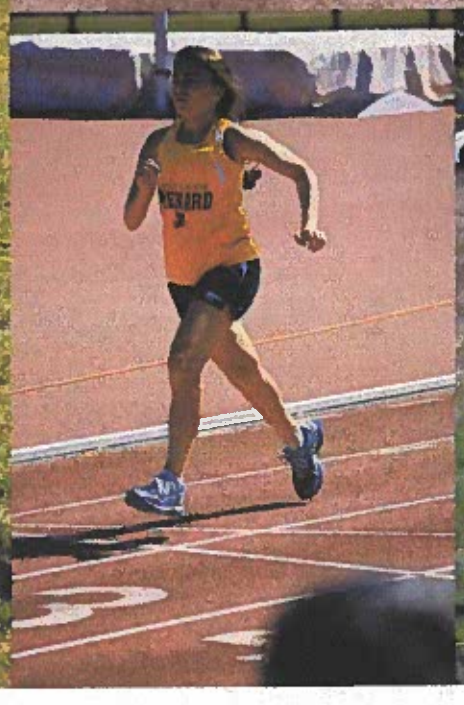
McMinn

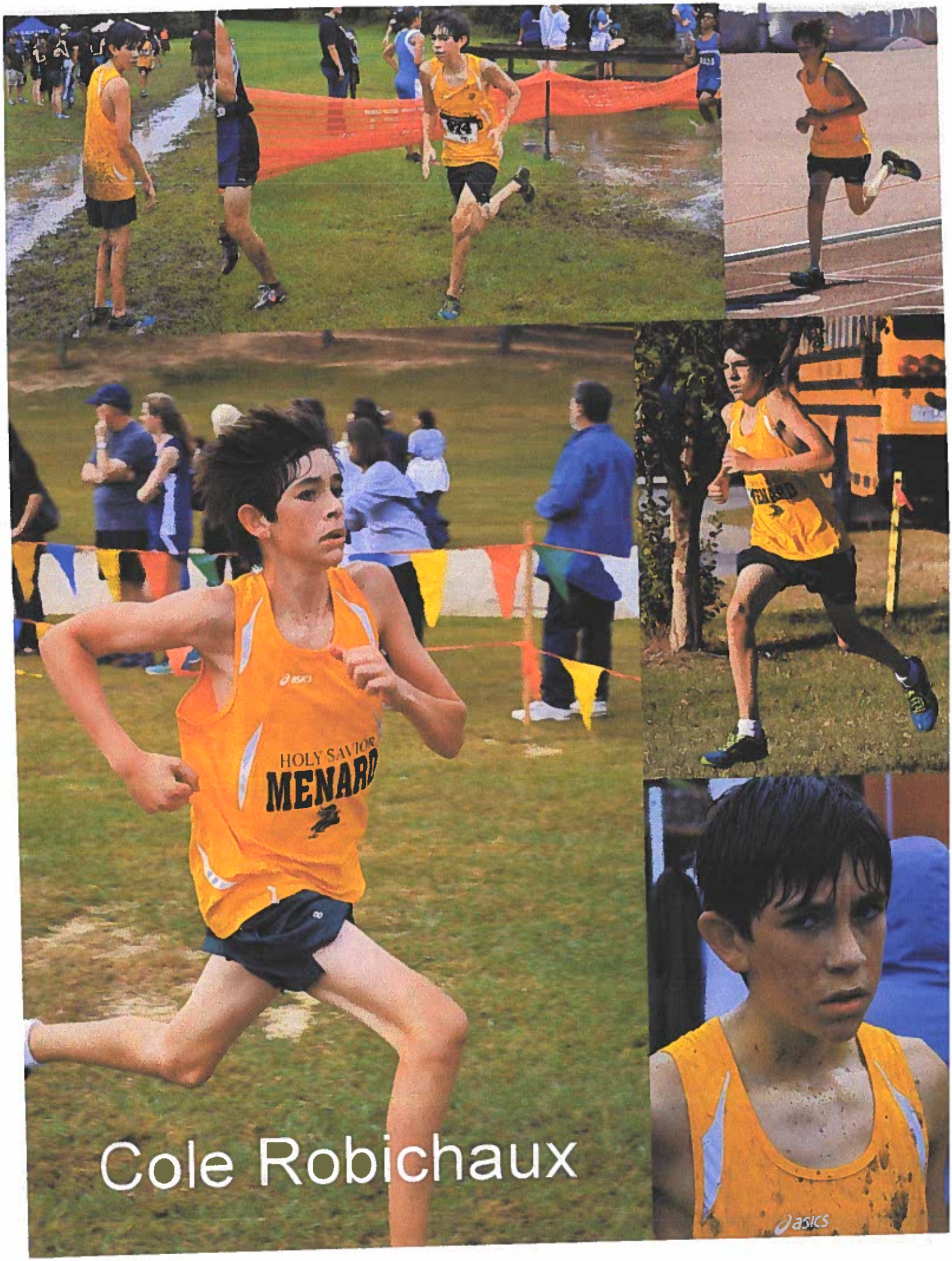


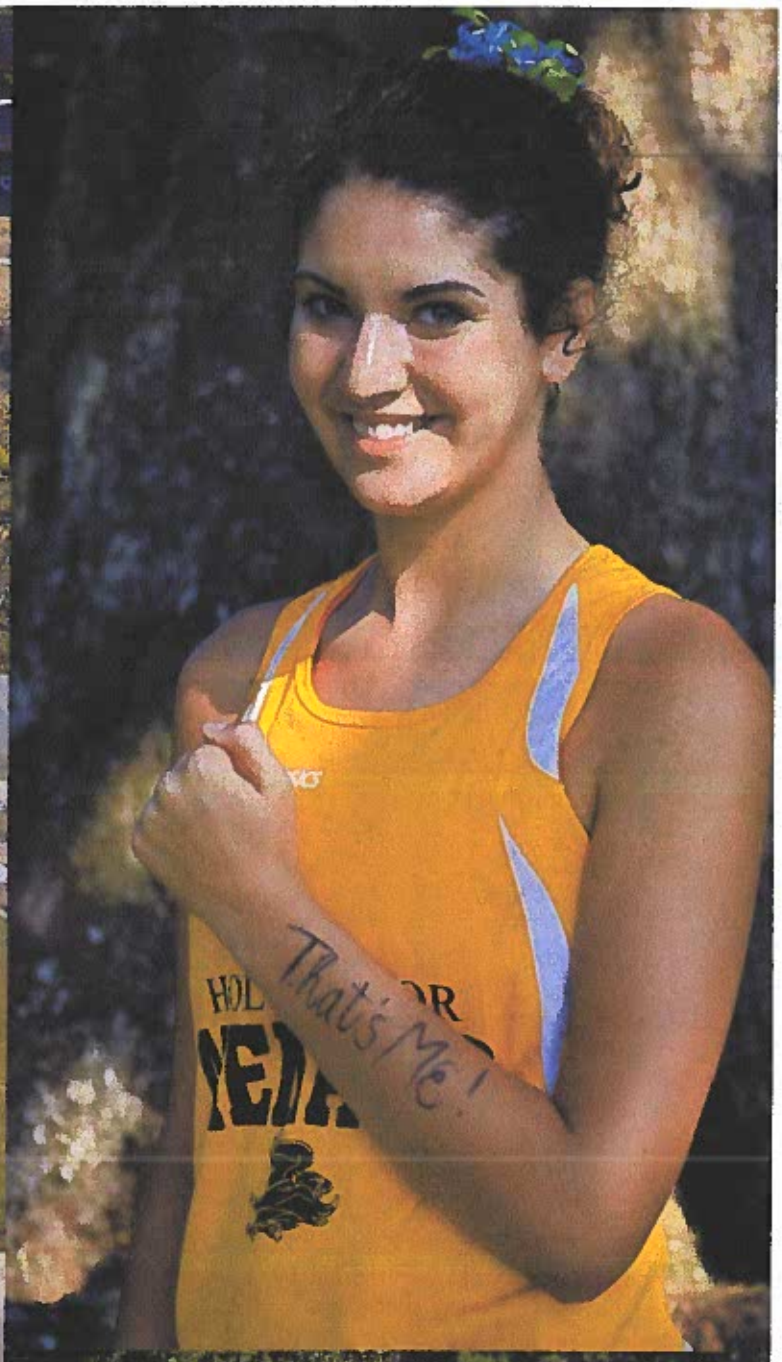
Meg Morrison

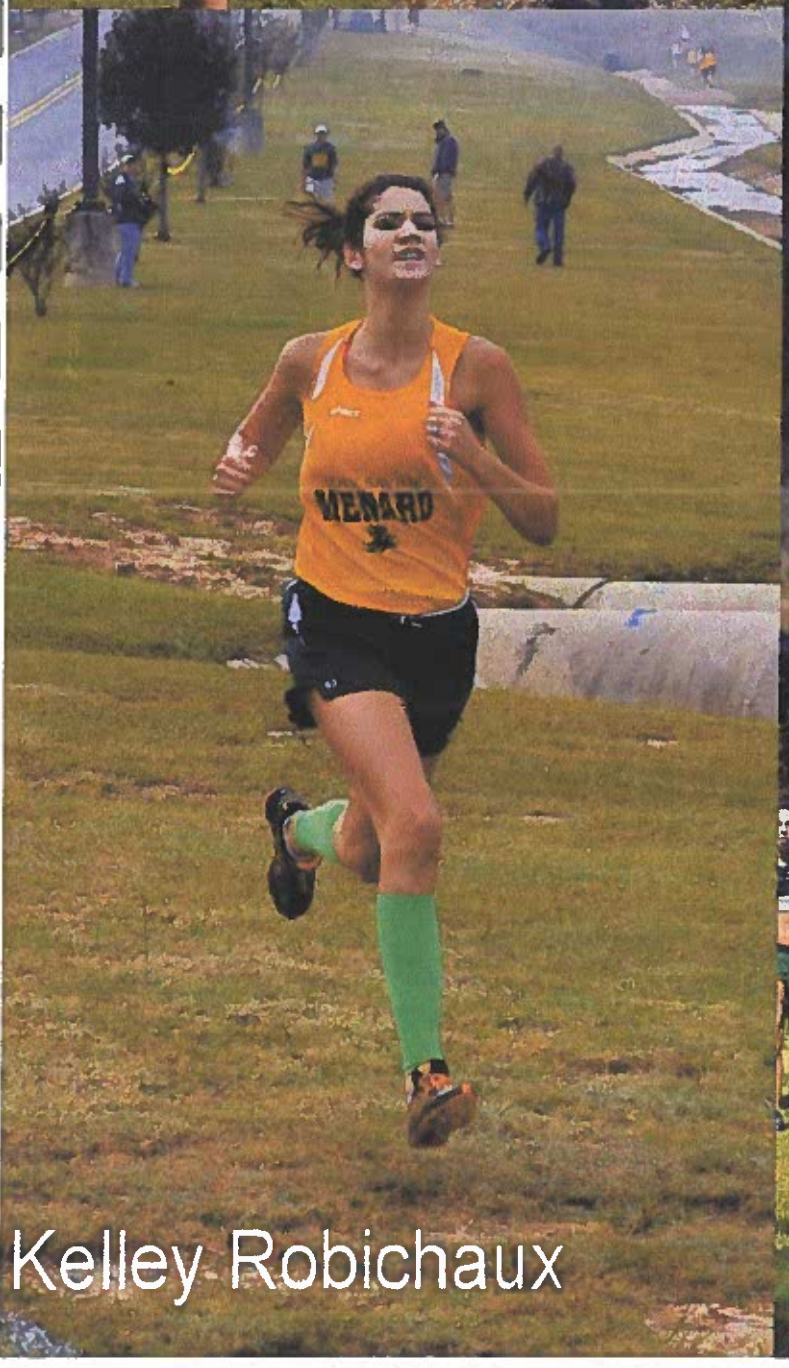
Carson Rabalais






HOLY SAVIOR
MENARD
asics
Cole Robichaux





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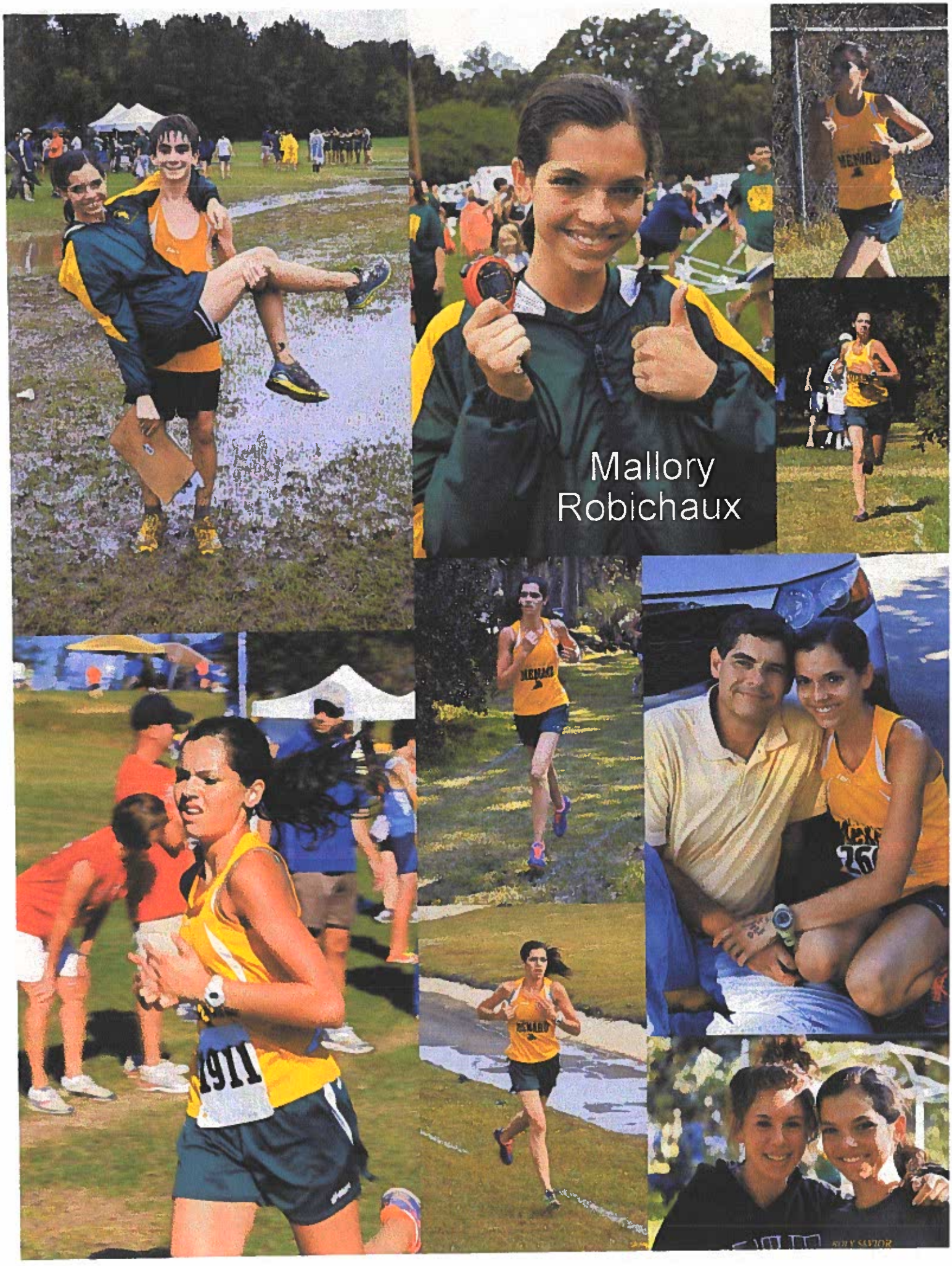
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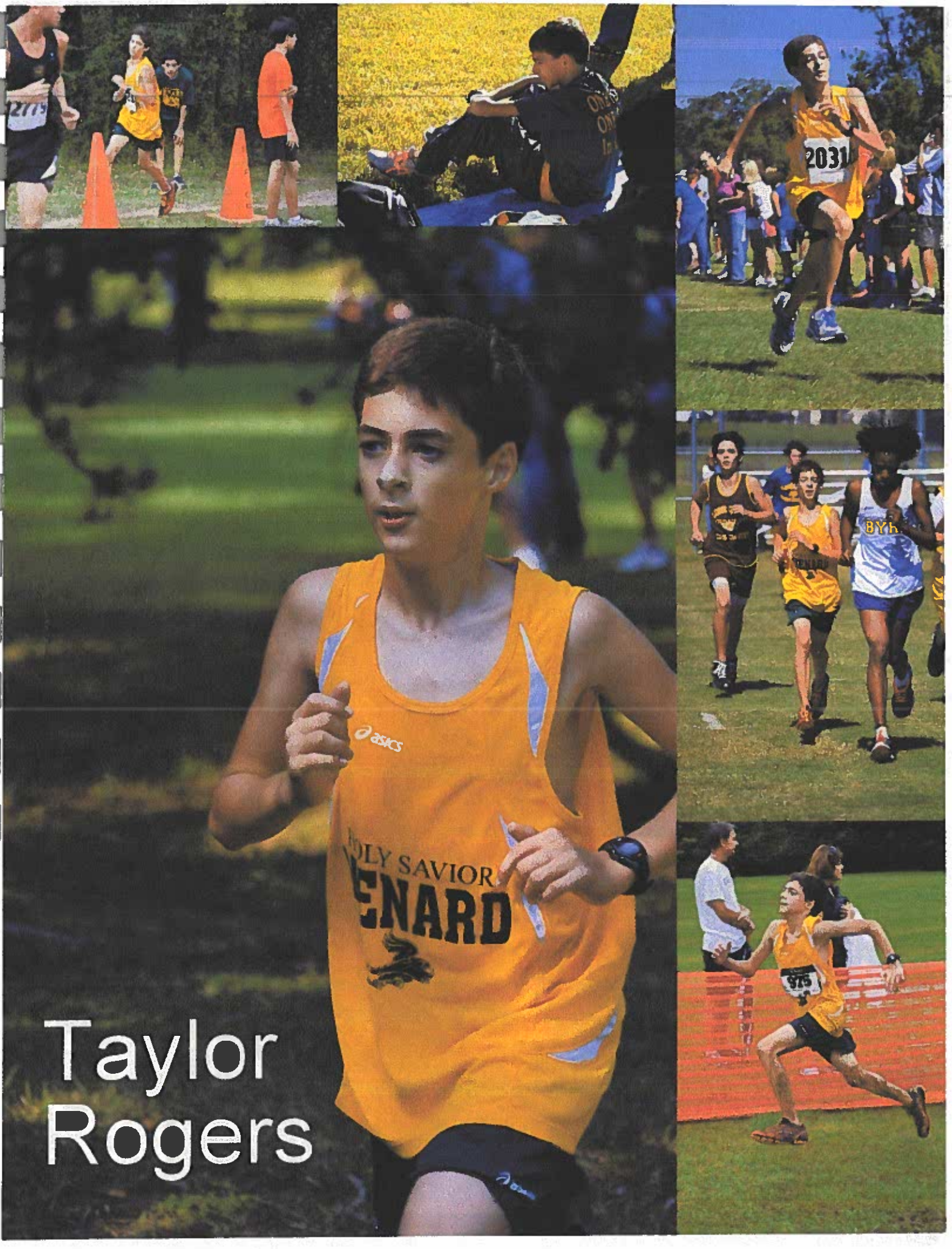
Robichaux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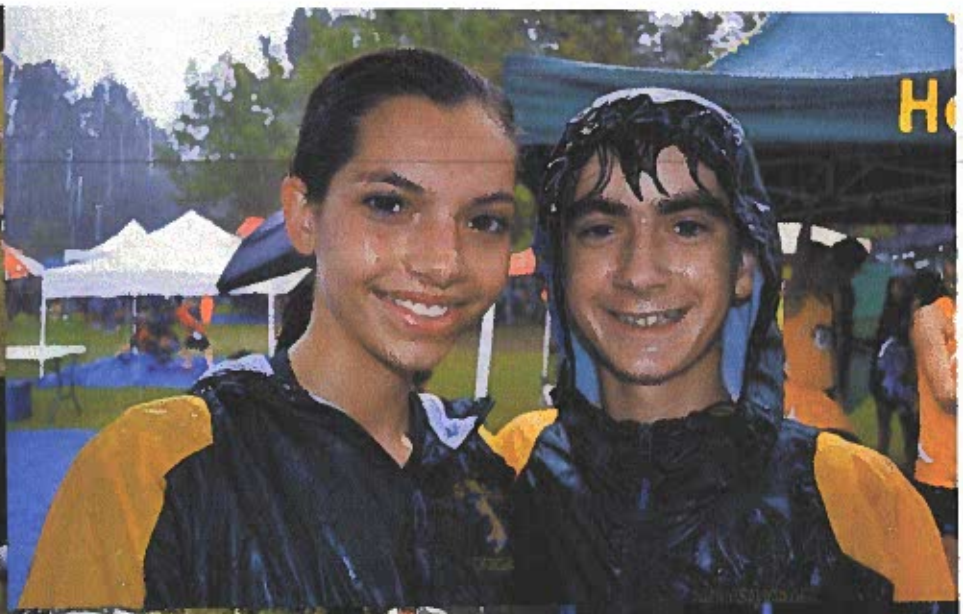
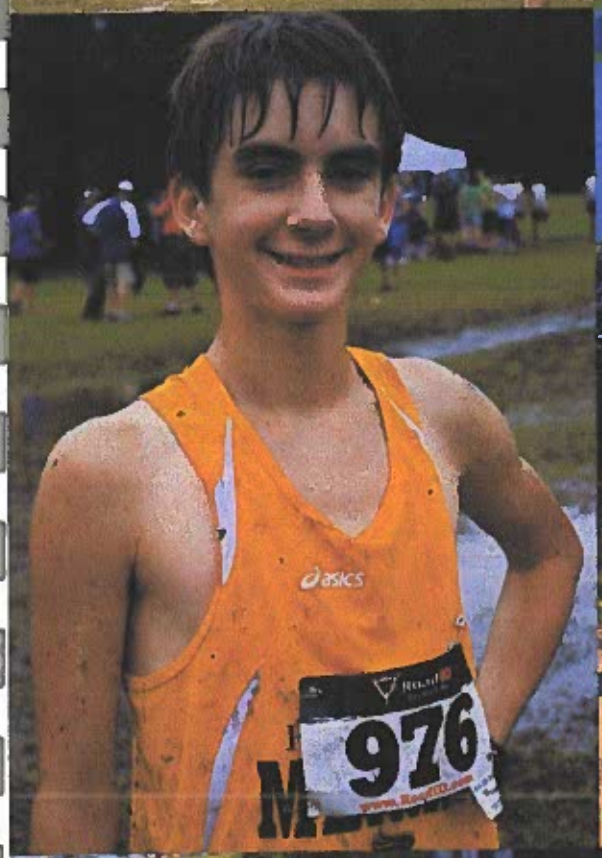
HOLY SAVIOR
ENARD
Taylor
Rogers

Emily Saccaro

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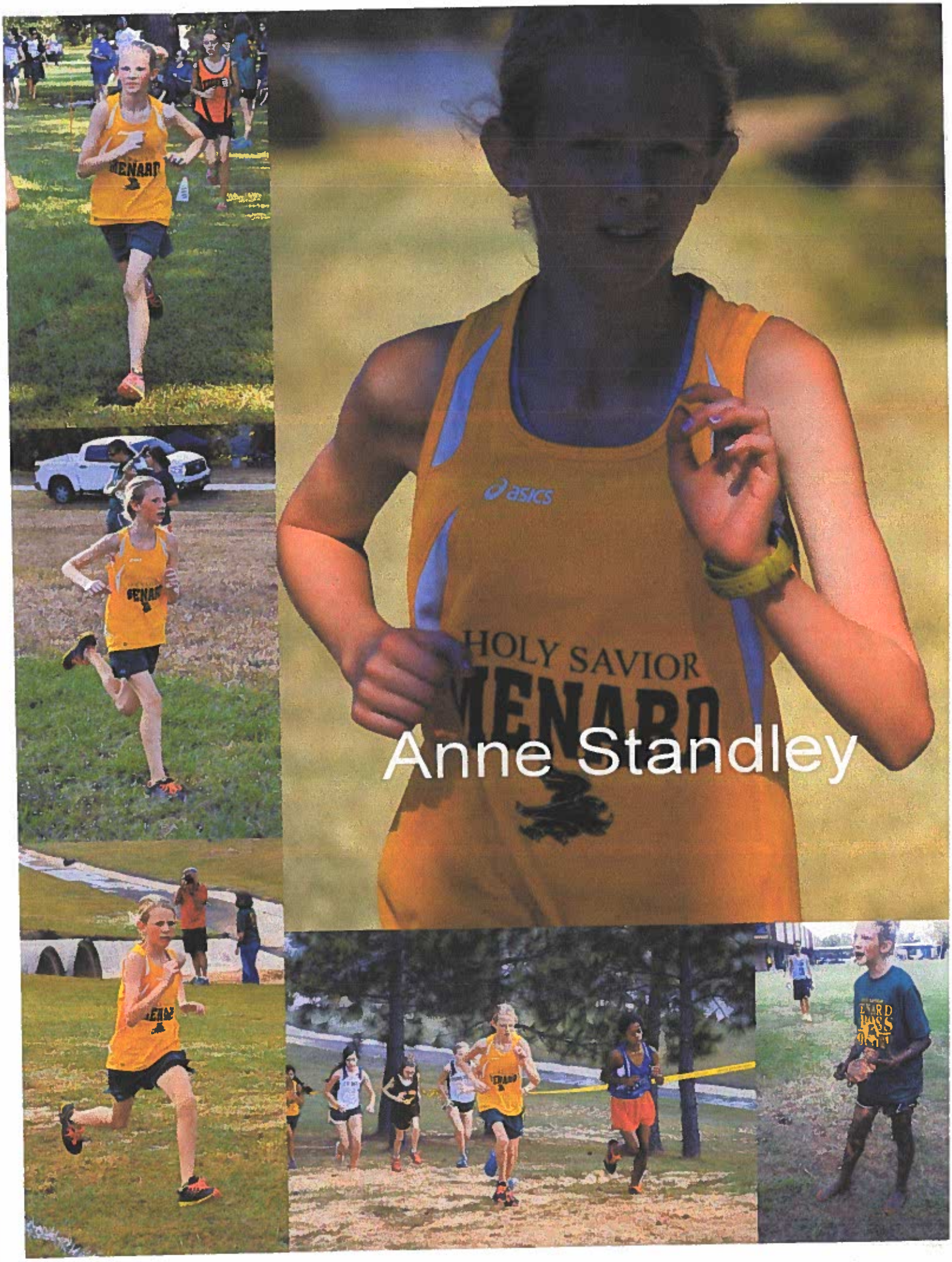
Bradley Schneider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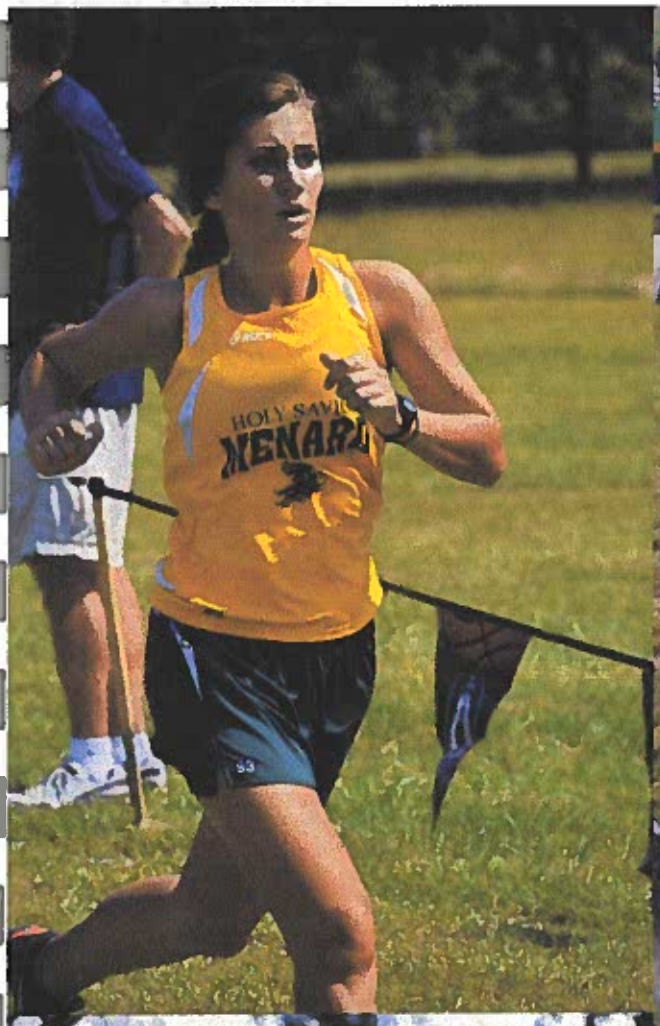
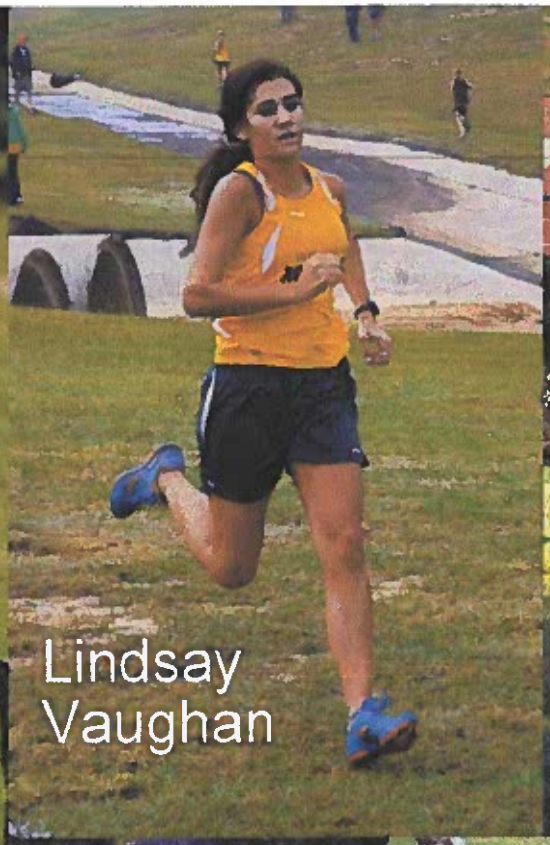
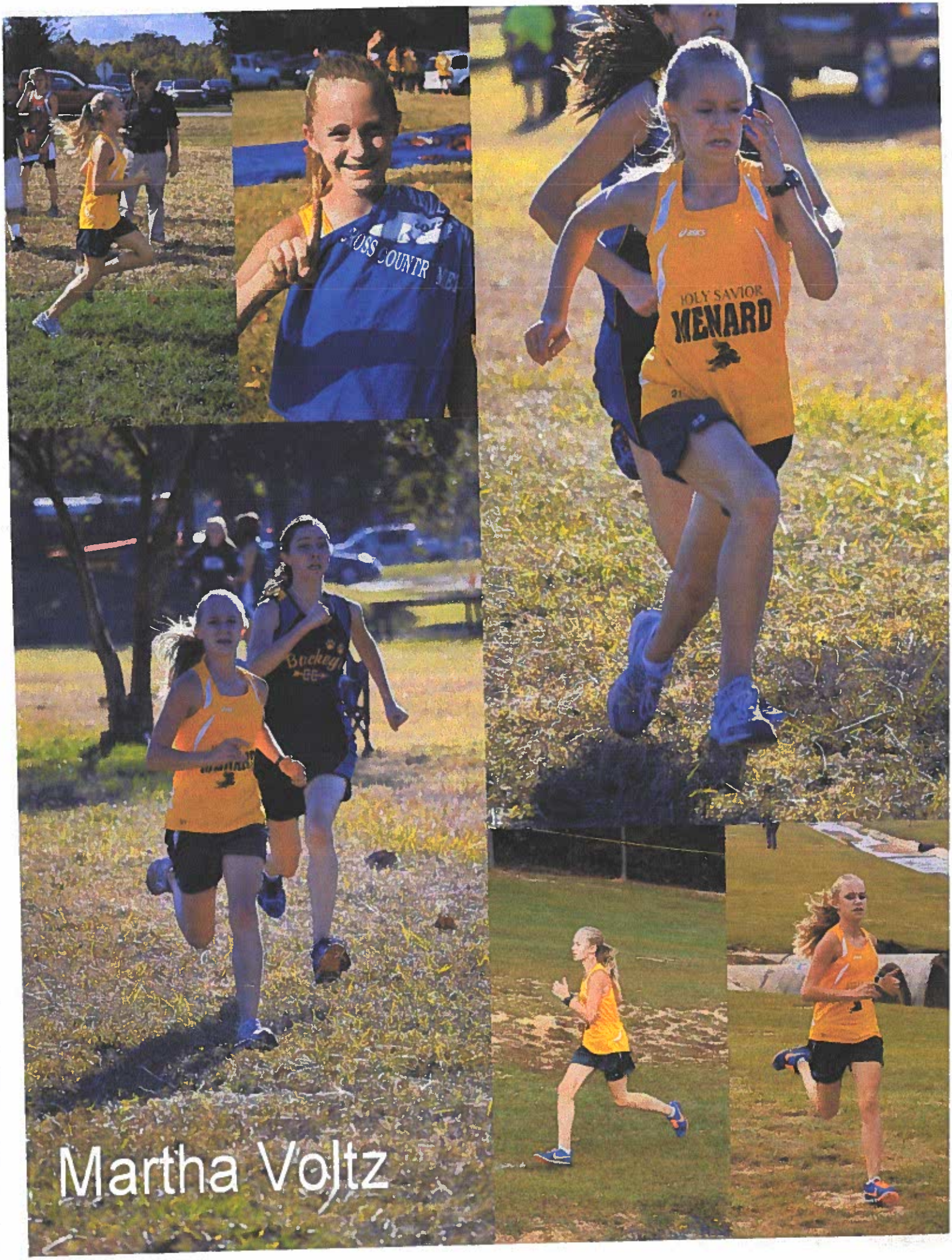
HOLY SAVIOR
MENARD
Anne Standley





Lindsay
Vaughan


HOLY SAVIOR
MENARD
Martha Voltz

TOP TEAM TIMES

	BOYS 3 MILE			GIRLS 3 MILE			GIRLS 2 MILE		
	TIME	COURSE	DATE	TIME	COURSE	DATE	TIME	COURSE	DATE
1	81.38	Jesse Owens	10/6/2001	101.25	NSU	11/11/2012	63.12	NSU	11/13/2002
2	83.28	Cedar Creek	10/7/2000	102.04	Acadiana	10/29/2011	63.16	NSU	11/14/2001
3	83.54	NSU	11/14/2001	103.13	Acadiana	10/24/2009	63.31	NSU	11/20/2002
4	84.09	Highland	10/13/2001	103.29	ASH	11/3/2009	64.37	NSU	11/9/2002
5	84.39	Aquinas	9/15/2001	103.53	Buhlow #6	11/9/2011	65.05	Buhlow #4	11/8/1995
6	84.43	Acadiana	10/27/2001	104.08	Sacred Heart	10/14/2006	65.12	Texas A&M*	10/14/1995
7	84.50	Buhlow #1	10/22/1986	104.10	Highland	9/17/2011	65.14	LSUA	10/21/1995
8	84.51	Breaux Bridge	9/30/2000	104.31	NSU	11/15/2010	65.30	Buhlow #4	9/19/2001
9	84.52	Buhlow #5	10/28/2000	104.35	Highland	10/2/2010	65.31	Buhlow #6	11/7/2001
10	85.08	NSU	11/3/2001	104.41	NSU	11/15/2011	65.47	Buhlow #4	11/11/1993
11	85.10	Buhlow #4	9/19/2001	105.10	NSU	11/15/2005	65.52	Buhlow #4	10/27/1994
12	85.11	Highland	10/14/2000	105.27	Highland	9/10/2011	66.04	Buhlow #6	10/19/2002
13	85.13	Highland	9/22/2001	106.02	NSU	11/17/2009	66.09	NSU	11/16/1995
14	85.17	Buhlow #6	11/7/2001	106.03	Grand Coteau	9/25/2010	66.16	Buhlow #4	9/28/1995
15	85.32	NSU	11/15/2000	106.09	Buhlow #6	10/19/2011	66.16	NSU	11/3/2001
16	85.34	Buhlow #6	10/20/2001	106.15	Highland	10/8/2011	66.18	Aquinas	9/15/2001
17	85.37	Acadiana	10/21/2000	106.22	Highland	10/29/2005	66.19	Buhlow #6	10/20/2001
18	85.37	Cedar Creek	9/29/2001	106.26	ASH	10/28/2009	66.23	Buhlow #4	11/14/1996
19	86.09	LSUA	10/21/1995	106.29	Buhlow #6	11/2/2011	66.29	Highland	10/7/1995
20	86.14	LSUA	10/29/1988	106.35	NSU	10/22/2011	66.29	NSU	11/15/2000
21	86.27	Menard	11/13/1986	106.41	Highland	10/8/2005	66.35	Buhlow #6	10/18/2003
22	86.27	NSU	11/13/2002	106.45	Acadiana	10/31/2009	66.36	Cedar Creek	9/29/2001
23	86.30	Sacred Heart	10/14/2006	106.51	Buhlow #6	10/15/2011	66.40	Acadiana	10/27/2001
24	86.38	Buhlow #4	11/8/1995	106.56	NSU	11/1/2005	66.41	NSU	11/4/1995
25	86.38	Buhlow #5	11/9/1999	106.58	Highland	9/15/2012	66.45	Buhlow #4	11/9/1994
26	86.44	Buhlow #5	9/20/2000	107.18	Lakeside	11/3/2012	66.55	Acadiana	10/21/2000
27	86.52	ESA	9/16/2000	107.28	Highland	10/7/2006	66.57	Buhlow #5	10/28/2000
28	86.55	Breaux Bridge	9/25/1999	107.35	Buhlow #7	10/17/2009	67.12	Buhlow #2	11/13/1991
29	87.06	NSU	11/18/2008	107.45	Buhlow #6	10/15/2005	67.20	ESA	9/18/1993
30	87.11	NSU	11/1/2008	107.53	Buhlow #6	10/30/2012	67.27	Highland	9/21/2002
31	87.12	Buhlow #4	11/14/1996	108.22	Grand Coteau	9/24/2011	67.31	NSU	11/21/1996
32	87.37	Highland	9/23/2000	108.34	Acadiana	10/22/2005	67.34	Highland	11/21/1991
33	87.45	Highland	10/11/2003	108.46	Buhlow #6	10/26/2011	67.37	NSU	11/4/2000
34	87.45	NSU	11/16/1999	108.50	Highland	9/2/2006	67.38	NSU	11/18/1993
35	87.47	Acadiana	10/23/1999	109.06	Acadiana	10/21/2006	67.45	Acadiana	10/28/1995
36	87.52	NSU	11/6/1999	109.15	Nike South	10/9/2010	67.45	Breaux Bridge	9/30/2000
37	87.53	Buhlow #6	10/19/2002	110.12	NSU	10/20/2012	67.46	ESA	9/24/1994
38	88.05	Highland	9/20/2003	110.15	NSU	11/16/2004	67.46	Indian Creek	10/9/1991
39	88.07	Cedar Creek	10/2/1999	110.32	Buhlow #6	10/24/2012	67.47	Acadiana	10/23/1993
40	88.12	Highland	11/16/1988	110.56	Buhlow #6	9/27/2006	67.59	Acadiana	9/27/2003
41	88.21	Highland	10/7/2006	110.56	Buhlow #6	11/8/2005	67.59	Highland	10/11/2003
42	88.23	Buhlow #5	10/16/1999	110.58	Buhlow #6	9/30/2006	68.01	NSU	11/9/1996
43	88.24	Buhlow #7	10/17/2009	111.10	Buhlow #6	11/8/2006	68.08	Buhlow #2	11/11/1992
44	88.25	Acadiana	10/19/1996	111.21	Highland	9/12/2009	68.08	Highland	9/22/2001
45	88.39	Acadiana	11/2/2002	111.24	Highland	9/16/2006	68.13	Highland	10/13/2001
46	88.39	NSU	11/16/1995	111.30	Highland	9/11/2010	68.14	Buhlow #2	11/5/1991
47	88.41	NSU	11/4/2000	111.40	Buhlow #6	10/28/2006	68.20	LSUA	10/17/1992
48	88.45	Indian Creek	10/5/1994	111.51	NSU	11/8/2004	68.21	Highland	10/14/2000
49	88.46	Menard	11/11/1987	111.51	NSU	10/23/2010	68.21	NSU	11/19/1998
50	88.52	Buhlow #6	10/18/2008	112.14	NSU	11/14/2006	68.22	Indian Creek	10/5/1994

2012 PERSONAL BESTS

GIRLS THREE MILES

		This Year Best	This Year Start	Earlier Best
1 Robichaux, Mallory	10	19.46	20.43	18.17
2 Bartow, Mallory	11	19.58	22.18	20.04
3 Vaughan, Lindsay	11	20.15	21.44	20.11
4 Engelsman, Rachel	10	20.29	21.57	19.37
5 Robichaux, Kelley	10	20.57	22.29	21.34
6 Long, Avery	7	21.33	26.51	
7 Morrison, Meg	12	22.06	22.40	21.56
8 Jones, Madeline	10	22.47	26.50	24.45
9 Voltz, Martha	8	23.01	28.35	
10 Hawthorne, Miranda	8	23.27	23.27	23.40
11 Ducote, Brittany	8	24.27	29.22	
12 Standley, Anne	7	24.29	29.34	
13 Karam, Ava	8	24.47	28.53	
14 Rabalais, Carson	10	25.32	25.32	21.21
15 McMinn, Rachel	7	27.07	27.07	
16 Saccaro, Emily	9	27.14	27.14	
17 Erickson, Cameron	9	28.37	30.45	27.17
18 Jeansonne, Brittney	9	29.30	31.00	
19 Jeanfreau, Rebecca	9	31.15	31.38	
20 Karam, Annie	9	31.37	31.38	
21 Evans, Catherine	11			

BOYS THREE MILES

		This Year Best	This Year Start	Earlier Best
1 Schneider, Bradley	10	18.10	18.44	
2 Robichaux, Cole	9	18.38	20.46	19.58
3 McMickens, Drew	10	18.53	19.45	
4 Juneau, Doug	8	18.59	21.06	20.19
5 Burns, Grayson	7	19.01	19.54	
6 McMickens, Quint	7	19.44	20.19	
7 Rogers, Taylor	7	21.28	23.18	
8 Fowler, Payton	8	24.54	26.24	
9 Brown, Trey	7	25.39	27.09	
10 Davis, Thomas	10	26.36	26.36	

GIRLS TWO MILES **

		This Year Best	This Year Start	Earlier Best
1 Robichaux, Mallory	10	13.00	13.30	12.16
2 Bartow, Mallory	11	13.02	14.20	13.14
3 Vaughan, Lindsay	11	13.13	14.16	13.21
4 Engelsman, Rachel	10	13.25	14.24	12.49
5 Robichaux, Kelley	10	13.43	14.30	14.08
6 Long, Avery	7	14.07	15.49	
7 Morrison, Meg	12	14.30	14.52	14.21
8 Voltz, Martha	8	14.45	18.25	
9 Jones, Madeline	10	15.00	17.46	15.36
10 Rabalais, Carson	10	15.11	17.03	13.52
11 Hawthorne, Miranda	8	15.31	16.05	15.31
12 Standley, Anne	7	15.37	16.09	
13 Karam, Ava	8	15.50	15.59	
14 Ducote, Brittany	8	16.11	18.41	
15 McMinn, Rachel	7	16.42	20.34	
16 Saccaro, Emily	9	16.47	21.58	
17 Erickson, Cameron	9	17.09	21.39	17.40
18 Jeansonne, Brittney	9	18.36	20.28	
19 Jeanfreau, Rebecca	9	19.32	22.16	
20 Karam, Annie	9	19.51	23.48	
21 Evans, Catherine	11	21.37	22.10	

BOYS TWO MILES **

		This Year Best	This Year Start	Earlier Best
1 Schneider, Bradley	10	12.13	12.37	
2 McMickens, Drew	10	12.28	12.58	
3 Robichaux, Cole	9	12.34	13.30	12.15
4 Burns, Grayson	7	12.45	13.42	
5 Juneau, Doug	8	12.50	13.07	12.44
6 McMickens, Quint	7	12.59	13.33	
7 Rogers, Taylor	7	13.55	16.20	
8 Davis, Thomas	10	15.14	17.24	
9 Fowler, Payton	8	15.53	17.36	
10 Brown, Trey	7	16.36	19.08	

** Two mile times may be splits in 3-mile races

CROSS COUNTRY RACE STATS			THURSDAY MILE TIMES 3 mile	TWO MILE TIMES 2 mile	FIRST MILE TIMES 1 MILE AUG 16	THIRD MILE TIMES 2 MILE AUG 22	SEPTEMBER 8	EPISCOPAL INVITATIONAL SEP 15	SACRED HEART CAMPBELL HALL SEP 22	CENTRAL METHODIST SEP 26	BATTLEFIELD SEP 29	SIXTH GRADE INVITATIONAL OCT 3	CATHOLIC OF MORRILTON OCT 13	NORTH SHORE OCT 20	JOHN BROWN OCT 24	PARKER MIDDLE SCHOOL OCT 30	LAKE HAMILTON NOV 3	STATE NOV 12
2012!																		
Bartow, Mallory	11	F	20.04	13.14	7.19	14.10		22.18					24.28	22.17	21.42	21.01	22.04	19.58
Ducote, Brittany	8	F			9.42	*	18.41	16.47	16.23	29.22	17.27	24.27	24.50	25.03	17.02	16.25		
Engelsman, Rachel	10	F	19.37	12.49	7.18	14.42		21.57	23.06	22.27	24.05	21.55	21.36	21.28	24.01	22.40	21.50	20.29
Erickson, Cameron	9	F	27.17	17.40	8.56	*	21.39	20.24	19.44	19.26	19.34	17.36	17.17	30.45	20.26	17.09	28.37	
Evans, Catherine	11	F			10.45	*			22.10	23.10	22.55	21.37						
Hawthorne, Miranda	8	F	23.40	15.31	8.30	16.42	16.05				17.28	23.27		25.08	16.02	15.34	24.03	
Jeanfreau, Rebecca	9	F			10.11	*	22.16	21.38	21.59	22.22		20.13	19.42	31.38	20.40	19.32	31.15	
Jeansonne, Brittney	9	F			10.01	*		20.28	20.27	20.58	20.58	18.36	19.27	31.00	20.00	19.00	29.30	
Jones, Madeline	10	F	24.45	15.36	7.35	16.10	26.50	24.32	26.29	26.11	28.22	22.47	24.42	24.30	15.11	15.28	24.49	
Karam, Annie	9	F						23.42	22.50	23.56	24.10	21.15	20.58	31.38	20.49	19.51	31.37	
Karam, Ava	8	F			8.05	*	15.59	16.25	17.18	28.53	27.50	26.10	15.50	25.15	16.08	16.25	24.47	
Long, Avery	7	F			7.37	*	15.49	16.03	16.18	26.51	27.23	23.26	22.48	22.31	22.51	14.17	21.48	21.33
McMinn, Rachel	7	F			9.50			20.34	18.27	19.58				27.07	DNF	16.42	28.45	
Morrison, Meg	12	F	21.56	14.27	7.14	15.15		22.40		24.22	29.47		22.25	22.06	22.58	22.24	23.10	22.22
Rabalais, Carson	10	F	21.21	13.52						17.03		15.56	15.11	25.32	17.44			
Robichaux, Kelley	10	F	21.34	13.48	7.03	14.08	22.29	21.08	22.03	22.41					DNF	22.22	22.58	20.57
Robichaux, Mallory	10	F	18.17	12.16	5.53	12.59	20.43	19.51	21.05	21.12					21.28	21.02	20.20	19.46
Saccaro, Emily	9	F					21.58		19.42	20.57	20.27	17.09	16.57	27.14	17.46	16.47		
Standley, Anne	7	F			10.52	*	16.09	17.41	16.30	29.34		16.11	16.31	26.30	17.04	15.37	24.29	
Vaughan, Lindsay	11	F	20.11	13.21	7.38	15.21		21.44	22.26	22.32	24.23			21.50	21.33	21.04	21.16	20.15
Voltz, Martha	8	F			8.27		18.25	16.22	15.49	28.35	27.46	23.29	24.47	23.42	14.45	23.23	23.01	
GIRLS TEAM PLACE							X	3/16	2/9	1/10	7/8	6/16	15/31	6/18	1/16	1/7	1/6	3/18
GIRLS TEAM TIME			102.04				X	106.58	115.09	113.14	131.27	115.04	116.04	110.12	110.32	107.53	107.18	101.25
Brown, Trey	7	M			9.21	*	19.08	17.30	17.28	19.13	19.04	17.24	16.49	27.09	16.42	17.08	25.39	
Burns, Grayson	7	M			6.41	13.03	13.42	12.46	19.54	20.57	22.03	19.01	19.31	19.34	23.38			19.59
Davis, Thomas	10	M			7.57	16.50		17.24		DNF	18.39	15.14	26.36		16.09	15.54		
Fowler, Payton	8	M			10.43			17.36	18.26	18.58	20.23		16.45	26.24	16.46	15.53	24.54	
Juneau, Doug	8	M	20.19	12.44	6.15	13.41	13.07	12.50	21.06	20.23	22.59	18.59	20.34	20.22	20.21	19.50	19.55	19.23
McMickens, Quint	7	M			6.13	13.35	13.33	12.59	20.19	21.09	22.10	19.44	20.08	24.17	20.28	20.12	20.33	20.10
McMickens, Drew	10	M					12.58	12.56	19.45	20.05	22.00	18.53		19.11	20.08	19.47	19.45	19.05
Robichaux, Cole	9	M	19.58	12.15	6.26	13.33	13.30	13.03	20.46	20.30	21.49	18.38		21.02	19.28	18.47	20.02	18.57
Rogers, Taylor	7	M			7.08	14.32	16.20	15.36	23.18	23.14	24.55	21.51	21.31	21.35		23.21		21.28
Schneider, Bradley	10	M			6.07	13.12	12.37	12.22	18.44	20.33	20.36	18.10	19.22	18.55		18.45	18.53	18.51
BOYS TEAM PLACE							X	X	4/7	4/16	15/16	5/15	39/43	16/18	13/21	5/7	4/6	13/19
BOYS TEAM TIME			81.38				X	X	99.28	102.28	108.38	93.41	101.06	99.04	104.03	97.21	99.08	96.15
* one mile TT twice									= 2 miles		= PR							

CROSS COUNTRY 2012!

TRAINING LOG MILES

MENARD EAGLE RUNNING CLUB: 7th/8th -- 400 miles 9th/10th -- 500 miles 11th/12th -- 600 miles

Summer (14 Wks)----------->

				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27		MERC	Summer	Summer	MERCI	
	WEEK BEGINNING:	GR		5/6	5/13	5/20	5/27	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29	8/5	8/12	8/19	8/26	9/2	9/9	9/16	9/23	9/30	10/7	10/14	10/21	10/28	11/4	TOTAL	GOAL	Miles	Goals		
1	Bartow, Mallory	11	F	5	5	4	11	8	24	20	25	23	21	20	20	19	32	24	30	25	15	20	7	0	0	15	20	17	19		429	600	237	294		*
2	Ducote, Brittany	8	F	2	1	4	2	0	2	0	3	0	0	1	3	2	2	10	2	13	11	13	12	15	17	16	22	18	17		188	400	22			*
3	Engelsman, Rachel	10	F	18	12	4	6	4	11	13	13	12	13	14	9	16	21	14	14	4	5	21	21	24	20	19	22	20	21		371	500	166	180		*
4	Erickson, Cameron	9	F	10	4	0	5	0	0	2	1	4	0	0	2	0	4	14	17	10	16	16	13	14	12	18	18	16	16		212	500	32	267		
5	Evans, Catherine	11	F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9	0	0	0	15	16	0	0	0	0	0		40	600	0			
6	Hawthorne, Miranda	8	F	16	17	16	15	7	8	11	7	8	4	3	4	3	5	11	14	9	17	4	0	11	16	15	22	18	21		282	400	124	265		*
7	Jeanfreau, Rebecca	9	F	0	0	0	0	0	6	4	4	4	10	0	9	10	4	6	10	7	13	12	15	10	11	15	18	17	20		205	500	51	121		
8	Jeansonne, Brittney	9	F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	12	5	6	11	11	14	11	14	17	12	16		132	500	0			
9	Jones, Madeline	10	F	10	7	0	5	8	8	15	5	3	9	15	13	16	20	18	33	21	22	21	23	22	19	23	21	20	20		397	500	134	94		*
10	Karam, Ava	8	F	13	14	7	2	15	3	0	0	5	3	2	0	0	0	13	15	5	14	15	19	19	15	22	21	12	20		254	400	64			
11	Karam, Annie	9	F			6	6	6	9	0	2	0	0	0	0	0	0	1	0	6	10	9	17	15	13	16	17	21	17		171	500	29			
12	Long, Avery	7	F	29	0	4	0	0	0	0	5	0	7	1	0	3	15	12	19	17	14	21	19	20	20	23	25	22	27		303	400	64			
13	McMinn, Rachel	7	F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7	10	7	7	10	13	14	6	11	20	18	18		141	400	0			
14	Morrison, Meg	12	F	5	4	4	7	4	16	9	9	10	10	3	10	2	3	27	23	13	18	20	16	23	3	22	25	25	24		335	600	96	102		*
15	Rabalais, Carson	10	F	0	6	3	3	1	1	0	0	0	0	0	33	0	0	0	0	0	0	5	3	9	9	0	0	0	0		73	500	47			
16	Robichaux, Kelley	10	F	15	10	8	3	2	15	21	26	22	25	38	23	19	27	23	24	21	21	21	18	11	0	0	6	21	24		444	500	254	260	HALF!	*
17	Robichaux, Mallory	10	F	14	8	7	5	12	10	16	20	18	25	30	44	35	27	28	27	27	26	25	27	10	2	2	13	15	19		492	500	271	313	HALF!	*
18	Saccaro, Emily	9	F	0	0	0	0	2	0	0	0	0	0	2	0	2	3	0	2	7	15	8	10	15	14	18	18	17	10		143	500	9			
19	Standley, Anne	7	F	13	6	9	3	0	0	0	0	0	6	6	2	3	9	8	11	7	10	12	12	14	13	16	20	20	19		219	400	76			
20	Vaughan, Lindsay	11	F	10	4	3	0	0	6	9	13	11	14	33	14	13	28	20	19	15	14	21	22	21	5	3	22	24	21		365	600	158	184		
21	Voltz, Martha	8	F																8	6	12	14	18	19	15	20	22	20	21		175	400	0			
	GIRLS TEAM TOTAL			160	98	79	73	69	119	120	133	120	147	168	186	143	200	239	299	225	266	299	311	316	221	288	369	353	370	0	5371		1834			
1	Brown, Trey	7	M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	11	13	13	15	13	15	14	21	20	13	17		175	600	0			
2	Burns, Grayson	7	M	0	0	0	0	0	0	0	0	0	0	0	12	9	31	30	21	24	16	22	27	19	16	28	27	18	0		300	400	52			
3	Davis, Thomas	10	M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	11	5	14	8	6	14	4	5	7	0		74	400	0			
4	Fowler, Payton	8	M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	3	2	10	12	12	0	16	19	16	15		108	400	0			
5	Juneau, Doug	8	M	0	0	0	0	0	9	8	12	20	13	14	15	18	19	29	20	18	18	18	22	22	22	25	24	26	33		405	400	128			
6	McMickens, Drew	10	M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	19	19	24	16	0	16	7	11		122	500	0			
7	McMickens, Quint	7	M	15	15	3	6	4	19	20	24	0	26	2	22	24	20	26	26	22	21	24	23	24	25	24	22	24	22		483	400	200	202	MERCI	
8	Robichaux, Cole	9	M	13	5	0	0	0	7	2	4	3	11	0	9	4	23	19	18	15	15	21	16	21	17	17	22	22	22		306	500	81	186		
9	Rogers, Taylor	7	M	3	10	8	16	9	0	8	4	4	8	10	8	16	23	18	14	22	12	20	25	23	22	31	29	24	35		400	400	127			
10	Schneider, Bradley	10	M	0	0	0	0	0	0	0	0	0	0	2	3	6	18	21	23	18	21	20	27	17	18	23	20	14	20		271	600	29			
	BOYS TEAM TOTAL			31	30	11	22	13	35	38	44	27	58	28	69	77	134	151	136	146	133	183	192	183	164	189	204	171	175	0	2644		617			
	COMBINED WEEK TOTAL			191	128	90	95	82	154	158	177	147	205	196	255	220	334	390	435	371	399	482	503	499	385	477	573	524	545	0	8015		2451			

* Slumber party 8/3/12

LT = Log Totals IRR = Incomplete Race Review NRR = No Race Review HMR = No Miles Recorded

MENARD EAGLE RUNNING CLUB

TRAINING ROUTE

7th/8th Grades	400 miles
9th/10th Grades	500 miles
11th/12th Grades	600 miles

COMPETITION ROUTE

Top 10 finish at one of the following meets:
- Regional Class Meet
- Catholic, Menard, State
- Other designated meet or meets

Miles must be **logged** between the end of the previous track season and the district cross country meet in November. **Veteran runners must run at least one-half of their MERC miles before the start of school.**

MERC ELITE

TRAINING ROUTE

150 % of MERC mileage

COMPETITION ROUTE

75% of MERC Mileage Plus
Top 5 finish at one of the above meets:

MERC SUPER ELITE

TRAINING ROUTE

200 % OF MERC mileage

COMPETITION ROUTE

75% of MERC Mileage Plus
Win one of the above meets.

T-SHIRT COLORS

1st Year: Grey
2nd Year: Red
3rd Year: Yellow
4th Year: Green
5th Year: Blue
6th Year: Black

MENARD EAGLE RUNNING CLUB

SIX TIMES (BLACK) - 2

Andrew	Lemoine	06,07,08,09,10,11
Christian	Taylor	06,07,08,09,10,11

FIVE TIMES (BLUE) - 5

C	Mallory	Bartow	08,09,10,11,12
	Joffroi	Holcombe	98,99,00,01*,03**
	Steven	Jeansonne	03,04,05,06**,07
	Damon	O'Kelly	92,93,94,95,96
	Lauren	Patty	91,92,93,94,95

FOUR TIMES (GREEN) - 13

	Mellynn	Baker	04,05,06,07
	Emily	Demarco	00,01*,02,03
	Mark	Detsen	05*,06**,07**, 08**
	Jennifer	Jeane	03,04,05,06
	Thomas	Kajor	01,02*,03,04
	Will	Littlepage	01,02,03,04
	Leslie	Mamiel	91,93,94,95
	Jesse	Petrus	99,00,01,02
C	Mallory	Robichaux	09,10*,11**,12
	Daniel	Seeser	08,09,10,11
	Francis	Vanderlick	00,01,02,03
C	Lindsay	Vaughan	09,10,11,12
	Brennan	Vidrine	08,09,10,11

THREE TIMES (YELLOW) - 17

	Heather	Badeaux	04,05,06
	Bridget	Dalgrepont	01**,02**,03
	Isaac	Ellis	08,09,11
C	Rachel	Engelsman	09,10*,12
	Nathan	Fewell	96,97,99
	Dore	Fletcher	93,94,95
	Elizabeth	Landreneau	99,00,02
	Joe	Landreneau	98,99,00
	Mark	Landreneau	99,00,01**
	Courtney	Michiels	95,96,97
	Jenni	Noles	94,95,96
	Wes	Pepitone	99,00,01
	Lora	Pharis	99,00,01
	Jen	Pommerenke	97,98,99
	Sarah	Ragona	94,95,96
	Lanie	Sansing	03,05,06
	Jodie	White	90,91,93

TWO TIMES (RED) - 16

Brandon	Adams	00,01
Tucker	Baker	07,08
Willie	Carr	94,97
Scott	Demarco	01,02*
Daniel	Garner	01,02
Thibault	Holcombe	00,01
Shirley	Hutchison	04,05
Celina	Martlen	91,92
Erick	Norem	06,07
Morgan	Owen	01,02
Claire	Pearson	09,10
Nancy	Ragona	96,97
Jack	Shallock	99,00
Catherine	Tuma	00,01
Stefan	Waller	05,06
Katie	Womack	96,97

ONE TIME (GRAY) - 52

Anjelica	Adams	01
Grant	Alexander	09
Amanda	Ardoin	01
Cortney	Arndt	96
Allen	Arnold	07
Gavin	Baker	06
Derek	Ball	02
Macy	Bartow	10
Patrick	Blalock	94
Sarah	Carr	89
Jane Ann	Cavanaugh	93
Katie	Cook	01
Louise	Cook	97
Todd	DeFee	91
Hannah	Deworth	11
Karen	Dick	94
Jennifer	Drummond	95
Gavin	Flasek	96
David	Flynn	97
Melissa	Fowlkes	00
Will	Hall	02
Emilie	Harmeyer	08
Ryan	Humphreys	08
Sandra	Jeansonne	88
C Doug	Juneau	12
Adrian	Landreneau	92
C Avery	Long	12
Olivia	Lyons	91
Mary Claire	Mathews	94
Jimmy	McAllan	91
Ralston	McGlothlin	04
C Quint	McMickens	12
Marion	Medica	97
Hope	Murchison	05
Myndi	Murtagh	91
Megan	Nugent	06
Alex	Perez	94
Jane	Petrus	00
Shawn	Preau	88
Charles	Ray	93
C Kelley	Robichaux	12
Cole	Robichaux	11
Amanda	Robinson	06
C Taylor	Rogers	12
C Bradley	Schneider	12
Kim	Seller	96
Catherine	Shackelford	06
Ryan	Sonner	06*
Greg	Upton	00
Dave	Vanderlick	91
Joy	Walters	02
Hunter	Watts	10
Tim	Wilson	09
Chase	Woodington	94

107 MEMBERS TO DATE
C = Current runner
* ELITE
** SUPER ELITE

Best Buhlow Times

			2008	2009	2010	2011	2012
Bartow, Mallory	11	F	21.28	20.38	21.34	21.04	21.01
Ducote, Brittany	8	F					29.22
Engelsman, Rachel	10	F		19.40	21.40	20.48	22.27
Erickson, Cameron	9	F			27.17		
Evans, Catherine	11	F					
Hawthorne, Miranda	8	F				23.42	
Jeanfreau, Rebecca	9	F					
Jeansonne, Brittney	9	F					
Jones, Madeline	10	F			26.29	25.10	26.11
Karam, Annie	9	F					
Karam, Ava	8	F					28.53
Long, Avery	7	F					22.51
McMinn, Rachel	7	F					
Morrison, Meg	12	F				22.29	22.24
Rabalais, Carson	10	F				22.17	
Robichaux, Kelley	10	F				22.02	22.22
Robichaux, Mallory	10	F		19.42	19.16	18.17	21.02
Saccaro, Emily	9	F					
Standley, Anne	7	F					29.34
Vaughan, Lindsay	11	F	21.43	20.34	20.11	21.04	21.04
Voltz, Martha	8	F					23.23
Brown, Trey	7	M					
Burns, Grayson	7	M					20.57
Davis, Thomas	10	M					
Fowler, Payton	8	M					
Juneau, Doug	8	M				20.19	19.50
McMickens, Quint	7	M					20.12
McMickens, Drew	10	M					19.47
Robichaux, Cole	9	M			20.34	19.58	18.47
Rogers, Taylor	7	M					23.14
Schneider, Bradley	10	M					18.45

CC 2012!

TRAINING GROUPS

10/15/2012

DATE:

					Distance	Pace
1	1	Burns, Grayson	7	M		
2	1	Juneau, Doug	8	M		
3	1	McMickens, Drew	10	M		
4	1	McMickens, Quint	7	M		
5	1	Robichaux, Cole	9	M		
6	1	Schneider, Bradley	10	M		
7	2	Bartow, Mallory	11	F		
8	2	Ducote, Brittany	8	F		
9	2	Engelsman, Rachel	10	F		
10	2	Hawthorne, Miranda	8	F		
11	2	Jones, Madeline	10	F		
12	2	Karam, Ava	8	F		
13	2	Long, Avery	7	F		
14	2	Morrison, Meg	12	F		
15	2	Robichaux, Kelley	10	F		
16	2	Robichaux, Mallory	10	F		
17	2	Vaughan, Lindsay	11	F		
18	2	Voltz, Martha	8	F		
19	2	Davis, Thomas	10	M		
20	2	Rogers, Tayler	7	M		
21	3	Erickson, Cameron	9	F		
22	3	Jeanfreau, Rebecca	9	F		
23	3	Jeansonne, Brittney	9	F		
24	3	Karam, Annie	9	F		
25	3	McMinn, Rachel	7	F		
26	3	Rabalais, Carson	10	F		
27	3	Saccaro, Emily	9	F		
28	3	Standley, Anne	7	F		
29	3	Brown, Trey	7	M		
30	3	Fowler, Payton	8	M		
31	4	Evans, Catherine	11	F		
32	M	Hirchak, Victoria	9	F		
33	M	Jones, Brooke	7	F		
34	M	Rachall, Kaelyn	10	F		

MENARD CC		ONE MILE TRIALS						TWO MILE TRIALS					
		2012	2012	2011	2010	2009	2008	2012	2011	2010	2009	2008	
		8/22	8/16	8/18	8/26	8/13	8/14	8/22	8/25	9/1	8/20	8/20	
1 Robicheaux, Mallory	F		5.53	6.10	5.51	7.00		12.59	12.34	12.38	13.40		
2 Burns, Grayson	M		6.41					13.03					
3 Schneider, Bradley	M		6.07					13.12					
4 Robicheaux, Cole	M		6.26	6.29	6.51			13.33	13.58	15.43			
5 McMickens, Quint	M		6.13	7.17				13.35	14.56				
6 Juneau, Doug	M		6.15					13.41	14.58				
7 Robicheaux, Kelley	F		7.03	7.54				14.08	16.15				
8 Bartow, Mallory	F		7.19	7.09	6.17	6.54	7.47	14.10	14.35	13.19		16.43	
9 Rogers, Taylor	M		7.08					14.32					
10 Engelsman, Rachel	F		7.18	6.28	6.18	7.36		14.42	14.49		14.20		
11 Morrison, Meg	F		7.14	7.09				15.15	14.48				
12 Vaughan, Lindsey	F		7.38	7.39	6.39		10.50	15.21	14.35	15.08	14.57		
13 Jones, Madeline	F		7.35	8.37	9.11			16.10	16.41				
14 Hawthorne, Miranda	F		8.30	8.04				16.42					
15 Davis, Thomas	M		7.57					16.50					
1 Long, Avery	F	7.37	8.55										
2 Karam, Ava	F	8.05	8.56										
3 Voltz, Martha	F	8.27											
4 Erickson, Cameron	F	8.56	9.45	8.32	9.11								
5 Brown, Trey	M	9.21	9.38										
6 Ducote, Brittany	F	9.42	10.00										
7 McMinn, Rachel	F	9.50											
8 Seeling, Jacob	M	10.03	10.50										
9 Jeanfreau, Rebecca	F	10.11	11.07										
10 Fowler, Payton	M	10.43											
11 Jeansonne, Britney	F	10.44	10.01										
12 Evans, Catherine	F	10.45	11.59										
13 Standley, Anne	F	10.56	10.52										
14 Perry, Chelsie	F	11.58	11.46										
15 Seastrunk, Kenze	F	11.59	11.46										
Aucoin, Stephanie	F		11.15										
Crosby, Shalea	F		11.19										
Richardson, Eternity	F		12.04										
Cannata, Alexa	F		12.45										
Hirchak, Deanna	F		13.16										
Rabalais, Carson	F			8.22					16.36				

MENARD CC TIME TRIALS — TOP TEN LISTS!

BOYS ONE MILE

1	MARK DOTSON (08)	4.48
2	DANON O'KELLY (96)	4.52
3	JOFFROI HOLCOMB (03)	4.54
4	STEVEN JEANSONNE (07)	5.05
5	ALEX PEREZ (94)	5.16
6	ANDREW LEMOINE (11)	5.16
7	FRANCIS VANDERLICK (03)	5.21
8	TUCKER BAKER (11)	5.28
9	CHRISTIAN TAYLOR (11)	5.32
10	JOE LANDRENEAU (98)	5.36

GIRLS ONE MILE

1	BRIDGET DAIGREPONT (01)	5.43
2	AMANDA ARDOIN (01)	5.51
3	MALLORY ROBICHAUX (10)	5.51
4	ELIZABETH LANDRENEAU (00)	6.01
5	LORA PHARIS (01)	6.03
6	JENNY NOLES (95)	6.14
7	EMILY DEMARCO (01)	6.15
8	HEATHER BADEAUX (04)	6.15
9	MALLORY BARTOW (10)	6.17
10	RACHEL ENGELSMAN (10)	6.18

BOYS TWO MILE

1	JOFFROI HOLCOMBE (03)	10.09
2	MARK LANDRENEAU (01)	10.19
3	DANON O'KELLY (95)	10.55
4	FRANCIS VANDERLICK (03)	10.59
5	JOE LANDRENEAU (00)	11.15
6	ALEX PEREZ (95)	11.21
7	MARK DOTSON (08)	11.33
8	DAVID SIGUR (95)	11.34
9	WES PEPITONE (00)	11.41
10	ANDREW LEMOINE (11)	11.41

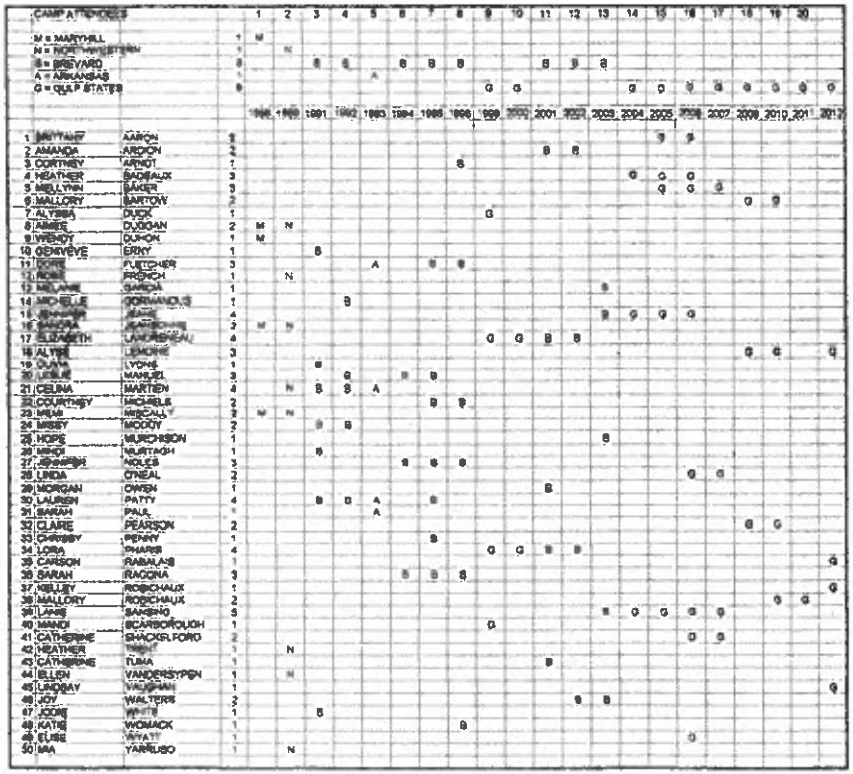
GIRLS TWO MILE

1	BRIDGET DAIGREPONT (01)	12.17
2	AMANDA ARDOIN (01)	12.32
3	MALLORY ROBICHAUX (11)	12.34
4	EMILY DEMARCO (01)	12.52
5	MORGAN OWEN (01)	12.54
6	MALLORY BARTOW (10)	13.19
7	JENNY NOLES (95)	13.26
8	LAUREN PATTY (95)	13.32
9	LORA PHARIS (01)	13.37
10	JODIE WHITE (92)	13.40

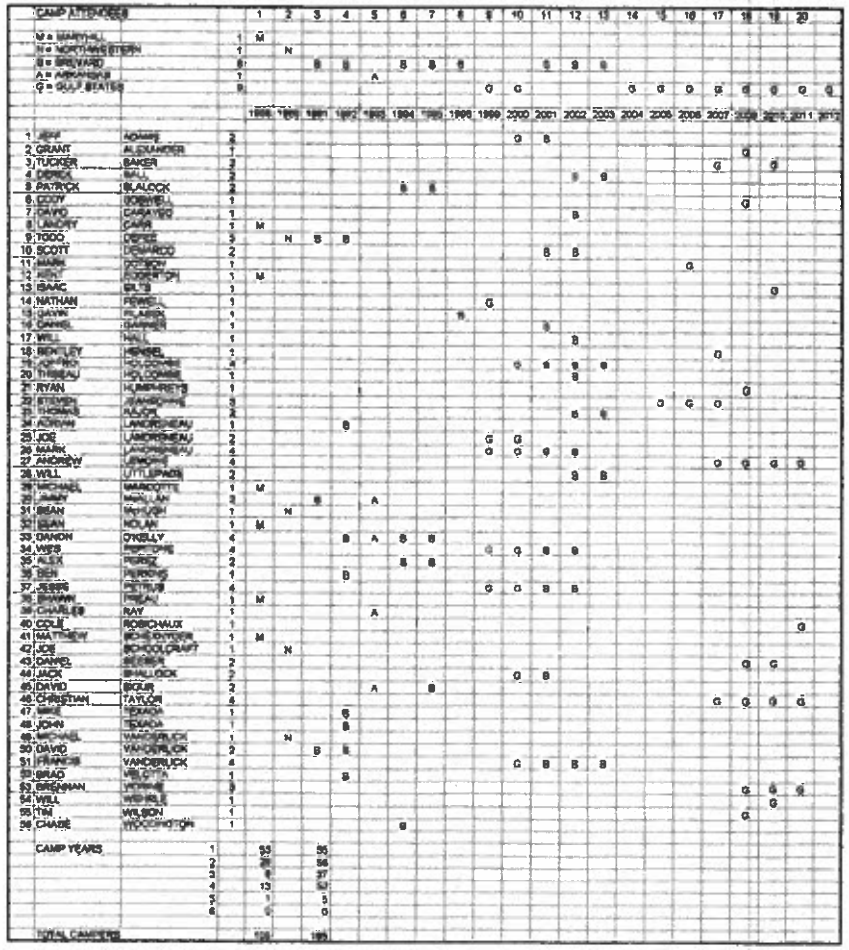
BOYS THREE MILE

1	MARK LANDRENEAU (01)	16.00
2	JOFFROI HOLCOMBE (01)	16.32
3	DANON O'KELLY (94)	17.16
4	JESSE PETRUS (02)	17.35
5	ALEX PEREZ (94)	17.45
6	SCOTT DEMARCO (02)	18.02
7	FRANCIS VANDERLICK (02)	18.02
8	WES PEPITONE (01)	18.05
9	JOE LANDRENEAU (00)	18.07
10	BRANDON ADAMS (01)	18.33

	INTERVALS 2012!							2.00	1.45	1.30	60.00	45.00	30.00	15.00
				3 Mile	2 Mile			1	2	3	4	5	6	7
	SUMMARY!			RACE	RACE	800	400	800	800	400	400	400	400	400
				GOAL	GOAL	PACE	PACE	9/12/2012	9/19/2012	10/1/2012	10/10/2012	10/17/2012	10/22/2012	11/6/2012
1	Bartow, Mallory	11	F	19.30		3.10	90	3.23	XXXXXXX	XXXXXXX	99	101	98	90
2	Ducote, Brittany	8	F	24.00	16.00	3.50	105	3.48	3.49	XXXXXXX	97	104	XXXXXXX	XXXXXXX
3	Engelsman, Rachel	10	F	19.30		3.10	90	3.35	XXXXXXX	84	XXXXXXX	91	XXXXXXX	95
4	Erickson, Cameron	9	F	24.00	17.00	4.10	105	4.30	4.45	101	117	123	114	XXXXXXX
5	Evans, Catherine	11	F	30.00	18.00	4.10	120	5.45	4.42	131	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
6	Hawthorne, Miranda	8	F	21.00	14.00	3.25	95	XXXXXXX	XXXXXXX	92	94	93	100	XXXXXXX
7	Jeanfreau, Rebecca	9	F	30.00	18.00	4.10	120	4.59	4.50	120	119	132	XXXXXXX	XXXXXXX
8	Jeansonne, Brittney	9	F	30.00	18.00	4.10	105	3.59	4.07	96	96	97	105	XXXXXXX
9	Jones, Madeline	10	F	22.00	14.00	3.35	95	3.55	XXXXXXX	100	105	110	111	XXXXXXX
10	Karam, Annie	9	F	30.00	18.00	4.10	120	4.59	5.03	123	124	130	122	XXXXXXX
11	Karam, Ava	8	F	22.00	14.00	3.25	95	3.48	3.47	96	97	101	104	XXXXXXX
12	Long, Avery	7	F	22.00	14.00	3.25	95	3.32	3.35	89	90	95	97	96
13	McMinn, Rachel	7	F	28.00	18.00	4.10	110	4.06	XXXXXXX	100	XXXXXXX	108	104	XXXXXXX
14	Morrison, Meg	12	F	20.00		3.15	95	3.27	3.33	XXXXXXX	94	94	95	96
15	Rabalais, Carson	10	F	20.00		3.15	95	XXXXXXX	XXXXXXX	106	98	XXXXXXX	XXXXXXX	XXXXXXX
16	Robichaux, Kelley	10	F	20.00		3.15	95	3.22	3.21	XXXXXXX	XXXXXXX	XXXXXXX	102	97
17	Robichaux, Mallory	10	F	18.00		2.55	90	2.54	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	98	90
18	Saccaro, Emily	9	F	26.00	15.00	4.10	100	4.32	4.04	98	99	107	113	XXXXXXX
19	Standley, Anne	7	F	26.00	14.00	3.25	105	4.17	3.58	101	104	106	107	XXXXXXX
20	Vaughan, Lindsay	11	F	19.30		3.10	90	3.33	3.33	94	100	100	99	97
21	Voltz, Martha	8	F	22.00	14.00	3.50	95	4.10	3.57	97	103	101	101	104
1	Brown, Trey	7	M	26.00	16.00	3.50	105	4.19	4.25	108	119	120	117	XXXXXXX
2	Burns, Grayson	7	M	18.00	12.00	3.00	85	3.06	2.57	85	87	87	82	XXXXXXX
3	Davis, Thomas	10	M	26.00	14.00	3.25	105	3.26	3.30	XXXXXXX	98	XXXXXXX	XXXXXXX	XXXXXXX
4	Fowler, Payton	8	M	27.00	18.00	4.10	110	4.31	4.23	XXXXXXX	111	124	121	XXXXXXX
5	Juneau, Doug	8	M	18.00	12.00	3.00	85	3.15	3.18	83	86	XXXXXXX	89	90
6	McMickens, Quint	7	M	18.00	12.00	3.00	85	3.04	3.08	81	86	90	88	90
7	McMickens, Drew	10	M	18.00	12.00	3.00	85	3.06	3.06	80	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
8	Robichaux, Cole	9	M	18.00	12.00	3.00	85	3.13	3.15	83	86	91	92	XXXXXXX
9	Rogers, Taylor	7	M	21.00	13.00	3.30	90	3.32	3.36	94	95	101	XXXXXXX	98
10	Schneider, Bradley	10	M	18.00	12.00	3.00	85	3.06	3.05	80	89	XXXXXXX	XXXXXXX	XXXXXXX



CAMP ATTENDEES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
M = MARYHILL		1	M																		
N = NORTHWESTERN		1		N																	
B = BREVARD		8			B	B		B	B	B			B	B	B						
A = ARKANSAS		1					A														
G = GULF STATES		8									G	G				G	G	G	G	G	G	G	G
			1990	1990	1991	1992	1993	1994	1995	1996	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2010	2011	2012
1 BRITTANY	AARON	2															G	G					
2 AMANDA	ARDON	2												B	B								
3 CORTNEY	ARNOT	1								B													
4 HEATHER	BADEAUX	3														G	G	G					
5 MELLYNN	BAKER	3															G	G	G				
6 MALLORY	BARTOW	2																		G	G		
7 ALYSSA	DUCK	1									G												
8 AIMEE	DUGGAN	2	M	N																			
9 WENDY	DUHON	1	M																				
10 GENEVEVE	ERNY	1			B																		
11 SONE	FLETCHER	3					A		B	B													
12 ROSE	FRENCH	1		N																			
13 MELANIE	GARCIA	1													B								
14 MICHELLE	GORMANOUS	1				B																	
15 SHANNON	HAAS	4													B	G	G	G					
16 SANDRA	HARDCASTLE	3	M	N																			
17 ELIZABETH	LANDREAU	4									G	G	B	B									
18 ALYSE	LEMOINE	3																		G	G		G
19 DIANA	LYONS	1			B																		
20 LESLIE	MANUEL	3				B		B	B														
21 CELINA	MARTEN	4		N	B	B	A																
22 COURTNEY	MICHELS	2							B	B													
23 MIMI	MISCALLY	3	M	N																			
24 MISSY	MOODY	2			B	B																	
25 HOPE	MURCHISON	1													B								
26 MINDI	MURTAGH	1			B																		
27 JENNIFER	NOLES	3					B		B	B													
28 LINDA	O'NEAL	2															G	G					
29 MORGAN	OWEN	1											B										
30 LAUREN	PATTY	4			B	B	A		B														
31 SARAH	PAUL	1					A																
32 CLAIRE	PEARSON	2																		G	G		
33 CHRISSY	PENNY	1							B														
34 LORA	PHARIS	4									G	G	B	B									
35 CARSON	RABALAIS	1																					G
36 SARAH	RAGONA	3					B	B	B														
37 KELLEY	ROBICHAUX	1																					G
38 MALLORY	ROBICHAUX	2																			G	G	
39 LANE	SANSING	3													B	G	G	G	G				
40 MINDI	SCARBOROUGH	1									G												
41 CATHERINE	SHACKELFORD	2																G	G				
42 HEATHER	TIBBY	1		N																			
43 CATHERINE	TUMA	1												B									
44 ELLEN	VANDERSYPEN	1		N																			
45 LINDSAY	VAUGHAN	1																					G
46 JOY	WALTERS	3												B	B								
47 JODIE	WHITE	1			B																		
48 KATIE	WOMACK	1							B														
49 ELISE	WYATT	1															G						
50 MA	YARRUSO	1		N																			



CAMP ATTENDEES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
M = MARYHILL		1	M																		
N = NORTHWESTERN		1		N																	
B = BREVARD		8			B	B		B	B	B			B	B	B						
A = ARKANSAS		1					A														
G = GULF STATES		8									G	G				G	G	G	G	G	G	G	G
			1990	1990	1991	1992	1993	1994	1995	1996	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2010	2011	2012
1 JEFF	ADAMS	2										G	B										
2 GRANT	ALEXANDER	1																		G			
3 TUCKER	BAKER	2																	G		G		
4 DENA	BELL	2														B	B						
5 PATRICK	BLALOCK	2						B	B														
6 CODY	BOBBITT	1																		G			
7 DAVID	CARAYOL	1													B								
8 LANDRY	CARR	1	M																				
9 TODD	DEREE	3		N	B	B																	
10 SCOTT	DESARCO	2											B	B									
11 MARK	DOTSON	1																G					
12 [illegible]	EVERETT	1	M																				
13 ISAAC	GILES	1																			G		
14 NATHAN	PENCE	1									G												
15 DAVE	PLAISANCE	1								n													
16 DANIEL	RAMIREZ	1												B									
17 WILL	RAU	1												B									
18 BENTLEY	RENGEL	1																		G			
19 JAMES	RICHARD	4									G	B	B	B									
20 THIBEAU	RICHARD	1												B									
21 RYAN	RUMPREY	1																		G			
22 STEVEN	SANSONE	3																G	G	G			
23 THOMAS	SLOCK	2												B	B								
24 ADRIAN	LANDREAU	1				B																	
25 JOE	LANDREAU	2									G	G											
26 MARK	LANDREAU	4									G	G	B	B									
27 ANDREW	LANDRY	4																		G	G	G	G
28 WILL	LITTLEPAGE	2												B	B								
29 MICHAEL	MARCOTTE	1	M																				
30 JOHN	MCLEAN	3			B		A																
31 SEAN	WALSH	1		N																			
32 SEAN	WALSH	1	M																				
33 SHANON	O'KELLY	4				B	A	B	B														
34 WES	PORTEOUS	4									G	G	B	B									
35 ALEX	PEREZ	2					B	B															
36 BEN	PERRINS	1				B																	
37 JESSE	PETRUS	4									G	G	B	B									
38 SHAWN	PREAU	1	M																				
39 CHARLES	RAY	1					A																
40 COLE	ROBICHAUX	1																					G
41 MATTHEW	SCHEXNAYDER	1	M																				
42 JOE	SCHOLCRAFT	1		N																			
43 DANIEL	SEIBERT	2																		G	G		
44 JACK	SHALLCROSS	2										G	B										
45 DAVID	SICILIA	2					A		B														
46 CHRISTIAN	TAYLOR	4																		G	G	G	G
47 MIKE	TEXADA	1				G																	
48 JOHN	TEXADA	1				B																	
49 MICHAEL	VANDERLICK	1		N		B																	
50 DAVID	VANDERLICK	2			B	B																	
51 FRANK	VANDERLICK	4										G	B	B	B								
52 BRAD	VELDHUIS	1				B																	
53 BRENNAN	WITHAM	3																		G	G	G	
54 WILL	WEIBLE	1																			G		
55 TIM	WILSON	1																		G			
56 CHASE	WOODINGTON	1						B															
CAMP YEARS	1		53		55																		
	2		46		56																		
	3		8		37																		
	4		13		50																		
	5		1		5																		
	6		0		0																		
TOTAL CAMPERS			120		199																		

Thru lakeside

PERSONAL RECORDS! (2 Miles)

AT ST MICHAEL's (Highland):
None

AT EPISCOPAL (Highland):

Brittany Ducote	16.47
Rebecca Jeanfreau	21.38
Martha Voltz	16.22
Trey Brown	17.30
Grayson Burns	12.46
Quint McMickens	12.59
Drew McMickens	12.56
Taylor Rogers	15.36
Bradley Schneider	12.22

AT SACRED HEART, GC

Brittany Ducote	16.23
Britteny Jeansonne	20.27
Annie Karam	22.50
Rachel McMinn	18.27
Emily Saccaro	19.42
Martha Voltz	15.49
Trey Brown	17.28

AT CENLA CHAMPS (Buhlow):
None

BATTLEFIELD FESTIVAL
None

SIMPSON

Cameron Erickson	17.36
Catherine Evans	21.37
Rebecca Jeanfreau	20.13
Britteny Jeansonne	18.36
Annie Karam	21.15
Emily Saccaro	17.09
Trey Brown	17.24
Thomas Davis	15.14

AT CATHOLIC (Highland):

Cameron Erickson	17.17
Rebecca Jeanfreau	19.42
Annie Karam	20.58
Ava Karam	15.50
Emily Saccaro	16.57
Trey Brown	16.49
Payton Fowler	16.45

AT JOHN MILLER (Buhlow):

Martha Voltz	14.45
Trey Brown	16.42

AT PARISH CHAMPS (Buhlow):

Cameron Erickson	17.09
Rebecca Jeanfreau	19.32
Annie Karam	19.51
Avery Long	14.17
Rachel McMinn	16.42
Emily Saccaro	16.47
Anne Standley	15.37
Payton Fowler	15.53

PERSONAL RECORDS! (3 Miles)

AT ST MICHAEL's (Highland):
None

AT EPISCOPAL (Highland):

Madeline Jones	24.32
Kelley Robichaux	21.08

AT SACRED HEART, GC:
None

AT CENLA CHAMPS (Buhlow):

Taylor Rogers	23.14

BATTLEFIELD FESTIVAL

Ava Karam	27.50
Martha Voltz	27.46

SIMPSON

Brittany Ducote	24.27
Miranda Hawthorne	23.27
Madeline Jones	22.47
Ava Karam	26.10
Avery Long	23.26
Martha Voltz	23.29
Grayson Burns	19.01
Doug Juneau	18.59
Quint McMickens	19.44
Drew McMickens	18.53
Cole Robichaux	18.38
Taylor Rogers	21.51
Bradley Schneider	18.10

AT CATHOLIC (Highland):

Avery Long	22.48
Taylor Rogers	21.31

AT NSU:

Ava Karam	25.15
Avery Long	22.31
Anne Standley	26.30

AT JOHN MILLER (Buhlow):
None

AT PARISH CHAMPS (Buhlow):

Martha Voltz	23.23

AT LAKESIDE:

Rebecca Jeanfreau	31.15
Britteny Jeansonne	29.30
Annie Karam	31.37
Ava Karam	24.47
Avery Long	21.48
Anne Standley	24.29
Martha Voltz	23.01
Trey Brown	25.39
Payton Fowler	24.54

AT STATE (NSU):

Mallory Bartow	19.58
Avery Long	21.33
Kelley Robichaux	20.57
Taylor Rogers	21.28

MEET RECORDS

AT SACRED HEART, GC

Kelley Robichaux (22.03)	#9 All-time; #4 10th Grade
Mallory Robichaux (21.95)	#1 10th Grade
Rachel Engelsman (20.48)	#5 10th Grade
Lindsay Vaughan (22.26)	#4 11th Grade
Bradley Schneider	#10 All-time; #4 10th Grade
Grayson Burns (19.54)	#2 7th Grade
Quint McMickens (20.19)	#3 7th Grade
Taylor Rogers (23.18)	#4 7th Grade
Doug Juneau (21.06)	#2 8th Grade
Cole Robichaux (20.46)	#1 9th Grade
Bradley Schneider (18.44)	#4 10th Grade
Drew McMickens (19.45)	#5 10th Grade

AT CENLA CHAMPS:

Kelley Robichaux (22.41)	#8 All-time; #4 10th Grade
Avery Long (26.51)	#3 7th Grade
Anne Standley (29.34)	#4 7th Grade
Mallory Robichaux (21.12)	#1 10th Grade
Rachel Engelsman (22.36)	#3 10th Grade
Lindsay Vaughan (22.32)	#2 11th Grade
Meg Morrison (24.22)	#4 12th Grade
Grayson Burns (20.57)	#6 7th Grade

AT CATHOLIC:

Avery Long (22.48)	#4 7th Grade
Rachel Engelsman (21.36)	#3 10th Grade
Meg Morrison (22.25)	#5 12th Grade
Grayson Burns (19.31)	#4 7th Grade
Quint McMickens (20.08)	#6 7th Grade

AT DISTRICT (LAKESIDE):

Avery Long (21.48)	#9 All-time; #4 7th Grade
Martha Voltz (23.01)	#5 8th Grade
Mallory Robichaux (20.20)	#1 10th Grade
Lindsay Vaughan (21.16)	#7 All-time; #2 10th Grade
Mallory Bartow (21.26)	#8 All-time; #3 10th Grade

AT STATE (NSU):

Mallory Bartow (19.58)	#3 All-time, #1 11th Grade
Lindsay Vaughan (20.15)	#4 All-time; #2 11th Grade
Avery Long (21.33)	#9 All-time; #5 7th Grade
Mallory Robichaux (19.46)	#1 10th Grade
Rachel Engelsman (21.11)	#2 10th Grade
Kelley Robichaux (22.03)	#5 10th Grade
Meg Morrison (21.56)	#5 12th Grade

COURSE RECORDS

AT HIGHLAND PARK:

Kelley Robichaux (21.08)	#9 All-time; #4 10th Grade
Avery Long (22.48)	#4 7th Grade
Mallory Robichaux (19.51)	#1 10th Grade
Lindsay Vaughan (21.44)	#5 11th Grade
Meg Morrison (22.25)	#5 12th Grade

AT BUHLOW #6:

Mallory Bartow (21.01)	#7 All-time; #1 11th Grade
Avery Long (22.51)	#5 7th Grade
Martha Voltz (23.23)	#5 8th Grade
Mallory Robichaux (21.02)	#2 10th Grade
Lindsay Vaughan (21.04)	#2 11th Grade
Meg Morrison (22.24)	#5 12th Grade
Quint McMickens (20.12)	#4 7th Grade

AT NSU:

Mallory Bartow (19.58)	#3 All-time; #1 11th Grade
Lindsay Vaughan (20.15)	#4 All-time; #2 11th Grade
Avery Long (21.33)	#9 All-time; #5 7th Grade
Mallory Robichaux (19.46)	#1 10th Grade
Rachel Engelsman (20.29)	#2 10th Grade
Kelley Robichaux (20.57)	#5 10th Grade

TOP BOYS TIMES BY CLASS (11/11/12)

7th GRADE

1	Christian Taylor-06	18.13
2	Steven Jeansonne-03	18.29
3	Jeff Adams-96	18.35
4	Devin Bouie-06	18.37
5	Danon O'Kelly-91	18.51
6	Grayson Burns-12	19.01
7	Dave Vanderlick-90	19.17
8	Greg Upton-00	19.26
9	Joffroi Holcombe-98	19.42
10	Andrew Profilet-01	19.42
11	Quint McMickens-12	19.44
12	Will Littlepage-01	19.47
13	Thibault Holcombe-00	20.04
14	Doug Juneau-11	20.19
15	Erick Norem-06	20.20
16	Gavin Filasek-95	20.27
17	Jesse Petrus-97	20.30
18	Cole Robichaux-10	20.34
19	Adam Woerner-95	20.52
20	Patrick Blalock-92	20.57
21	Francis Vanderlick-98	20.58
22	Thomas Kajor-01	21.09
23	Grant Alexander-05	21.09
24	Micah Pippin-98	21.12
25	Todd DeFee-88	21.22

8th GRADE

1	Gavin Filasek-96	17.02
2	Joffroi Holcombe-99	17.35
3	Danon O'Kelly-92	17.36
4	Daniel Garner-00	17.36
5	Christian Taylor-07	17.57
6	Steven Jeansonne-04	17.59
7	Francis Vanderlick-99	18.05
8	Tucker Baker-07	18.17
9	Thibault Holcombe-01	18.28
10	Jeff Adams-97	18.34
11	Dave Vanderlick-91	18.41
12	Scott Demarco-00	18.57
13	Doug Juneau-12	18.59
14	Thomas Kajor-02	19.02
15	Grant Alexander-06	19.02
16	Adrian Landreneau-91	19.04
17	Jesse Petrus-98	19.09
18	Will Wehrle-09	19.15
19	Charles Ray-93	19.34
20	Rob Duggan-91	19.38
21	Ben Perkins-92	19.42
22	Oscar Oliver-04	19.57
23	Cole Robichaux-11	19.58
24	Dalton Crutchfield-09	20.00
25	Erick Norem-07	20.04

9th GRADE

1	Mark Landreneau-99	16.34
2	Joffroi Holcombe-00	16.36
3	Daniel Garner-01	16.47
4	Mark Dotson-05	17.02
5	Danon O'Kelly-93	17.20
6	Christian Taylor-08	17.20
7	Steven Jeansonne-05	17.27
8	Jesse Petrus-99	17.30
9	Wes Pepitone-99	17.33
10	Francis Vanderlick-00	17.33
11	Scott Demarco-01	17.38
12	Dave Vanderlick-92	17.39
13	Alex Perez-93	17.54
14	Jack Doggett-04	18.06
15	Tucker Baker-08	18.07
16	Will Littlepage-03	18.12
17	Cody Boswell-08	18.13
18	Adrian Landreneau-92	18.19
19	Grant Alexander-07	18.24
20	Will Wehrle-10	18.28
21	Patrick Blalock-94	18.32
22	Chase Woodington-94	18.35
23	Jack Shallock-99	18.38
24	Cole Robichaux-12	18.38
25	Thomas Kajor-03	19.02

10th GRADE

1	Mark Landreneau-00	15.57
2	Joffroi Holcombe-01	16.01
3	Mark Dotson-06	16.11
4	Danon O'Kelly-94	16.15
5	Steven Jeansonne-06	16.25
6	Doug Smith-84	16.26
7	Daniel Garner-02	16.42
8	Wes Pepitone-00	16.51
9	Landry Carr-86	16.58
10	Joe Landreneau-98	17.17
11	Grant Alexander-08	17.23
12	Isaac Eilts-09	17.23
13	Alex Perez-94	17.27
14	Jesse Petrus-00	17.28
15	Scott Demarco-02	17.28
16	Cody Boswell-09	17.35
17	Francis Vanderlick-01	17.37
18	Will Littlepage-04	17.37
19	Tucker Baker-09	17.44
20	Christian Taylor-09	17.45
21	Jack Shallock-00	17.46
22	Willie Carr-95	17.55
23	Sean Kirkland-96	17.56
24	Dave Vanderlick-93	17.59
25	Andrew Lemoine-09	17.59

11th GRADE

1	Mark Landreneau-01	15.08
2	Doug Smith-85	15.41
3	Mark Dotson-07	15.43
4	Danon O'Kelly-95	15.52
5	Joe Landreneau-99	16.17
6	Wes Pepitone-01	16.32
7	Landry Carr-87	16.37
8	Alex Perez-95	16.47
9	Steven Jeansonne-07	16.50
10	Cliff Allen-85	17.11
11	Grant Alexander-09	17.14
12	Jason Hugenroth-87	17.20
13	Jesse Petrus-01	17.21
14	Todd DeFee-92	17.24
15	Brandon Adams-00	17.24
16	Stefan Waller-06	17.24
17	David Sigur-94	17.27
18	Sean McHugh-89	17.30
19	Francis Vanderlick-02	17.32
20	Tucker Baker-10	17.33
21	J Holcombe-02	17.36
22	Maury Carr-85	17.39
23	Isaac Eilts-10	17.40
24	Andrew Lemoine-10	17.47
25	Sean Nolan-87	17.49

12th GRADE

1	Doug Smith-86	15.00
2	Danon O'Kelly-96	15.25
3	Joffroi Holcombe-03	15.32
4	Mark Dotson-08	15.38
5	Joe Landreneau-00	16.18
6	Francis Vanderlick-03	16.27
7	Landry Carr-88	16.28
8	Jesse Petrus-02	16.37
9	Cliff Allen-86	16.52
10	David Sigur-95	17.10
11	Brandon Adams-01	17.10
12	Isaac Eilts-11	17.15
13	Alex Perez-96	17.17
14	Jason Hugenroth-88	17.18
15	Shawn Preau-88	17.28
16	Maury Carr-86	17.40
17	Andrew Lemoine-11	17.40
18	Sean Nolan-88	17.45
19	Willie Carr-97	17.50
20	Tucker Baker-11	17.53
21	Mike Vanderlick-89	18.02
22	Rob Duggan-95	18.11
23	Sean McHugh-90	18.12
24	Doug Stewart-85	18.17
25	Todd DeFee-93	18.17

TOP FIFTY BOYS TIMES ALL GRADES

1	Doug Smith-86 (12)	15.00
2	Mark Landreneau-01 (11)	15.08
3	Danon O'Kelly-96 (12)	15.25
4	Joffroi Holcombe-03 (12)	15.32
5	Mark Dotson-08 (12)	15.38
6	Joe Landreneau-99 (11)	16.17
7	Steven Jeansonne-06 (10)	16.25
8	Francis Vanderlick-03(12)	16.27
9	Landry Carr-88 (12)	16.28
10	Wes Pepitone-01 (11)	16.32
11	Jesse Petrus-02 (12)	16.37
12	Daniel Garner-02 (10)	16.42
13	Alex Perez-95 (11)	16.47
14	Cliff Allen-86 (12)	16.52
15	Gavin Filasek-96 (8)	17.02
16	David Sigur-95 (12)	17.10
17	Brandon Adams-01 (12)	17.10
18	Grant Alexander-09 (11)	17.14
19	Isaac Eilts-11 (12)	17.15
20	Jason Hugenroth-88 (12)	17.18
21	Christian Taylor-08 (9)	17.20
22	Todd DeFee-92 (12)	17.24
23	Stefan Waller-06 (11)	17.24
24	Shawn Preau-88 (12)	17.28
25	Scott Demarco-02 (10)	17.28
26	Sean McHugh-89 (11)	17.30
27	Tucker Baker-10 (11)	17.33
28	Cody Boswell-09 (10)	17.35
29	Will Littlepage-04 (10)	17.37
30	Dave Vanderlick-92 (9)	17.39
31	Maury Carr-85 (11)	17.39
32	Andrew Lemoine-10 (11)	17.40
33	Sean Nolan-88 (12)	17.45
34	Jack Shallock-00 (10)	17.46
35	Willie Carr-97 (12)	17.50
36	Sean Kirkland-96	17.56
37	Mike Vanderlick-89 (12)	18.02
38	Ryan Sonner-06 (11)	18.03
39	Kent Edgerton-88	18.05
40	Jack Doggett-04 (9)	18.06
41	Ben Treuting-04 (10)	18.08
42	Brennan Vidrine-11 (11)	18.09
43	Bradley Schneider-12 (10)	18.10
44	Rob Duggan-95 (12)	18.11
45	Doug Stewart-85 (12)	18.17
46	Adrian Landreneau-92 (9)	18.19
47	Mike Marcotte-89 (12)	18.22
48	Lance Clement-88 (12)	18.24
49	Zac Veillon-06 (10)	18.27
50	Thibault Holcombe-01 (8)	18.28
50	Will Wehrle-10 (9)	18.28

TOP GIRLS 3 MILE TIMES BY CLASS (11/11/12)

7th GRADE

1	Rachel Engelsman-09	19.37
2	Mallory Robichaux-09	19.42
3	Mallory Bartow-08	20.04
4	Lindsay Vaughan-08	21.06
5	Avery Long-12	21.33
6	Megan Tarpley-04	23.18
7	Miranda Hawthorne-11	23.40
8	Linda O'Neal-04	23.47
9	Alyse Lemoine-08	24.02
10	Macy Bartow-10	24.11
11	Jessica Marshall-09	24.27
12	Regan Robichaux-11	24.39
13	Anne Standley-12	24.49
14	Hayley Hilton-04	25.15
15	Rachel McMinn-12	27.07
16	Cameron Erickson-10	27.17
17	Nellie Vargas-10	28.17
18	Catherine Shackelford-05	28.35
19	Mary Wyatt-05	32.33
20	Sara Freundlich-06	34.17
21	Amanda Robinson-06	35.18
22	Megan Nugent-06	37.02
23		
24		
25		

8th GRADE

1	Mallory Robichaux-10	19.07
2	Rachel Engelsman-10	19.42
3	Lindsay Vaughan-09	20.30
4	Mallory Bartow-09	20.38
5	Megan Tarpley-05	21.41
6	Jessica Marshall-10	21.51
7	Alyse Lemoine-09	22.23
8	Lana Beard-09	22.50
9	Claire Pearson-08	22.52
10	Catherine Shackelford-06	22.54
11	Martha Voltz-12	23.01
12	Miranda Hawthorne-12	23.27
13	Brittany Ducote-12	24.27
14	Ava Karam-12	24.47
15	Linda O'Neal-05	24.58
16	Hayley Hilton-05	25.15
17	Madeline Jones-10	25.27
18	Hannah Hicks-04	25.53
19	Tristan Kramer-10	26.50
20	Midori Mickel-10	26.50
21	Alyse Aldridge-05	28.48
22	Anna Dobard-11	30.02
23	Mary Wyatt-06	34.19
24		
25		

9th GRADE

1	Mallory Robichaux-11	18.17
2	Lindsay Vaughan-10	20.11
3	Mallory Bartow-10	20.28
4	Rachel Engelsman-11	20.29
5	Carson Rabalais-11	21.21
6	Kelley Robichaux-11	21.34
7	Mellynn Baker-04	21.53
8	Alyse Lemoine-10	22.01
9	Linda O'Neal-06	22.02
10	Catherine Shackelford-07	22.27
11	Claire Pearson-09	22.39
12	Lanie Sansing-04	23.20
13	Jessica Marshall-11	23.45
14	Katie Price-07	24.35
15	Madeline Jones-11	24.45
16	Kayla Smith-04	25.32
17	Emily Saccaro-12	27.14
18	Mary Wyatt-07	27.44
19	Hannah Hicks-05	27.50
20	Carolina McRae-05	27.51
21	Liz Price-06	28.24
22	Cameron Erickson-12	28.37
23	Christie Peaslee-06	29.16
24	Brittney Jeansonne-12	29.30
25	Brooke Abrusley-07	29.39

10th GRADE

1	Mallory Robichaux-12	19.46
2	Lindsay Vaughan-11	20.22
3	Rachel Engelsman-12	20.29
4	Heather Badeaux-04	20.37
5	Mallory Bartow-11	20.43
6	Mellynn Baker-05	20.56
7	Kelley Robichaux-12	20.57
8	Jennifer Jeane-04	21.09
9	Lanie Sansing-05	22.22
10	Alyse Lemoine-11	22.42
11	Madeline Jones-12	22.47
12	Brittany Aaron-04	23.02
13	Linda O'Neal-07	23.02
14	Katie Price-08	23.38
15	Cana Zimmerman-10	25.11
16	Rebecca McBride-08	25.22
17	Carson Rabalais-12	25.32
18	Alexis Caletka-08	25.40
19	Grace Jeanfreau-10	26.29
20	Adrienne Carriere-05	26.41
21	Claire Pearson-10	27.12
22	Caroline Ponthie-06	27.20
23	Kathryn Sayes-08	29.20
24	Mary Wyatt-08	29.27
25	Sarah Peterman-08	29.32

11th GRADE

1	Mallory Bartow-12	19.58
2	Lindsay Vaughan-12	20.15
3	Heather Badeaux-05	20.27
4	Jennifer Jeane-05	20.32
5	Mellynn Baker-06	21.01
6	Hannah Deworth-11	21.24
7	Meg Morrison-11	21.56
8	Brittany Aaron-05	22.10
9	Elise Wyatt-06	22.11
10	Lanie Sansing-06	22.26
11	Grace Jeanfreau-11	24.29
12	Abbey Travis-11	24.49
13	Claire Pearson-11	25.30
14	Caroline Ponthie-07	25.35
15	Linda O'Neal-08	25.42
16	Jill Marien-06	29.58
17	Amber Barrett-08	30.11
18		
19		
20		
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24		
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12th GRADE

1	Jennifer Jeane-06	19.19
2	Heather Badeaux-06	19.35
3	Hope Murchison-05	20.27
4	Mellynn Baker-07	20.50
5	Meg Morrison-12	22.06
6	Lanie Sansing-07	22.27
7	Hillary LaCroix-07	22.30
8	Caroline Ponthie-08	23.10
9	Elise Wyatt-07	23.16
10	Morgan Hilton-08	24.18
11	Jennifer Mathews-08	24.38
12	Kayla Smith-07	25.27
13	Jane Trotter-04	28.55
14	L Yancovich-05	28.57
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25		

TOP FIFTY GIRLS TIMES ALL GRADES

1	Mallory Robichaux-11 (9)	18.17
2	Jennifer Jeane-06 (12)	19.19
3	Heather Badeaux-06 (12)	19.35
4	Rachel Engelsman-09 (7)	19.37
5	Mallory Bartow-12 (11)	19.58
6	Lindsay Vaughan-10 (9)	20.11
7	Hope Murchison-05 (12)	20.27
8	Mellynn Baker-07 (12)	20.50
9	Kelley Robichaux-12 (10)	20.57
10	Carson Rabalais-11 (9)	21.21
11	Hannah Deworth-11 (11)	21.23
12	Avery Long-12 (7)	21.33
13	Megan Tarpley-05 (8)	21.41
14	Jessica Marshall-10 (8)	21.51
15	Meg Morrison-11 (11)	21.56
16	Alyse Lemoine-10 (9)	22.01
17	Linda O'Neal-06 (9)	22.02
18	Brittany Aaron-05 (11)	22.10
19	Elise Wyatt-06 (11)	22.11
20	Lanie Sansing-05 (10)	22.22
21	Cath Shackelford-07 (9)	22.27
22	Hillary LaCroix-07 (12)	22.30
23	Claire Pearson-09 (9)	22.39
24	Madeline Jones-12 (10)	22.47
25	Lana Beard-09 (8)	22.50
26	Martha Voltz-12 (8)	23.01
27	Caroline Ponthie-08 (12)	23.10
28	Miranda Hawthorne-12 (8)	23.27
29	Katie Price-08 (10)	23.38
30	Macy Bartow-10 (7)	24.11
31	Morgan Hilton-08 (12)	24.18
32	Brittany Ducote-12 (8)	24.27
33	Grace Jeanfreau-11 (11)	24.29
34	Anne Standley-12 (7)	24.29
35	Jennifer Mathews-08 (12)	24.38
36	Regan Robichaux-11 (7)	24.39
37	Ava Karam-12 (8)	24.47
38	Abbey Travis-11 (11)	24.49
39	Cana Zimmerman-10 (10)	25.11
40	Hayley Hilton-04 (7)	25.15
41	Rebecca McBride-08 (10)	25.22
42	Kayla Smith-07 (12)	25.27
43	Alexis Caletka-08 (10)	25.40
44	Hannah Hicks-04 (8)	25.53
45	Adrienne Carriere-05 (10)	26.41
46	Tristan Kramer-10 (8)	26.50
47	Midori Mickel-10 (8)	26.50
48	Rachel McMinn-12 (7)	27.07
49	Emily Saccaro-12 (9)	27.14
50	Cameron Erickson-10 (7)	27.17

HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)

As of October 30. 2012

BUHLOW #6

	BOYS			GIRLS		
Top 10 Overall	1. Dotson (12)	15.49	08	1. Robichaux (09)	18.17	11
	2. M Landreneau (11)	16.01	01	2. Engelsman (07)	19.40	09
	3. J Holcombe (12)	16.13	03	3. Vaughan (09)	20.11	10
	4. Petrus (12)	16.37	02	4. Jeane (12)	20.31	06
	5. F Vanderlick (12)	16.52	03	5. Murchison (12)	20.34	05
	6. Garner (10)	17.12	02	6. Badeaux (12)	20.45	06
	7. Jeansonne (10)	17.13	06	7. Bartow (11)	21.01	12
	8. Pepitone (11)	17.21	01	8. Baker (12)	21.18	07
	9. B Adams (12)	17.22	01	9. K Robichaux (9)	22.02	11
	10. Alexander (11)	17.26	09	10. Marshall (8)	22.06	10
7th Grade	1. Bouie	18.37	06	1. Robichaux	20.57	09
	2. Jeansonne	18.51	03	2. Engelsman	21.25	09
	3. Taylor	18.52	06	3. Bartow	21.29	08
	4. Q McMickens	20.12	12	4. Vaughan	21.43	08
	5. Juneau	20.19	11	5. Long	22.51	12
8th Grade	1. Taylor	17.57	07	1. Robichaux	19.16	10
	2. Jeansonne	18.25	04	2. Vaughan	21.28	09
	3. Kajor	19.02	02	3. Engelsman	21.58	10
	4. T Holcombe	19.25	01	4. Marshall	22.06	10
	5. Baker	19.26	07	5. Voltz	23.23	12
9th Grade	1. Garner	17.30	01	1. Robichaux	18.17	11
	2. Taylor	17.35	08	2. Vaughan	20.11	10
	3. Dotson	17.36	05	3. Engelsman	20.48	11
	4. Demarco	17.38	01	4. Bartow	21.34	10
	5. Jeansonne	17.40	05	5. K Robichaux	22.02	11
10th Grade	1. J Holcombe	16.47	01	1. Badeaux	20.57	04
	2. Dotson	16.53	06	2 Robichaux	21.02	12
	3. Garner	17.12	02	3. Vaughan	21.04	11
	4. Jeansonne	17.13	06	4. Bartow	21.04	11
	5. Demarco	17.28	02	5. Baker	21.43	05
11th Grade	1. M Landreneau	16.01	01	1. Bartow	21.01	12
	2. Dotson	16.20	07	2. Vaughan	21.04	12
	3. Petrus	17.21	01	3. Jeane	21.20	05
	4. Pepitone	17.21	01	4. Badeaux	21.30	05
	5. Alexander	17.26	09	5. Baker	21.49	06
12th Grade	1. Dotson	15.49	08	1. Jeane	20.31	06
	2. J Holcombe	16.13	03	2. Murchison	20.34	05
	3. Petrus	16.37	02	3. Badeaux	20.45	06
	4. F Vanderlick	16.52	03	4. Baker	21.18	07
	5. B Adams	17.22	01	5. Morrison	22.24	12

There have been 6 cross country courses at the Fort Buhlow Recreation complex.
Buhlow1 1984 – 86 Start at highway; out and back. 3 mile went to airport entrance; 2 mile went to park entrance.
Buhlow2 1987 – 92 Red River Park opens. Start at observation point. 2 miles does full loop including parking lot; 3 mile does this loop plus cross rr tracks and out and back to airport entrance.
Buhlow3 1993 – 93 Long, off road course; only used for one Cenla Champs meet.
Buhlow4 1993 – 96 Start at low end. 2 mile does full loop including parking lot; 3 mile does full loop plus gravel road loop.
Buhlow5 1997 - 00 Off road course starting and finishing at lower end; incorporated paved trails in woods.
Buhlow6 Current Modification of Buhlow5 incorporating bigger hill and minor course change in last mile.

HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)

As of September 26, 2012

CENLA CHAMPS

	BOYS			GIRLS		
Top 10 Overall	1. Smith (12)	15.00	86	1. Robichaux (9)	20.24	11
	2. M Landreneau (11)	15.45	01	2. Jeane (12)	20.31	06
	3. J Holcombe (12)	16.13	03	3. Badeaux (12)	21.26	06
	4. O'Kelly (10)	16.27	94	4. Bartow (9)	21.34	10
	5. Dotson (10)	16.45	08	5. Engelsman (8)	21.58	10
	6. Allen (12)	16.52	86	6. Baker (11)	22.05	06
	7. J Landreneau (11)	16.56	99	7. Vaughan (9)	22.19	10
	8. L Carr (10)	17.04	86	8. K Robichaux (10)	22.41	12
	9. F Vanderlick (12)	17.10	03	9. Murchison (12)	22.44	05
	10. McHugh (11)	17.30	89	10. Sansing (11)	23.19	06
7th Grade	1. Taylor	18.59	06	1. Robichaux	21.30	09
	2. Jeansonne	19.46	03	2. Bartow	23.29	06
	3. O'Kelly	20.01	91	3. Long	26.51	12
	4. J Adams	20.30	96	4. Standley	29.34	12
	5. Blalock	20.57	92	5. M Bartow	32.40	10
	6. Burns	20.57	12			
8th Grade	1. Filasek	18.01	96	1. Robichaux	21.50	10
	2. O'Kelly	18.14	92	2. Engelsman	21.58	10
	3. Jeansonne	19.10	04	3. Vaughan	22.23	09
	4. Garner	19.12	00	4. Shackelford	25.21	06
	5. Taylor	19.13	07	5. Beard	25.31	09
9th Grade	1. M Landreneau	16.47	99	1. Robichaux	20.24	11
	2. J Holcombe	17.47	00	2. Bartow	21.50	10
	3. O'Kelly	18.05	93	3. Vaughan	22.19	10
	4. F Vanderlick	18.11	00	4. Engelsman	22.36	11
	5. Garner	18.18	01	5. Baker	23.14	04
10th Grade	1. M Landreneau	16.23	00	1. Robichaux	21.12	12
	2. O'Kelly	16.27	94	2. Bartow	22.26	11
	3. Smith	16.32	84	3. Engelsman	22.27	12
	4. J Holcombe	16.34	01	4. K Robichaux	22.41	12
	5. L Carr	17.04	86	5. Badeaux	22.42	04
11th Grade	1. M Landreneau	15.45	01	1. Baker	22.05	06
	2. O'Kelly	16.31	95	2. Vaughan	22.32	12
	3. J Landreneau	16.56	99	3. Badeaux	23.02	05
	4. Dotson	17.21	07	4. Morrison	23.13	11
	5. Pepitone	17.34	01	5. Sansing	23.19	06
12th Grade	1. Smith	15.00	86	1. Jeane	20.31	06
	2. J Holcombe	16.13	03	2. Badeaux	21.26	06
	3. Dotson	16.45	08	3. Baker	22.21	07
	4. O'Kelly	16.50	96	4. Murchison	22.44	05
	5. Allen	16.52	86	5. Morrison	24.22	12

HOLY SAVIOR MENARD CROSS COUNTRY
COURSE RECORDS (Girls 3 mile)

As of October 13, 2012

HIGHLAND PARK

	BOYS			GIRLS		
Top 10 Overall	1. O'Kelly (12)	15.25	96	1. Robichaux (9)	18.44	11
	2. J Holcombe (12)	15.32	03	2. Badeaux (12)	19.58	06
	3. M Landreneau (11)	15.36	01	3. Engelsman (8)	20.19	10
	4. Dotson (12)	15.38	08	4. Vaughan (10)	20.22	11
	5. Smith (11)	15:41	85	5. Murchison (12)	20.27	05
	6. F Vanderlick (12)	16.27	03	6. Bartow (9)	20.28	10
	7. Pepitone (11)	16.44	01	7. Jeane (11)	20.32	05
	8. Petrus (12)	16.51	02	8. Baker (11)	21:06	06
	9. Jeansonne (11)	16.50	07	9. K Robichaux (10)	21.08	12
	10. J Landreneau (11)	16.54	99	10. Deworth (11)	21.24	11
7th Grade	1. Taylor	18.13	06	1. Robichaux	20.09	09
	2. Jeansonne	18.51	03	2. Engelsman	20.53	09
	3. O'Kelly	19:01	91	3. Bartow	22.37	08
	4. J Adams	19.21	96	4. Long	22.48	12
	5. Burns	19.31	12	5. Vaughan	24.50	08
	6. Q McMickens	20.08	12			
8th Grade	1. Filasek	17:02	96	1. Robichaux	19.19	10
	2. O'Kelly	18.27	92	2. Engelsman	20.19	10
	3. Jeansonne	18.34	04	3. Vaughan	21.41	09
	4. D Vanderlick	18.41	91	4. Tarpley	22.36	05
	5. Taylor	18.24	07	5. Shackelford	23.07	06
9th Grade	1. J Holcombe	16.44	00	1. Robichaux	18.44	11
	2. M Landreneau	16.52	99	2. Bartow	20.28	10
	3. Garner	17.12	01	3. Vaughan	20.57	10
	4. O'Kelly	17:20	93	4. Engelsman	20.58	11
	5. Dotson	17.12	05	5. Shackelford	22.27	07
10th Grade	1. M Landreneau	16.02	00	1. Robichaux	19.51	12
	2. Dotson	16.15	06	2. Vaughan	20.22	11
	3. O'Kelly	16.39	94	3. Badeaux	20.37	04
	4. J Holcombe	16.46	01	4. K Robichaux	21.08	12
	5. J Landreneau	17.17	98	5. Jeane	21.19	04
	5. Pepitone	17.17	00			
11th Grade	1. M Landreneau	15.36	01	1. Badeaux	20.27	05
	2. Smith	15:41	85	2. Jeane	20.32	05
	3. Dotson	15.43	07	3. Baker	21.06	06
	4. O'Kelly	16.06	95	4. Deworth	21.24	11
	5. Pepitone	16.44	01	5. Vaughan	21.44	12
12th Grade	1. O'Kelly	15:25	96	1. Badeaux	19.58	06
	2. J Holcombe	15.32	03	2. Murchison	20.27	05
	3. Dotson	15.38	08	3. Jeane	20.53	06
	4. Smith	15.53	86	4. Baker	21.07	07
	5. F Vanderlick	16.27	03	5. Morrison	22.25	12

HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)

As of October 13, 2012

CATHOLIC / ST JOE

	BOYS			GIRLS		
Top 10 Overall	1. O'Kelly (12)	15.25	96	1. Robichaux (9)	18.44	11
	2. Dotson (12)	15.38	08	2. Badeaux (12)	19.58	06
	3. J Holcombe (12)	15.42	03	3. Engelsmen (8)	20.19	10
	4. M Landreneau (11)	15.43	01	4. Vaughan (10)	20.22	11
	5. Smith (12)	15.53	86	5. Murchison (12)	20.27	05
	6. Pepitone (11)	16.44	01	6. Jeane (11)	20.32	05
	7. Jeansonne (11)	16.50	07	7. Baker (11)	21.06	06
	8. Petrus (12)	16.51	02	8. Bartow (9)	21.25	10
	9. Filasek (8)	17.02	96	9. Morrison (11)	22.09	11
	10. F Vanderlick (12)	17.07	03	10. Deworth (11)	22.28	11
7th Grade	1. Taylor	18.13	06	1. Robichaux	20.12	09
	2. Jeansonne	18.51	03	2. Engelsman	20.53	09
	3. J Adams	19.21	96	3. Bartow	22.37	08
	4. Burns	19.31	12	4. Long	22.48	12
	5. O'Kelly	19.40	91	5. Vaughan	24.50	08
	6. Q McMickens	20.08	12			
8th Grade	1. Filasek	17.02	96	1. Robichaux	19.19	10
	2. O'Kelly	18.27	92	2. Engelsman	20.19	10
	3. Taylor	18.28	07	3. Vaughan	22.25	09
	4. Baker	18.44	07	4. Tarpley	22.44	05
	5. D Vanderlick	19.03	91	5. Shackelford	23.07	06
9th Grade	1. J Holcombe	16.44	00	1. Robichaux	18.44	11
	2. Garner	17.12	01	2. Vaughan	20.57	10
	3. O'Kelly	17.20	93	3. Bartow	21.25	10
	4. Jeansonne	17.27	05	4. Baker	22.31	04
	5. Dotson	17.32	05	5. Lemoine	22.32	10
10th Grade	1. M Landreneau	16.02	00	1. Vaughan	20.22	11
	2. Dotson	16.15	06	2. Badeaux	20.37	04
	3. O'Kelly	16.39	94	3. Engelsman	21.36	12
	4. J Holcombe	16.45	01	4. Jeane	21.38	04
	5. J Landreneau	17.17	98	5. Baker	21.42	05
	5. Pepitone	17.17	00			
11th Grade	1. M Landreneau	15.43	01	1. Jeane	20.32	05
	2. Dotson	15.43	07	2. Baker	21.06	06
	3. Smith	16.07	85	3. Badeaux	21.16	05
	4. Pepitone	16.44	01	4. Morrison	22.08	11
	5. Jeansonne	16.50	07	5. Deworth	22.26	11
12th Grade	1. O'Kelly	15.25	96	1. Badeaux	19.58	06
	2. Dotson	15.38	08	2. Murchison	20.27	05
	3. J Holcombe	15.42	03	3. Jeane	20.54	06
	4. Smith	15.53	86	4. Baker	21.06	07
	5. Petrus	16.51	02	5. Morrison	22.25	12

HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS

As of September 22, 2012

SACRED HEART, GC

	BOYS			GIRLS		
Top 10 Overall	1. Dotson (10)	16.11	06	1. Jeane (12)	19.19	06
	2. Jeansonne (10)	16.25	06	2. Badeaux (12)	19.35	06
	3. Walter (11)	17.24	06	3. M Robichaux (9)	19.45	10
	4. Baker (11)	17.33	10	4. Bartow (9)	20.28	10
	5. Eilts (12)	17.47	11	5. Baker (11)	21.01	06
	6. Lemoine (12)	17.55	11	6. Engelsman (10)	21.01	10
	7. Sonner (11)	18.03	06	7. Vaughan (10)	21.33	11
	8. Veillon (10)	18.27	06	8. O'Neal (9)	22.02	06
	9. Vidrine (11)	18.40	10	9. K Robichaux (10)	22.03	12
	10. Schneider (10)	18.44	12	10. Wyatt (11)	22.11	06
7th Grade	1. Bouie	19.24	06	1.		
	2. Burns	19.54	12	2.		
	3. Q McMickens	20.19	12	3.		
	4. Rogers	23.18	12	4.		
	5.			5.		
8th Grade	1. Alexander	19.02	06	1. M Robichaux	19.59	10
	2. Guaccu	21.06	12	2. Slaukelford	22.34	06
	3			3. Marshall	25.21	10
	4.			4.		
	5			5		
9th Grade	1. Robichaux	20.46	12	1. M Robichaux	19.45	11
	2			2. Bartow	20.28	10
	3.			3. Engelsman	21.01	10
	4.			4. Vaughan	21.48	10
	5			5. O'Neal	22.02	06
10th Grade	1. Dotson	16.11	06	1. M Robichaux	21.05	12
	2. Jeansonne	16.25	06	2. Bartow	21.30	11
	3. Veillon	18.27	06	3. Vaughan	21.33	11
	4. Schneider	18.44	12	4. K Robichaux	22.03	12
	5. D McMickens	19.45	12	5. Engelsman	23.06	12
11th Grade	1. Walter	17.24	06	1. Baker	21.01	06
	2. Baker	17.33	10	2. Wyatt	22.11	06
	3. Sonner	18.03	06	3. Morrison	22.24	11
	4. Lemoine	18.05	10	4. Vaughan	22.26	12
	5. Vidrine	18.40	10	5. Deworth	24.15	11
12th Grade	1. Eilts	17.47	11	1. Jeane	19.19	06
	2. Lemoine	17.55	11	2. Badeaux	19.35	06
	3. Baker	18.42	11	3.		
	4. Vidrine	18.55	11	4.		
	5. Wehrle	19.28	11	5.		

HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)

As of November 3, 2012

	BOYS			GIRLS		
DISTRICT MEET				1. Robichaux (9)	18.17	11
Top 10 Overall	1. Smith (12)	15.05	86	2. Badeaux (10)	20.38	04
	2. O'Kelly (12)	15.33	96	3. Engelsman (9)	20.48	11
	3. J Landreneau (10)	16.17	99	4. Jeane (12)	21.04	06
	4. M Landreneau (11)	16.17	01	5. Murchison (12)	21.07	05
	5. Dotson (11)	16.29	07	6. Baker (12)	21.18	07
	6. L Carr (11)	16.37	87	7. Vaughan (10)	21.20	11
	7. J Holcombe (12)	16.37	03	8. Bartow (10)	21.26	11
	8. Petrus (12)	16.46	02	9. Long (7)	21.48	12
	9. Garner (10)	16.46	02	10. K Robichaux (9)	22.02	11
	10. F Vanderbick (12)	16.53	03			
7th Grade	1. Jeansonne	18.29	03	1 Robichaux	20.54	09
	2. J Adams	18.35	96	2. Bartow	21.28	08
	3. Bouie	18.37	06	3. Vaughan	21.43	08
	4. O'Kelly	18.51	91	4. Long	21.48	12
	5. D Vanderbick	20.00	90	5. Engelsman	22.49	09
8th Grade	1. Filasek	17.29	96	1. Robichaux	20.44	10
	2. J Holcombe	17.35	99	2. Engelsman	21.40	10
	3. O'Kelly	17.43	92	3. Bartow	22.02	09
	4. Taylor	17.57	07	4. Vaughan	23.00	09
	5. Jeansonne	17.59	04	5. Voltz	23.01	12
9th Grade	1. M Landreneau	17.04	99	1. Robichaux	18.17	11
	2. O'Kelly	17.26	93	2. Engelsman	20.48	11
	3. Petrus	17.30	99	3. K Robichaux	22.02	11
	4. Demarco	17.38	01	4. Baker	22.17	04
	5. Garner	17.40	01	5. Rabalais	22.17	11
10th Grade	1. Smith	16.26	84	1. Robichaux	20.20	12
	2. O'Kelly	16.32	94	2. Badeaux	20.38	04
	3. Garner	16.46	02	3. Vaughan	21.20	11
	4. J Holcombe	16.56	01	4. Bartow	21.26	11
	5. L Carr	17.24	86	5. Jeane	21.35	04
	5. J Landreneau	17.24	98			
	5. Dotson	17.24	06			
11th Grade	1. O'Kelly	16.06	95	1. Vaughan	21.16	12
	2. J Landreneau	16.17	99	2. Badeaux	21.34	05
	3. M Landreneau	16.17	01	3. Bartow	22.02	12
	4. Smith	16.20	85	4. Baker	22.24	06
	5. Dotson	16.29	07	5. Jeane	22.26	05
12th Grade	1. Smith	15.05	86	1. Badeaux	20.51	06
	2. O'Kelly	15.33	96	2. Jeane	21.04	06
	3. J Holcombe	16.37	03	3. Murchison	21.07	05
	4. Dotson	16.43	08	4. Baker	21.18	07
	5. Petrus	16.46	02	5. Sansing	22.44	07

HOLY SAVIOR MENARD CROSS COUNTRY
COURSE RECORDS (Girls 3 mile)

As of November 11, 2012

NORTHWESTERN

	BOYS			GIRLS		
Top 10 Overall	1. Dotson (12)	15.40	08	1. Robichaux (9)	18.46	11
	2. M Landreneau (11)	15.49	01	2. Engelsman (8)	19.42	10
	3. O'Kelly (12)	15:55	96	3. Bartow (11)	19.58	12
	4. Smith (12)	16.23	86	4. Vaughan (11)	20.15	12
	5. J Holcombe (9)	16.36	00	5. Murchison (12)	20.34	05
	6. Petrus (12)	16.41	02	6. Badeaux (10)	20.38	04
	7. J Landreneau (11)	16.42	99	7. Baker (12)	20.50	07
	8. Garner (10)	16.42	02	8. Jeane (11)	20.56	05
	9. F Vanderlick (12)	16.53	03	9. Long (7)	21.33	12
	10. Pepitone (11)	16.58	01	10 Tarpley (8)	21.41	05
7th Grade	1. Jeansonne	18.29	03	1. Engelsman	19.51	09
	2. Burns	19.34	12	2. Robichaux	20.02	09
	3. J Holcombe	19.42	98	3. Bartow	20.04	08
	4. Littlepage	19.47	01	4. Vaughan	21.06	08
	5. Upton	19.54	00	5. Long	21.33	12
8th Grade	1. Filasek	17.16	96	1. Engelsman	19.42	10
	2. J Holcombe	17.50	99	2. Robichaux	19.45	10
	3. Jeansonne	17.59	04	3. Vaughan	21.03	09
	4. O'Kelly	18.03	92	4. Tarpley	21.41	05
	5. Baker	18.17	07	5. Bartow	21.48	09
9th Grade	1. J Holcombe	16.36	00	1. Robichaux	18.46	11
	2. M Landreneau	16.53	99	2. Vaughan	21.08	10
	3. Dotson	17.02	05	3. Engelsman	21.11	11
	4. Garner	17.12	01	4. Bartow	21.24	10
	5. Taylor	17.20	08	5. Baker	21.53	04
10th Grade	1. O'Kelly	16.28	94	1. Robichaux	19.46	12
	2. J Holcombe	16.36	01	2. Engelsman	20.29	12
	3. Garner	16.42	02	3. Badeaux	20.38	04
	4. M Landreneau	16.43	00	4. Baker	20.56	05
	5. Pepitone	17.18	00	5. K Robichaux	20.57	12
11th Grade	1. M Landreneau	15.49	01	1. Bartow	19.58	12
	2. O'Kelly	15.59	95	2. Vaughan	20.15	12
	3. Dotson	16.12	07	3. Jeane	20.56	05
	4. Smith	16.41	85	4. Badeaux	21.03	05
	5. J Landreneau	16.42	99	5. Morrison	21.56	11
12th Grade	1. Dotson	15.40	08	1. Murchison	20.34	05
	2. O'Kelly	15:55	96	2. Baker	20.50	07
	3. Smith	16.23	86	3. Jeane	20.58	06
	4. J Holcombe	16.37	03	4. Badeaux	21.23	06
	5. Petrus	16.41	02	5. Morrison	22.06	12

HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)

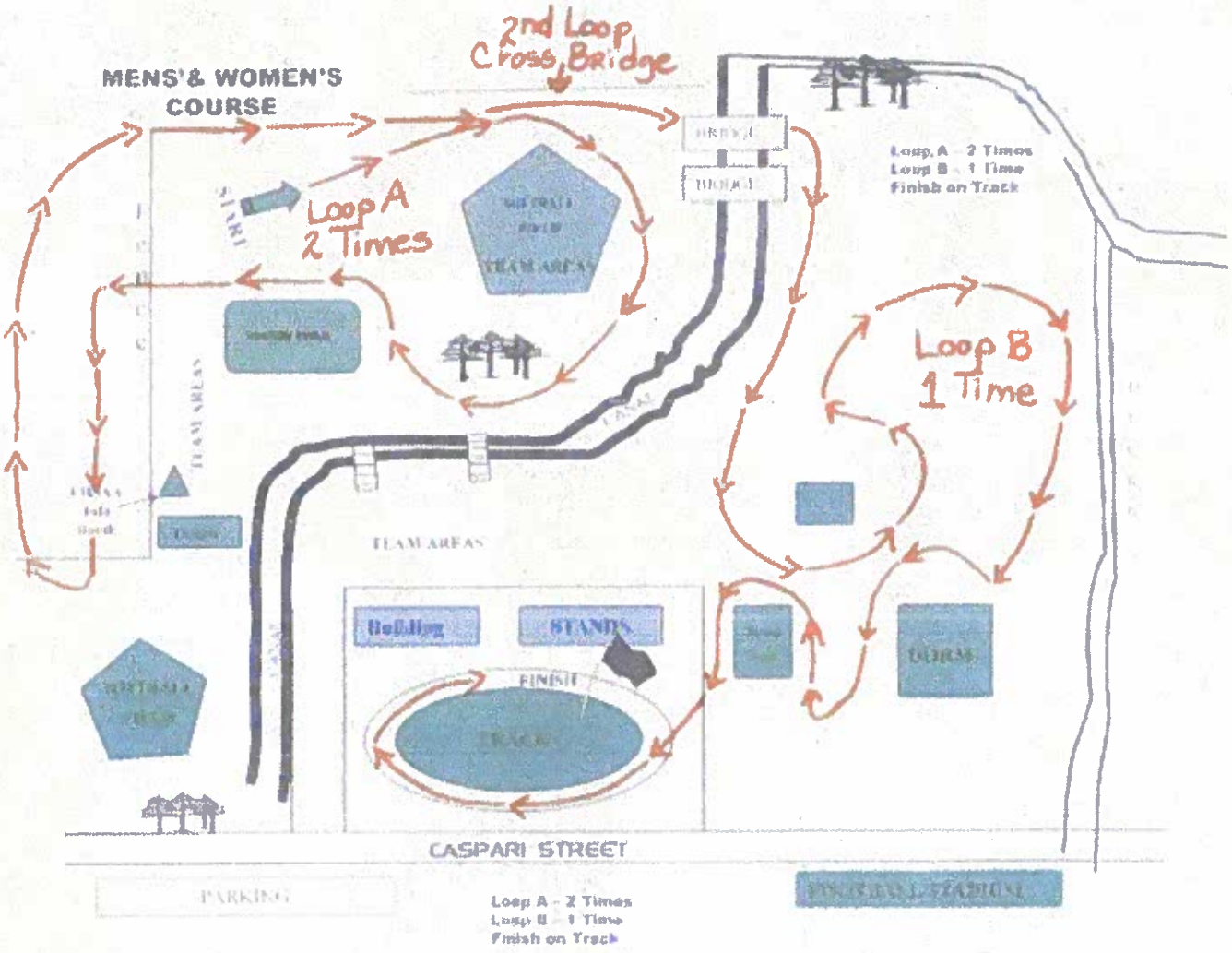
As of November 11, 2012

STATE MEET

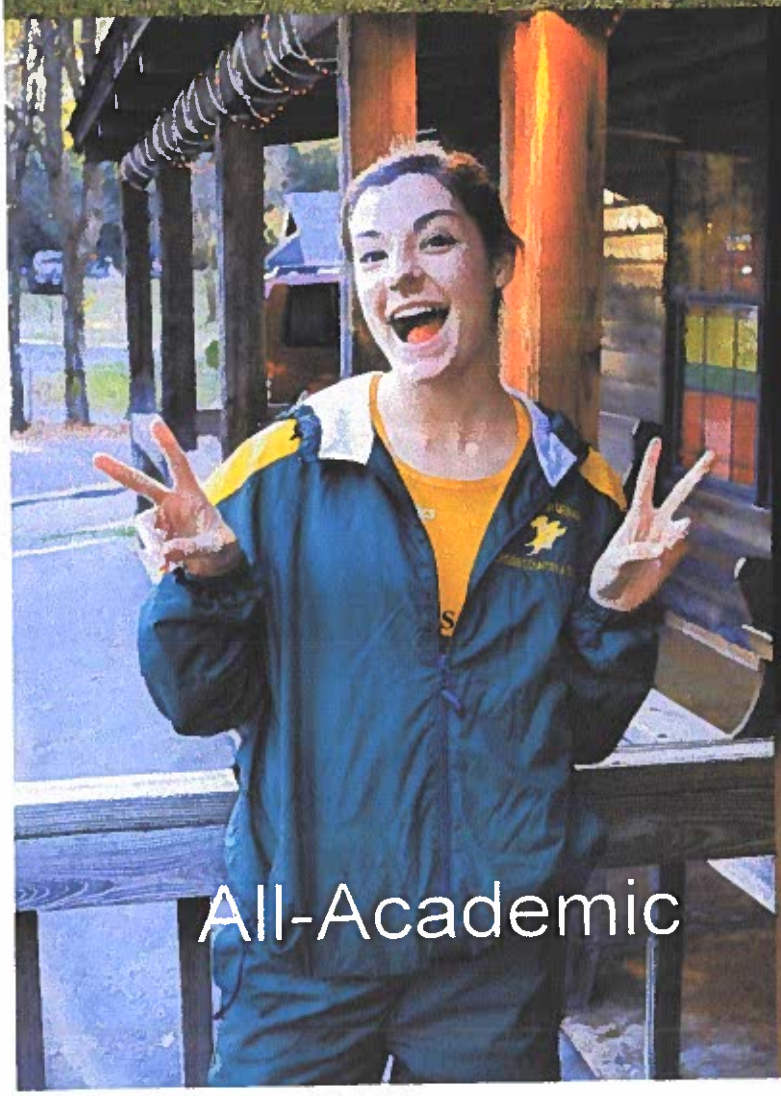
	BOYS			GIRLS		
Top 10 Overall	1. Smith (11)	15.41	85	1. Robichaux (9)	18.46	11
	2. M Landreneau (11)	15.49	01	2. Engelsman (8)	19.42	10
	3. Dotson (11)	15.49	08	3. Bartow (11)	19.58	12
	4. O'Kelly (11)	16.06	95	4. Vaughan (11)	20.15	12
	5. J Holcombe (9)	16.36	00	5. Murchison (12)	20.34	05
	6. Jesse Petrus (12)	16.41	02	6. Baker (12)	20.50	07
	7. J Landreneau (11)	16.42	99	7. Badeaux (10)	20.53	04
	8. Garner (9)	16.42	02	8. Jeane (11)	20.56	05
	9. Pepitone (11)	16.58	01	9. Long (7)	21.33	12
	10. L Carr (12)	17.02	88	10. Tarpley (8)	21.41	05
7th Grade	1. O'Kelly	19.01	91	1. Engelsman	19.51	09
	2. J Holcombe	19.42	98	2 Robichaux	20.02	09
	3. Boutc	20.01	06	3. Bartow	20.36	08
	4. J Adams	20.19	96	4. Vaughan	21.06	08
	5. Pippin	21.12	98	5. Long	21.33	12
8th Grade	1. J Holcombe	17.55	99	1. Engelsman	19.42	10
	2. O'Kelly	18.03	92	2. Robichaux	19.59	10
	3. Filasek	18.09	96	3. Vaughan	21.03	09
	4. Jeansonne	18.10	04	4. Tarpley	21.41	05
	5. Baker	18.17	07	5. Bartow	21.48	09
9th Grade	1. J Holcombe	16.36	00	1. Robichaux	18.46	11
	2. Dotson	17.02	05	2. Vaughan	21.08	10
	3. M Landreneau	17.06	99	3. Engelsman	21.11	11
	4. Garner	17.12	01	4. Bartow	21.24	10
	5. Taylor	17.21	08	5. Baker	21.53	04
10th Grade	1. J Holcombe	16.36	01	1. Robichaux	19.46	12
	2. Garner	16.42	02	2. Engelsman	20.29	12
	3. O'Kelly	16.43	94	3. Badeaux	20.53	04
	4. M Landreneau	16.43	00	4. Baker	20.56	05
	5. Pepitone	17.18	00	5. K Robichaux	20.57	12
11th Grade	1. Smith	15.41	85	1. Bartow	19.58	12
	2. M Landreneau	15.49	01	2. Vaughan	20.15	12
	3. O'Kelly	16.06	95	3. Jeane	20.56	05
	4. Dotson	16.12	07	4. Badeaux	21.03	05
	5. J Landreneau	16.42	99	5. Morrison	21.56	11
12th Grade	1. Dotson	15.49	08	1. Murchison	20.34	05
	2. O'Kelly	16.10	96	2. Baker	20.50	07
	3. Smith	16.23	86	3. Jeane	20.58	06
	4. Petrus	16.41	02	4. Badeaux	21.23	06
	5. J Holcombe	16.49	03	5. Morrison	22.22	12

GRADE & ALL-GRADES RECORDS

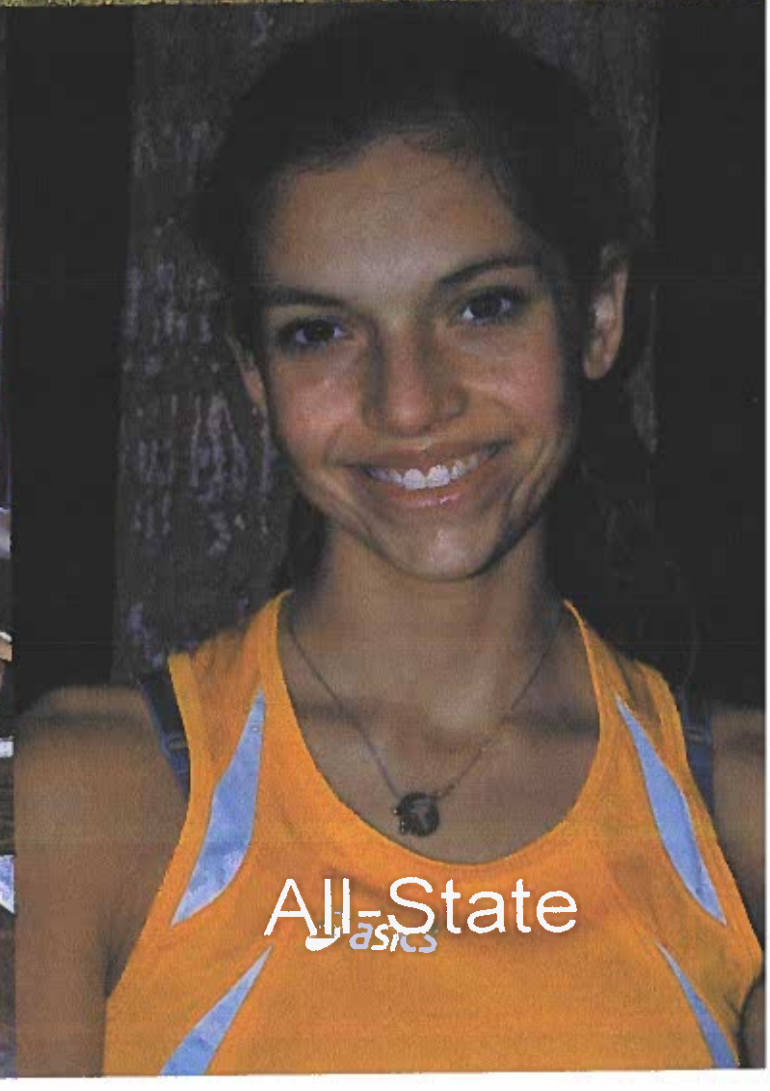
Avery Long (21.33)	#12 All Grades; #5 7th Grade
Anne Standley (24.49)	#34 All Grades; #13 7th Grade
Rachel McMinn (27.07)	#48 All Grades; #15 7th Grade
Martha Voltz (23.01)	#26 All Grades: #11 8th Grade
Miranda Hawthorne (23.27)	#28 All Grades; #12 8th Grade
Brittany Ducote (24.27)	#32 All Grades; #13 8th Grade
Ava Karam (24.47)	#37 All Grades; #14 8th Grade
Emily Saccaro (27.14)	#49 All Grades; #17 9th Grade
Cameron Erickson (28.37)	#22 9th Grade
Brittney Jeansonne (29.30)	#24 9th Grade
Mallory Robichaux (19.46)	#1 10th Grade
Rachel Engelsman (20.29)	#3 10th Grade
Kelley Robichaux (20.57)	#9 All Grades; #7 10th Grade
Madeline Jones (22.47)	#24 All Grades; #11 10th Grade
Carson Rabalais (25.32)	#17 10th Grade
Mallory Bartow (19.58)	#5 All Grades; #1 11th Grade
Lindsay Vaughan (20.15)	#2 11th Grade
Meg Morrison (22.06)	#5 12th Grade
Grayson Burns (19.01)	#6 7th Grade
Quint McMickens (19.44)	#11 7th Grade
Doug Juneau (18.59)	#13 8th Grade
Cole Robichaux (18.38)	#24 9th Grade


MENS'& WOMEN'S COURSE
2nd Loop Cross Bridge
Loop A 2 Times
Loop B 1 Time
Finish on Track
Loop B 1 Time
TEAM AREAS
Building
STANDS
FINISH
CASPARI STREET
PARKING
Loop A - 2 Times
Loop B - 1 Time
Finish on Track

Girls State Team

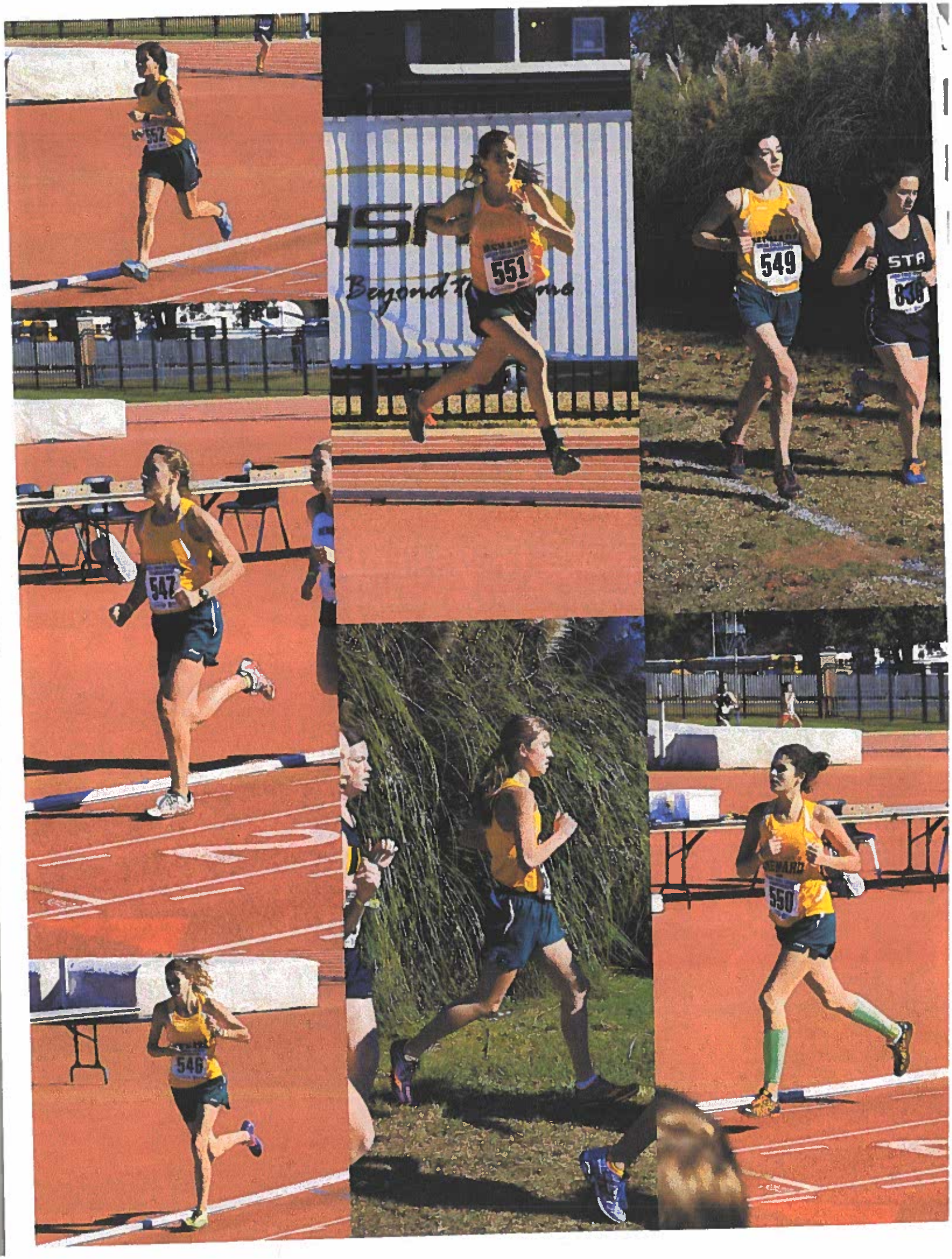


All-Academic



All-State

State Boys Team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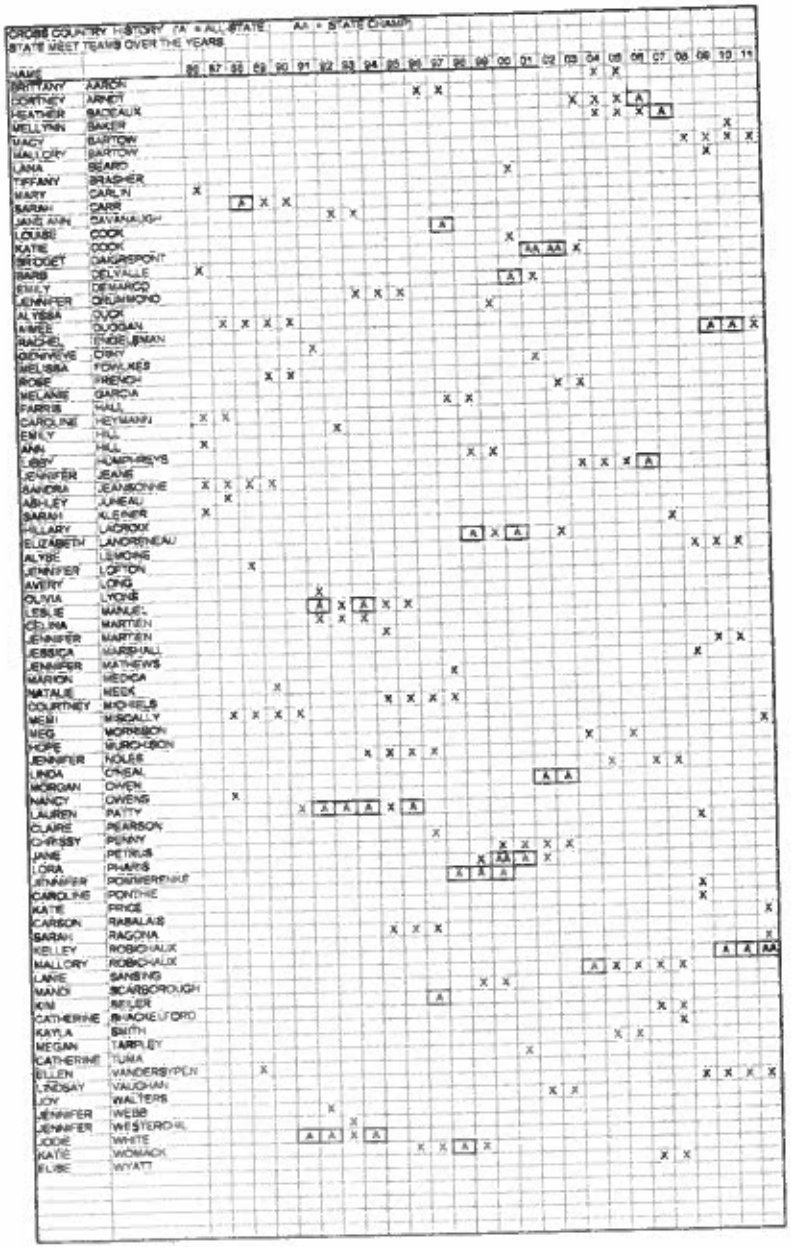
MENARD

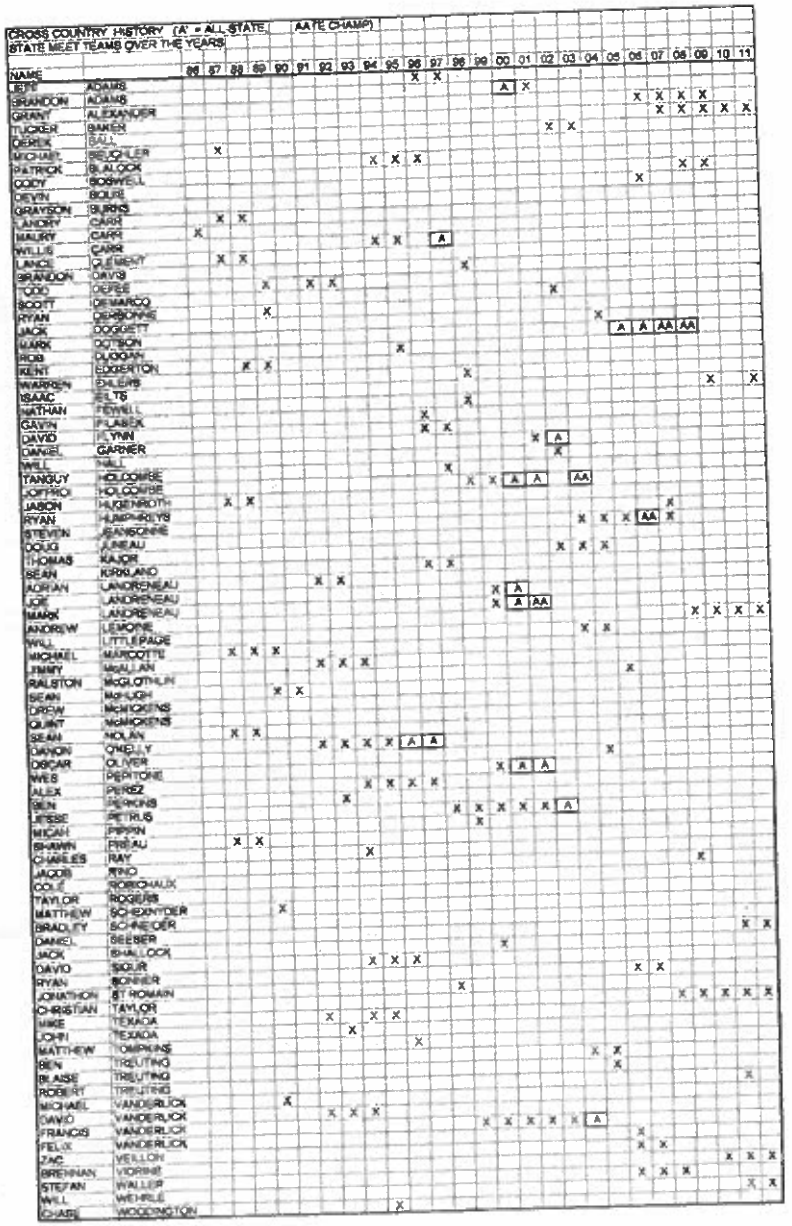
CROSS COUNTRY

#PWU khaki

ATTITUDE

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company ... a church ... a home ... a team. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is ten percent what happens to me and ninety percent how I react to it.


CROSS COUNTRY HISTORY ('A' = ALL STATE; 'AA' = STATE CHAMP)
STATE MEET TEAMS OVER THE YEARS
NAME
86 87 88 89 90 91 92 93 94 95 96 97 98 99 00 01 02 03 04 05 06 07 08 09 10 11
BRITTANY AARON
COURTNEY ARNET
HEATHER BADEAUX
MELLYNN BAKER
MACY BARTOW
MALLORY BARTOW
LANA BEARD
TIFFANY BRASHER
MARY CARLIN
SARAH CARR
JANE ANN DAVANAUGH
LOUISE COOK
KATIE COOK
BRIDGET DAIGRSPONT
MARIS DELVALLE
EMILY DEMARCO
JENNIFER DRUMMOND
ALYSSA DUCK
AIMEE DUGGAN
RACHEL ENDELMAN
GENNYEVE ERNY
MELISSA FOWLKES
ROSE FRENCH
MELANIE GARCIA
FARRIS HALL
CAROLINE HEYMANN
EMILY HILL
ANN HILL
LIBBY HUMPHREYS
JENNIFER JEANS
SANDRA JEANSONNE
ASHLEY JUNEAU
SARAH KLEINER
HILLARY LADROIX
ELIZABETH LANDRENEAU
ALYSE LEMOINE
JENNIFER LOFTON
AVERY LONG
OLIVIA LYONS
LESLIE MANUEL
CELINA MARTIEN
JENNIFER MARTIEN
JESSICA MARSHALL
JENNIFER MATHEWS
MARION MEDICA
NATALIE MEEK
COURTNEY MICHELS
MERI MISCALLY
MEG MORRISON
HOPE MURCHISON
JENNIFER NOLES
LINDA ONEAL
MORGAN OWEN
NANCY OWENS
LAUREN PATTY
CLAIRE PEARSON
CHRISSY PENNY
JANE PETRUS
LORA PHARIS
JENNIFER POINDEXTER
CAROLINE PONTHIE
KATE PRICE
CARSON RABALAIS
SARAH RAGONA
KELLEY ROBICHAUX
MALLORY ROBICHAUX
LAKE SANSING
MANDI SCARBOROUGH
KIM SEILER
CATHERINE SHACKELFORD
KAYLA SMITH
MEGAN TARPLEY
CATHERINE TUMA
ELLEN VANDERSYPEN
LINDSAY VAUGHAN
JOY WALTERS
JENNIFER WEBB
JENNIFER WESTERDAL
JODIE WHITE
KATIE WOMACK
ELISE WYATT


CROSS COUNTRY HISTORY ('A' = ALL STATE; 'AA' = STATE CHAMP)
STATE MEET TEAMS OVER THE YEARS
NAME
86 87 88 89 90 91 92 93 94 95 96 97 98 99 00 01 02 03 04 05 06 07 08 09 10 11
ERIC ADAMS
BRANDON ADAMS
GRANT ALEXANDER
TUCKER BAKER
DEREK BALL
MICHAEL BELCHER
PATRICK BLALOCK
CODY BOSWELL
DEVIN BOUR
GRAYSON BURNS
LANDRY CARR
MAURY CARR
WILLIS CARR
LANCE CLEMENT
BRANDON DAVIS
TODD DEREE
SCOTT DEMARCO
RYAN DESBONNE
JACK DOGGETT
MARK DOTSON
ROB DUGGAN
KENT EDGERTON
WARREN EHLERS
ISAAC ELTS
NATHAN FENNELL
GAVIN FLASICK
DAVID FLYNN
DANIEL GARNER
WILL HALL
TANGUY HOLCOMBE
JOFFROI HOLCOMBE
JASON HUGENROTH
RYAN HUMPHREYS
STEVEN JEANSONNE
DOUG JUNEAU
THOMAS KAJOR
SEAN KIRKLAND
ADRIAN LANDRENEAU
JOE LANDRENEAU
MARK LANDRENEAU
ANDREW LEMOINE
WILL LITTLEPAGE
MICHAEL MARCOTTE
JIMMY McALLAN
RALSTON McGLOTHLIN
SEAN McHUGH
DREW McMICKENS
QUINT McMICKENS
SEAN NOLAN
DANON O'NEILL
OSCAR OLIVER
WES PEPITONE
ALEX PEREZ
BEN PHARRIS
JESSE PETRUS
MICAH PIPPIN
SHAWN PREAU
CHARLES RAY
JACOB RINO
COLE ROBICHAUX
TAYLOR ROGERS
MATTHEW SCHEXNYDER
BRADLEY SCHNEIDER
DANIEL SEEBER
JACK SHALLOCK
DAVID SIKOR
RYAN SONNIER
JONATHON ST ROMAIN
CHRISTIAN TAYLOR
MIKE TEXADA
JOHN TEXADA
MATTHEW TOMPKINS
BEN TREUTING
BLAISE TREUTING
ROBERT TREUTING
MICHAEL VANDERLICK
DAVID VANDERLICK
FRANCIS VANDERLICK
FELIX VANDERLICK
ZAC VEILLON
BRENNAN VIORINE
STEFAN WALLER
WILL WEHRLE
CHASE WOODINGTON

CATHOLIC HIGH HISTORY

YEAR	TEAM FINISH BOYS	GIRLS	TOP RUNNER (PLACE, TIME)	T-Shirt	OUR CLASS	# BELOW 13 min	# BELOW 16 min	Winning Time
1985			Doug Smith (7, 16.07)	xxxxx	3A			
1986	15	14	Sandra Jeansonne (63, 15.02) Doug Smith (3, 15.53)	 xxxxx	3A	5	4	11.55 15.32
1987	-	-	Sandra Jeansonne (61, 14.59) Landry Carr (127, 18.24)		3A	6	12	11.50 15.00
1988	19	13	Aimee Duggan (47, 14.21) Landry Carr (73, 17.18)		2A	6	8	12.22 15.13
1989	28	6	Sarah Carr (8, 13.36) Sean McHugh (118, 18.30)	xxxxx	2A	2	2	12.42 15.36
1990	40	13	Jodie White (13, 13.16) Sean McHugh (165, 18.27)	xxxxx	2A	7	15	12.29 15.11
1991	28	5	Lauren Patty (8, 13.08) Dave Vanderlick (127, 19.02)	xxxxx	2A	5	9	12.20 15.15
1992	21	6	Lauren Patty (13, 13.26) Todd Defee (93, 18.22)	xxxxx	2A	4	2	12.24 15.52
1993	21	5	Jodie White (21, 13.23) Danon O'Kelly (46, 17.20)		2A	7	4	12.01 15.42
1994	15	6	Lauren Patty (17, 13.14) Danon O'Kelly (30, 16.39)	xxxxx	2A	10	8	12.08 15.16
1995**	9	3	Jenni Noles (14, 12.47) Danon O'Kelly (7, 16.06)	xxxxx xxxxx	2A	18	5	11.43 15.23
1996	21	5	Jenni Noles (19, 12.55) Danon O'Kelly (1, 15.25)	xxxxx xxxxx	2A	19	9	11.55 15.25
1997	43	19	Jen Pommerenke (71, 13.58) Willie Carr (102, 18.15)		1A	21	4	11.50 15.22
1998	41	14	Jen Pommerenke (46, 13.35) Warren Ehlers (205, 19.20)		1A	20	8	11.51 15.15
1999	16	9	Lora Pharis (21, 13.41) Joe Landreneau (35, 17.26)		1A	6	2	12.20 15.36
2000	6	5	Elizabeth Landreneau (18, 12.55) Mark Landreneau (7, 16.02)	xxxxx xxxxx	1A	18	5	11.40 15.06
2001	3	5	Bridget Daigrepont (2, 12.23) Mark Landreneau (1, 15.43) Wes Pepitone (19, 16.45) Joffroi Holcombe (20, 16.45)	xxxxx xxxxx xxxxx xxxxx	3A	7	1	11.53 15.43
2002	5	2	Bridget Daigrepont (4, 12.32) Jesse Petrus (13, 16.51)	xxxxx xxxxx	3A	8	1	11.46 15.49
2003	10	9	Bridget Daigrepont (8, 12.31) Joffroi Holcombe (2, 15.43)	xxxxx xxxxx	3A	20	4	11.47 15.34
Girls start racing at 3 miles in 2004						# Below 20 min		
2004	24	14	Heather Badeaux (24, 20.37) Will Littlepage (87, 18.28)		3A	12	1	18.32 15.52
2005	29	4	Hope Murchison (17, 20.27) Jen Jeane (19, 20.32) Steven Jeansonne (67, 17.27)	xxxxx xxxxx	2A	9	7	17.38 15.12
2006	15	10	Heather Badeaux (16, 19.58) Mark Dotson (16, 16.15)	xxxxx xxxxx	2A	16	7	18.21 15.06
2007	15	13	Mellynn Baker (37, 21.06) Mark Dotson (5, 15.43)	 xxxxx	2A	16	9	19.02 15.32
2008	12	18	Mallory Bartow (60, 22.37) Mark Dotson (2, 15.38)	 xxxxx	2A	6	3	18.22 15.31
2009	8	8	Mallory Robichaux (6, 20.12) Rachel Engelsman (16, 20.53) Grant Alexander (36, 17.50)	xxxxx xxxxx	2A	3	1	19.04 15.59
2010**	20	8	Mallory Robichaux (13, 19.19) Tucker Baker (70, 17.33)	xxxxx	2A	25	6	17.52 15.18
2011	16	4	Mallory Robichaux (2, 18.44) Lindsay Vaughan (17, 20.22) Isaac Eiits (56, 17.51)	xxxxx xxxxx	2A	11	4	17.55 15.33
2012	39	15	Rachel Engelsman (44 21.36) Bradley Schneider (170, 19.22)		2A	12	5	18.38 14.59

** St Joe Invitational

Monday, September 17, 2012

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

THE VARSITY GIRLS PLACED 2ND OF 16 SCHOOLS, LOSING ONLY TO 5A STATE CHAMP DOMINICAN OF NEW ORLEANS AND 5A STATE RUNNER-UP ST JOSEPH OF BATON ROUGE.

THE JUNIOR HIGH BOYS PLACED 11TH OF 22 TEAMS, AND THE JUNIOR HIGH GIRLS WERE 11TH OF 18 TEAMS.

THE VARSITY GIRLS WERE
MALLORY ROBICHAUX
KELLEY ROBICHAUX
LINDSAY VAUGHAN
RACHEL ENGELSMAN
MALLORY BARTOW
MEG MORRISON
AND MADELINE JONES

Monday, September 24, 2012

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE SACRED HEART INVITATIONAL SATURDAY IN GRAND COTEAU.

THE GIRLS PLACED 4 IN THE TOP 15, PLACING SECOND TO ST THOMAS MORE. THE BOYS PLACED THIRD IN THEIR FIRST VARSITY RACE OF THE YEAR.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
KELLEY ROBICHAUX
LINDSAY VAUGHAN
RACHEL ENGELSMAN
AND MADELINE JONES

SCORING FOR THE BOYS WERE:
BRADLEY SCHNEIDER
DREW MCMICKENS
GRAYSON BURNS
QUINT MCMICKENS
COLE ROBICHAUX
DOUG JUNEAU
AND TAYLOR ROGERS

Thursday, September 27, 2012

ANNOUNCEMENT

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

THE GIRLS DOMINATED, PLACING 4 IN THE TOP TEN AND WINNING BY 71 POINTS. THE ALL-ROOKIE BOYS TEAM PLACED AN AMAZING 4TH OF 16 TEAMS.

ALSO CONGRATULATIONS TO MALLORY ROBICHAUX FOR EASILY WINNING THE GIRLS RACE.

RUNNING IN THE VARSITY RACE FOR THE GIRLS WERE:
MALLORY ROBICHAUX
RACHEL ENGELSMAN
LINDSAY VAUGHAN
KELLEY ROBICHAUX
MEG MORRISON
MADELINE JONES
AVERY LONG
MARTHA VOLTZ
AVA KARAM
BRITTANY DUCOTE
AND ANNE STANDLEY

RUNNING IN THE VARSITY RACE FOR THE BOYS WERE:
DREW MCMICKENS
DOUG JUNEAU
COLE ROBICHAUX
BRADLEY SCHNEIDER
GRAYSON BURNS
QUINT MCMICKENS
AND TAYLOR ROGERS

Monday, October 1, 2012

ANNOUNCEMENT

CROSS COUNTRY COMPETED IN THE RAIN AND MUD AT THE BATTLEFIELD CROSS COUNTRY FESTIVAL SATURDAY AGAINST OVER 40 SCHOOLS. BOTH THE BOYS AND THE GIRLS PLACED IN TOP 15.

RUNNING IN THE GIRLS VARSITY RACE WERE:
RACHEL ENGELSMAN
LINDSAY VAUGHAN
AVERY LONG
MARTHA VOLTZ
AVA KARAM
MADELINE JONES
AND MEG MORRISON

RUNNING IN THE BOYS VARSITY RACE WERE:
BRADLEY SCHNEIDER
COLE ROBICHAUX
DREW MCMICKENS
GRAYSON BURNS
QUINT MCMICKENS
DOUG JUNEAU
AND TAYLOR ROGERS

Thursday, October 4, 2012

ANNOUNCEMENT

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

THE GIRLS PLACED 6TH OF 16 TEAMS AND THE BOYS TEAM PLACED 5TH OF 16 TEAMS.

RUNNING IN THE VARSITY RACE FOR THE GIRLS WERE:
RACHEL ENGELSMAN
MADELINE JONES
AVERY LONG
MIRANDA HAWTHORNE
MARTHA VOLTZ
BRITTANY DUCOTE
AND AVA KARAM

RUNNING IN THE VARSITY RACE FOR THE BOYS WERE:
BRADLEY SCHNEIDER
COLE ROBICHAUX
DREW MCMICKENS
DOUG JUNEAU
GRAYSON BURNS
QUINT MCMICKENS
AND TAYLOR ROGERS

Monday, October 15, 2012

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.

THE GIRLS PLACED 3RD IN THE 2A DIVISION. THE BOYS PLACED 5TH IN THE 2A DIVISION. BOTH RACES WERE DOMINATED BY 5A SCHOOLS. THERE WERE 211 RUNNERS IN THE GIRLS RACE AND 299 RUNNERS IN THE GUYS RACE.

RUNNING IN THE VARSITY GIRLS RACE WERE:
RACHEL ENGELSMAN
MEG MORRISON
AVERY LONG
MALLORY BARTOW
MADELINE JONES
MARTHA VOLTZ
AND BRITTANY DUCOTE

RUNNING IN THE VARSITY BOYS RACE WERE
BRADLEY SCHNEIDER
GRAYSON BURNS
QUINT MCMICKENS
DOUG JUNEAU
TAYLOR ROGERS
AND THOMAS DAVIS

RUNNING IN THE JUNIOR VARSITY RACES WERE
CARSON RABALAIS
AVA KARAM
ANNE STANDLEY
EMILY SACCARO
CAMERON ERICKSON
BRITTNEY JEANSONNE
REBECCA JEANFREAU
ANNIE KARAM
PAYTON FOWLER
AND TREY BROWN

Monday, October 22, 2012

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE NORTHWESTERN STATE INVITATIONAL SATURDAY.

THE GIRLS WERE 6TH AND THE BOYS WERE 16TH OF 31 TEAMS

RUNNING IN THE VARSITY GIRLS RACE WERE

RACHEL ENGELSMAN
LINDSAY VAUGHAN
MEG MORRISON
MALLORY BARTOW
AVERY LONG
MARTHA VOLTZ
AND MADELINE JONES

RUNNING IN THE VARSITY BOYS RACE WERE.

BRADLEY SCHNEIDER
DREW McMICKENS
GRAYSON BURNS
DOUG JUNEAU
COLE ROBICHAUX
TAYLOR ROGERS
AND QUINT McMICKENS

OUR TOP SEVEN RUNNERS IN THE JUNIOR VARSITY RACES WERE

BRITTANY DUCOTE
MIRANDA HAWTHORNE
AVA KARAM
CARSON RABALAIS
ANNE STANDLEY
RACHEL McMINN
AND EMILY SACCARO

Thursday, October 25, 2012

ANNOUNCEMENT

CROSS COUNTRY COMPETED AT THE JOHN MILLER INVITATIONAL AT BUHLOW YESTERDAY. THE GIRLS WON BY 29 OVER BEATING 4A STATE CHAMP BENTON AND 15 OTHER TEAMS. THE BOYS PLACED 11TH OF 21 TEAMS.

RUNNING IN THE VARSITY GIRLS RACE WERE.
MALLORY ROBICHAUX
LINDSAY VAUGHAN
MALLORY BARTOW
AVERY LONG
MEG MORRISON
RACHEL ENGELSMAN
AND KELLEY ROBICHAUX

RUNNING IN THE VARSITY BOYS RACE WERE.
COLE ROBICHAUX
DREW McMICKENS
DOUG JUNEAU
QUINT McMICKENS
AND GRAYSON BURNS

OUR TOP SEVEN RUNNERS IN THE JUNIOR VARSITY RACES WERE
MARTHA VOLTZ, WHO WON THE GIRLS JV RACE
MADELINE JONES, WHO PLACE 3RD
MIRANDA HAWTHORNE
AVA KARAM
BRITTANY DUCOTE
ANNE STANDLEY
AND CARSON RABALAIS

Thursday, November 3, 2011

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 FOURTH YEAR IN A ROW WITH MALLORY BARTOW FINISHING 2ND, MALLORY ROBICHAUX 3RD, LINDSAY VAUGHAN 4TH, KELLEY ROBICHAUX 10TH, MEG MORRISON 11TH, RACHEL ENGELSMAN 12TH, AND MARTHA VOLTZ 17TH.

THE BOYS FINISHED IN FIFTH PLACE. SCORING FOR THE BOYS WERE:

BRADLEY SCHNEIDER
COLE ROBICHAUX
DREW McMICKENS
DOUG JUNEAU
QUINT McMICKENS
AND TAYLOR ROGERS

THE GIRLS JV TEAM ALSO WON, PLACING 6 RUNNERS IN THE TOP TEN THE TOP TEN JV GIRLS WERE

AVERY LONG 1ST
MADELINE JONES 4TH
MIRANDA HAWTHORNE 5TH
ANNE STANDLEY 6TH
BRITTANY DUCOTE 9TH
AND AVA KARAM 10TH

MONDAY, November 5, 2012

ANNOUNCEMENT

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

BRADLEY SCHNEIDER IS THE GUYS DISTRICT CHAMPION AND MALLORY ROBICHAUX IS THE GIRLS DISTRICT CHAMPION

ALSO SCORING FOR THE GIRLS WERE.
LINDSAY VAUGHAN
AVERY LONG
RACHEL ENGELSMAN
MALLORY BARTOW
KELLEY ROBICHAUX
AND MARTHA VOLTZ

ALSO SCORING FOR THE BOYS WERE
DREW McMICKENS
DOUG JUNEAU
COLE ROBICHAUX
AND QUINT McMICKENS

THE STATE MEET IS ONE WEEK FROM TODAY

TUESDAY, November 12, 2012

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 NATCHITOCHES YESTERDAY.

IN THE SUPER TOUGH 2A CLASSIFICATION, THE GIRLS PLACED A CLOSE THIRD OUT OF 18 SCHOOLS. THE BOYS PLACED 13TH OF 20 SCHOOLS. MALLORY ROBICHAUX EARNED ALL-STATE FOR HER TOP TEN FINISH

RUNNING FOR THE GIRLS WERE.
MALLORY ROBICHAUX
MALLORY BARTOW
LINDSAY VAUGHAN
RACHEL ENGELSMAN
KELLEY ROBICHAUX
AVERY LONG
AND MEG MORRISON

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

MENARD CROSS COUNTRY RECORDS

(As of November 15, 2011)

Individual Times (3 miles)

Mallory Robichaux	18:17	Buhlow (District)	November 9, 2011
Doug Smith	15:00	Lake Buhlow	October 22, 1986

Team Times – Girls (3 miles)

Mallory Robichaux	18.39	Comeaux
Rachel Engelsman	20:29	October 29, 2011
Mallory Bartow	20.43	Acadiana Park, Lafayette
Lindsay Vaughan	20.52	
Carson Rabalais	21.21	Total: 102.04 (20:25 Average)

Team Times – Boys (3 miles)

* 3-mile splits in 5K race

Mark Landreneau	15:08	Jesse Owens Invitational *
Joffroi Holcombe	16.01	October 6, 2001
Wes Pepitone	16.32	Decatur, Alabama
Daniel Garner	16.47	
Brandon Adams	17:10	Total: 81.38 (16:19 Average)

Course Records

Acadiana Park	Mallory Robichaux	18.39	10/29/11	Mark Landreneau	15.30	10/27/01
Ft Buhlow (6)	Mallory Robichaux	18.17	11/09/11	Mark Dotson	15:49	10/18/08
Highland Park	Mallory Robichaux	18.44	10/08/11	Danon O'Kelly	15:25	10/12/96
Northwestern	Mallory Robichaux	18.46	10/22/11	Mark Dotson	15:40	11/01/08
Cedar Creek	Mallory Robichaux	20.48	10/03/09	Mark Landreneau	15:41	10/06/01

Meet Records

Catholic/St Joseph	Mallory Robichaux	18.44	10/08/11	Danon O'Kelly	15.25	10/12/96
Cenla Champs	Mallory Robichaux	20.24	09/21/11	Doug Smith	15.00	10/22/86
District	Mallory Robichaux	18.17	11/09/11	Doug Smith	15.05	11/13/86
Menard Invitational	Mallory Robichaux	18.55	10/15/11	Mark Dotson	15.49	10/18/08
State	Mallory Robichaux	18.46	11/15/11	Doug Smith	15.41	11/21/85

TOP FEMALE RUNNERS THEIR TIMES BY YEAR

(Ave time top five - # of runners)

1985 (15:34) - 7

Shelley Blakesley(12)	13.10
Barb Del Valle (11)	14.27
Mathilde Hodges(12)	16.26
Ann Hill (11)	16.51
Ashley Juneau (10)	16.57
Mary Carlin (9)	17.19
Ashley Deville (12)	17.34

1986 (14:35) - 6

Sandra Jeansonne (9)	13.49
Barb Del Valle (12)	14:01
Mary Carlin (10)	14:27
Ann Hill (12)	14:27
C Heymann (11)	15:02
Sarah Kliener (11)	17:23

1987 (14:35) - 8

Sandra Jansonne (10)	13.39
Ashley Juneau (12)	14:11
C Heymann(12)	14:26
Aimee Duggan (9)	14:29
Merni Miscally (9)	16 11
Ngozi Okereke (9)	18:12
Nancy Owens(9)	20.48

1988 (14:12) - 9

Aimee Duggan (10)	13:46
Sandra Jeansonne(11)	13:52
Merni Miscally (10)	14:13
Celina Martien (7)	14:27
Sarah Carr (8)	14:42
Ellen Vandersypen(7)	16:11
Jennifer Lofton (7)	16.20

1989 (13:38) - 9

Sarah Carr (9)	12.46
Merni Miscally (11)	13:36
Sandra Jeansonne(12)	13:47
Aimee Duggan (11)	13:57
Celina Martien (8)	14:05
Rose French (7)	15:16
Natalie Mask (7)	17:32

1990 (13:48) - 15

Jodie White (9)	13:14
Sarah Carr (10)	13:38
Aimee Duggan (12)	13:55
Lauren Patty (7)	14:07
Merni Miscally (12)	14:10
Celina Martien (9)	14.16
Christi Rabalais (8)	14:49

1991 (13:16) - 18

Lauren Patty (8)	12.44
Jodie White (10)	13:03
Leslie Mansel (10)	13:29
Jennifer Webb (7)	13.29
Celina Martien (10)	13.39
Olivia Lyons (8)	13:57
Genevieve Erny(10)	14.13

1992 (13:31) - 20

Lauren Patty (9)	13:01
Celina Martien (11)	13:24
Jodie White (11)	13:24
Leslie Mansel (9)	13.46
Jane Cavanaugh (9)	14:03
Jen Westerchil (7)	14:22
Emily Hill (7)	14:41

1993 (13:03) - 25

Lauren Patty (10)	12:41
Leslie Mansel (10)	12.48
Jodie White (12)	12:58
Jen Drummond (7)	13:15
Jane Cavanaugh (10)	13:32
Jenni Noles (7)	13:33
Celina Martien (12)	13:52

1994 (13:07) - 28

Lauren Patty (11)	13:00
Courtney Michiels (8)	13:00
Jenni Nolen (8)	13:01
Leslie Mansel (11)	13:08
Jen Drummond (8)	13:24
Sarah Ragona (8)	13:41
Sarah Paul (8)	13:58

1995 (12:55) - 33

Jeni Nolen (9)	12:40
Courtney Michiels (9)	12.56
Sarah Ragona (9)	12.58
Leslie Mansel (12)	13.01
Lauren Patty (12)	13:02
Katie Womack (7)	13:14
Jen Drummond (9)	13.24

1996 (13:09) - 19

Kim Seiler (8)	12:42
Katie Womack (8)	12:52
Jenni Nolen (10)	12.56
Courtney Michiels(10)	13:36
Sarah Ragona (10)	13:42
Courtney Arndt (9)	13:55
Louise Cook (7)	13.56

1997 (13:48) - 19

Jen Pommerenke (7)	13:34
Katie Womack (9)	13.41
Louise Cook (8)	13:46
Marion Medica (7)	13 58
Courtney Michiels(11)	13:59
Farris Hall (7)	14:57
Corney Arndt (10)	15:14

1998 (13:48) - 17

Jen Pommerenke (8)	13:27
Lora Pharis (7)	13:29
M Scarborough (11)	13:31
Eliz Landreneau (7)	13:42
Libby Humphreys (7)	14:12
Katie Womack (10)	14:17
Farris Hall (8)	15:05

1999 (13:33) - 13

Lora Pharis (8)	13:05
Elie Landreneau(8)	13:15
Jen Pommerenke (9)	13:45
Melissa Fowlkes (7)	13.53
Libby Humphreys (8)	14:04
Alyssa Duck (8)	14:11
M Scarborough (12)	14.12

2000 (13:07) - 24

Lora Pharis (9)	12:24
Eliz Landreneau (9)	12:40
Emily Demarco (7)	13:09
Melissa Fowlkes (8)	13:33
Jane Petrus (10)	13.35
Catherine Tuma (9)	13:46
Tiffany Brasher (7)	13:48

2001 (12:39) - 16

B Daigrepont (10)	11:40
Morgan Owen (7)	12:39
Lora Pharis (10)	12.43
Emily Demarco (8)	12:54
Jane Petrus (11)	13.20
Joy Walters (8)	13.26
Melissa Fowlkes (9)	13.31

2002 (12:37) - 21

B Daigrepont (11)	11:42
Emily Demarco (9)	12:29
Morgan Owen (8)	12:42
Joy Walters (9)	12:57
Eliz Landreneau (11)	13:18
Jane Petrus (12)	13:38
Melanie Garcia (9)	13:46

2003 (13:09) - 17

B Daigrepont (12)	12:24
Lanie Sensing (8)	13.02
Emily Demarco (9)	13:03
Jennifer Jeane (9)	13.37
Heather Badeaux (9)	13.41
Hope Murchison (10)	13.41
Melanie Garcia (10)	14:18

2004 (22.02) - 17

Heather Badeaux (10)	20.37
Jennifer Jeane (10)	21.09
Mellynn Baker (9)	21.53
Brittany Aaron (10)	23.02
Megan Tarpley (7)	23.18
Lanie Sensing (9)	23.20
Linda O'Neal (7)	23.47

2005 (20.48) - 20

Hope Murchison (12)	20 27
Heather Badeaux (11)	20.27
Jennifer Jeane (11)	20.32
Mellynn Baker (10)	20.56
Megan Tarpley (8)	21.41
Brittany Aaron (11)	22.10
Lanie Sensing (10)	22.22

2006 (20.48) - 25

Jennifer Jeane (12)	19.19
Heather Badeaux (12)	19.35
Mellynn Baker (11)	21.01
Linda O'Neal (9)	22.02
Elise Wyatt (11)	22.06
Lanie Sensing (11)	22 26
Cath Shackelford (8)	22.54

2007 (22.15) - 16

Mellynn Baker (12)	20.50
Lanie Sensing (12)	22.27
Cath Shackelford (9)	22.27
Hillary LaCroix (12)	22.30
Linda O'Neal (10)	23.02
Elise Wyatt (12)	23.16
Katie Price (9)	24.35

2008 (22.10) - 12

Mallory Barlow (7)	20.04
Lindsay Vaughan (7)	21.06
Claire Pearson (8)	22.52
Caroline Ponthie (12)	23.10
Katie Price (10)	23.38
Alyse Lemoine (7)	24.02
Jennifer Mathews (12)	24.38

2009 (20.34) - 13

Rachel Engelsman (7)	19.37
Mallory Robichaux (7)	19.42
Lindsay Vaughan (8)	20.30
Mallory Barlow (8)	20.38
Alyse Lemoine (8)	22.23
Claire Pearson (9)	22.39
Lana Beard (8)	22.50

2010 (20.15) - 22

Mallory Robichaux(8)	19.07
Rachel Engelsman (8)	19.42
Lindsay Vaughan (9)	20.11
Mallory Barlow (9)	20.28
Jessica Marshall (8)	21.51
Alyse Lemoine (9)	22.01
Macy Barlow (7)	24.11

2011 (20.14) - 18

Mallory Robichaux(9)	18.17
Lindsay Vaughan (10)	20.22
Rachel Engelsman (9)	20.29
Mallory Barlow (10)	20.43
Carson Rabalais (9)	21.21
Hannah Dewarth (11)	21.24
Kelley Robichaux (9)	21.34

2012 (20.17) - 24

Mallory Robichaux(10)	19.46
Mallory Barlow (11)	19.58
Lindsay Vaughan (11)	20.15
Rachel Engelsman (10)	20.29
Kelley Robichaux (10)	20.57
Avery Long (7)	21.33
Meg Morrison (12)	22.06

TOP MALE RUNNERS AND THEIR TIMES BY YEAR

(Ave time top five - # of runners)

1985 (17:29) - 7

Doug Smith (11)	15.41
Cliff Allen (11)	17.11
Maury Carr (11)	17.39
Doug Stewart (12)	18.17
Scott Patty (12)	18.35
Josh Lowentritt (12)	18.57
Randy Ponthie (12)	20.37

1986 (16:45) - 6

Doug Smith (12)	15:00
Maurie Carr (12)	16:42
Cliff Allen (12)	16:52
Landry Carr (10)	16:58
Jason Hugenroth(10)	18:14
Shawn Preau (10)	18:48

1987 (17:45) - 7

Landry Carr (11)	16:37
Jason Hugenroth(11)	17:20
Sean Nolan (11)	17:49
Shawn Preau (11)	17:54
Lance Clement (11)	19:06
Mike Marcotte (10)	19:27
Mike Buechler (10)	19:34

1988 (17:24) - 8

Landry Carr (12)	16:20
Jason Hugenroth(12)	17:18
Shawn Preau (12)	17:28
Sean Nolan (12)	17.45
Kent Edgerton (10)	18:05
Sean McHugh (10)	18:23
Lance Clement (12)	18:24

1989 (18:17) - 8

Sean McHugh (11)	17.30
Mike Vanderlick(12)	18:02
Kent Edgerton (11)	18:19
Mike Marcotte (12)	18.22
Ryan Derbonne (9)	20:06
Todd DeFoe (8)	20:09
Matt Schouryder (10)	20:52

1990 (19:14) - 18

Sean McHugh (12)	18:12
Dave Vanderlick (7)	19:17
Todd DeFoe (9)	19:26
Kevin Rabalais (11)	19:37
Joe Schoolcraft (10)	19:41
Kent Edgerton (12)	20:21
Rob Duggan (7)	22:45

1991 (19:10) - 16

Todd DeFoe (10)	18:24
Dave Vanderlick (8)	18:41
Damon O'Kelly (7)	18:51
Adrian Landreneau(8)	19:34
Rob Duggan (8)	19:38
Jimmy McAllan (10)	19:39
Mike Texada (9)	20:21

1992 (19:03) - 15

Todd DeFoe (11)	17:24
Damon O'Kelly (8)	17:36
Dave Vanderlick (9)	17:39
Adrian Landreneau(9)	18:19
Jimmy McAllan (11)	19:17
Ben Perkins (8)	19:42
John Texada (10)	20:12

1993 (18:02) - 16

Damon O'Kelly (9)	17.20
Alex Perez (9)	17:54
Dave Vanderlick (10)	17:59
Todd DeFoe (12)	18:17
Jimmy McAllan (12)	18:44
David Sigur (10)	18:45
Charles Ray (8)	19:34

1994 (17:39) - 16

Damon O'Kelly (10)	16;15
Alex Perez (10)	17:27
David Sigur (10)	17:27
Patrick Blalock (9)	18:32
Chase Woodington(9)	18:35
Willie Carr (9)	19:09
Eddie Mapp (10)	20:29

1995 (17:11) - 17

Damon O'Kelly (11)	15:52
Alex Perez (11)	16:47
David Sigur (12)	17:10
Willie Carr (10)	17:55
Rob Duggan (12)	18:11
Patrick Blalock (10)	18:54
Sean Kirkland (9)	19:28

1996 (17:15) - 11

Damon O'Kelly (12)	15:25
Gavin Fitnek (8)	17:02
Alex Perez (12)	17:17
Sean Kirkland (10)	17:56
Jeff Adams (7)	18:35
Patrick Blalock (11)	19:49
David Flynn (9)	19:52

1997 (19:12) - 10

Willie Carr (12)	17:50
Jeff Adams (8)	18:34
David Flynn (10)	19:08
Sean Kirkland (11)	19:57
Jesse Petrus (7)	20:30
Tanguy Holcombe(8)	21:48
Jon St Romain (9)	22:00

1998 (20:01) - 15

Jesse Petrus (8)	19:09
Warren Ehlers (9)	19:23
Joffroi Holcombe (7)	19:42
Matthew Warshaw (9)	20:55
Francis Vanderlick(7)	20:58
Micah Pippin (7)	21.12
Ian Ward (9)	21 23

1999 (17:05) - 12

Joe Landreneau (11)	16:17
Mark Landreneau (9)	16:34
Jesse Petrus (9)	17:30
Wes Pepitone (9)	17:33
Joffroi Holcombe (8)	17:35
Francis Vanderlick(8)	18:05
Jack Shallock (9)	18:38

2000 (16:37) - 19

Mark Landreneau (10)	15:57
Joe Landreneau (12)	16:18
Joffroi Holcombe (9)	16:36
Wes Pepitone (10)	16:51
Brandon Adams (11)	17:24
Jesse Petrus (10)	17:28
Francis Vanderlick(9)	17:33

2001 (16:15) - 20

Mark Landreneau (11)	15:08
Joffroi Holcombe (10)	16:01
Wes Pepitone (11)	16:32
Daniel Garner (9)	16:47
Brandon Adams (12)	17:10
Jesse Petrus (11)	17:21
Francis Vanderlick(10)	17:37

2002 (17:11) - 12

Jesse Petrus (12)	16:37
Daniel Garner (10)	16:42
Scott Dumarco (10)	17:28
Francis Vanderlick(11)	17:32
Joffroi Holcombe (11)	17:36
Will Hall (10)	18:54
Thomas Kajor (8)	19.02

2003 (17.23) - 16

Joffroi Holcombe (12)	15.32
Francis Vanderlick(12)	16:27
Will Littlepage (9)	18.12
Daniel Garner (11)	18:15
Steven Jeansonne (7)	18.29
Thomas Kajor (9)	19.02
Ben Treuting (9)	19.16

2004 (18.07) - 18

Will Littlepage (10)	17.37
Steven Jeansonne (8)	17.59
Jack Doggett (9)	18.06
Ben Treuting (10)	18.08
Thomas Kajor (10)	18.43
Owen Oliver (8)	19.57
Blaine Treuting (11)	20.46

2005 (18.36) - 17

Mark Dotson (9)	17.02
Steven Jeansonne (9)	17.27
Stefan Waller (10)	18.45
Nathan Vogt (11)	19.54
Zac Veillon (9)	19.55
Ralston McGlothlin(9)	20.38
Felix Vanderlick (9)	20.59

2006 (17.15) - 20

Mark Dotson (10)	16.11
Steven Jeansonne (10)	16.25
Stefan Waller (11)	17.24
Ryan Sonner (11)	18.03
Christian Taylor (7)	18.13
Zac Veillon (10)	18.27
Devin Bouie (7)	18.37

2007 (17.21) - 15

Mark Dotson (11)	15.43
Steven Jeansonne (11)	16.50
Christian Taylor (8)	17.57
Grant Alexander (9)	18.31
Tucker Baker (8)	18.44
Stefan Waller (12)	18.55
Ryan Humphreys (10)	19.37

2008 (17.20) - 19

Mark Dotson (12)	15.38
Christian Taylor (9)	17.20
Grant Alexander (10)	17.23
Tucker Baker (9)	18.07
Cody Boswell (9)	18.13
Jacob Rino (10)	18.47
Isaac Eilts (9)	19.19

2009 (17.32) - 16

Grant Alexander (11)	17.14
Isaac Eilts (10)	17.23
Cody Boswell (10)	17.35
Tucker Baker (10)	17.44
Christian Taylor (10)	17.45
Andrew Lemoine (10)	17.59
Brennan Vidrine (9)	19.06

2010 (18.01) - 12

Tucker Baker (11)	17.33
Isaac Eilts (11)	17.40
Andrew Lemoine (11)	17.47
Will Wehrle (9)	18.28
Brennan Vidrine (10)	18.38
Christian Taylor (11)	18.52
Robert Treuting (11)	19.01

2011 (17.54) - 12

Isaac Eilts (12)	17.15
Tucker Baker (12)	17.53
Andrew Lemoine (12)	17.40
Brennan Vidrine (11)	18.09
Will Wehrle (10)	18.34
Christian Taylor (12)	18.38

2012 (19.23) - 10

Brad Schneider(10)	18.10
Cole Robichaux (9)	18.38
Drew McAlpine(10)	18.53
Doug Jansen (9)	18.59
Grayson Burns (7)	19.01
Quint McMicken (7)	19.44
Taylor Rogers (7)	21.28

TOTAL MEETS

			2006 (13)	2007 (13)	2008 (12)	2009 (14)	2010 (13)	2011 (13)	2012 (12)	TOTAL
Bartow, Mallory	10	F			11	11	8	13	7	50
Ducote, Brittany	8	F							10	10
Engelsman, Rachel	9	F				13	12	13	11	49
Erickson, Cameron	8	F					10	6	11	27
Evans, Catherine	11	F							4	4
Hawthorne, Miranda	7	F						10	7	17
Jeanfreau, Rebecca	9	F							10	10
Jeansonne, Brittney	9	F							10	10
Jones, Madeline	9	F					11	12	11	34
Karam, Annie	9	F							10	10
Karam, Ava	8	F							11	11
Long, Avery	7	F							12	12
McMinn, Rachel	7	F							7	7
Morrison, Meg	11	F						9	9	18
Rabalais, Carson	9	F						13	5	18
Robichaux, Kelley	9	F						13	8	21
Robichaux, Mallory	9	F				14	12	13	8	47
Saccaro, Emily	9	F							9	9
Standley, Anne	7	F							10	10
Vaughan, Lindsay	10	F			12	14	8	10	9	53
Voltz, Martha	8	F							11	11

			2006 (13)	2007 (13)	2008 (12)	2009 (14)	2010 (13)	2011 (13)	2012 (12)	
Brown, Trey	7	M							11	11
Burns, Grayson	7	M							10	10
Davis, Thomas	10	M							7	7
Fowler, Payton	8	M							9	9
Juneau, Doug	7	M						11	12	23
McMickens, Drew	10	M							11	11
McMickens, Quint	7	M							12	12
Robichaux, Cole	8	M					10	11	11	32
Rogers, Taylor	7	M							10	10
Schneider, Bradley	10	M							11	11

CUMMULATIVE MILES

			2006	2007	2008	2009	2010	2011	2012	TOTAL
Bartow, Mallory	10	F			292	414	520	481	429	2,136
Ducote, Brittany	8	F							188	188
Engelsman, Rachel	9	F				290	483	480	371	1,604
Erickson, Cameron	8	F					212	175	212	599
Evans, Catherine	11	F							40	40
Hawthorne, Miranda	7	F						164	282	446
Jeanfreau, Rebecca	9	F							205	205
Jeansonne, Brittney	9	F							132	132
Jones, Madeline	9	F					143	368	397	908
Karam, Annie	9	F							171	171
Karam, Ava	8	F							254	254
Long, Avery	7	F							303	303
McMinn, Rachel	7	F							141	141
Morrison, Meg	11	F						251	335	586
Rabalais, Carson	9	F						168	73	241
Robichaux, Kelley	9	F						379	444	823
Robichaux, Mallory	9	F				502	582	760	492	2,336
Saccaro, Emily	9	F							143	143
Standley, Anne	7	F							219	219
Vaughan, Lindsay	10	F			174	349	275	485	365	1,648
Voltz, Martha	8	F							175	175

			2006	2007	2008	2009	2010	2011	2012	
Brown, Trey	7	M							175	175
Burns, Grayson	7	M							300	300
Davis, Thomas	10	M							74	74
Fowler, Payton	8	M							108	108
Juneau, Doug	7	M						73	405	478
McMickens, Drew	10	M							122	122
McMickens, Quint	7	M							483	483
Robichaux, Cole	8	M					247	408	306	961
Rogers, Taylor	7	M							400	400
Schneider, Bradley	10	M							271	271

battlefield

cross country festival

powered by

FORGE RACING

&

BATON ROUGE AREA SPORTS FOUNDATION

september 29, 2012

port hudson state historic site

Jackson, LA

John C Miller Sr. Run

Varsity Boys

1. Benton, 33; 2. Anacoco , 120; 3. Buckeye 132; 4. Barbe, 135; 5. Pineville , 174; 6. Elizabeth , 202; 7. Grace Christian, 212; 8. Rapides, 245; 9. Avoyelles Charter, 306; 10. ASH, 325

Varsity Girls

1. Menard, 69; 2. Benton, 98; 3. Barbe, 145; 4. Anacoco, 151; 5. Buckeye, 162; 6. Grace Christian, 173; 7. Pineville, 206; 8. Leesville, 245; 9. Lacassine, 253; 10. Natchitoches Central, 254

Individual Boys

1. Jacob Chicola, Buckeye
2. Alex Whittington, Benton
3. Brandon Lewis, Benton
4. Drake Hinz, Benton
5. Samuel Turnipseed, Anacoco
6. John Palmer, Georgetown
7. Jesse Morris, Sam Houston
8. Bradly Hoogerwerf, Barbe
9. Garrett Gibson, Benton
10. Austin Williams, Anacoco

Individual Girls

1. Kellie Webb, Barbe
2. Katie McKay, Benton
3. Colby Carey, Natchitoches Central
4. Grace Ahrens, Alex Country Day
5. Rebecca Fontenot, Teurlings Catholic
6. Mallory Robichaux, Menard
7. Lindsey Vaughn, Menard
8. Quinci Middlebrooks, Benton
9. Mallory Barrow, Menard
10. Tia Sims, Anacoco

TOWN TALK 10/26

Chicola, Menard shine at meet

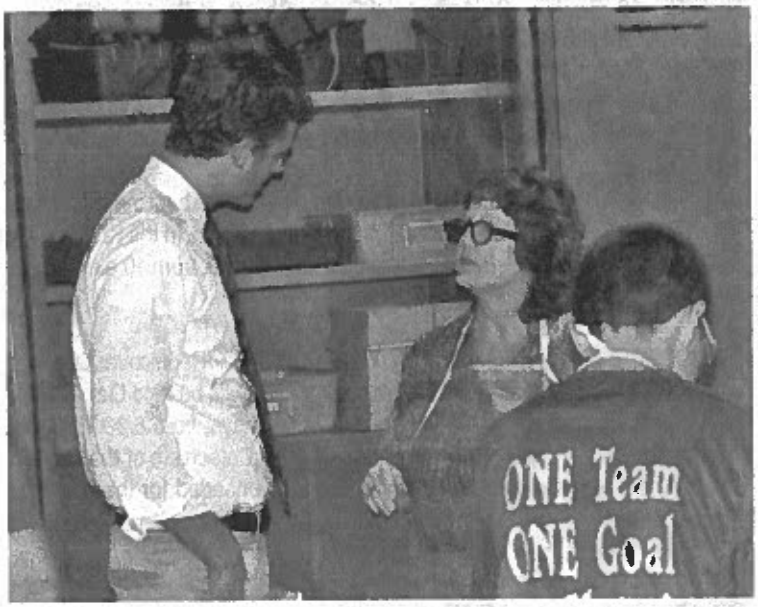
Buckeye's Jacob Chicola won the individual boys title, and Holy Savior Menard, placing three runners in the top 10, won the girls team title at the John Miller Cross-Country Run Wednesday at the Fort Buhlow Recreation Area.

Benton, which had three of the top four finishers in the boys division, won the boys team title, led by runner-up Alex Whittington, and Kellie Webb of Barbe won the individual girls title. Samuel Turnipseed of Anacoco and John Palmer of Georgetown placed fifth and sixth and Austin Williams of Anacoco was 10th.

Colby Carey of Natchitoches Central placed third in the girls run behind Webb and Katie McKay of Benton. Grace Ahrens of Alexandria Country Day was fourth. Menard's top finishers were Mallory Robichaux (6th), Lindsay Vaughn (7th) and Mallory Barrow (9th). Tia Sims of Anacoco finished 10th.

No times were reported.

TOWN TALK 10/27/12



CHURCH TODAY 10/15/12

Cross-country needs Highland Park

I have been a part of Louisiana high school cross-country for over 25 years. One of the highlights of our season is trips to Highland Road Park in Baton Rouge for the big races. This is "sacred ground" to me and to our veteran runners. We all have too-numerous-to-count "war stories" of our races there.

It would be a sad — very sad — thing if Highland Road Park was made not available for cross-country running.

It seems to me the economic impact alone would dictate that this would never be allowed to happen. Our team usually makes three trips per season to Highland Road Park. We leave at 4:30 a.m. (and worry about parking space by the way), run our races and return home. Before we leave town, we eat probably 75 lunches, and many people stick around to shop — many a prom dress has been bought by our runners in Baton Rouge.

That's a lot of energy I'm not sure we'd spend to run somewhere other than Highland Road Park. It's the only place we've ever run in Baton Rouge.

The four major cross-country meets at Highland Road Park attract well over 100 out-of-town schools to Baton Rouge every season. Conservatively assume 20 runners and 10 parents (we bring over 30 runners and at least 40 parents) show up for each. That's thousands of meals, much shopping and more than a few hotel stays.

I have heard there are plans to "improve" Highland Road Park. I — and I'm sure many, many others — would hope that the coming changes take into account providing for cross-country to continue its very rich tradition there.

WALLY SMITH, teacher and coach
Holy Savior Menard High School
Alexandria

ADVOCATE 10/10/12

Wednesday
Buhlow Recreational Area
BOYS

BUCKEYE

Top 10 Runners: 1, Jacob, Chicola, Buckeye, 16:47.22; 2. Christoph Moeller, Avoyelles Public Charter, 18:11.91, 3. Chase Jones, Buckeye, 18:15.12; 4. Te rrance Mahn, Mamou, 18:16.77; 5.

Austin Williams, Anacoco, 18:19.33; 6. John Palmer, Georgetown, 18:31.17; 7. Cameron Farris, Cameron, Alex Country Day, 18:33.93; 8.

Zach Brenner, Grace Christian, 18:34.94; 9. Tr evor Parish, Buckeye, 18:50.74; 10. Houston Brady, Elizabeth, 18:59.41

Team Results: 1. Buckeye, 61; 2, Pineville, 125; 3. Elizabeth, 127; 4. Menard, 175; 5. Anacoco, 176; 6. Grace Christian, 176; 7. St. Mary's, 180; 8. Leesville 184; 9. Oak Hill, 200; 10. Avoyelles Public Charter, 222; 11. Pine Prairie, 229; 12. Tioga, 279; 13. Natchitoches Central, 303; 14. Mamou, 320; 15. Georgetown, 367; 16. Many, 451

GIRLS

Top 10 runners: 1. Mallory Robichaux, Menard, 21:12.66; 2. Colbey Carey, Natchitoches, 22:10.27; 3. Grace Ahrens, Alex Country Day, 22:12.97; 4.

Rachel Engelsman, Menard, 22:27.24; 5. Lindsay Vaughan, Menard, 22:32.88; 6. Lindsey Smith, Leesville, 22:35.87; 7. Kelley Robichaux, Menard, 22:41.17; 8. Macaila Bell, Pineville, 22:56.77; 9.

Haleigh Lachney, Simpson, 23:05.20; 10. Amanda Moses, Buckeye, 23:13.09

Team Results: 1. Menard, 32; 2. Leesville, 103; 3.

Buckeye, 106; 4. Grace Christian, 107; 5.

Anacoco, 122; 6. Pineville, 125; 7. Natchitoches Central, 138; 8. Avoyelles Public Charter, 177; 9.

Elizabeth, 231; 10. Tioga, 287

TOWN TALK
10/26/12

BOYS COMPOSITE POLL

1.	St. Paul's	(6)	95
2.	Jesuit	(1)	83
3.	Episcopal		81
4.	West Monroe	(3)	73
5.	Catholic (BR)		59
6.	Brother Martin		46
7.	Walker		36
8.	Parkway		28
9.	St.Thomas More		24
10.	Ruston		9

Also Receiving Votes: St. Thomas Aquinas, John

GIRLS COMPOSITE POLL

1.	Dominican	(9)	99
2.	St. Joseph's Academy		88
3.	Mt. Carmel Academy		71
4.	St. Scholastica		60
5.	Fountainbleau		59
6.	Ruston	(1)	49
7.	Parkway		36
8.	Vandebilt Catholic		26
9.	St. Michael		20
10.	Mandeville		17

Also Receiving Votes: Benton, Menard, C.H.S.P

ADVOCATE 10/4/12

PReP tRack

Rapides Cross Country (Parish Champs)

Girls Varsity
School Time

Grace Ahrens Alexandria Country Day 20:41
Mallory Barton Menard 21:07
Mallory Robichaus Menard 21:08
Lindsay Vaughn Menard 21:10
Macaila Bell Pineville 21:25
Carolyn Garvis Bolton 21:32
Olivia Slayler Grace Christian 21:46
Mandi Moses Buckeye 22:00
Menard, 22:11
Menard, 22:23
Rachel Engelsman Menard 22:40
Marlee Slayler Grace Christian 22:42
Peyton Cole Buckeye 23:15
Ally Ty ler Buckeye 23:17
Mattie Bolliah ASH 23:22
Martha Valtz Menard 23:23
Hope Rosier Buckeye 23:24
Krystal Davis Buckeye 23:48
Hailey Te al Grace Christian 24:02
Mary Beth Ta rpley Pineville 24:11
Rylee Smith Grace Christian 24:16
Rachel Hebert Pineville 24:17
Emily Webb Grace Christian 24:18
Megan Price ASH 24:35
Katie Johnson Grace Academy 24:39
Lianna Cogbill Tioga 24:40
April A. Grace Christian 25:09
Alyssa Parish Buckeye 25:26
Alley McFarland Pineville 25:41
Brittica Reed Pineville 26:06
Myah Breaux ASH 26:55
Carly Evans Pineville 27:13
Tiara White Tioga 30:25
Brook Dupuy ASH 30:27
Amanda Foster ASH 31:13
Tioga, 32:14
Caitlyn Coates Tioga 33:18
Hannah Boggs Tioga 32:46
1st place: Menard 30 points
2nd place: Buckeye 64 points
3rd place: Grace Christian 86 points
4th place: Pineville 110 points
5th place: ASH 144 points
6th place: Tioga 175 points

Boys Varsity
School Time

Jacob Chicola Buckeye 17:35
Zach Brenner Grace Christian 17:51
Cameron Farris Alexandria Country Day 17:54
Tr evor Parish Buckeye 18:04
Cohen LaCour Grace Christian 18:05
Chase Jones Buckeye 18:07
Garrett Stickell ASH 18:10
Spencer Taylor ASH 18:11
Austin Edwards Buckeye 18:22
Austin Lewis Pineville 18:22
Kenny Dellgadillo Tioga 18:37
Nathan Calhoun Pineville 18:43
Bradley Schnieder Menard 18:45
Cole Robicheaux Menard 18:48
Jackson Newman Pineville 18:49
John Lacour Grace Christian 18:50
Jared Couture Buckeye 18:59
Clinton Cogbill Tioga 19:01
Tr avis Burns Grace Christian 19:24
Hunter Aymonds Buckeye 19:29
Ta hj Beaudoin ASH 19:31
Andrew Guess Pineville 19:35
Drew McMickens Menard 19:47
Jack Nolan ASH 19:50
Doug Juneau Menard 19:51
Daniel Rufkin Pineville 20:02
Austin, Pineville 20:03
Quint McMinkins, Menard 20:13
Ethan Mannor, Grace Christian 20:14
Tr ent Guillory Grace Christian 20:43
Adam Spence Grace Christian 21:03
David Brocata ASH 21:57
Austin Nelson Pineville 22:19
Ty ler O'Brein Tioga 22:38
Taylor Rogers Menard 23:22
Austin Bordelon Tioga 23:22
Giovanni Roberts ASH 23:41
Jose Fernandez Tioga 23:44
Kerry Fuselier ASH 23:58
1st place: Buckey 37 points
2nd place: Grace Christian 74 points
3rd place: Pineville 87 points
4th place: ASH 100 points
5th place: Menard 109 points
6th place: Tioga 162 points

TOWNTALK 11/2/12

Sacred Heart races to Class 2A girls title

BY ROBIN FAMBROUGH
Advocate sportswriter

NEW ORLEANS AREA

MATCHITOCHES – Academy of Sacred Heart won five consecutive state cross country titles before moving into Class 2A a year ago.

Coach Greg Caro knew his team needed a specific kind of focus to succeed at the Louisiana High School Athletic Association Cross Country Championships on Monday.

"The last six weeks, we were focusing on the teams we needed to focus on," Sacred Heart coach Greg Caro said. "That was Episcopal, Newman, Menard and St. Thomas Aquinas.

"Episcopal ran a wonderful race today. But our girls pack ran super duper today. We have one junior, three freshmen and two sixth-graders. This was great."

Sacred Heart placed all five of its scoring runners in the top 17 while winning the Class 2A girls title at the Walter Ledet Track Complex.

The Cardinals led a New Orleans group that claimed three individual titles and three team runner-up finishes.

John Curtis Christian (2A boys), St. Martin's Episcopal (1A boys) and Patrick Taylor (Class B boys) were the New Orleans area's runner-up finishers on the first day of the annual two-day LHSAA meet. Country Day was third in the 1A girls competition.

First Baptist Christian's Gabrielle Jennings (Class C), Patrick Taylor's Celia Zaeringer (Class B) and Newman's Haley Johnson (2A) were individual champions with New Orleans area ties.

Caro said he told his girls to pass runners from the other top teams while also trying to run as close together as possible.

Newman's Johnson won the three-mile race in 18 minutes, 25.81 seconds — the day's best girls time.

Megan Jackson, who placed ninth (19:44.36), was the top finisher for Sacred Heart, which also put Madeline Kling (13th), Sarah Dawson (14th), Mary Nusloch (15th) and Caroline Bloemer (17th) in its scoring group.

▶ See SACRED HEART, page 8C

ADVOCATE 11/13/12

SACRED HEART

Continued from page 1C

The Cardinals finished with 68 points to finish ahead of Baton Rouge-based Episcopal (83) and 2011 champion Menard-Alexandria (87). Hammond's St. Thomas Aquinas (119) placed fourth.

The 2A race came near the end of the day. Jennings, of Slidell-based First Baptist, vowed to finish the day's first race, despite issues with shin splints. The freshman claimed her fifth individual title in cross country with a time of 19:29.59.

"It's been a hard season," Jennings said. "I've had trouble with my hip and shin splints. It hurt pretty bad today, but I'm not a quitter. I had to be careful because there were some curves on the course, and it hurt when I went to make the cut. I was determined to finish."

Patrick Taylor's Zaeringer won the Class B girls title for the second time in three years in 18:55.23.

"It was my best time of the season," Zaeringer said. "I was quite surprised at how fast I ran. My previous best was 19:13. It (state title) means a lot."

Two north Louisiana schools, Elizabeth in Class C and Anacoco in Class B, swept boys and girls titles.

Elizabeth scored 34 points to win the girls title and 47 to claim the boys title. Anacoco finished with 51 points to win the girls title and 66 on the boys side.

Patrick Taylor, a third-place finisher the past two seasons, claimed the runner-up trophy in the Class B boys competition with 68 points. Evan Michael (16:46.82) placed second, and Stephen Torry (16:56.52) was third for the Tigers.

St. Martin's finished with 78 points to edge Catholic-Pointe Coupee (82) for second in the 1A boys division. Donaldsonville's Ascension Catholic won with 29. Metairie Park Country Day's Adam Goldberg placed third (16:39.11). St. Martin's Ian Jenkins (eighth, 17:19.42) led runner-up St. Martin's.

In the day's final race, John Curtis was second to BR's Episcopal, which claimed its 17th straight Class 2A boys title. Episcopal (35), Curtis (71) and St. Thomas Aquinas (81) were the top three finishers.

Devyn Keith led the Patriots, placing third (15:57.20) and was one of three runners to break the 16-minute barrier in the day's fastest race.

Catholic-PC won the 1A girls title with 33 points, ahead of Ascension Catholic (67) and Country Day (77). Kathryn Fagan, who placed 11th (20:50.35) led MPCD.

The other New Orleans area competitor to garner a top 10 finisher was Jennings' sister, Madelyn, who was second in the Class C girls race (21:36.41).

STATE CROSS COUNTRY MEET RESULTS

NATCHITOCHES – Monday's team scores and top 10 individual results from Classes C, B, A and 2A boys and girls 3-mile races at the LHSAA Cross Country Championships staged at the Walter P. Ledet Track Complex on the Northwestern State campus.

Class 2A

BOYS

Team scores: 1. Episcopal, 35; 2. John Curtis, 71; 3. St. Thomas Aquinas, 81; 4. Isadore Newman, 141; 5. Lakeside, 149; 6. Runnels, 150; 7. University High, 230; 8. Rosepine, 233; 9. Delcambre, 289; 10. Pine Prairie, 303; 11. Haynes Academy, 316; 12. Pope John Paul II, 332; 13. Menard, 338; 14. Catholic New Iberia, 363; 15. North Webster, 390; 16. Mamou, 428; 17. Thomas Jefferson, 454; 18. Fisher, 481; 19. Many, 591.

Top 10 individuals: 1. Christian Johnson, episcopal, 15:12.87; 2. Enrique Soto, Lakeside, 15:22.23; 3. Devyn Keith, John Curtis, 15:57.20; 4. Bryan Stamey, Episcopal, 16:03.63; 5. Wesley Brown, Episcopal, 16:21.10; 6. Andrew Brouillette, Runnels, 16:21.74; 7. Dustin Thompson, Rosepine, 16:21.74; 8. Tommy Brocato, St. Thomas Aquinas, 16:30.80; 9. James Taylor, Lakeside, 16:27.38; 10. Craig Rock, St. Thomas Aquinas, 16:30.80.

GIRLS

Team scores: 1. Sacred Heart, New Orleans, 68; 2. Episcopal, 83; 3. Menard, 87; 4. St. Thomas Aquinas, 119; 5. McGehee, 162; 6. Isadore Newman, 179; 7. University High, 180; Lakeside, 190; 9. Catholic New Iberia, 222; 10. John Curtis, 228; 11. Calvary Baptist, 258; 12. Rosepine, 368; 13. Delcambre, 392; 14. Fisher, 444; 15. Thomas Jefferson, 484; 16. Pine Prairie, 486; 17. North Webster, 506; 18. Many, 522.

Top 10 individuals: 1. Haley Johnson, Isadore Newman, 18:25.81; 2. Hailey Hesterman, Calvary Baptist, 18:30.93; 3. Alissa Landers, Lakeside, 18:43.26; 4. Bobbi Amar, St. Thomas Aquinas, 19:05.72; 5. Deven Kimbrell, Episcopal, 19:21.77; 6. Destiny Williams, St. Thomas Aquinas, 19:18.58; 7. Alicia Stamey, Episcopal, 19:21.77; 8. Hayley Schwab, University Lab, 19:36. 85; 9. Megan Jackson, Sacred Heart, 19:44.36; 10. Mallory Robichaux, Menard, 19:46.82.

Class 1A

BOYS

Team scores: 1. Ascension Catholic, 29; 2. St. Martin's 78; 3. Catholic Pointe Coupee, 82; 4. Metairie Park Country Day, 88; 5. Westminster Christian, 133; 6. St. Mary, 178; 7. Cedar Creek, 199; 8. St. Edmund, 199; 9. Houma Christian, 199; 10. Sacred Heart, Ville Platt, 298; 11. Merryville, 328; LaSalle, 373; False River, 388.

Top 10 individuals: 1. Zach Capello, Ascension Catholic, 16:01.41; 2. Jesse Hood, Ascension Catholic, 16:13.76; 3. Adam Goldberg, Metairie Park Country Day, 16:39.11; 4. Clayton O'Callaghan, Catholic Pointe Coupee, 16:51.79; 5. Trey Capello, Ascension Catholic, 17:11.24; 6. Hays Bondy, Catholic Pointe Coupee, 17:16.05; Scott Maggio, St. Mary, 17:17.27; 8. Ian Jenkins, St. Martin's, 17:19.42; 9. Austin Luke, Hanson, 17:49.87; 10. Cameron Falgoust, Westminster, 17:55.11.

GIRLS

Team scores: 1. Catholic Pointe Coupee, 33; 2. Ascension Catholic, 67; 3. Metairie Park Country Day, 77; 4. St. Edmund, 114; 5. Cedar Creek, 155; 6. Merryville, 197; 7. Westminster Christian, 198; 8. Christian Life, 198; 9. Sacred Heart, Ville Platt, 250; 10. Houma Christian, 250; 11. Vermilion Catholic, 259; 12. Logansport, 291; 13. LaSalle, 406.

Top 10 individuals: 1. Addie Burleigh, Catholic Pointe Coupee, 19:26.87; 2. Kirsten Landry, Ascension Episcopal, 19:37.62; 3. Kelsie Williams, Merryville, 20:18.00; 4. Meredith Witty, Catholic Pointe Coupee, 20:31.67; 5. Kristen Olinde, Catholic Pointe Coupee, 20:31.93; 6. Olivia Palmer, Catholic Pointe Coupee, 20:34.37; 7. Breanna Elliott, Christian Life, 20:38.11; 8. Stephanie Breaux, Ascension Catholic, 20:40.44; 9. Brianna Ramirez, St. Edmund, 20:41.09; 10. Peyton Hammond, Opelousas Catholic, 20:45.19.

Class B

BOYS

Team scores: 1. Anacoco, 66; 2. Patrick Taylor Academy, 68; 3. Choudrant, 160; 4. Rapides, 145; 5. Midland, 154; 6. Grace Christian, 159; 7. Oak Hill, 187; 8. Episcopal of Acadiana; 9. Bell City, 287; 10. Hornbeck, 297; 11. Weston, 300; 12. Avoyelles Public Charter, 308; 13. Lacassine, 360; 14. Glenmora, 374; 15. Hathaway, 379; 16. Grand Lake, 383; 17. Castor, 386; 18. Holden, 444; 19. Evans, 457; 20. Negreet, 538.

Top 10 individuals: 1. Brandon Smith, Choudrant, 16:32.72; 2. Evan Michel, Patrick Taylor, 16:46.82; 3. Stephen Torry, Patrick Taylor, 16:56.52; 4. Sam Turnipseed, Anacoco, 17:03.02; 5. Nathan Anderson, Choudrant, 17:20.68; 6. Austin Williams, Anacoco, 17:23.41; 7. Zachary Brenner, Grace Christian, 17:26.87; 8. Colton Cochran, Simsboro, 17:35.37; 9. Cohen LaCour, Grace Christian, 17:39.93; 10. Chris Moeller, Avoyelles Public Charter, 17:43.79.

GIRLS

Team scores: 1.Anacoco, 51; 2. Grace Christian, 80; 3. Choudrant, 110; 4. Converse, 144; 5. Lacassine, 145; 6. Bell City, 149; 7. Patrick Taylor Academy, 173; 8. Midland, 196; 9. Pitkin, 199; 10. Castor, 210.; 11. Avoyelles Public Charter, 285; 12. Oak Hill, 299; 13. Evans, 320.

Top 10 individuals: 1. Celia Zaeringer, Patrick Taylor, 18:55.93; 2. Clarissa Smith, Holden, 19:02.59; 3. Marissa Bennett, Choudrant, 19:41.17; 4. Haley Cooley, Lacassine, 20:26.07; 5. Tiffany Hafer, Anacoco, 20:44.04; 6. Tia Simms, Anacoco, 20:45.40; 7. Olivia Slayter, Grace Christian, 20:47.21; 8. Corey Dixon, Converse, 20:55.75; 9. Hailey Teal, Grace Christian, 21:01.42; 10. Hayley Guidry, Lacassine, 21:09.66.

Class C

BOYS

Team scores: 1. Elizabeth, 47; 2. Claiborne Christian, 57; 3. Johnson Bayou, 67; 4. Holy Rosary, 74; 5. Georgetown, 99; 6. Plainview, 164; 7. Assembly Christian, 173.

Top 10 individuals: 1. John Palmer, Georgetown, 17:03.27; 2. Beaux Bennett, Claiborne Christian, 17:10.60; 3. Reid Dimaggio, Holy Rosary, 18:09.91; 4. Collin McClellan, Elizabeth, 18:16.72; 5. Badon Blake, Johnson Bayou, 18:17.32; 6. Bradley Barnes, Claiborne Christian, 18:18.04; 7. Neil Miguez, Johnson Bayou, 18:22.10; 8. Joseph Boswell, Elizabeth, 18:23.36; 9. Jed Lewis, Claiborne Christian, 18:27.35; 10. Houston Brady, Elizabeth, 18:35.09.

GIRLS

Team scores: 1. Elizabeth, 34; 2. Georgetown, 42; 3. Claiborne Christian, 54; 4. Johnson Bayou, 116; 5. Maurepas, 117.

Top 10 individuals: 1. Gabrielle Jennings, First Baptist, 19:29.59; 2. Madelyn Jennings, First Baptist, 21:36.41; 3. Kennedy Sutterfield, Elizabeth 22:07.86; 4. Rebekah Jowers, Claiborne Christian, 22:07.26; 5. Madison Paul, Elizabeth, 23:07.26; 6. Kamryn Hudson, Georgetown, 23:12.81; 7. Rayleigh Bennett, Claiborne Christian, 23:32.56; 8. Morgan Bruce, Georgetown, 24:09.37; 9. Grace Gunder, Elizabeth, 24:13.64; 10. Brooke Kendrick, Georgetown, 24:14.96.

ADVOCATE 11/13/12

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE BASE BUILDING (1)

	GROUP	MON (13)	TUE (14)	WED (15)	THU (16)	FRI (17)	SAT (18)	SUN (19)	TOTAL
AUGUST	1	Team Meeting WU 2+2 CD (4)	2+2+2 (6)	2+2 (4)	one mile TT 1+1+1 (3)	2+2 (4)	Kincaid 7AM Coach's (6)	OYO (3)	30
	2	Team Meeting WU 2+1 CD (3)	2+2 (4)	2+1 (3)	one mile TT 1+1+1 (3)	2+1 (3)	Kincaid 7AM Coach's (5)	OYO (2)	23
	3	Team Meeting WU 2 CD (2)	2+1 (3)	1+1 (2)	one mile TT ½+1+½ (2)	1+1 (2)	Kincaid 7AM Coach's (3)	OYO (2)	16
	4	Team. Meeting WU 1+1 CD (2)	1+1 (2)	1+1 (2)	one mile TT ½+1+½ (2)	1+1 (2)	OYO (1)	OYO (2)	13
	5	Team Meeting WU 1 CD (1)	1+½ (1½)	1+½ (1½)	one mile TT ½+1+½ (2)	1+½ (1½)	OYO (1)	OYO (1½)	10

All W/O's start with warm up routine
All W/O's end with cool down routine

GET ALL YOOR Miles!

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE BASE BUILDING (2)

	GROUP	MON (20)	TUE (21)	WED (22)	THU (23)	FRI (24)	SAT (25)	SUN (26)	TOTAL
AUGUST	1	½ 3x mile ½ RP+45 (4)	2+3 TT course (5)	2 mile TT ½-2-½ (3)	EASY w/4x90 RP (4)	EASY (4)	Kincaid 7AM Coach's (6)	OYO (3)	29
	2	½ 2x mile ½ RP+45 (3)	2+2 TT course (4)	2 mile TT ½-2-½ (3)	EASY w/3x90 RP (3)	EASY (4)	Kincaid 7AM Coach's (6)	OYO (2)	25
	3	½ 1x mile ½ FAST (2)	2+1 TT course (3)	1 mile TT ½-1-½ (2)	EASY (3)	EASY (3)	Kincaid 7AM Coach's (4)	OYO (2)	19
	4	1+1 (2) NO WALK	1+1 (2) NO WALK	1 mile TT ½-1-½ (2)	NO WALK (2)	NO WALK (2)	OYO (1)	OYO (2)	13
	5	1+½ (1½) NO WALK	1+½ (1½) NO WALK	1 mile TT ½-1-½ (2)	NO WALK (1½)	NO WALK (1½)	OYO (1)	OYO (1)	10

SWIM & EAT MORRISON'S

GET ALL THO MILES!

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE BASE BUILDING (3)

GROUP	MON (27)	TUE (28)	WED (29)	THU (30)	FRI (31)	SAT (1)	SUN (2)	LABOR DAY MON	
AUGUST / SEPTEMBER 1									
1	BUHLOW 3+12 (4)	EASY w/4x90 RP's (4)	½ 3 x mile ½ (4)	TEMPO RP+60 (4)	EASY (4)	LAST KINCAID! 7AM COACH'S (6)	← 4 mile TOTAL →		30
2	BUHLOW 2+12 (3)	EASY w/ 3x90 RP's (3)	½ 2 x mile ½ (3)	TEMPO RP+60 (3)	EASY (3)	LAST KINCAID! 7AM COACH'S (6)	← 3 mile TOTAL →		24
3	BUHLOW 1+12 (2)	NO WALK (3)	½ 1 x mile ½ (2)	NO WALK (3)	NO WALK (3)	OFO (3)	← 3 mile TOTAL →		19
4	BUHLOW ½+12 (1)	NO WALK (2)	½ 1 (9 TL's) ½ (2)	NO WALK (2)	NO WALK (2)	OFO (2)	← 3 mile TOTAL →		14
5	BUHLOW ½+10 (1)	NO WALK (1½)	½ 1 (9 TL's) ½ (2)	NO WALK (1½)	NO WALK (1½)	OFO (2)	← 2 mile TOTAL →		11½

"EASY" MEANS RP+90

S&E #2! JUNEAU'S

POT LUCK SUPPER 6PM

1ST MEET (ST MICHAEL) NEXT SATURDAY!

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE BASE BUILDING (4)

GROUP	MON (4)	TUE (5)	WED (6)	THU (7)	FRI (8)	SAT (9)	SUN (10)	TOTAL
SEPTEMBER 1								
1		½ 3x mile ½ (4)	TEMPO RP+60 (3)	EASY RP+90 (6)	5-8-5 (2)	ST MIKE 1-3-1 (5)	OFO (4)	24+
2		½ 2x mile ½ (3)	TEMPO RP+60 (3)	EASY RP+90 (4)	5-8-5 (2)	ST MIKE 1-3-1 (5)	OFO (3)	20+
3	LABOR DAY	½ 1x mile ½ (2)	NO WALK (3)	NO WALK (3)	5-8-5 (2)	ST MIKE ½-2-½ (3)	OFO (2)	15+
4	LABOR DAY	2 mile TT (2)	NO WALK 18 TL's (2)	NO WALK 18 TL's (2)	5-8-5 (2)	ST MIKE (2)	OFO (2)	12+
5		2 mile TT (2)	NO WALK 18 TL's (2)	NO WALK 18 TL's (2)	5-8-5 (2)	ST MIKE (2)	OFO (2)	12+

POT LUCK SUPPER 6PM

SWIM & EAT #3

ALL COME RUNNING OR NOT

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE FIRST SPEED! (5)

GROUP	MON (10)	TUE (11)	WED (12)	THU (13)	FRI (14)	SAT (15)	SUN (16)	TOTAL
1	Buhlow 3+12 (4)	TEMPO RP+60 (4)	½ 6x800 ½ (4)	EASY RP+90 (6)	5-8-5 (2)	Episcopal 1-3-1 (5)	OYO (4)	29
2	2+12 (3)	TEMPO RP+60 (3)	½ 6x800 ½ (4)	EASY RP+90 (4)	5-8-5 (2)	1-3-1 (5)	OYO (3)	24
3	1+12 (2)	NO WALK (3)	½ 4x800 ½ (3)	NO WALK (3)	5-8-5 (2)	½-2-½ (3)	OYO (2)	18
4	½+12 (1½)	NO WALK (2)	½ 3x800 ½ (2½)	NO WALK 10 TLS (2)	5-8-5 (2)	(2)	OYO (2)	14
5	½+10 (1½)	NO WALK (2)	½ 2x800 ½ (2)	NO WALK 10 TLS (2)	5-8-5 (2)	(2)	OYO (2)	13½

HIGHLAND PARK #2!

GET ALL THE MILES!

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE FIRST SPEED! (6)

	GROUP	MON (17)	TUE (18)	WED (19)	THU (20)	FRI (21)	SAT (22)	SUN (23)	TOTAL
SEPTEMBER	1	Buhlow 3+12 (4)	Easy (4)	½-6-½ (4)	Easy (6)	5-8-5 (2)	SACRED HEART 1-3-1 (5)	OYO (4)	29
	2	2+12 (3)	(3)	½-6-½ (4)	(4)	5-8-5 (2)	1-3-1 (5)	OYO (3)	24
	3	1+12 (2)	(2)	½-4-½ (3)	(3)	5-8-5 (2)	1-2-1 (4)	OYO (2)	18
	4	½+12 (1½)	(2)	½-3-½ (2½)	(2)	5-8-5 (2)	½-2-½ (3)	OYO (2)	15
	5	½+10 (1)	(2)	½-2-½ (2)	(2)	5-8-5 (2)	½-2-½ (3)	OYO (2)	14

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE EARLY MEETS! (7)

GROUP	MON (24)	TUE (25)	WED (26)	THU (27)	FRI (28)	SAT (29)	SUN (30)	TOTAL
1	8:00 pace or better (6)	5-8-5 (2)	CENLA CHAMPS (5)	EASY (4)	5-8-5 (2)	BATTLEFIELD (5)	OYO (4)	28
2	8:30 pace or better (5)	5-8-5 (2)	(5)	EASY (4)	5-8-5 (2)	(5)	OYO (3)	26
3	no walk (4)	5-8-5 (2)	(4)	EASY (3)	5-8-5 (2)	(4)	OYO (2)	21
4	no walk (3)	5-8-5 (2)	(3)	EASY (3)	5-8-5 (2)	(3)	OYO (2)	18
5								

~ SEPTEMBER ~

GOT THESE MILES!!

MISS 7 & 8 PERIODS

IT IS A SMART THING TO GET IN AN EASY RUN THE DAY AFTER A RACE!

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE MID-SEASON! (8)

GROUP	MON (1)	TUE (2)	WED (3)	THU (4)	FRI (5)	SAT (6)	SUN (7)	TOTAL
1	10min 10x400 (90) 5min (4)	EASY (4)	SIMPSON (4)	EASY (6)	No Practice	HOMECOMING!		18
2	10min 8x400 5min (3½)	(4)	(4)	(5)				16½
3	5min 6x400 5min (2½)	(3)	(3)	(4)				12½
4	5min 4x400 5min (2)	(3)	(3)	(3)				11
5								

OCTOBER.

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE BIG MEETS! (9)

	GROUP	MON (8)	TUE (9)	WED (10)	THU (11)	FRI (12)	SAT (13)	SUN (14)	TOTAL
OCTOBER	1	BUHLOW 3+12 (4)	EASY RP+120 (4)	10 min 12x400 (600) 5min (5)	EASY RP+120 (6)	5-8-5 (2)	CATHOLIC (4)	OYO (4)	29
	2	2+12 (3)	(3)	10 min 10x400 5 min (4)	(5)	5-8-5 (2)	(3)	OYO (3)	23
	3	1+12 (2)	(3)	5 min 8x400 5 min (3)	(4)	5-8-5 (2)	(3)	OYO (2)	19
	4	1+10 (2)	(2)	5 min 6x400 5 min (2)	(3)	5-8-5 (2)	(3)	OYO (2)	16
	5								

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE SPRINT TO THE FINISH! (10)

	GROUP	MON (15)	TUE (16)	WED (17)	THU (18)	FRI (19)	SAT (20)	SUN (21)	TOTAL
OCTOBER	1	BUHLOW 3+12 (4)	RP+120 (4)	10 min 12x400 5 min (45) (4½)	RP+120 (6)	8AM 5-8-5 (1½)	NSU (4)	OYO (4)	28
	2	2+12 (3)	RP+120 (4)	10 min 10x400 5 min (45) (4)	RP+120 (5)	(1½)	(4)	OYO (3)	24½
	3	1+12 (2)	NO WALK (3)	10 min 8x400 5 min (45) (3½)	NO WALK (4)	(1½)	(3)	OYO (2)	19
	4	1+12 (2)	NO WALK (2)	10 min 6x400 5 min (45) (3)	NO WALK (3)	(1½)	(3)	OYO (2)	16½
	5								

STATE 4 WEEKS!

BOX LUNCHES

GET YOUR MILES!

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE 3 WEEKS! (11)

GROUP	MON (22)	TUE (23)	WED (24)	THU (25)	FRI (26)	SAT (27)	SUN (28)	TOTAL
1 OCTOBER	400's ASH 10 (30) 10x400 5 (4)	5-8-5 (1½)	BUCKEYE'S JOHN MILLER (4)	EASY SPRINT LAST ¼ (6)	TEMPO RP+60 (4)	ASH TRACK 9AM "From the Gate" (3)	OYO (4)	26½
2	10 (30) 8x400 5 (5½)	5-8-5 (1½)	(4)	(5)	TEMPO RP+60 (3)	ASH TRACK 9AM (3)	OYO (3)	23
3	10 (30) 6x400 5 (3)	5-8-5 (1½)	(3)	NO WALK (4)	NO WALK (3)	ASH TRACK 9AM (3)	OYO (2)	19½
4	RUN! (2)	5-8-5 (1½)	(3)	(3)	(2)	ASH TRACK 9AM (2)	OYO (2)	15½
5								

FRATER MEETING!

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE 2 WEEKS!! (12)

GROUP	MON (29)	TUE (30)	WED (31)	THU (1)	FRI (2)	SAT (3)	SUN (4)	TOTAL
1 NOVEMBER / OCTOBER	5-8-5 (2)	PARISH CHAMPS (4)	EASY SPRINT LAST ¼ (6)	TEMPO RP+60 (4)	5-8-5 (2)	LAKESIDE (4)	OYO (4)	26
2	(2)	(4)	(5)	(3)	(2)	(4)	(3)	23
3	(2)	(3)	(4)	(3)	(2)	(3)	(2)	19
4								
5								

SPAGHETTI SUPPER!

PARISH CHAMPS

LAKESIDE

State of Mind

If you think you are beaten, you are;
if you think you dare not, you don't.
If you like to win, but think you can't,
it's almost a cinch you won't.

If you think you'll lose, you're lost;
for out in the world we find
success begins with a fellow's will;
it's all in the state of mind.

If you think you're outclassed, you are;
you've got to think high to rise,
you've got to be sure of yourself
before you can win the prize.

Life's battles don't always go
to the stronger or faster man;
but sooner or later the man who wins
is the man who thinks he can.

CROSS COUNTRY WORKOUTS 2012 TRAINING PHASE STATE V (13)

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN
1	8:15 Pace (5)	10 min 10x400 5 min (15) (4)	8:15 pace + 4 strides (3)	5-8-5 (1½)	Tempo 7:45 pace (3)	NSU practice 9AM	No Run STATE! (12)
2	8:30 Pace (4)	10 min 10x400 5 min (15) (4)	8:30 pace + 4 strides (3)	5-8-5 (1½)	Tempo 8:00 pace (3)	NSU practice 9AM	No Run STATE!
3	ALL RUNNER TEAM MEETING BEFORE RUN					BOYS TEAM MEET 5PM	GIRLS TEAM MEET 3PM/4PM
4							
5							

A Runner's Psalm 23

The Lord is my running partner – I shall go with Him.

He runs the course of life with me, whether I like it or not.
During the times I think I can run alone, He keeps up with my every step.
He never lets me out of His sight.

His quest is always one which benefits me – to help me get over the obstacle that hinders me from holiness.

Even though I will encounter all the hills and mountains which are life's problems, He will encourage me to keep up with His pace, no matter how hard it may be or how tired I may feel.

Though I have just begun and the road ahead is unrelenting, with Him at my side I shall fear no obstacle.

And in this marathon of life, I will surely find salvation if I keep the pace of my Companion.

Jesse Petrus '02

Holy Savior Menard
Cross Country 2012!

FROM THE COACH

Every CC year in some ways is the same, but of course, every year has many new twists and challenges. On the guys side, we are starting all over. Will we develop a legitimate varsity group at some point during the season? Can we improve on last year's team times? Which of the guys will step it up and run decent 3 mile times before it's all over? I think we have loads of potential! Stay tuned!!

On the girls side, we have a completely different set of challenges. Can the girls improve enough to hold off all those 2A teams that will be after us? Can we repeat as state champs in this probably last year in 2A? Again - stay tuned!

This week we have the 2 mile time trial on Wednesday (that's a change), and our first Swim & Eat at the Morrison's on Thursday (see below). As we will always do, we practice every day – don't miss!

KICK OFF THE SEASON POT LUCK SUPPER THURSDAY August 30, MENARD CAFETERIA 6 PM

Put it on your calendar! Wednesday, August 30, 6 PM in the cafeteria. This is mandatory for all runners and families, especially our new runners and their families. This is where you can meet the other runners and parents, learn something about this sport called cross country, and have a great meal. We will have lots of information to pass out that night, so try hard not to miss this important get together. *It is pot luck, so bring your favorite dish.*

SHOES, LOGS AND WATCHES!

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

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

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

AFTER SCHOOL PRACTICE

Practice starts at 3:20 behind the school. For scheduling, count on practice lasting until 5 PM, but sometimes we're done a little earlier. We practice Monday thru Friday (and Saturday for some) no matter what the weather. Groups 1, 2, and 3 will run at Coach's at 7 AM Saturdays until the meets start.

PRACTICE DRESS CODE

The practice uniform is required attire at every on campus practice.

SWIM & EAT's

We have at three S & W's this year – check the schedule. The first is at the Morrison's, Thursday, August 23. We will practice after school as we normally do. Then we'll take the bus to the Morrison's, and – you guessed it - swim and eat! Parents can pick runners up there (6014 Bayou Robert Drive) no later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work getting ready for these events, so attendance is MANDATORY for all runners.

TRAINING GROUPS

Not everyone is on the same page when it comes to CC training runs. We have 5 year veterans and brand new rookies, and lots in between. To deal with this we have 5 different training groups (levels). Group 1 might do 6 or even 8 miles on long run day, and Group 5 will do less than 2. Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 2 or 3 groups! Here's the groups as of today:

GROUP 1 Mallory Robichaux, Grayson Burns, Doug Juneau, Quint McMickens

GROUP 2 Mallory Barlow, Rachel Engelsman, Madeline Jones, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Cole Robichaux, Taylor Rogers, Bradley Schneider

GROUP 3 Miranda Hawthorne, Ava Karam, Avery Long, Carson Rabalais, Maddie Saucier, Thomas Davis

GROUP 4 Cameron Erickson, Britney Jeansonne, Rachel McMinn, Anne Standley, Martha Voltz

GROUP 5 Stephanie Aucoin, Alexis Cannela, Shalies Crosby, Brittany Ducote, Catherine Evans, Deanna Hirchak, Rebecca Jeanfreau, Chelsie Perry, Eternity Richardson, Kenzie Seastrunk, Trey Brown, Payton Fowler, Jacob Seeling

MANAGERS Victoria Hirchak, Brooke Jones, Kaelyn Rachall

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE ORDERED SOON!

Voting for this year's slogan is now open! Vote by emailing Coach. All runners and runner parents are eligible to vote! One of our traditions is to provide a t-shirt (free) to every runner. Each year the shirt slogan is unique. It's also a tradition that our parents wear these shirts to the meets we travel to. Sorry, but all non-runners must purchase their shirts. Order forms have been passed out. DEADLINE FOR ORDERS IS THIS WEEK!!! (If the form just didn't make it home, email Coach your family sizes and send the money ($10 per shirt) with your runner.

WATER!!!!!!!

It's really too hot most days to run – at least the people in Alaska would say so. 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!

LHSAA FORMS

Three forms (Participation, Drug, and Medical) MUST be on file at Menard for any athlete to be eligible to participate in sports. Coach needs stuff from: Cannela, Crosby, Evans, Hirchak, Jeansonne, Karam, McMinn, Perry, Richardson, Saucier, Seastrunk, Standley, Voltz, Brown, Davis, Fowler, Schneider, Seeling. ***THESE MUST BE IN THIS WEEK!***

RUNNING IN THE MEETS

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

Girls 2 mile sub 21 minutes Boys 2 mile sub 18 minutes

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

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

THE 2012 CROSS COUNTRY SCHEDULE – SO FAR!

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
** MONDAY	August 13	School Starts!	Meeting, then practice	
** THURSDAY	August 16	One Mile TT	Menard Track	3:30 PM
** WEDNESDAY	August 22	Two Mile TT	Menard	3:30 PM
** THURSDAY	August 23	SWIM & EAT #1!	Morrison's	(After Practice)
** TUESDAY	August 28	SWIM & EAT #2!	Juneau's	(After Practice)
** THURSDAY	August 30	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
** WEDNESDAY	September 5	SWIM & EAT #3!	Schneider's	(After Practice)
** SATURDAY	September 8	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** SATURDAY	September 15	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
?? SATURDAY	September 22	SACRED HEART	Grand Coteau	8:30 AM
** WEDNESDAY	September 26	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 29	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** SATURDAY	October 6	No meet – Homecoming Weekend		
** WEDNESDAY	October 10	JOHNNY MILLER	Fort Buhlow Recreation Area	3:30 PM
** SATURDAY	October 13	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** FRIDAY	October 19	Box Lunch Day!	Menard Cafeteria	9:00 AM
** SATURDAY	October 20	MENARD	Fort Buhlow Recreation Area	9:00 AM
?? WEDNESDAY	October 24	BUCKEYE	Fort Buhlow Recreation Area	3:00 PM
?? SATURDAY	October 27	COMEAUX	Acadiana Park, Lafayette	9:00 AM
** MONDAY	October 29	SPAGHETTI SUPPER	Lee J's	6:00 PM
?? TUESDAY	October 30	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 3	NSU (DISTRICT)	NSU, Natchitoches	
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches	
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

** Date confirmed

UNIFORMS

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

ST MICHAEL THE ARCHANGEL (Saturday, September 8)

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many, many times. Maps will be available that Saturday morning. If you're planning on driving, line up as if you were dropping off students before school. A schedule for the day will be in the newsletter. Fair warning – it will be very early!!!!!

TIME TRIALS!

The one mile time trial was last Thursday, August 16, and the two miler will be Wednesday, August 22. It's always a great opportunity to see where we're at and where we have to get to. Here's last Thursday's results and also previous year's results for current runners.

MENARD CC		ONE MILE TRIALS 2012 8/16	2011 8/18	2010 8/26	2009 8/13	2008 8/14	TWO MILE TRIALS 2012 8/22	2011 8/25	2010 9/1	2009 8/20	2008 8/20
1 Robichaux, Mallory	F	5.53	6.10	5.51	7.00		12.34	12.38	13.40		
2 Robichaux, Kelley	F	7.03	7.54				16.15				
3 Morrison, Meg	F	7.14	7.09				14.48				
4 Engelsman, Rachel	F	7.18	6.28	6.18	7.36		14.49		14.20		
5 Barlow, Mallory	F	7.19	7.09	6.17	6.54	7.47	14.35	13.19			18.43
6 Jones, Madeline	F	7.35	6.37	9.11			16.41				
7 Vaughan, Lindsay	F	7.38	7.38	6.39		10.50	14.35	15.08	14.57		
8 Hawthorne, Miranda	F	8.30	8.04								
9 Long, Avery	F	8.55									
10 Karam, Ava	F	8.56									
11 Erickson, Cameron	F	9.45	8.32	9.11							
12 Ducote, Brittany	F	10.00									
13 Jeansonne, Britney	F	10.01									
14 Standley, Anne	F	10.52									
15 Jeanfreau, Rebecca	F	11.07									
16 Aucoin, Stephanie	F	11.15									
17 Crosby, Shalies	F	11.19									
18 Perry, Chelsie	F	11.46									
19 Seastrunk, Kenzie	F	11.48									
20 Evans, Catherine	F	11.59									
21 Richardson, Eternity	F	12.04									
22 Cannela, Alexis	F	12.45									
23 Hirchak, Deanna	F	13.18									
24 McMinn, Rachel	F										
25 Rabalais, Carson	F		8.22				18.36				
26 Saucier, Maddie	F										
27 Voltz, Martha	F										
1 Schneider, Bradley	M	6.07									
2 McMickens, Quint	M	6.13	7.17				14.56				
3 Juneau, Doug	M	6.15					14.58				
4 Robichaux, Cole	M	6.26	6.29	6.51			13.58	15.43			
5 Burns, Grayson	M	6.41									
6 Rogers, Taylor	M	7.06									
7 Davis, Thomas	M	7.57									
8 Brown, Trey	M	9.38									
9 Seeling, Jacob	M	10.50									
10 Fowler, Payton	M										

MILES, MILES, MILES!

How do you get good at this CC thing? Well – you run a lot. We get a little sophisticated about what we do, but the bottom line – especially for new runners – is simple: RUN! And run a lot (it's a simple sport). Here's a summary of log book miles thru August 12th. This includes summer miles.

1 Robichaux, Mallory	10	F	271
2 Robichaux, Kelley	10	F	254
3 Barlow, Mallory	11	F	237
4 McMickens, Grant	7	M	200
5 Engelsman, Rachel	10	F	166
6 Vaughan, Lindsay	11	F	158
7 Jones, Madeline	10	F	134
8 Juneau, Doug	8	M	128
9 Rogers, Taylor	7	M	127
10 Hawthorne, Miranda	8	F	124
11 Morrison, Meg	12	F	96
12 Robichaux, Cole	9	M	81
13 Karam, Ava	8	F	64
14 Long, Avery	7	F	64
15 Burns, Grayson	7	M	52
16 Jeanfreau, Rebecca	9	F	51
17 Erickson, Cameron	9	F	28
18 Rabalais, Carson	10	F	14
19 Aucoin, Stephanie	11	F	0
20 Cannata, Alexis	11	F	0
21 Crosby, Shailee	7	F	0
22 Ducote, Brittany	8	F	0
23 Evans, Katherine	11	F	0
24 Hirchak, Deanna	7	F	0
25 Jeansonne, Britney	9	F	0
26 McMinn, Rachel	7	F	0
27 Perry, Chelsie	9	F	0
28 Richardson, Eternity	7	F	0
29 Saucier, Maddie	7	F	0
30 Seastrunk, Kenzie	7	F	0
31 Standley, Anne	7	F	0
32 Voltz, Martha	7	F	0
33 Burns, Trey	7	M	0
34 Davis, Thomas	10	M	0
35 Fowler, Peyton	8	M	0
36 Schneider, Bradley	10	M	0
37 Seeling, Jacob	7	M	0

These are same rankings except they are broken into large (3,4,5A) schools, and small (C,B,A,2A) schools.

SMALL SCHOOL BOYS		SMALL SCHOOL GIRLS	
1 Episcopal, BR (2A)	1.24.03	1 MENARD (2A)	1.44.43
2 St Thomas Aq (2A)	1.26.05	2 Episcopal, BR (2A)	1.46.19
3 Lakeside (2A)	1.26.40	3 Sacred Heart NO (2A)	1.47.31
4 Ascen Cath (1A)	1.28.44	4 Met Park CD (1A)	1.48.55
5 Midland (B)	1.29.09	5 Christian Life (1A)	1.49.01
6 Met Park CD (1A)	1.29.51	6 McGehee (2A)	1.49.01
7 Anacoco (2A)	1.30.34	7 Newman (2A)	1.51.25
8 Newman (2A)	1.31.40	8 Anacoco (2A)	1.51.45
9 University (2A)	1.32.44	9 University (2A)	1.52.08
10 Runnels (2A)	1.33.07	10 Cath., PC (1A)	1.52.13

LARGE SCHOOL BOYS		LARGE SCHOOL GIRLS	
1 Catholic, BR (5A)	1.21.24	Dominican (5A)	1.38.13
2 St Paul (5A)	1.22.05	Fountainebleau (5A)	1.41.30
3 Brother Martin (5A)	1.22.07	Mandeville (5A)	1.42.04
4 West Monroe (5A)	1.23.38	St Joseph (5A)	1.43.27
5 Jesuit (5A)	1.23.45	Mt Carmel (5A)	1.44.46
6 Parkway (4A)	1.24.46	St Scholastica (5A)	1.45.24
7 AB Shaw (5A)	1.25.56	Parkway (4A)	1.45.57
8 Walker (5A)	1.26.15	Ruston (4A)	1.45.59
9 St Th More (5A)	1.27.04	Benton (4A)	1.46.21
10 Ruston (4A)	1.27.14	ED White (3A)	1.47.29

HELP!

There's LOTS of ways to get involved with our program -- and Coach needs all the help he can get. First off is the Pot Luck Supper – this is right now, and we need a coordinator. 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? We have a major fund raiser (box lunches) that we do every year – we need a coordinator! We put on two meets each year that require all the assistance you can give. Picture-taking is 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.

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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

Here's a short recap of the end of last season. These are the results of the state meet in Natchitoches. As everyone knows (of course!) the girls won comfortably, and the guys were 7th in the VERY tough 2A classification. And our very own Mallory Robichaux was the individual state champ!

Team Standings

Boys (20 Teams)

1 Episcopal, BR (2A)	37	7 MENARD (2A)	186	13 St Thomas Aq (2A)	177
2 St Thomas Aq (2A)	57	8 John Curtis (2A)	198	2 Episcopal, BR (2A)	213
3 Lakeside (2A)	87	9 Delcambre (2A)	307	3 Sacred Heart NO (2A)	288
4 Newman (2A)	134	10 North Webster (2A)	314	4 McGehee (2A)	297
5 Runnels (2A)	174	11 Pine Prairie (2A)	331	5 Newman (2A)	323
6 University (2A)	180	12 Catholic, NI (3A)	344	6 University (2A)	361

Team Standings

Girls (17 Teams)

1 MENARD (2A)	59	7 St Thomas Aq (2A)	177		
2 Episcopal, BR (2A)	70	8 Calvary Baptist (2A)	213		
3 Sacred Heart NO (2A)	73	9 John Curtis (2A)	288		
4 McGehee (2A)	101	10 Rosepine (2A)	297		
5 Newman (2A)	143	11 Catholic, NI (3A)	323		
6 University (2A)	148	12 Fisher (2A)	361		

FINAL RANKINGS

These are the rankings based on total team times at the state meet. Composite means all classifications combined.

COMPOSITE BOYS			COMPOSITE GIRLS		
BOYS			GIRLS		
1 Catholic, BR (5A)	1.21.24		1 Dominican (5A)	1.38.13	
2 St Paul (5A)	1.22.05		2 Fountainebleau (5A)	1.41.30	
3 Brother Martin (5A)	1.22.07		3 Mandeville (5A)	1.42.04	
4 West Monroe (5A)	1.23.38		4 St Joseph (5A)	1.43.27	
5 Jesuit (5A)	1.23.45		5 MENARD (2A)	1.44.43	
6 Episcopal, BR (2A)	1.24.03		6 Mt Carmel (5A)	1.44.46	
7 Parkway (4A)	1.24.46		7 St Scholastica (5A)	1.45.24	
8 AB Shaw (5A)	1.25.56		8 Parkway (4A)	1.45.57	
9 St Thomas Aq (2A)	1.26.05		9 Ruston (4A)	1.45.59	
10 Walker (5A)	1.26.15		10 Episcopal, BR (2A)	1.46.19	
11 Lakeside (2A)	1.26.40		11 Benton (4A)	1.46.21	
12 St Th More (5A)	1.27.04		12 ED White (3A)	1.47.29	
13 Ruston (4A)	1.27.14		13 Sacred Heart NO (2A)	1.47.31	
14 Airline (5A)	1.27.50		14 Met Park CD (1A)	1.48.55	
15 Ponchatoula (5A)	1.27.52		15 Christian Life (1A)	1.49.01	
16 AB Rummel (5A)	1.28.35		16 McGehee (2A)	1.49.01	
17 Ascen Cath (1A)	1.28.44		17 St Michael (4A)	1.49.05	
18 Mandeville (5A)	1.28.47		18 Cabrini (4A)	1.49.23	
19 St Michael (4A)	1.29.01		19 E Ascension (5A)	1.49.45	
20 Midland (B)	1.29.09		20 Jewel Sumner (3A)	1.51.24	
21 ED White (3A)	1.29.38		21 Newman (2A)	1.51.25	
22 Met Park CD (1A)	1.29.51		22 Barbe (5A)	1.51.44	
23 Terrebonne (5A)	1.30.07		23 Anacoco (2A)	1.51.45	
24 Anacoco (2A)	1.30.34		24 Walker (5A)	1.51.52	
25 Northshore (5A)	1.30.35		25 University (2A)	1.52.08	

Holy Savior Menard Cross Country 2012!

FROM THE COACH

This week we add the Monday Buhlow workouts (everyone's favorite!). We have our second Swim & Eat on Tuesday, and the Kick-Off-The-Season-Pot-Luck-Supper on Thursday. As we will always do, we practice every day, rain or shine – don't miss!

A little clarification about missing practice. During the week, if you are at school, come to practice even if you are injured – you are part of this team. If you have an after school conflict, let Coach know before the end of the school day. The same applies to Saturday workouts. You are obligated to be there even if you are injured and cannot run – again, you are part of this team. Once the meets start, all runners should attend – running or not. You all are part of this team!

KICK OFF THE SEASON POT LUCK SUPPER THURSDAY. August 30. MENARD CAFETERIA, 6 PM

Put it on your calendar! Thursday, August 30, 6 PM in the cafeteria. This is mandatory for all runners and families, especially our new runners and their families. This is where you can meet the other runners and parents, learn something about this sport called cross country, and have a great meal. We will have lots of information to pass out that night, so try hard not to miss this important get together. It is pot luck, so bring your favorite dish.

AFTER SCHOOL PRACTICE

Practice starts at 3:20 behind the school. For scheduling, count on practice lasting until 5 PM, but usually we're done a little earlier. We practice Monday thru Friday (and Saturday for some) no matter what the weather. Groups 1and 2 will run at Coach's at 7 AM Saturdays until the meets start.

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The practice uniform is required attire at every on campus practice. Runners who have not purchased practice gear.

Aucoin, Cannata, Crosby, Engelsman, D Hirchak, Karam, Morrison, Rabalais, Richardson, Standley.

SWIM & EAT's

The first S&E at the Morrison's was a great success! THANKS! The next S&E is at the Juneau's this Tuesday. We will practice after school as we normally do. Then we'll take the bus to the Juneau's. Parents can pick runners up there (480 Westgarden Blvd) no later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work getting ready for these events, so attendance is MANDATORY for all runners.

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The groups are always changing! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 2 or 3 groups! Here's the latest:

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MANAGERS Victoria Hirchak, Brooke Jones, Kaelyn Rachal

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE ORDERED THIS WEEK!

The first round voting deadline for this year's slogan has passed. Most, but not all, voted (vote by emailing Coach). The second round voting for the slogan finalists will start today – check your emails! All runners and runner parents are eligible to vote! One of our traditions is to provide a t-shirt (free) to every runner. Each year the shirt slogan is unique. It's also a tradition that our parents wear these shirts to the meets we travel to. Sorry, but all non-runners must purchase their shirts. Order forms have been passed out. DEADLINE FOR ORDERS IS THIS WEDNESDAY!!! (If the form just didn't make it home, email Coach your family sizes and send the money ($10 per shirt) with your runner. Runners who have not ordered family shirts:

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** THURSDAY	August 30	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
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** FRIDAY	October 19	Box Lunch Day!	Menard Cafeteria	9:00 AM
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MENARD CC		ONE MILE TRIALS					TWO MILE TRIALS				
		2012 8/22	2012 8/16	2011 8/18	2010 8/26	2009 8/13	2008 8/14	2012 8/22	2011 8/25	2010 9/1	2009 8/20	2008 8/20
1 Robichaux, Mallory	F		5.53	6.10	5.51	7.00		12.59	12.34	12.38	13.40	
2 Burns, Grayson	M		6.41					13.03				
3 Schneider, Bradley	M		6.07					13.12				
4 Robichaux, Cole	M		6.28	6.29	6.51			13.33	13.58	15.43		
5 McMickens, Quint	M		6.13	7.17				13.38	14.56			
6 Juneau, Doug	M		6.15					13.41	14.56			
7 Robichaux, Kelley	F		7.03	7.54				14.08	16.15			
8 Bartow, Mallory	F		7.19	7.09	8.17	8.54	7.47	14.10	14.35	13.19		16.43
9 Rogers, Taylor	M		7.06					14.32				
10 Engelsman, Rachel	F		7.18	6.28	6.18	7.36		14.42	14.49		14.20	
11 Morrison, Meg	F		7.14	7.09				15.15	14.48			
12 Vaughan, Lindsay	F		7.38	7.36	6.39		10.50	15.21	14.35	15.08	14.57	
13 Jones, Madeline	F		7.35	8.37	9.11			16.10	18.41			
14 Hawthorne, Miranda	F		8.30	8.04				16.42				
15 Davis, Thomas	M		7.57					16.50				
1 Long, Avery	F	7.37	8.55									
2 Karam, Ava	F	8.05	8.56									
3 Voltz, Martha	F	8.27										
4 Erickson, Cameron	F	8.56	9.45	8.32	9.11							
5 Brown, Trey	M	9.21	9.38									
6 Ducote, Brittany	F	9.43	10.00									
7 McMinn, Rachel	F	9.50										
8 Seeling, Jacob	M	10.03	10.50									
9 Jeanfreau, Rebecca	F	10.11	11.07									
10 Fowler, Payton	M	10.43										
11 Jeansonne, Brittney	F	10.44	10.01									
12 Evans, Catherine	F	10.45	11.59									
13 Standley, Anne	F	10.56	10.52									
14 Perry, Chelsie	F	11.58	11.46									
15 Seastrunk, Kenzie	F	11.59	11.46									
Aucoin, Stephanie	F		11.15									
Crosby, Shalica	F		11.19									
Richardson, Eternity	F		12.04									
Cannela, Alexis	F		12.45									
Hirchak, Deanna	F		13.18									
Rabalais, Carson	F			8.22					18.36			

SHOES, LOGS AND WATCHES!

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

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

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

RUNNING IN THE MEETS

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

Girls 2 mile sub 21 minutes Boys 2 mile sub 18 minutes

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

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

HELP!

There's LOTS of ways to get involved with our program – and Coach needs all the help he can get. First off is the Pot Luck Supper – this is right now, and we need a coordinator. 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? We have a major fund raiser (box lunches) that we do every year – we need a coordinator! We put on two meets each year that require all the assistance you can give. Picture-taking is 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.

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 2012!

FROM THE COACH

Team? – or is it TEAM!!?? Team – when it exists in the full sense of the word – is a very beautiful thing. It's being a part of something big, something important. It's wanting to be there for your teammates no matter what, because you know your teammates will be there for you no matter what. It's knowing that somehow – no matter you're the #1 athlete or the very last athlete, the oldest veteran or the brand new rookie -- you're an important part of the whole, of the family.

It's when you have this huge desire to be there for each other when there's a need, and a huge desire just to be there period! When you look back at your Menard time, it's stuff like TEAM you'll remember most. Because it's more important in life than winning or losing a competition.

This world we live in – especially the very environments we personally live in – need a better TEAM mentality. Right now we're part of this cool thing called Cross Country – and that's a TEAM thing. But we're also part of other teams – family, school, church, and the bigger community of central Louisiana.

TEAM is not a noun. TEAM is a verb. It's a dynamic thing that lives and dies by action or lack of action, by involvement or indifference. And it's not team action or team lack of action, it's personal action or inaction. You can make a difference! It's not about getting, it's about giving.

You are in training -- life training. In the big picture of life this CC thing is a little thing. But CC is an opportunity to personally grow, to become a real teammate, to experience the beauty of being a part of something. Down the road you will be a part of church families, companies, and your very own family. Being a team player in all these areas MAKES A DIFFERENCE!

And don't make the mistake of waiting for someone else to "be team." You be team now! One of JFK's more famous quotes was, "Ask not what your country can do for you, but what you can do for your country." Jesus said it this way: "Love your neighbor as yourself." Again – TEAM is a verb, not a noun.

Think about it. Is TEAM a verb for you, or is it a noun? Not just in CC but in all your environments. You can make a difference!

ONE Team – ONE Goal – In Christ!

From the last newsletter: *A little clarification about missing practice:* During the week, if you are at school, come to practice even if you are injured – you are part of this team. If you have an after school conflict, let Coach know before the end of the school day. The same applies to Saturday workouts. You are obligated to be there even if you are injured and cannot run -- again, you are part of this team. Once the meets start, all runners should attend – running or not. You all are part of this team!

SWIM & EAT's

The first S&E at the Morrison's was a great success! THANKS! The second S&E was at the Juneau's. THANKS! The third and last S&E is at the Schneider's this Wednesday. We will practice after school as we normally do. Then we'll take the bus to the Schneider's. Parents can pick runners up there (315 Welwyn Way) no later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work getting ready for these events, so attendance is MANDATORY for all runners.

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

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

A number of us are still dealing with missing and/or incomplete LHSAA forms. Tuesday night is it: completed forms by Tuesday night or no practice or races until they are completed. Come early to the Pot Luck and complete these forms!!!! Here's the list:

Engelsman	Wrong Med form
Erickson	Wrong Med form
Evans	Wrong Med form
Hawthorne	Med
Jeanfreau	Wrong Med form
Jonsonne	Med, Participation incomplete
Karam	Med, Drug, Participation
Lachney	Med, Drug incomplete, Participation incomplete
McMinn	Med, Participation incomplete
Morrison	Med
Rabalais	Wrong Med form
K Robichaux	Wrong Med form
Vaughan	Wrong Med form
Voltz	Wrong Med form, Participation incomplete

AFTER SCHOOL PRACTICE

Practice starts at 3:20 behind the school. For scheduling, count on practice lasting until 5 PM, but usually we're done a little earlier. We practice Monday thru Friday (and Saturday for some) no matter what the weather. Groups 1 and 2 will run at Coach's at 7 AM Saturdays until the meets start.

PRACTICE DRESS CODE

The practice uniform (black shorts and official practice t-shirt is required attire at every on campus practice.

ST MICHAEL THE ARCHANGEL (Saturday, September 8) MEET DETAILS

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many times. Maps will be available Saturday morning. If you're planning on driving, line up as if you were dropping off students before school.

4:30 AM	Meet at Menard – BE ON TIME
8:45 AM	JH Boys & Girls (2 miles)
9:15 AM	Girls Varsity (3 miles)
10:00 AM	Boys Varsity (3 miles)
10:30 AM	JV Boys & Girls (2 miles)
11:15 AM	Awards
	Back at Menard around 3:00 PM

Please be on time at Menard. Parking is a real problem at Highland Park, and registration takes a while and the first race runners need time to warm up.

We will take I-49 south to US 190; US 190 to LA 415 (we will stop at the McDonald's right before crossing the Mississippi River for bathrooms); I-10 to Siegan Lane; Siegan Lane to Highland Road; Highland Road to Highland Park. Parking is available in the parking lot to the right of Highland Road and in the upper parking lot to the left. There is usually no room in the upper parking lot by the time we get there. We have been warned that cars parking on the streets will be towed!

We will have our tent and flag set up near the scoring tent. **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, lunch $, 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 (8:45 AM) JH Boys/Girls	Ducote, Hawthorne, Ava Karam, Long, Standley, Voltz Brown, Burns, Juneau, McMickens, Rogers
	Race 2 (9:15 AM) Varsity Girls	Jones, K Robichaux, M Robichaux
	Race 3 (10:00 AM) Varsity Boys	Not in this one!
	Race 4 (10:30 AM) JV Boys/Girls	Erickson, Jeanfreau, Saccaro, C Robichaux, Schneider

Races 1 and 4 are 2 miles. Race 2 and 3 are 3 miles.

Some runners do not have 2 mile times fast enough for racing – yet! Tuesday will be the last day to take care of that business if you choose to.

In the past years, a family has stepped forward to transport the tent, banner, flag, and water coolers to the meets. That family has graduated, and Coach needs a new volunteer – no experience needed! Any volunteers????

UNIFORMS

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

THE 2012 CROSS COUNTRY SCHEDULE – SO FAR!

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
** TUESDAY	September 4	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
** WEDNESDAY	September 5	SWIM & EAT #3	Schneider's	(After Practice)
** SATURDAY	September 8	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** SATURDAY	September 15	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
?? SATURDAY	September 22	SACRED HEART	Grand Coteau	8:30 AM
** WEDNESDAY	September 26	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 29	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** SATURDAY	October 6	No meet -- Homecoming Weekend		
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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.)

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** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

** Date confirmed

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS HAVE BEEN ORDERED!

One of our traditions is to provide a t-shirt (free) to every runner. It's also a tradition that our parents wear these shirts to the meets we travel to. We will have them in time for the St Michael's meet.

DUFFEL BAGS ARE IN!

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.

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

TRAINING GROUPS

The groups will change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 2 or 3 groups! Here's the latest:

GROUP 1 — Mallory Robichaux, Grayson Burns, Doug Juneau, Quint McMickens

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GROUP 5 — Catherine Evans, Rebecca Jeanfreau, Annie Karam, Chelsie Lachney, Payton Fowler

MANAGERS — Victoria Hirchak, Brooke Jones, Kaelyn Rachall

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Email	wcmenard@suddenlink.net	anytime!

Holy Savior Menard Cross Country 2012!

September 8, 2012 #4

ST MICHAEL THE ARCHANGEL (Saturday, September 8) MEET RESULTS

HOT!!! The expected cool weather didn't happen – until we left! The times – Menard's and everyone else's – paid the price. We ran LOTS of rookies (14), and there were lots of great first race times, especially considering the weather. The brand new all-rookie boys team had a great day, finishing 10th of 16 in the JH race. The JH girls got even better results, finishing 5th of 14 teams. Individually, hats off to Mallory with her second place (t-shirt and medal) finish in the girls varsity race, and Bradley's 12th place t-shirt finish in the JV race.

Girls Varsity (94 runners) Team Time XXX Our Time XXX

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-		Last Yr
2 Robichaux, Mallory	6.20	7.10	7.13	20.43	+146	T & Medal!	19.14
16 Robichaux, Kelley	6.47	7.43	7.59	22.29	+55		DNF
60 Jones, Madeline	7.45	10.01	9.04	26.50	+125		17.50

JH Girls (165 runners)

Place	Mile 1	Mile 2	Finish	PR +/-		Last Yr
21 Long, Avery	7.44	8.05	15.49		FR!	
24 Karam, Ava	7.46	8.13	15.59		FR!	
27 Hawthorne, Miranda	7.26	8.39	16.05	+34		16.33
28 Standley, Anne	7.35	8.34	16.09		FR!	
85 Voltz, Martha	8.26	9.59	18.25		FR!	
94 Ducote, Brittany	8.26	10.15	18.41		FR!	

JH Boys (202 runners)

Place	Mile 1	Mile 2	Finish	PR +/-		
18 Juneau, Doug	6.15	6.52	13.07	+23		
25 McMickens, Quint	6.25	7.08	13.33		FR!	
29 Burns, Grayson	6.28	7.14	13.42		FR!	
119 Rogers, Taylor	7.24	8.56	16.20		FR!	
165 Brown, Trey	8.58	10.10	19.08		FR!	
175 Seeling, Jacob	8.58	10.33	19.31		FR!	

JV Girls (32 runners)

Place	Mile 1	Mile 2	Finish	PR +/-		Last Yr
25 Erickson, Cameron	9.52	11.47	21.39	+239		18.14
26 Jeanfreau, Rebecca	9.51	12.07	21.58		FR!	
27 Saccaro, Emily	9.50	12.26	22.16		FR!	

JH Boys (85 runners)

Place	Mile 1	Mile 2	Finish	PR +/-		Last Yr
12 Schneider, Bradley	5.33	6.42	12.37		FR!	t-shirt!
19 McMickens, Drew	5.54	7.04	12.58		FR!	
31 Robichaux, Cole	6.22	7.08	13.30	+75		24.14

ST MICHAEL THE ARCHANGEL MEET RESULTS Continued

Team Standings

Boys Junior High (16 Teams)

1 Episcopal, BR (2A)	62	7 Runnels (2A)	208	1 St Aloysius	45	7 St George	1
2 Our Lady of Mercy	94	8 SH Elementary	213	2 Our Lady of Mercy	60	8 St Jude	2
3 NW Middle	104	9 Alex CD	243	3 Episcopal, BR (2A)	101	9 NW Middle	2
4 St George	116	10 MENARD (2A)	250	4 St Joseph	117	10 Newman (2A)	2
5 St Paul (5A)	192	11 ESA (B)	286	5 MENARD (2A)	157	11 MBS	2
6 St Aloysius	199	12 St Jude	289	6 Cypress Heights	171	12 SH Elementary	3

RECORDS SET AT ST MICHAEL'S

Grade Records

Mallory Robichaux #4 10th grade — Kelley Robichaux #8 10th grade

Madeline Jones #18 10th grade

Highland Course Records

Mallory Robichaux #5 10th grade

EPISCOPAL AT HIGHLAND PARK (Saturday, September 15th)

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:

4:30 AM	Meet at Menard – **BE ON TIME**
4:40 AM	Leave for Baton Rouge
8:20 AM	Junior Varsity Boys and Girls (2 or 3 miles)
9:00 AM	Girls Varsity (3 miles)
9:40 AM	Boys Varsity (3 miles)
10:10 AM	Girls Junior High (2 miles)
10:40 AM	Boys Junior High (2 miles)
11:10 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) JV Boys/Girls	Rabalais, Davis, D McMickens, Schneider
	Race 2 (9:00 AM) Varsity Girls	Bartow, Engelsman, Jones, Morrison, K Robichaux, M Robichaux, Vaughan
	Race 4 (10:10 AM) JH Girls	Ducote, Erickson, Hawthorne, Jeanfreau, Jeansonne, Karam, Long, McMinn, Saccaro, Standley, Voltz
	Race 5 (10:40 AM) JH Boys	Brown, Burns, Juneau, Q McMickens, Robichaux, Rogers, Seeling

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la.milesplit.com

Go to: stats → xc individual

Or go to: stats → xc team

Or any of their other stuff!

FRIDAY NIGHT PRAYER MEETINGS

For over 20 years Coach and Ms Becky have hosted prayer meetings at our house. The August meeting saw upwards of 70 Menard students here. If you haven't been yet – try out September! Friday after the Thursday Buckeye football game – be there!!!

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The groups will change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 2 or 3 groups! Here's the latest:

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GROUP 5 Catherine Evans, Rebecca Jeanfreau, Annie Karam, Payton Fowler

MANAGERS Victoria Hirchak, Brooke Jones, Kaelyn Rachall

CENLA CHAMPS SPONSOR!
We have a sponsor for the CENLA CHAMPS trophies and t-shirts: Farm Bureau Insurance! Thanks to Steven Vaughan (current runner dad!) and Willie Crawford (ex Menard runner dad!). THANKS!!!

MENARD INVITATIONAL SPONSORS!
Cabrini Hospital and Dr. Joe Landreneau are again sponsoring our big race. THANKS once again!!!

CONTACT COACH?????
Contact Coach Smith ANYTIME you need to!

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Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

LOG BOOK RACE REVIEWS
All runners keep a log of their miles in their Menard CC log book. All racers complete a race review (found in the very back of the log book) for every race. This is a chance to do a little reflection on your race, and set some goals for the next race. Coach will read and comment on each of them. This is one of those "little things" that make each runner a better runner. Please take some time, give it some thought, and be honest with yourself.

Holy Savior Menard
Cross Country 2012!

Girls Debut 2012 in 3rd at Big Episcopal Meet!

Weather lets up a little, and we get 16!! PR's! The girls lose only to 5A powerhouses Dominican and St Joseph, easily beating the rest of the field. The JHer's continue to over achieve with the boys 11 of 22 teams and the girls 11 of 18. Congrats to Bradley and Drew for their big top tens in the JV race (and to Thomas for surviving the JV race!).

Note the lineup for the Sacred Heart races. This is a small race and an easy course, so the guys are going to get their 3-mile initiation this time around!

EPISCOPAL (Saturday, September 15) MEET RESULTS

Girls Varsity (152 runners) Team Time 106.58 Gap Time 2.27

Place		Mile 1	Mile 2	Mile 3	Finish			PR + / -	Last Yr
8	Robichaux, Mallory	6.09	6.51	6.51	19.51	SPR!	t-shirt!	+94	18.45
22	Robichaux, Kelley	6.31	7.17	7.20	21.08	PR!		-26	15.17
31	Vaughan, Lindsey	6.40	7.36	7.28	21.44			+93	20.26
39	Engelsman,Rachel	6.39	7.45	7.33	21.57			+140	20.58
49	Bartow, Mallory	6.34	7.46	7.58	22.18			+134	21.32
58	Morrison, Meg	6.48	8.04	7.48	22.40			+44	22.29
92	Jones, Madeline	7.45	8.19	8.28	24.32	PR!		-13	17.00

2 mile PR's: Kelley Robichaux 13.48

JH Girls (192 runners)

Place		Mile 1	Mile 2	Finish	PR + / -		Last Yr
58	Long, Avery	7.29	8.34	16.01	+14		
65	Voltz, Martha	7.29	8.53	16.22	-123!!	PR!	
67	Karam, Ava	7.58	8.27	16.25	+26		
79	Ducote, Brittany	7.29	9.18	16.47	-154!!	PR!	
107	Standley, Anne	8.36	9.05	17.41	+92		
160	Erickson, Cameron	9.23	11.01	20.24	+168	SPR!	19.40
161	Jeansonne, Britney	8.46	11.42	20.28		PR!	
165	McMinn, Rachel	8.54	11.40	20.34		PR!	
173	Jeanfreau, Rebecca	9.26	12.12	21.38	-20	PR!	
181	Karam, Annie	10.46	13.02	23.48		PR!	

JH Boys (235 runners)

Place		Mile 1	Mile 2	Finish	PR + / -		Last Yr
47	Burns, Grayson	6.10	6.36	12.46	-56	PR!	
52	Juneau, Doug	6.04	6.46	12.50	+6	SPR!	13.29
55	McMickens, Quint	6.12	6.47	12.59	-34	PR!	
58	Robichaux, Cole	6.09	6.54	13.03	+48	SPR!	13.25
170	Rogers, Taylor	7.20	8.16	15.36	-44	PR!	
221	Brown, Trey	8.08	9.22	17.30	-98!!	PR!	
223	Fowler, Payton	8.18	9.18	17.36		PR!	
231	Seeling, Jacob	8.21	9.58	18.19	-72!!	PR!	

EPISCOPAL MEET RESULTS Continued

JV Boys (??? runners)

Place		Mile 1	Mile 2	Finish	PR + / -	
2	Schneider, Bradley	5.42	6.40	12.22	-15	PR!
5	McMickens, Drew	5.53	7.03	12.56	-2	PR!
106	Davis, Thomas	7.24	10.00	17.24		FR!

Girls Varsity (16 Teams)

1 Dominican (5A)	38	7 St Thomas Aq (2A)	180
2 St Joseph (5A)	51	8 Ascen Cath (1A)	192
3 MENARD (2A)	119	9 St Michael (4A)	195
4 Episcopal, BR (2A)	151	10 Zachary (4A)	334
5 Cath., PC (1A)	159	11 Assumption (4A)	335
6 Vanderbilt Cath (4A)	160	12 Thibodaux (5A)	337

RECORDS SET AT EPISCOPAL

Grade Records

Mallory Robichaux	#1 10th grade	Kelley Robichaux	#9 All Grades; #6 10th grade
Rachel Engelsman	#8 10th grade	Madeline Jones	#30 All Grades; #14 10th grade
Lindsay Vaughan	#5 11th grade	Mallory Bartow	#9 10th grade
Meg Morrison	#7 12th grade		

Highland Course Records

Mallory Robichaux	#1 10th grade	Kelley Robichaux	#9 All Grades; #4 10th grade
Lindsay Vaughan	#5 11th grade		

SACRED HEART, GRAND COTEAU (Saturday, September 24th)

The course is fast - lots of PR's in the past. Here's the schedule:

6:00 AM	Meet at Menard - BE ON TIME		
6:05 AM	Leave for Grand Coteau	8:30 AM	JV Boys/Girls (2 miles)
9:00 AM	Junior High Boys (2 miles)	9:30 AM	Junior High Girls (2 miles)
10:00 AM	Boys Varsity (3 miles)	10:30 AM	Girls Varsity (3 miles)
11:15 AM	Awards	Back at Menard around 1:00 PM	

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

All runners are expected to stay for the awards ceremony.

Race Line ups:
Race 1 JV Girls & Boys Evans, Davis, Rabalais
Race 2 JH Boys Brown, Fowler, Seeling
Race 3 JH Girls Ducote, Erickson, Jeanfreau, Jeansonne, Karam, Karam, Long, McMinn, Saccaro, Standley, Voltz
Race 4 Varsity Boys Burns, Juneau, McMickens, McMickens, Robichaux, Rogers, Schneider
Race 5 Varsity Girls Bartow, Engelsman, Jones, Morrison, K Robichaux, M Robichaux, Vaughan

THE 2012 CROSS COUNTRY SCHEDULE – SO FAR!
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 22	SACRED HEART	Grand Coteau	8:30 AM
** WEDNESDAY	September 26	CENLA CHAMPS	Fort Bullow Recreation Area	3:00 PM
** SATURDAY	September 29	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** SATURDAY	October 6	No meet – Homecoming Weekend		
** SATURDAY	October 13	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** FRIDAY	October 19	Box Lunch Day!	Menard Cafeteria	9:00 AM
** SATURDAY	October 20	MENARD	Fort Bullow Recreation Area	9:00 AM
** WEDNESDAY	October 24	BUCKEYE / JOHN MILLER	Fort Bullow Recreation Area	3:00 PM
?? SATURDAY	October 27	COMEAUX	Acadiana Park, Lafayette	9:00 AM
** MONDAY	October 29	SPAGHETTI SUPPER	Lee J's	6:00 PM
** TUESDAY	October 30	PARISH CHAMPIONSHIPS	Fort Bullow 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 3	NSU (DISTRICT)	NSU, Natchitoches	
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches	
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

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

FRIDAY NIGHT PRAYER MEETINGS
For over 20 years Coach and Ms Becky have hosted prayer meetings at our house. The August meeting saw upwards of 70 Menard students here. If you haven't been yet – try out September! Friday after the Thursday Buckeye football game – be there!!!

TRAINING GROUPS

The groups will change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 2 or 3 groups! Here's the latest:

GROUP 1 Mallory Robichaux, Grayson Burns, Doug Juneau, Quint McMickens, Taylor Rogers

GROUP 2 Mallory Bartow, Rachel Engelsman, Madelise Jones, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Drew McMickens, Cole Robichaux, Bradley Schneider

GROUP 3 Cameron Erickson, Miranda Hawthorne, Ava Karam, Avery Long, Carson Rabalais, Anne Standley, Martha Voltz, Thomas Davis

GROUP 4 Brittany Ducote, Rebecca Jeanfreau, Brittney Jeansonne, Annie Kazem, Rachel McMinn, Emily Saccaro, Trey Brown, Payton Fowler, Jacob Seeling

GROUP 5 Catherine Evans,

MANAGERS Victoria Hirchak, Brooke Jones, Kaelyn Rachall

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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

LOG BOOK RACE REVIEWS

All runners keep a log of their miles in their Menard CC log book. All racers complete a race review (found in the very back of the log book) for every race. This is a chance to do a little reflection on your race, and set some goals for the next race. Coach will read and comment on each of them. This is one of those "little things" that make each runner a better runner. Please take some time, give it some thought, and be honest with yourself.

CENLA CHAMPS WORKER MEETING

NEXT MONDAY, September 24 – 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!

CENLA CHAMPS (Wednesday, September 26th)

This race is called "CENLA CHAMPS" because all central Louisiana schools are invited to come run. We usually have around 20 schools here. Menard is the host and arranges for trophies, the clock, runs the meet, and tabulates the results. ***If you're able to be there Tuesday or Wednesday, September 25 and 26, Coach needs LOTS of help. We set up the course starting around 8AM on Tuesday. Race registration starts at 2 PM on Wednesday.*** We need help with course monitors, registration and scoring — 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 7th AND 8th 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

Race Line ups: Race 1 JV Girls — Stay tuned!
Race 2 JV Boys
Race 3 Varsity Girls
Race 4 Varsity Boys

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

A great BIG Thank you to the Volunteer Parents for helping keep our runners hydrated.
Ice down sports drinks in a rolling ice chest and bring to meet on date. We have 35 runners.

Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Renea Ducote
Cenla Champs -Buhlow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeanne Karam
Johnny Miller -Buhlow	Wed Oct 17	Kellie Saccaro
Menard Inv- Buhlow	Sat Oct 20	Corey Rogers
Buckeye- Buhlow	Wed Oct 24	Beth Erickson
Comeaux- Lafayette	Sat Oct 27	Carol Hirchak
Parish Champ- Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District- Natchitoches	Sat Nov 3	Renee Warner

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 (7th & 8th grades), 500 miles (9th & 10th grades), 600 miles (11th & 12th 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 3rd). 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. Only two black shirts and six blue have ever been awarded. Only a very few have earned more than one shirt. Here's a list of the 36 runners who have earned three or more shirts since this group was formed in 1988:

Black (Andrew Lemoine, Christian Taylor)

Blue 4 (Lauren Patty, Dason O'Kelly, Joffrot Holcombe, Steven Jeansonne)

Green 12 (Leslie Manuel, Jesse Petrus, Emily Demarco, Francis Vanderlick, Jen Jeane, Thomas Kajor, Will Littlepage, Mellynn Baker, Mark Dotson, Mallory Bartow, Daniel Sesser, Brennan Vidrine)

Yellow 18 (Jessi Noles, Sarah Ragusa, Dore Fletcher, Jodie White, Courtney Michiels, Jen Pommerenke, Nathan Fewell, Joe Landreneau, Mark Landreneau, Wes Pepitone, Lora Pharis, Elizabeth Landreneau, Bridget Daigrepont, Heather Badeaux, Lanie Sonnier, Isaac Eilts, Mallory Robichaux, Lindsay Vaughan)

Red 17 **Gray** 48

Holy Savior Menard
Cross Country 2012!

Brand New Boys Varsity Team Has Great First Race!

The Menard CC boys future looks good as our 5 rookies and 2 "vets" run awesome in their first varsity race of the season! Congrats to Bradley with his sub 19 and a t-shirt and to Mallory, Kelley, Lindsay, and Rachel who also earned t-shirts. The JH'ers continue their PR ways with another 8 in spite of the heat. There are no team scores yet – stay tuned! And thanks for the drinks!!!!

SACRED HEART (Saturday, September 22) – MEET RESULTS

Girls Varsity (84 runners) Team Time 115.09 Gap Time 5.24

Place	Mile 1	Mile 2	Mile 3	Finish			PR + / -	Last Yr
2 Robichaux, Mallory	6.28	7.18	7.19	21.05	t-shirt!		+168	19.45
4 Robichaux, Kelley	6.59	7.31	7.33	22.03	t-shirt!		+55	23.22
8 Vaughan, Lindsay	7.08	7.42	7.36	22.26	t-shirt!		+135	21.33
15 Engelsman, Rachel	7.18	7.59	7.49	23.06	t-shirt!		+209	23.10
46 Jones, Madeline	7.58	8.54	9.37	26.29			+117	16.10

Boys Varsity (75 runners) Team Time 99.28 Gap Time 2.02

Place	Mile 1	Mile 2	Mile 3	Finish	PR + / -		Last Yr
14 Schneider, Bradley	6.01	6.28	6.15	18.44	t-shirt!	FR!	
27 McMickens, Drew	6.25	6.55	6.25	19.45		FR!	
28 Burns, Grayson	6.23	6.55	6.36	19.54		FR!	
30 McMickens, Quint	6.40	6.53	6.46	20.19		FR!	
38 Robichaux, Cole	6.27	6.54	7.25	20.46	+48		13.16
43 Juneau, Doug	6.40	7.12	7.14	21.06	+47		14.14
64 Rogers, Taylor	7.40	8.56	6.42	23.18		FR!	

JH Girls (77 runners)

Place	Mile 1	Mile 2	Finish	PR + / -		Last Yr
10 Voltz, Martha	8.05	7.44	15.49	-33!	PR!	
12 Long, Avery	8.30	7.48	16.18	+29		
15 Ducote, Brittany	8.05	8.18	16.23	-24!	PR!	
17 Standley, Anne	8.20	8.10	16.30	+21		
26 Karam, Ava	8.53	8.25	17.18	+79		
39 McMinn, Rachel	8.54	9.33	18.27	-127!!	PR!	
50 Saccaro, Emily	8.59	10.43	19.42	-154!!	PR!	
52 Erickson, Cameron	9.42	10.02	19.44	+124	SPR!	19.04
57 Jeansonne, Brittney	9.00	11.27	20.27	-1!	PR!	
71 Jeanfreau, Rebecca	10.40	11.19	21.59	+21		
72 Karam, Annie	10.56	11.54	22.50	-52!	PR!	

EPISCOPAL MEET RESULTS Continued

JV Boys (78 runners)

Place		Mile 1	Mile 2	Finish	PR +/-	
56	Brown, Trey	8.25	9.03	17.28	-2!	PR!
65	Fowler, Payton	9.15	9.11	18.26	+50	
75	Seeling, Jacob	9.24	10.48	20.12	+113	

JV Girls

Place		Mile 1	Mile 2	Finish	PR +/-	
7	Evans, Catherine	9.58	12.12	22.10		PR!

RECORDS SET AT SACRED HEART

Grade Records

Grayson Burns	#11 7th grade	Quint McMickens	#14 7th grade

Sacred Heart Course Records

Mallory Robichaux	#1 10th grade	Kelley Robichaux	#9 All Grades; #4 10th grade
Lindsay Vaughan	#5 11th grade		

Zachipoo and Kelleypoo????? Muddy Anne and Martha – check facebook – 9/18

CENLA CHAMPS WORKER MEETING

MONDAY, September 24 – 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!

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** WEDNESDAY	September 26	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 29	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** SATURDAY	October 6	No meet – Homecoming Weekend		
** SATURDAY	October 13	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** FRIDAY	October 19	Box Lunch Day!	Menard Cafeteria	9:00 AM
** SATURDAY	October 20	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 24	BUCKEYE / JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 27	ERATH	Erath, LA	
** MONDAY	October 29	SPAGHETTI SUPPER	???????	6:00 PM
** TUESDAY	October 30	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.)

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The guys had their debut Saturday at Sacred Heart – now it's some of the girls turn! Check out the line ups.

1:30 PM	Leave for Buhlow on bus (RUNNERS WILL MISS 7th AND 8th 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

Race Line ups:	Race 1 JV Girls	Erickson, Evans, Jeanfreau, Jeansonne, Annie Karam, McMinn, Rabalais, Saccaro
	Race 2 JV Boys	Brown, Davis, Fowler, Seeling
	Race 3 Varsity Girls	Bartow, Ducote, Engelsman, Jones, Karam, Long, Morrison, Robichaux, Robichaux, Standley, Vaughan, Voltz
	Race 4 Varsity Boys	Burns, Juneau, McMickens, McMickens, Robichaux, Rogers, Schneider

TRAINING GROUPS

The groups change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 3 groups! Here's the latest:

GROUP 1	Mallory Robichaux, Grayson Burns, Doug Juneau, Quint McMickens, Taylor Rogers, Bradley Schneider
GROUP 2	Mallory Bartow, Rachel Engelsman, Madeline Jones, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Drew McMickens, Cole Robichaux,
GROUP 3	Brittany Ducote, Cameron Erickson, Miranda Hawthorne, Ava Karam, Avery Long, Rachel McMinn, Carson Rabalais, Emily Saccaro, Anne Standley, Martha Voltz, Trey Brown, Thomas Davis, Payton Fowler, Jacob Seeling
GROUP 4	Catherine Evans, Rebecca Jeanfreau, Brittney Jeansonne, Annie Karam,
MANAGERS	Victoria Hirchak, Brooke Jones, Kaelyn Rachal!

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

HOW TO SCORE A CC MEET

It's pretty simple. Every runner gets points depending on their finish place. The number one runner gets one point, the number two runner gets two points, the number fifty runner gets 50 points, and so on. The individual scores for the top five runners for a particular team are totaled to create the school's team score. Low score wins. If a team does not have five runners, they cannot qualify for team scoring. In case of ties (not common, but happens), each team's sixth runner becomes the tie-breaker.

Holy Savior Menard Cross Country 2012!

September 26, 2012 #7

Girls Dominate! Rookie Guys an Amazing 4th!

CENLA CHAMPS (Wednesday, September 26) MEET RESULTS

The girls place 4 in the top ten to continue our local grip on local CC. Congrats to Mallory on another win. Also congrats to Avery, Martha, Ava, Brittany, and Anne, who get their 3-mile initiation. The guys beat a bunch of teams with a team that includes 3 7th graders! Where do you think this is headed?!! Also congrats to Taylor who gets the only PR of the day.

Girls Varsity (85 runners) Team Time 115.09 Gap Time 5.24

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-	Last Yr
1	Robichaux, Mallory	6.32	7.19	7.21	21.12	t-shirt!	+175	20.34
4	Engelsman, Rachel	7.07	7.50	7.30	22.27	t-shirt!	+170	22.36
5	Vaughan, Lindsay	7.07	7.48	7.37	22.32	t-shirt!	+141	
7	Robichaux, Kelley	6.57	7.39	8.05	22.41	t-shirt!	+93	25.12
21	Morrison, Meg	7.23	8.40	8.19	24.22		+146	23.13
38	Jones, Madeline	8.18	9.05	8.48	26.11		+99	27.40
43	Long, Avery	8.38	9.33	8.40	26.51	FR!		
53	Voltz, Martha	8.37	9.33	10.24	28.35	FR!		
56	Karam, Ava	8.38	9.33	10.42	28.53	FR!		
60	Ducote, Brittany	8.41	10.30	10.11	29.22	FR!		
62	Standley, Anne	8.41	10.30	10.23	29.34	FR!		

Boys Varsity (124 runners) Team Time 99.28 Gap Time 2.02

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-	Last Yr
27	McMickens, Drew	6.19	7.22	6.24	20.05		+20	
34	Juneau, Doug	6.31	6.51	7.01	20.23	SPR!	+4	24.22
36	Robichaux, Cole	6.29	7.45	6.46	20.30	SPR!	+12	13.58
39	Schneider, Bradley	6.04	7.10	7.19	20.33		+109	
48	Burns, Grayson	6.28	7.02	7.27	20.57		+63	
52	McMickens, Quint	6.43	7.27	6.59	21.09		+50	
93	Rogers, Taylor	7.08	8.07	7.59	23.14	PR!	-4	

JV Girls (77 runners)

Rabalais, Carson	8.37	8.26	17.01		+191	16.37	
Erickson, Cameron	9.41	9.45	19.26	SPR!	+108	20.16	
McMinn, Rachel	9.39	10.19	19.58		+91		
Saccaro, Emily	9.42	11.15	20.57		+75		
Jeansonne, Brittney	9.33	11.25	20.58		+31		
Jeanfreau, Rebecca	10.53	11.29	22.22		+44		
Evans, Catherine	11.49	11.21	23.10		+60		
Karam, Annie	11.50	12.06	23.56		+66		

CENLA CHAMPS MEET RESULTS Continued

JV Boys (77 Runners)

Place		Mile 1	Mile 2	Finish	PR + / -	Last Yr
	Fowler, Payton	9.48	9.10	18.58	+82	
	Brown, Trey	9.47	9.26	19.13	+105	
	Davis, Thomas	9.10	DNF			

Team Standings

Boys Varsity (16 Teams)				Girls Varsity (10 Teams)			
1 Buckeye (3A)	61	6 Grace Christian (B)	176	1 MENARD (2A)	32	6 Pineville (5A)	125
2 Pineville (5A)	123	7 St Mary's (1A)	180	2 Leesville (4A)	103	7 Natch Cent (5A)	138
3 Elizabeth ©	127	8 Leesville (4A)	184	3 Buckeye (3A)	106	8 Avoyelles PC (B)	177
4 MENARD (2A)	175	9 Oak Hill (B)	200	4 Grace Christian (B)	107	9 Elizabeth ©	231
5 Anacoco (B)	176	10 Avoyelles PC (B)	222	5 Anacoco (B)	122	10 Tioga (4A)	387

RECORDS SET AT CENLA CHAMPS

Grade Records

None

Buhlow Course Records

Mallory Robichaux #4 10th grade

CENLA CHAMPS Meet Records

Kelley Robichaux	#8 All Grades; #4 10th grade	Avery Long	#3 7th grade
Anne Standley	#4 7th grade	Mallory Robichaux	#1 10th grade
Rachel Engelsman	#3 10 grade	Lindsay Vaughan	#5 11th grade
Meg Morrison	#5 12th grade		

CROSS COUNTRY WEB SITE

This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time. The St Michael's results are now there.

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

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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

THE 2012 CROSS COUNTRY SCHEDULE – Note the October 27 Change!

I think 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. Check out October 6th!

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** SATURDAY	October 20	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 24	BUCKEYE / JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 27	ERATH	Erath, LA	
** MONDAY	October 29	SPAGHETTI SUPPER	???????	6:00 PM
** TUESDAY	October 30	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 3	NSU (DISTRICT)	NSU, Natchitoches	
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches	
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

Battlefield Cross Country Festival (Saturday, September 29th)

This is a brand new race! It's being put on by the Baton Rouge Area Sports Federation. And it's a brand new course! So we're off into the unknown – good, bad, or ugly. Officially it's at the Port Hudson Historic Site, 236 Hwy 61, Jackson, LA 70748. There will be maps available Sat morning. Here's the schedule and lineup:

BECAUSE THIS IS A NEW RACE AND RACE SITE, ALL RUNNERS AND PARENTS WILL MEET AT MENARD AND CARAVAN TOGETHER.

6:00 AM	Leave Menard (*Please be on time!*)
9:30 AM	JV Girls (2 miles)
10:00 AM	JV Boys (2 miles)
10:30 AM	Varsity Girls (3 miles)
11:00 AM	Varsity Boys (3 miles)
11:45 AM	Awards

Race Line ups:	Race 1 JV Girls	Ducote, Erickson, Evans, Jeanfreau, Jeansonne, Annie Karam, McMinn, Rabalais, Saccaro, Standley
	Race 2 JV Boys	Brown, Fowler
	Race 3 Varsity Girls	Engelsman, Jones, Karam, Long, Morrison, Robichaux, Robichaux, Vaughan, Voltz
	Race 4 Varsity Boys	Burns, Juneau, McMickens, McMickens, Robichaux, Rogers, Schneider

TRAINING GROUPS

The groups change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 3 groups! Here's the latest:

GROUP 1 Mallory Robichaux, Grayson Burns, Doug Juneau, Quint McMickens, Taylor Rogers, Bradley Schneider

GROUP 2 Mallory Bartow, Rachel Engelsman, Madeline Jones, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Drew McMickens, Cole Robichaux,

GROUP 3 Brittany Ducote, Cameron Erickson, Miranda Hawthorne, Ava Karam, Avery Long, Rachel McMinn, Carson Rabalais, Emily Saccaro, Anne Standley, Martha Voltz, Trey Brown, Thomas Davis, Payton Fowler, Jacob Scoling

GROUP 4 Catherine Evans, Rebecca Jeanfreau, Britney Jeansonne, Annie Karam,

MANAGERS Victoria Hirchak, Brooke Jones, Kaelyn Rachall

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

A great BIG Thank you to the Volunteer Parents for helping keep our runners hydrated Ice down sports drinks in a rolling ice chest and bring to meet on date. We have 35 runners.

THANKS, parents – it's means a lot!!!

Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Renea Ducote
Cenla Champs -Buhlow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeanne Karam
Johnny Miller -Buhlow	Wed Oct 17	Kellie Saccaro
Menard Inv- Buhlow	Sat Oct 20	Corey Rogers
Buckeye- Buhlow	Wed Oct 24	Beth Erickson
Comeaux- Lafayette	Sat Oct 27	Carol Hirchak
Parish Champ- Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District- Natchitoches	Sat Nov 3	Renee Warner

BOX LUNCHES!

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!

Holy Savior Menard

Cross Country 2012!

Welcome to real CC!

Rain, mud, some hills, and lots of ants – another typical day in the life of a CC runner. Not the best way to introduce a new race into our season! Congrats to all – parents and runners – who braved the elements. Of course, we can brag about being there and getting wet, dirty, and ant-bit. Also congrats to our 2 PR girls, Martha and Ava. And for those who didn't PR – check your place against the total number of runners in your race. You all beat a lot of runners! Sorry about the JV girls mile splits – didn't happen. So it's on to Simpson – another new one. Stay tuned!

BATTLEFIELD (Saturday, September 29) MEET RESULTS!

Girls Varsity (85 runners) Team Time 131.27 Gap Time 3.45

Place		Mile 1	Mile 2	Mile 3	Finish	
7	Engelsman, Rachel	7.04	7.58	9.03	24.05	
10	Vaughan, Lindsay	7.24	7.48	9.11	24.23	
48	Long, Avery	8.28	8.57	9.58	27.23	
56	Voltz, Martha	8.28	8.58	10.20	27.46	PR!
57	Karam, Ava	8.28	8.57	10.25	27.50	PR!
62	Jones, Madeline	8.15	9.00	11.07	28.22	
67	Morrison, Meg	7.48	10.02	11.57	29.47	

Boys Varsity (163 runners) Team Time 108.38 Gap Time 1.34

Place		Mile 1	Mile 2	Mile 3	Finish
58	Schneider, Bradley	6.19	6.51	7.28	20.36
86	Robichaux, Cole	6.43	7.23	7.43	21.49
93	McMickens, Drew	6.34	7.18	8.08	22.00
94	Burns, Grayson	6.56	7.20	7.47	22.03
100	McMickens, Quint	7.00	7.23	7.47	22.10
117	Juneau, Doug	7.02	7.28	8.29	22.59
141	Rogers, Taylor	7.29	8.19	9.07	24.55

JV Girls (71 runners)

Place		Mile 1	Mile 2	Finish
36	Ducote, Britany			17.26
37	Hawthorne, Miranda			17.28
76	Erickson, Cameron			19.34
97	Saccaro, Emily			20.27
116	Jeansonne, Britney			20.58
156	Evans, Catherine			22.55
160	Karam, Annie			24.10

JV Boys (195 Runners)

Place		Mile 1	Mile 2	Finish
117	Brown, Trey	8.30	10.34	19.04
124	Davis, Thomas	8.05	10.34	18.39
159	Fowler, Payton	8.58	11.25	20.23

RECORDS SET AT CENLA CHAMPS OR BATTLEFIELD

Grade Records

Avery Long	#43 all time; #13 7th grade	Anne Standley	#17 7th grade
Martha Voltz	#46 all time; #17 8th grade	Ava Karam	#47 all time; #18 8th grade
Brittany Ducote	#20 8th grade		

Buhlow Course Records

Mallory Robichaux	#4 10th grade

CENLA CHAMPS Meet Records

Kelley Robichaux	#8 All Grades; #4 10th grade	Avery Long	#3 7th grade
Anne Standley	#4 7th grade	Mallory Robichaux	#1 10th grade
Rachel Engelsman	#3 10 grade	Lindsay Vaughan	#5 11th grade
Meg Morrison	#5 12th grade		

Simpson Invitational (Wednesday, October 6th)

This is another brand new race! And another brand new course! So once again we're off into the unknown – good, bad, or ugly. The meet is at Simpson High School (west of Menard out LA 28 West about 40 minutes from school). Take LA 28 West from school for 24 miles; then right on LA 465 for 7 miles to Simpson.. Here's the schedule and lineup:

1:30 PM	Leave Menard on bus AFTER 6th PERIOD
3:30 PM	JV Girls (2 miles)
4:00 PM	JV Boys (2 miles)
4:30 PM	Varsity Girls (3 miles)
5:00 PM	Varsity Boys (3 miles)
5:30 PM	Awards
7:00 pm	Back to Menard

Race Line ups:	Race 1 JV Girls	Erickson, Evans, Jeanfreau, Jeansonne, Annie Karam, McMinn, Rabalais, Saccaro, Standley
	Race 2 JV Boys	Brown, Davis, Fowler
	Race 3 Varsity Girls	Ducote, Engelsman, Hawthorne, Jones, Karam, Long, Vaughan, Voltz
	Race 4 Varsity Boys	Burns, Juneau, McMickens, McMickens, Robichaux, Rogers, Schneider

BOX LUNCHES!

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CENLA CHAMPS (Wednesday, September 26) MEET RESULTS

In the rush a few stats missed the cut! Congrats also to the 7 SPR's -- Cameron, Doug, and Cole. Also check out the team standings.

Girls Varsity (85 runners) Team Time 115.09 Gap Time 5.24

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-	Last Yr
1	Robichaux, Mallory	6.32	7.19	7.21	21.12	t-shirt!	+175	20.24
4	Engelsman, Rachel	7.07	7.50	7.30	22.27	t-shirt!	+170	22.36
5	Vaughan, Lindsay	7.07	7.48	7.37	22.32	t-shirt!	+141	
7	Robichaux, Kelley	6.57	7.39	8.05	22.41	t-shirt!	+93	25.12
21	Morrison, Meg	7.23	8.40	8.19	24.22		+146	23.13
38	Jones, Madeline	8.18	9.05	8.48	26.11		+99	27.40
43	Long, Avery	8.38	9.33	8.40	26.51	FR!		
53	Voltz, Martha	8.37	9.33	10.24	28.35	FR!		
56	Karam, Ava	8.38	9.33	10.42	28.53	FR!		
60	Ducote, Brittany	8.41	10.30	10.11	29.22	FR!		
62	Standley, Anne	8.41	10.30	10.23	29.34	FR!		

Boys Varsity (124 runners) Team Time 99.28 Gap Time 2.02

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-	Last Yr
27	McMickens, Drew	6.19	7.22	6.24	20.05		+20	
34	Juneau, Doug	6.31	6.51	7.01	20.23	SPR!	+4	24.22
36	Robichaux, Cole	6.29	7.45	6.46	20.30	SPR!	+32	13.58
39	Schneider, Bradley	6.04	7.10	7.19	20.33		+109	
48	Burns, Grayson	6.28	7.02	7.27	20.57		+63	
52	McMickens, Quint	6.43	7.27	6.59	21.09		+50	
93	Rogers, Taylor	7.08	8.07	7.59	23.14	PR!	-4	

JV Girls (?? runners)

	Rabalais, Carson	8.37	8.26	17.03		+191	16.37
	Erickson, Cameron	9.41	9.45	19.26	SPR!	+108	20.16
	McMinn, Rachel	9.39	10.19	19.58		+91	
	Saccaro, Emily	9.42	11.15	20.57		+75	
	Jeansonne, Brittney	9.33	11.25	20.58		+31	
	Jeanfreau, Rebecca	10.53	11.29	22.22		+44	
	Evans, Catherine	11.49	11.21	23.10		+60	
	Karam, Annie	11.50	12.06	23.56		+66	

JV Boys (?? Runners)

Place		Mile 1	Mile 2	Finish		PR +/-	Last Yr
	Fowler, Payton	9.48	9.10	18.58		+82	
	Brown, Trey	9.47	9.26	19.13		+105	
	Davis, Thomas	9.10	DNF				

Team Standings

Boys Varsity (16 Teams)

1 Buckeye (3A)	61	6 Grace Christian (B)	176	1 MENARD (2A)	32	6 Pineville (5A)	125
2 Pineville (5A)	125	7 St Mary's (1A)	180	2 Leesville (4A)	103	7 Natch Cent (5A)	138
3 Elizabeth ©	127	8 Leesville (4A)	184	3 Buckeye (3A)	106	8 Avoyelles PC (B)	177
4 MENARD (2A)	175	9 Oak Hill (B)	200	4 Grace Christian (B)	107	9 Elizabeth ©	231
5 Amoco (B)	176	10 Avoyelles PC (B)	222	5 Amoco (B)	122	10 Tioga (4A)	287

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** TUESDAY	October 30	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

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** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

A great BIG Thank you to the Volunteer Parents for helping keep our runners hydrated. Ice down sports drinks in a rolling ice chest and bring to meet on date. We have 35 runners

THANKS, parents – it's means a lot!!!

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Johnny Miller -Buhlow	Wed Oct 17	Kellie Saccaro
Menard Inv- Buhlow	Sat Oct 20	Corey Rogers
Buckeye- Buhlow	Wed Oct 24	Beth Erickson
Comeaux- Lafayette	Sat Oct 27	Carol Hirchak
Parish Champ- Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District- Natchitoches	Sat Nov 3	Renee Warner

CAN WE SLIP A SIMPSON VOLUNTEER IN THE LIST?

TRAINING GROUPS

The groups change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 3 groups! Here's the latest:

GROUP 1	Mallory Robichaux, Grayson Burns, Doug Juneau, Quint McMickens, Bradley Schneider
GROUP 2	Mallory Burton, Rachel Engelsman, Madeline Jones, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Drew McMickens, Cole Robichaux, Taylor Rogers
GROUP 3	Brittany Ducote, Cameron Erickson, Miranda Hawthorne, Ava Karam, Avery Long, Rachel McMinn, Carson Rabalais, Emily Saccaro, Anne Standley, Martha Voltz, Trey Brown, Thomas Davis, Payton Fowler
GROUP 4	Catherine Evans, Rebecca Jeanfreau, Brittney Jeansonne, Annie Karam,
MANAGERS	Victoria Hirchak, Brooke Jones, Kaelyn Rachal

Every runner is important – every runner makes a contribution – Every runner has the ability to work hard – Every runner has the talent to improve – Every runner is a cheer leader – Every runner can be a great example (hard work, attitude, etc). Every runner is important! (And that includes the managers!!!).

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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

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

Fast Course at Simpson!

The PR's abound at the Simpson "road" race. Roads make for fast times, and fast times we had as almost all PR'd – and some by gobs of time! No less than 6 girls moved into or up the all-time top 50 list, and Bradley entered the revered all-time boys list – a very hard feat! Only one of last year's state champ girls team ran, and the varsity rookies showed their stuff with some amazing PR's. The guys continue their quest to match last year's senior's best time by getting 4 and almost 5 into the 18's. Congrats to literally everyone this time around. Veteran PR's are especially hard to come by, so hat's off to Madeline and Cole. Also to Avery, who "swam" the first ten feet, got up and ran #3. Also to the giant PR girls Brittany, Martha, and again Avery, and the almost giant PR girls and guys Madeline, Ava, Taylor, and Doug. Here's the challenge: run these times October 13th at the big Catholic meet at Highland!

SIMPSON (Wednesday, October 3) MEET RESULTS

Girls Varsity (98 runners) Team Time 1:15.04 Gap Time 1.34

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-
20	Engelsman, Rachel	6.28	7.46	7.41	21.55	SPR!	+178
36	Jones, Madeline	7.15	7.45	7.47	22.47	PR!	-118!
42	Long, Avery	7.50	8.34	7.02	23.26	PR!	-205!!!
43	Hawthorne, Miranda	7.23	8.30	7.34	23.27	PR!	-13
44	Voltz, Martha	7.26	8.35	7.28	23.29	PR!	-257!!!
57	Ducote, Brittany	7.41	8.43	8.03	24.27	PR!	-295!!!
69	Karam, Ava	8.08	9.16	8.46	26.10	PR!	-100!

Boys Varsity (130 runners) Team Time 9:1.41 Gap Time 0.51 @

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-
18	Schneider, Bradley	5.48	6.25	5.57	18.10	PR!	-34
31	Robichaux, Cole	6.03	6.31	6.04	18.38	PR!	-80
36	McMickens, Drew	6.08	6.48	6.13	18.53	PR!	-52
38	Juneau, Doug	6.07	6.47	6.05	18.59	PR!	-80
40	Burns, Grayson	6.07	6.38	6.16	19.01	PR!	-53
58	McMickens, Quint	6.27	6.58	6.19	19.44	PR!	-35
97	Rogers, Taylor	6.53	7.41	7.17	21.51	PR!	-83

JV Girls 77 runners)

Place		Mile 1	Mile 2	Finish		PR +/-
	Rabalais, Carson	7.57	7.59	15.56	SPR!	+134
	Standley, Anne	8.09	8.11	16.11		+2
	Saccaro, Emily	8.14	8.55	17.09	PR!	-153!
	Erickson, Cameron	8.35	9.11	17.36	PR!	-4
	Jeansonne, Britney	8.19	10.17	18.36	PR!	-111!
	Jeanfreau, Rebecca	9.56	10.17	20.13	PR!	-85
	Karam, Annie	10.20	10.55	21.15	PR!	-95
	Evans, Catherine	10.23	11.14	21.37	PR!	-33

JV Boys (?? Runners)

Place		Mile 1	Mile 2	Finish		PR +/-
	Davis, Thomas	7.31	7.43	15.14	PR!	-130!
	Brown, Trey	8.20	9.04	17.24	PR!	-4

RECORDS SET AT SIMPSON

Grade Records

Avery Long	#26 all time; #6 7th grade	Miranda Hawthorne	#27 all time; #11 8th grade
Martha Voltz	#28 all time; #12 8th grade	Brittany Ducote	#32 all time; #13 8th grade
Ava Karam	#47 all time; #18 8th grade	Rachel Engelsman	#8 10th grade
Madeline Jones	#23 all time; #11 10th grade	Grayson Burns	#6 7th grade
Quint McMickens	#11 7th grade	Doug Juneau	#13 8th grade
Cole Robichaux	#24 9th grade	Bradley Schneider	#43 all time

BOX LUNCHES!

The time is upon us! It's time to SELL, SELL, SELL those box lunches!!!!! Every bit helps, bug 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!

CATHOLIC AT HIGHLAND PARK (Saturday, October 13th) (And LAST 4:30 AM!!!)

The Catholic meet is THE big one! It's run at Highland Park – just like the Episcopal meet, except two or three times as big! ALL of very good teams will be there. Maps will be available Saturday morning. Here's the schedule of races:

4:30 AM	Meet at Menard – **BE ON TIME**
4:40 AM	Leave for Baton Rouge
8:30 AM	Open (2 miles or 3 miles)
9:00 AM	Girls Junior High (2 miles)
9:30 AM	Boys Junior High (2 miles)
10:00 AM	Girls Varsity (3 miles)
10:30 AM	Boys Varsity (3 miles)
11:15 AM	Awards
Back at Menard around 3:00 PM	

IF A RUNNER IS NOT GOING TO RUN THIS MEET COACH MUST KNOW ABOUT IT BY 5 PM MONDAY

Open:	Evans, Rabalais, Davis (2 or 3 mile option)
Girls JH:	Ducote, Erickson, Hawthorne, Jeanfreau, Jeansonne, Karam, Karam, Long, McMinn, Saccaro, Standley, Voltz
Boys JH:	Brown, Fowler
Girls V:	Bartow, Engelsman, Jones Morrison, K Robichaux, M Robichaux, Vaughan
Boys V:	Burns, Juneau, Q McMickens, D McMickens, Robichaux, Rogers, Schneider

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

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** SATURDAY	October 27	ERATH	Erath, LA	
** MONDAY	October 29	SPAGHETTI SUPPER	???????	6:00 PM
** TUESDAY	October 30	PARISH CHAMPIONSHIPS	Fort Bublow Recreation Area	3:30 PM

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** TUESDAY	November 6	DISTRICT	Fort Bublow Recreation Area		
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches	Girls 1:45 PM	Boys 3:15 PM
** MONDAY	November 12	Post State Race Meal	Nicky's		
** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria		6:00 PM

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

A great BIG Thank you to the Volunteer Parents for helping keep our runners hydrated. Ice down sports drinks in a rolling ice chest and bring to meet on date. We have 35 runners.

THANKS, parents – it's means a lot!!!

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Guys top individual 3-miler	14:19
Guys 100th individual 3-miler	14:58
Girls top individual 3-miler	16:12
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Girls top team (5K)	18.08, 18.10, 18.12, 18.26, 18.29

These are super large high schools with well over 100 runners.

Holy Savior Menard
Cross Country 2012!

October 3, 2012 — 1

Home Coming Edition!

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!

We also need all the help we can get on Friday – especially drivers!

CATHOLIC AT HIGHLAND PARK (Saturday, October 13th) (And LAST 4:30 AM!!!)

The Catholic meet is THE big one! It's run at Highland Park – just like the Episcopal meet, except two or three times as big! ALL of very good teams will be there. Maps will be available Saturday morning. Here's the schedule of races:

4:30 AM	Meet at Menard – **BE ON TIME**
4:40 AM	Leave for Baton Rouge
8:30 AM	Open (2 miles or 3 miles)
9:00 AM	Girls Junior High (2 miles)
9:30 AM	Boys Junior High (2 miles)
10:00 AM	Girls Varsity (3 miles)
10:30 AM	Boys Varsity (3 miles)
11:15 AM	Awards
Back at Menard around 3:00 PM	

IF A RUNNER IS NOT GOING TO RUN THIS MEET COACH MUST KNOW ABOUT IT BY 5 PM MONDAY

Open:	Evans, Rabalais, Davis (2 or 3 mile option)
Girls JH:	Ducote, Erickson, Hawthorne, Jeanfreau, Jeansonne, Karam, Karam, Long, McMinn, Saccaro, Standley, Voltz
Boys JH:	Brown, Fowler
Girls V:	Bartow, Engelsman, Jones Morrison, K Robichaux, M Robichaux, Vaughan
Boys V:	Burns, Juneau, Q McMickens, D McMickens, Robichaux, Rogers, Schneider

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

THE 2012 CROSS COUNTRY SCHEDULE – Note the October 27 Change!

I think 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. Check out November 6th! Check out October 27!

DAY	DATE	EVENT	LOCATION	FIRST RACE
** FRIDAY	October 19	Box Lunch Day!	Menard Cafeteria	9:00 AM
** SATURDAY	October 20	MENARD	Fort Buhlow Recreation Area	9:00 AM
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** SATURDAY	October 27	ERATH	Erath, LA	
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SHIRTS!

We have extra practice shirts – girls and boys, and we have extra green team shirts. The practice shirts are $20 and the team shirts are $10.

MENARD INVITATIONAL VOLUNTEER LIST

Elsewhere in here is the volunteer list. ***Please let Coach know if you cannot help out Saturday!***

STATE RANKINGS

The coaches from around the state vote every 2 weeks on who the top teams are. The rankings alternate between "composite" (all teams ranked regardless of classification), and "small / large" (5A, 4A, 3A in one ranking and all the smaller schools in a separate ranking). The is the small / large edition.

Boys Large School 10/2/12

1.	St. Paul's (10)	100
2.	West Monroe	83
3.	Catholic BR	76
4.	Jesuit	63
5.	Walker	59
6.	Parkway	57
7.	Br. Martin	48
8.	St. Thomas More	31
9.	D'Town	12
10.	Shaw	7

Also receiving votes: Ruston, ED White, Fountainblean, St. Michael, Benton, Northshore

Boys Small School 10/2/12

1.	Episcopal BR (10)	100
2.	John Curtis	89
3.	St. Thomas Aq.	79
4.	Lakeside	72
5.	Ascension Cath.	57
6.	Newman	49
7.	Country Day	30
8.	St. Martin's	26
9.	Midland	18
10.	Runnels	12

Also receiving votes: Amocco, University, Catholic PC, Elizabeth, Patrick Taylor

Girls Large School

1.	Dominican	99
2.	St. Joseph's Academy	72
3	Fountainblean	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, E.D White Catholic, Vandebilt Catholic

Girls Small School

1.	Menard	99
2.	St. Thomas Aquinas	81
3.	Episcopal	79
4.	Newman	65
5.	Louise McGehee	56
6	Catholic, Pointe Coupee	45
7.	Sacred Heart (N.O.)	38
8	Ascension Catholic	31
9.	Country Day	23
10.	University High	8

Also Receiving Votes: Grace Christian, Lakeside, Christian Life, John Curtis

Of course it's very cool to get that #1 ranking – but it would be even cooler if we could get all those runners back!!!!

ALL-TIME TOP MENARD TEAM TIMES

Here's a list of our top team times from over the years for you stat lovers! The times are the sum of the first 5 runners in that particular race.

	BOYS 3 MILE			GIRLS 3 MILE	
	TIME	COURSE	DATE	TIME COURSE	DATE
1	81.38	Jesse Owens	10/6/2001	102.04 Acadiana	10/29/2011
2	83.28	Cedar Creek	10/7/2000	103.13 Acadiana	10/24/2009
3	83.54	NSU	11/14/2001	103.29 ASH	11/3/2009
4	84.09	Highland	10/13/2001	103.53 Bulow #6	11/9/2011
5	84.39	Aquinas	9/15/2001	104.06 Sacred Heart	10/14/2006
6	84.43	Acadiana	10/27/2001	104.10 Highland	9/17/2011
7	84.50	Bulow #1	10/22/1998	104.31 NSU	11/15/2010
8	84.51	Breaux Bridge	9/30/2000	104.35 Highland	10/2/2010
9	84.52	Bulow #5	10/28/2000	104.41 NSU	11/15/2011
10	85.06	NSU	11/3/2001	105.10 NSU	11/15/2005
11	85.10	Bulow #4	9/19/2001	105.27 Highland	9/10/2011
12	85.11	Highland	10/14/2000	106.02 NSU	11/17/2009
13	85.13	Highland	9/22/2001	106.03 Grand Coteau	9/25/2010
14	85.17	Bulow #6	11/7/2001	106.09 Bulow #6	10/19/2011
15	85.32	NSU	11/15/2000	106.15 Highland	10/8/2011

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Junior High Girls 227 runners)

Place		Mile 1	Mile 2	Finish		PR +/-	Last Yr
85	Karam, Ava	7.49	8.01	15.50	PR!	-9	
112	Standley, Anne	7.57	8.34	16.31		+22	
134	Saccaro, Emily	8.14	8.43	16.57	PR!	-12	
146	Erickson, Cameron	8.21	8.56	17.17	PR!	-19	18.58
200	Jeanssonne, Britney	8.40	10.47	19.27	HPPR!		
205	Jeanfreau, Rebecca	9.29	10.13	19.42	PR!	-31	
212	Karam, Annie	10.05	10.53	20.58	PR!	-17	

Junior High Boys 288 Runners)

Place		Mile 1	Mile 2	Finish		PR +/-
248	Fowler, Payton	8.07	8.38	16.45	PR!	-51
250	Brown, Trey	8.07	8.42	16.49	PR!	-35

Junior Varsity Girls

Place		Mile 1	Mile 2	Finish		PR +/-	Last Yr
	Rabalais, Carson	7.09	8.02	15.11	SPR!	+45	14.47

RECORDS SET AT CATHOLIC

Grade Records

Avery Long	#24 all time; #5 7th grade	Rachel Engelsman	#8 10th grade
Meg Morrison	#5 12th grade		

Highland Park Course Records

Avery Long	#4 7th grade	Meg Morrison	#5 12th grade
Grayson Burns	#5 7th grade	Quint McMickens	#6 7th grade

Meet Records at Catholic

Avery Long	#4 7th grade	Rachel Engelsman	#3 10th grade
Meg Morrison	#5 12th grade	Grayson Burns	#4 7th grade
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Big PR day at Catholic!

9 PR's at Highland on a not-so-cool day (and some better than the – we thought – untouchable Simpson PR's) – very cool! Avery (who stayed on her feet this time) and Taylor get the varsity PR's, and Ava, Emily, Cameron, Rebecca, Annie, Payton, and Trey get the 2-mile PR's = CONGRATS!

CATHOLIC AT HIGHLAND PARK MEET RESULTS

Girls Varsity (211 runners) Team Time 115.04 Gap Time 1.34

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-	Last Yr
44	Engelsman, Rachel	6.44	7.36	7.22	21.36	SPR!	+1.19	23.22
73	Morrison, Meg	6.54	7.49	7.42	22.25	SPR!	+29	22.09
87	Long, Avery	7.22	7.46	7.40	22.48	PR!	-38	
130	Bartow, Mallory	6.54	8.42	8.52	24.28		+2.04	22.32
137	Jones, Madeline	7.45	8.21	8.36	24.42		+1.15	16.16
141	Voltz, Martha	7.20	8.51	8.36	24.47	FHP3M!	+.78	
143	Ducote, Britney	7.21	8.50	8.39	24.50	FHP3M!	+.23	

Boys Varsity (299 runners) Team Time 93.41 Gap Time 9.51 Q

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-
170	Schneider, Bradley	5.44	6.45	6.53	19.22	FHP3M!	+.72
182	Burns, Grayson	6.16	6.39	6.36	19.31	FHP3M!	+.30
217	McMickens, Quint	6.23	6.50	6.55	20.08	FHP3M!	+.24
230	Jones, Doug	6.24	6.58	7.12	20.34	FHP3M!	+.15
253	Rogers, Taylor	6.41	7.18	7.32	21.31	PR!	-.20
291	Davis, Thomas	7.38	9.23	9.35	26.36	FR!	

BOX LUNCHES!

Our time is up! It's the last minute 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!

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⊛ MENARD INVITATIONAL ⊛

Our big race was to be SATURDAY, October 20. The NSU meet has drained almost all the schools, so we have cancelled for this year. We will be back next year!!!! We will instead go to the NSU meet – see below.

NSU INVITATIONAL (Saturday, October 20)

All runners will ride the bus to NSU. Return trip can be by bus or with parents.

Leave Menard	9:00 AM
Arrive NSU	10:15 AM
Varsity Girls	11:00 AM
Varsity Boys	11:45 AM
JV Boys & Girls	12:30 AM
Awards	1:00 PM
Leave NSU	1:30 PM

Race 1 Varsity Girls: Barlow, Engelsman, Hawthorne, Jones, Long, Morrison, K Robichaux

Race 2 Varsity Boys: Burns, Juneau, McMickens, McMickens, Robichaux, Rogers, Schneider, ,

Race 3 JV Race: Ducote, Erickson, Jeanfreau, Jeansonne, Karam, Karam, McMinn, Rabalais, Saccaro Standley, Voltz, Brown, Fowler

10:10 AM (2 miles)

RUNNER MILES SUMMARY SO FAR THIS SEASON

THE GIRLS		MILES		THE GUYS		MILES
1 Robichaux, Mallory	10	443	MERCI	1 McMickens, Quint	7	391
2 Robichaux, Kelley	10	377		2 Juneau, Doug	8	297
3 Barlow, Mallory	11	358		3 Rogers, Taylor	7	281
4 Jones, Madeline	10	313		4 Burns, Grayson	7	227
5 Vaughan, Lindsay	11	298		5 Robichaux, Cole	9	223
6 Engelsman, Rachel	10	289		6 Schneider, Bradley	10	194
7 Morrison, Meg	12	230		7 Brown, Trey	7	104
8 Hawthorne, Miranda	8	206		8 McMickens, Drew	10	88
9 Long, Avery	7	200		9 Davis, Thomas	10	58
10 Karam, Ava	8	179		10 Fowler, Payton	8	55
11 Erickson, Cameron	9	144				
12 Standley, Anne	7	144				
13 Jeanfreau, Rebecca	9	135				
14 Ducote, Brittany	8	107				
15 Karam, Annie	9	100				
16 Voltz, Martha	8	92				
17 Saccaro, Emily	9	80				
18 McMinn, Rachel	7	74				
19 Jeansonne, Brittney	9	73				
20 Rabalais, Carson	10	73				
21 Evans, Catherine	11	40				

BOX LUNCHES A HUGE SUCCESS!!

Friday, October 19 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 1000 lunches and cleared over $5000!!!!! (Final numbers not in yet!) 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, Renee for being the person of the hour this year! And thanks, Gaynell and Jay Lemoine (past box lunch coordinators), for again investing time and mentoring one more time!

Intro To State Course!

We have 18 runners seeing NSU for the very first time, and 7 are first time 3-milers! CC is not a sport that holds still! And we get 3 PR's (congrats Avery, Ava, Anne!) and 3 SPR's (congrats Rachel, Meg, Mallory!) But the fastest person today was mama Erickson – at least the State Police think so! The girls lose only to 3 5A's and 2 4A's. The boys race is full of big schools. We'll be back in 23 days to see how we stand at the state meet when it's just the 2A's – stay tuned!

NSU(NOT @ MENARD) MEET RESULTS

Girls Varsity (142 runners) Team Time 110.12 Gap Time 1.02

Place	Mile 1	Mile 2	Mile 3	Finish		PR + / -	Last Yr
26 Engelsman, Rachel	6.36	7.28	7.24	21.28	SPR!	+111	21.41
33 Vaughan, Lindsay	6.47	7.32	7.31	21.50		+99	21.30
39 Morrison, Meg	6.48	7.46	7.32	22.06	SPR!	+30	
43 Barlow, Mallory	6.54	7.31	7.52	22.17	SPR!	+133	21.25
48 Long, Avery	7.07	7.45	7.39	22.31	PR!	-17	
69 Voltz, Martha	7.07	8.19	8.16	23.42		+13	
79 Jones, Madeline	7.40	8.22	8.28	24.30		+103	24.45

2 mile PR's: Long, Voltz

NSU(NOT @ MENARD) MEET RESULTS(Continued)

Boys Varsity (162 runners) Team Time 99.04 Gap Time 1.07

Place	Mile 1	Mile 2	Mile 3	Finish		PR + / -	Last Yr
60 Schneider, Bradley	5.55	6.30	6.3	18.55		+45	
71 McMickens, Drew	5.57	6.31	6.43	19.11		+18	
83 Burns, Grayson	6.15	6.35	6.44	19.34		+33	
95 Juneau, Doug	6.20	7.07	6.55	20.22		+83	21.44
102 Robichaux, Cole	6.19	7.21	7.22	21.02		+144	21.32
113 Rogers, Taylor	6.38	7.17	7.4	21.35		+4	
138 McMickens, Quint	7.26	8.18	8.33	24.17		+273	

2 mile PR's: D McMickens, Rogers

Junior Varsity Girls 100 runners)

Place	Mile 1	Mile 2	Mile 3	Finish		PR + / -	Last Yr
32 Ducote, Brittany	8.05	8.42	8.16	25.03		+36	
33 Hawthorne, Miranda	7.50	8.48	8.30	25.08		+102	24.14
34 Karam, Ava	8.08	8.44	8.23	25.15	PR!	-55	
36 Rabalais, Carson	8.08	8.44	8.40	25.32		+251	24.09
45 Standley, Anne	8.17	8.55	9.18	26.30	PR!	-1841!	
53 McMinn, Rachel	8.27	9.31	9.09	27.07	FR!		
54 Saccaro, Emily	8.28	9.30	9.16	27.14	FR!		
85 Erickson, Cameron	9.15	10.47	10.43	30.45		+208	
87 Jeansonne, Britney	9.06	11.13	10.41	31.00	FR!		
90 Jeanfreau, Rebecca	9.53	10.51	10.54	31.38	FR!		
91 Karam, Annie	9.53	10.51	10.54	31.38	FR!		

2 mile PR's: Annie Karam, McMinn

Junior Varsity Boys 64 Runners)

Place	Mile 1	Mile 2	Mile 3	Finish		PR + / -	Last Yr
61 Fowler, Payton	8.11	9.08	9.05	26.24	FR!		
63 Brown, Trey	8.15	9.34	9.20	27.09	FR!		

Team Standings

Boys Varsity (18+ Teams)

1 St Th More (4A)	54	8 Captain Shreve (4A)	189	8 Anacoco (B)	277
2 Airline (5A)	124	9 Anacoco (B)	203	9 Buckeye (3A)	227
3 St Michael (4A)	131	10 Loyola (2A)	294	10 Calvary Baptist (2A)	276
4 Barbe (5A)	146	11 Homebeck (B)	330	11 Byrd (5A)	277
5 W Ouachita Chs (4A)	163	12 Claiborne Chs (C)	334	12 Caddo Mag (5A)	308
6 Byrd (5A)	166	13 St Mary's (1A)	349	13 Loyola (2A)	318
7 Buckeye (3A)	184	16 MENARD (2A)	365	14 Captain Shreve (4A)	349

Team Standings

Girls Varsity (18+ Teams)

1 St Joseph (5A)	51	8 Anacoco (B)	277		
2 St Th More (4A)	92	9 Buckeye (3A)	227		
3 West Monroe (5A)	136	10 Calvary Baptist (2A)	276		
4 St Michael (4A)	144	11 Byrd (5A)	277		
5 Barbe (5A)	163	12 Caddo Mag (5A)	308		
6 MENARD (2A)	177	13 Loyola (2A)	318		
7 Cabrini (4A)	182	14 Captain Shreve (4A)	349		

NSU(NOT @ MENARD) MEET RESULTS(Continued)

RECORDS SET AT NSU

Grade Records

Avery Long	#24 all time; #5 7th grade	Anne Standley	#44 all time; #14 7th grade
Rachel McMinn	#48 all time; #15 7th grade	Ava Karam	#39 all time; #16 8th grade
Emily Saccaro	#49 all time; #17 9th grade	Cameron Erickson	#25 9th grade
Rachel Engelsman	#8 10th grade	Carson Rabalais	#17 10th grade
Mallory Barlow	#9 11th grade	Meg Morrison	#5 12th grade

Course Records

Avery Long	#5 7th grade	Lindsay Vaughan	#3 11th grade
Meg Morrison	#5 12th grade	Grayson Burns	#2 7th grade

THE (NEVER FINAL!) 2012 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
** WEDNESDAY	October 24	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
** MONDAY	October 29	SPAGHETTI SUPPER	Spirit's	6:00 PM
** TUESDAY	October 30	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 3	LAKESIDE (District)	Minden Recreation Center	9:00 AM
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches Girls 1:45 PM	Boys 3:15 PM
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

TRAINING GROUPS

The groups are still changing! Check out the changes!

GROUP 1	Grayson Burns, Doug Juneau, Drew McMickens, Quint McMickens, Cole Robichaux, Bradley Schneider
GROUP 2	Mallory Barlow, Rachel Engelsman, Miranda Hawthorne, Madeline Jones, Ava Karam, Avery Long, Meg Morrison, Kelley Robichaux, Mallory Robichaux, Lindsay Vaughan, Martha Voltz, Thomas Davis, Taylor Rogers
GROUP 3	Brittany Ducote, Cameron Erickson, Rebecca Jeanfreau, Britney Jeansonne, Annie Karam, Rachel McMinn, Carson Rabalais, Emily Saccaro, Anne Standley, Trey Brown, Payton Fowler
GROUP 4	Catherine Evans
MANAGERS	Victoria Hrchak, Brooke Jones, Kaelyn Rachall

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 (7th & 8th grades), 500 miles (9th & 10th grades), 600 miles (11th & 12th grades), or a top ten finish at designated meets. The mileage must be logged between the end of the previous year track season and the district CC meet (November 6th). 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. No guys and no girls black shirts and only six blue have ever been awarded. Only a very few have earned more than one shirt. Here's a list of the 34 runners who have earned three or more shirts since this group was formed in 1988:

Black 2 (Andrew Lemoine, Christian Taylor)

Blue 4 (Laurca Patty, Danon O'Kelly, Joffroi Holcombe, Steven Jeansonne)

Green 12 (Leslie Manuel, Jesse Petras, Emily Demarco, Francis Vanderlick, Jea Jeane, Thomas Kagor, Will Littlepage, Mellynn Baker, Mark Dotson, Daniel Seaner, Brennan Vidrine, Mallory Bartow)

Yellow 18 (Jenni Noles, Sarah Ragona, Dore Fletcher, Jodie White, Courtney Michicts, Jen Pommerenke, Nathan Fowell, Joe Landreneau, Mark Landreneau, Wes Pepitone, Lora Pharis, Elizabeth Landreneau, Bridget Daigrepont, Heather Badeaux, Lanie Sensing, Isaac Eilts, Mallory Robichaux, Lindsay Vaughan)

Red 17 Gray 48

MERC qualifiers so far this year: ***Mallory Robichaux and Quint McMickens***. Congrats! There may be more - stay tuned!

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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

SHIRTS!

We have extra practice shirts – girls and boys, and we have extra green team shirts. The practice shirts are $20 and the team shirts are $10.

HATS!

The brand new CC hats are in! $10 for the CC family - $15 for outside buyers.

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 10 straight A and another 15 A/B honor roll students out of 33 runners!!! Collectively, we have 155 A's, 60 B's, 10 C's, 5 D's and just 1 F. That's a 3.57 team average! In the GPA race, the juniors are a perfect 4.00, edging out the seniors and 7th grade. The girls just barely beat out the boys by a mere 4 hundredths. Great job, runners – keep it up!!!

Overall Cross Country Boys & Girls GPA	3.57	1 – 11th grade	4.00
Overall Cross Country Girls GPA	3.58	2 – 12th grade	3.86
Overall Cross Country Boys GPA	3.54	3 – 7th grade	3.80
		4 – 8th grade	3.45
Overall Cross Country JH GPA	3.65	5 – 9th grade	3.35
Overall Cross Country HS GPA	3.51	6 - 10th grade	3.32

"A" HONOR ROLL (10)

Mallory Bartow, Trey Brown, Madeline Jones, Annie Karam, Ava Karam, Avery Long, Quint McMickens, Mallory Robichaux, Anne Standley, and Lindsay Vaughan

"A/B" HONOR ROLL (15)

Thomas Davis, Rachel Engelsman, Cameron Erickson, Miranda Hawthorne, Victoria Hirchak, Rebecca Jeanfreau, Brooke Jones, Drew McMickens, Rachel McMinn, Meg Morrison, Kaelyn Rachall, Kelley Robichaux, Taylor Rogers, Bradley Schneider, and Martha Voltz

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!

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

THANKS, parents – it's means a lot!!!

Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Renea Ducote
Ceala Champs -Buhlow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeanne Karam
Johnny Miller -Buhlow	Wed Oct 17	Kellie Saccaro
Menard Inv- Buhlow	Sat Oct 20	Corey Rogers
Buckeye- Buhlow	Wed Oct 24	Beth Erickson
Comeaux- Lafayette	Sat Oct 27	Carol Hirchak
Parish Champ- Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District- Natchitoches	Sat Nov 3	Renee Warner

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!)

JOHN MILLER INVITATIONAL (Wednesday, October 24th)

We'll leave school on the bus after 6th Period.

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	

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

As of today:
Varsity Girls: Bartow, Engelsman, Hawthorne, . . , Robichaux
Varsity Boys: . . . . . .
All the rest run the JV races

SPAGHETTI SUPPER (Monday, October 29th)

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! In recent years the district meet has not been a major event, but the tradition of gathering to eat before district (or parish) is still with us. We're meeting at Spirits (Texas and Jackson Street). This is a social gathering for the entire family so please come join us. The meal is set and the cost is $6.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER
Spirits (1260-H Texas Avenue, Alexandria)
MONDAY, OCTOBER 29th
6:00 PM $5.00 PER PERSON

PARISH CHAMPIONSHIPS (Tuesday, October 30th)

YEARBOOK PICTURES BEFORE WE LEAVE

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

We'll leave school on the bus after 6th Period.

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	

Race rosters TBA

LAKESIDE INVITATIONAL ("District" Meet for us) (Saturday, November 3rd)

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 ☹. For years we have had no other teams in our district. We do have one team this year, and they may or may not show up for this race – stay tuned! Simple – only two (3 mile) races!

5:00 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 10th

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

STATE TEAM MEETINGS (November 10th and 11th)

Runners (runners only, no parents) meet at Coach's house for dinner just before the state meet. A little different this year: all guys on Saturday and all girls on Sunday should be here, whether you're running at state or not.

Guys	Saturday, November 10th	5:00 PM
Girls	Sunday, November 11th	4:00 PM

STATE MEET (Monday, November 12th)

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	Girls team walk/jog course – begin warm-up routine
12:45 PM	Scratch Meeting (Coach only)
1:45 PM	2A Girls Race
2:15 PM	Boys team walk/jog course – begin warm-up routine
3:15 PM	2A Boys Race

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

26th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 15th)

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 15th, 6:00 PM, Menard cafeteria

JOHN MILLER MEET RESULTS(Continued)

Junior Varsity Girls (81 runners)

Place		Mile 1	Mile 2	Finish		PR + / -		Last Yr
1	Voltz, Martha	7.23	7.22	14.45	PR!	-64!	t-shirt + m!	
3	Jones, Madeline	7.38	7.33	15.11		+11	t-shirt + m!	16.15
	Hawthorne, Miranda	7.52	8.10	16.02		+31		15.44
	Karam, Ava	7.59	8.09	16.08		+18		
	Ducote, Brittney	8.04	8.58	17.02		+51		
	Standley, Anne	8.17	8.47	17.04		+55		
	Rabalais, Carson	8.59	8.45	17.44		+232		22.38
	Saccaro, Emily	9.14	8.32	17.46		+49		
	Jeanmarie, Brittney	9.33	10.27	20.00		+84		
	Erickson, Cameron	9.32	10.54	20.26		+189		
	Jeandron, Rebecca	10.14	10.26	20.40		+58		
	Karam, Annie	10.14	10.35	20.49		+5		
	McMinn, Rachel	9.34	DNF					

Junior Varsity Boys 141 Runners)

Place		Mile 1	Mile 2	Finish		PR + / -
	Davis, Thomas	7.33	8.36	16.09		+55
	Brown, Trey	8.21	8.21	16.42	PR!	-7
	Fowler, Payton	8.22	8.24	16.46		+1

RECORDS SET AT JOHN MILLER

Grade Records

Lindsay Vaughan	#5 11th grade	Mallory Bartow	#6 11th grade

Course Records

Avery Long	#5 7th grade	Lindsay Vaughan	#4 11th grade
Mallory Bartow	#5 11th grade		

THE (NEVER FINAL) 2012 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
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** TUESDAY	October 30	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 3	LAKESIDE (District)	Mindoo Recreation Center	9:00 AM
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches Girls 1:45 PM	Boys 3:15 PM
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

Holy Savior Menard
Cross Country 2012! October 24, 2012 #12

Girls Rule Buhlow!

The girls haven't lost at Buhlow in a good while, and today's no different. Big schools Barb and Benton show up to no avail as the girls win 29. It's an exciting day with both Robichaux girls running for the first time in a month. Our three top tens are too much for the field – nuff said! The guys are missing Bradley and Taylor but still get a 13th – their future is very exciting! They didn't team score the JV girls, but if they had we would have been easy team winners. Congrats to Martha for winning for the first time (by at least 100 yards!) and a big PR to boot, and Madeline with her 3rd place! Also congrats to Mallory B and Lindsay with their SPR's and who earn MERC with their top tens. There were a ton of Buhlow PR's also: Rebecca, Brittney, Annie, Avery, Emily, Martha, Trey, Payton, Quint, and Cole. We're back at Buhlow next Tuesday for the last time this year – stay tuned!

JOHN MILLER MEET RESULTS

Girls Varsity (132 runners) Team Time 110.12 Gap Time 1.03

Place		Mile 1	Mile 2	Mile 3	Finish			PR + / -	Last Yr
6	Robichaux, Mallory	6.42	7.32	7.14	21.28		t-shirt!	+191	19.02
7	Vaughan, Lindsay	6.55	7.19	7.19	21.33	SPR!	t-shirt!	+82	
9	Barlow, Mallory	6.55	7.27	7.20	21.42	SPR!	t-shirt!	+98	21.04
22	Long, Avery	7.15	8.03	7.33	22.51			+20	
25	Morrison, Meg	7.10	8.03	7.45	22.58			+62	
34	Engelmann, Rachel	7.29	8.36	7.56	24.01			+284	21.00
	Robichaux, Kelley	7.43	9.42	DNF					23.18

Boys Varsity (181 runners) Team Time 99.04 Gap Time 1.07

Place		Mile 1	Mile 2	Mile 3	Finish	PR + / -	Last Yr
40	Robichaux, Cole	6.55	6.43	0.3	19.28	+50	21.21
58	McMickens, Drew	6.08	7.12	0.48	20.08	+75	
67	Juneau, Doug	6.43	7.07	0.31	20.21	+82	13.50
73	McMickens, Quint	6.45	7.06	0.37	20.28	+44	14.34
129	Burns, Grayson	6.25	7.53	0.2	23.38	277	

Team Standings

Boys Varsity (21 Teams)

1 Benton (4A)	31	7 Rapides (B)	
2 Amocoo (B)	130	8 ASH (4A)	
3 Buckeye (3A)	132	9 Avoyelles PC (B)	
4 Pineville (5A)	135	10 Leesville (4A)	
5 Elizabeth C	174	13 MENARD (2A)	
6 Grace Christian (B)	202		

Girls Varsity (16 Teams)

1 MENARD (2A)	69	7 Pineville (5A)	206
2 Benton (4A)	98	8 Leesville (4A)	245
3 Barbe (5A)	145	9 Lacassine (B)	253
4 Amocoo (B)	151	10 Natch Cen (5A)	254
5 Buckeye (3A)	162	11 ASH (4A)	350
6 Grace Christian (B)	173	12 Elizabeth C	400

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THANKS, parents – it's means a lot!!!

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Back at school	5:30 PM ish	Race rosters TBA

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Girls	Sunday, November 11th	4:00 PM

STATE MEET (Monday, November 12th)

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	Girls team walk/jog course – begin warm-up routine
12:45 PM	Scratch Meeting (Coach only)
1:45 PM	2A Girls Race
2:15 PM	Boys team walk/jog course – begin warm-up routine
3:15 PM	2A Boys Race

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

20th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 15th)

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 15th, 6:00 PM, Menard cafeteria

Holy Savior Menard Cross Country 2012!

Parish Champs!

Both the varsity girls and the JV girls can't be beat as the VG's get 6 in the top 12 for 30 points and an easy win. The JVG's do it a little better, 6 in the top 10 for 25 points and also an easy win. Congrats to the 9 PR and 2 SPR runners – and the – new stat – 7 BPR runners! Also congrats to all the top 10 finishers and their t-shirts! Last week it was Martha getting a JV win; this week it's Avery's turn to get the win = congrats both of you!

PARISH CHAMPS RESULTS

Girls Varsity (43 runners) Team Time 107.53 Gap Time 1.21

Place		Mile 1	Mile 2	Mile 3	Finish				PR + / -	Last Yr
2	Bartow, Mallory	6.52	7.15	6.54	21.01	SPR!	BPR!	t-shirt!	+57	21.52
3	Robichaux, Mallory	6.52	7.15	6.55	21.02			t-shirt!	+165	19.07
4	Vaughan, Lindsay	6.53	7.14	6.57	21.04	SPR!		t-shirt!	+53	21.34
10	Robichaux, Kelley	6.54	7.55	7.33	22.22			t-shirt!	+74	22.30
11	Morrison, Meg	6.56	7.53	7.35	22.24		BPR!		+28	22.39
12	Engelsman, Rachel	6.55	7.52	7.53	22.40				+183	21.26
17	Voltz, Martha	7.11	8.12	8.00	23.23	PR!	BPR!		-6	

Boys Varsity (51 runners) Team Time 97.21 Gap Time 1.27

Place		Mile 1	Mile 2	Mile 3	Finish		PR + / -	Last Yr
13	Schneider, Bradley	5.50	6.25	6.3	18.45		+35	
14	Robichaux, Cole	5.57	6.38	6.12	18.47	BPR!	+9	21.30
24	McMickens, Drew	6.01	6.39	6.47	19.47	BPR!	+54	
27	Juneau, Doug	6.22	6.59	6.29	19.50	BPR!	+51	
34	McMickens, Quint	6.29	7.07	6.36	20.12	BPR!	+28	
44	Rogers, Taylor	7.16	7.57	8.08	23.21		+110	

Junior Varsity Girls (38 runners)

Place		Mile 1	Mile 2	Finish		PR + / -	Last Yr
1	Long, Avery	7.17	7.00	14.17	PR!	t-shirt!	
4	Jones, Madeline	7.34	7.54	15.28		t-shirt!	27.01
5	Hawthorne, Miranda	7.47	7.47	15.34		t-shirt!	24.13
6	Standley, Anne	7.57	7.40	15.37	PR!	t-shirt!	
9	Decote, Brittany	8.16	8.09	16.25		t-shirt!	
10	Karam, Ava	8.16	8.09	16.25		t-shirt!	
15	McMinn, Rachel	8.36	8.06	16.42	PR!		
16	Saccaro, Emily	8.38	8.09	16.47	PR!		
17	Erickson, Cameron	8.43	8.26	17.09	PR!		
22	Jeansonne, Britney	9.01	9.59	19.00			
28	Jeanfreau, Rebecca	9.42	9.50	19.32	PR!		
30	Karam, Annie	9.57	9.54	19.51	PR!		

Junior Varsity Boys (48 Runners)

Place		Mile 1	Mile 2	Finish	
36	Fowler, Payton	8.07	7.46	15.53	PR!
37	Davis, Thomas	7.41	8.13	15.54	
40	Brown, Trey	8.22	8.46	17.08	

PARISH CHAMPS RESULTS (Continued)

Team Standings

Boys Varsity (7 Teams)		Girls Varsity (6 Teams)	
1 Buckeye (3A)	37	1 MENARD (2A)	30
2 Grace Christian (B)	74	2 Buckeye (3A)	64
3 Pineville (5A)	82	3 Grace Christian (B)	86
4 ASH (4A)	100	4 Pineville (5A)	110
5 MENARD (2A)	109	5 ASH (4A)	144
6 Tioga (4A)	162	6 Tioga (4A)	166

RECORDS SET AT PARISH CHAMPS

Grade Records

Martha Voltz	#27 All Grades, #11 8th grade	Lindsay Vaughan	#5 11th grade
Mallory Bartow	#4 11th grade		

Course Records

Mallory Bartow	#7 All Grades, #1 11th grade	Martha Voltz	#5 8th grade
Mallory Robichaux	#2 10th grade	Lindsay Vaughan	#2 11th grade
Meg Morrison	#5 12th grade	Quint McMickens	#4 7th grade

THE (NEVER FINAL!) 2012 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches Girls 1:45 PM	Boys 3:15 PM
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	20th Annual CC Banquet	Menard Cafeteria	6:00 PM

LOG BOOK EAGLE STICKERS!

Have you noticed the new eagle stickers on the cover of the log books? It's a borrowed idea from some of those football helmets. How do you get one? It's evolving a bit, but here's the current criteria:

- PR (2 stickers)
- SPR
- MERC (2 stickers)
- Win t-shirt or medal
- First race
- Varsity top five runner on team
- Individual top ten finish in race
- Team win
- 100, 200, 300, ... log miles

CONTACT COACH?????
Contact Coach Smith ANYTIME you need to!

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

SHIRTS!
We have extra practice shirts – girls and boys, and we have extra green team shirts. The practice shirts are $20 and the team shirts are $10.

HATS!
The brand new CC hats are in! $10 for the CC family - $15 for outside buyers.

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!

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

THANKS, parents -- it's means a lot!!!

Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Renea Ducote
Cenla Champs -Buhlow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeanne Karam
Johnny Miller -Buhlow	Wed Oct 17	Kellie Saccaro
Menard Inv- Buhlow	Sat Oct 20	Corey Rogers
Buckeye- Buhlow	Wed Oct 24	Beth Erickson
Comeaux- Lafayette	Sat Oct 27	Carol Hirchak
Parish Champ- Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District- Natchitoches	Sat Nov 3	Renee Warner

OLPS GIVING TREE CHRISTMAS OUTREACH
Last year we adopted two families, raised $600, 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 $25 (or more – Coach and Becky are in for $50), we will be able to a special thing for the kids and the moms. We will get the details on ages and gender soon. Get any donations you desire to make to Coach sometime soon. Some have already done so! Merry Christmas!!!

TURN IN UNIFORMS!
Once your racing season is over, please put your 4 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!):

LAKESIDE INVITATIONAL ("District" Meet for us) (Saturday, November 3rd)

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 ☺. For years we have had no other teams in our district. We do have one team this year, and they may or may not show up for this race – stay tuned! Simple – only two (3 mile) races!

5:00 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 10th
Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet, eat (Lasyone's), and return. Back around 2 PM. Runners only - no parents this time

STATE TEAM MEETINGS (November 10th and 11th)
Runners (runners only, no parents) meet at Coach's house for dinner just before the state meet. A little different this year, all guys on Saturday and all girls on Sunday should be here, whether you're running at state or not.

Guys	Saturday, November 10th	5:00 PM
Girls	Sunday, November 11th	4:00 PM

STATE MEET (Monday, November 12th)
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	Girls team walk/jog course – begin warm-up routine
12:45 PM	Scratch Meeting (Coach only)
1:45 PM	2A Girls Race
2:15 PM	Boys team walk/jog course – begin warm-up routine
3:15 PM	2A Boys Race

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

LSHSAA STATE MEET NEW PROCEDURE
Also, this year at the State Cross Country Meet, all persons must have a band on their wrist to enter facility or will be ask to leave the premises. When Head Coaches arrives at the main entrance to pick up team packets, they will receive a band and will then be directed to the team packet area to pick up their team packets. Coaches will be asked to check their packets before leaving that area to make sure the proper number of bands are enclosed. Coaches will then have to take the packet back to their team members and place a band on each participant. Please remind your parents and fans that we will not sell tickets this year. Everyone entering will be buying an arm band and they must wear the band at all times.

24th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 15th)
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 15th, 6:00 PM, Menard cafeteria

BEST BUHLOW 3 MILE TIMES

			2008	2009	2010	2011	2012
Bartow, Mallory	11	F	21.28	20.38	21.34	21.04	21.01
Ducote, Brittany	8	F					29.22
Engelsmas, Rachel	10	F		19.40	21.40	20.48	22.27
Erickson, Cameron	9	F			27.17		
Evans, Catherine	11	F					
Hawthorne, Miranda	8	F				23.42	
Jeanfreau, Rebecca	9	F					
Jeansonne, Brittney	9	F					
Jones, Madeline	10	F			26.29	25.10	26.11
Karam, Annie	9	F					
Karam, Ava	8	F					28.53
Long, Avery	7	F					22.51
McMinn, Rachel	7	F					
Morrison, Meg	12	F				22.29	22.24
Rabalais, Carson	10	F				22.17	
Robichaux, Kelley	10	F				22.02	22.22
Robichaux, Mallory	10	F		19.42	19.16	18.17	21.02
Saccaro, Emily	9	F					
Standley, Anne	7	F					29.34
Vaughan, Lindsay	11	F	21.43	20.34	20.11	21.04	21.04
Voltz, Martha	8	F					23.23
Brown, Trey	7	M					
Burns, Grayson	7	M					20.57
Davis, Thomas	10	M					
Fowler, Payton	8	M					
Juneau, Doug	8	M				20.19	19.50
McMickens, Quint	7	M					20.12
McMickens, Drew	10	M					19.47
Robichaux, Cole	9	M			20.34	19.58	18.47
Rogers, Taylor	7	M					23.14
Schneider, Bradley	10	M					18.45

Menard conquers the Ant Hill!

Just two races – we all run 3-milers – and we all run the "Ant Hill!" And we run it very successfully. (For those not there, the "Ant Hill" is the biggest, baddest hill we've seen all year – in a lot of years! So what happens? We get 9 PR's and 1 SPR and 5 t-shirts! And the girls get another win! It's complicated, but this race is our district race, so congrats to our district champions Bradley and Mallory! It's also a designated MERC race, so congrats to Bradley, Avery and Rachel for qualifying! Congrats to the 9 PR, 1 SPR, and 5 t-shirt runners – see below. Here's the stats:

DISTRICT (LAKESIDE) RESULTS

Girls Varsity (60 runners) Team Time 107.18 Gap Time 1.44

Place		Mile 1	Mile 2	Mile 3	Finish			PR +/-	Yr Ago*
4	Robichaux, Mallory	6.08	7.10	7.02	20.20	DCI	t-shirt!	+123	18.17
5	Vaughan, Lindsay	6.31	7.27	7.18	21.16		t-shirt!	+65	21.20
8	Long, Avery	6.49	7.34	7.25	21.48	PR!	t-shirt!	-43	
9	Engelsman, Rachel	6.33	7.44	7.33	21.50		t-shirt!	+133	20.48
11	Bartow, Mallory	6.40	7.29	7.55	22.04			+120	21.26
12	Robichaux, Kelley	6.48	8.05	8.05	22.58			+110	22.02
13	Voltz, Martha	7.17	8.09	7.35	23.01	PR!		-22	
14	Morrison, Meg	6.48	8.07	8.15	23.10			+74	22.29
20	Hawthorne, Miranda	7.17	8.26	8.20	24.03			+36	23.42
27	Standley, Anne	7.37	8.23	8.29	24.29	PR!		-121 !!	
29	Karam, Ava	7.38	8.45	8.24	24.47	PR!		-28	
30	Jones, Madeline	7.37	8.31	8.41	24.49			+122	25.10
41	Erickson, Cameron	8.34	10.23	9.40	28.37	SPR!		+80	
42	McMinn, Rachel	8.34	10.22	9.49	28.45			+98	
48	Jeansonne, Britney	8.07	11.00	10.23	29.30	PR!		-90 !!	
53	Jeanfreau, Rebecca	9.27	11.01	10.47	31.15	PR!		-23	
54	Karam, Anais	9.27	11.18	10.52	31.37	PR!		-1	

* Buhlow

Varsity (61 runners) Team Time 99.08 Gap Time 1.40

Place		Mile 1	Mile 2	Mile 3	Finish			PR +/-	Yr Ago*
10	Schneider, Bradley	5.39	6.41	6.33	18.53	DCI	t-shirt!	+43	
19	McMickens, Drew	5.55	7.04	6.46	19.45			+52	
22	Juneau, Doug	6.08	7.00	6.47	19.55			+56	20.19
23	Robichaux, Cole	6.04	7.03	6.55	20.02			+84	19.58
29	McMickens, Quint	6.09	7.11	7.13	20.33			+49	13.54
59	Fowler, Payton	7.23	8.53	8.38	24.54	PR!		-90 !!	
60	Brown, Trey	7.25	9.11	9.03	25.39	PR!		-90 !!	

2 mile PR's: Brown

* Buhlow

DISTRICT RESULTS (Continued)

Team Standings

Boys Varsity (6 Teams)		Girls Varsity (6 Teams)	
1 Lakeside (2A)	26	1 MENARD (2A)	37
2 W Ouachita Chr (1A)	75	2 Lakeside (2A)	69
3 Claiborne Chr (C)	82	3 Calvary Baptist (2A)	90
4 MENARD (2A)	103	4 Claiborne Chr (C)	123
5 Loyola (2A)	122	5 Cedar Creek (1A)	133
6 Cedar Creek (1A)	132	6 Loyola (2A)	166

RECORDS SET AT PARISH CHAMPS

Grade Records

Avery Long	#13 All Grades; #5 7th grade	Anne Standley	#34 All Grades; #13 7th grade
Martha Voltz	#26 All Grades; #11 8th grade	Ava Karam	#37 All Grades; #14 8th grade
Cameron Erickson	#22 9th grade	Britney Jeansonne	#25 9th grade

Meet Records (District)

Avery Long	#9 All Grades; #4 7th grade	Martha Voltz	#5 8th grade
Mallory Robichaux	#1 10th grade	Lindsay Vaughan	#1 11th grade
Mallory Bartow	#3 11 grade		

OLPS GIVING TREE CHRISTMAS OUTREACH

Last year we adopted two families, raised $600, 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 $25 (or more – Coach and Becky are in for $50), we will be able to a special thing for the kids and the moms. We will get the details on ages and gender soon. Get any donations you desire to make to Coach sometime soon. Some have already done so! Merry Christmas!!!

WE LOVE OUR MANAGERS (AND MANAGER MOM)!

We have some unsung – in the background – but not necessarily quiet – valuable people on this team. That would be our 3 managers and one manager mom. THANKS Kaelyn, Brooke, and Victoria for being there meet after meet and handling all those splits, and being there practice after practice and handling all the whatevers of the particular day. We couldn't do it without you! And thanks Allyson Rachall for always being the backup manager when we're short – and doing it with only one foot! Again,

THANKS!

FINAL LOG BOOK TURN IN (MONDAY, November 5th)

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!):

STATE MEET TEAMS

Guys. Burns, Juneau, McMickens, McMickens, Robichaux, Rogers, Schneider

Girls. Bartow, Engelsman, Long, Morrison, Robichaux, Robichaux, Vaughan, Voltz (alternate)

NSU PRACTICE (State Meet Runners Only) Saturday, November 10th

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

STATE TEAM MEETINGS (November 10th and 11th)

Runners (runners only, no parents) meet at Coach's house for dinner just before the state meet. A little different this year: all guys on Saturday and all girls on Sunday should be here, whether you're running at state or not.

All Guys	Saturday, November 10th	5.00 PM
All Girls	Sunday, November 11th	4.00 PM

The 8 state meet girls will meet at 3.00 PM then be joined by all the girls at 4 PM.

STATE MEET (Monday, November 12th)

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	Girls team walk/jog course – begin warm-up routine
12.45 PM	Scratch Meeting (Coach only)
1.45 PM	2A Girls Race
2.15 PM	Boys team walk/jog course – begin warm-up routine
3.15 PM	2A Boys Race

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

LSHSAA STATE MEET NEW PROCEDURE

Also, this year at the State Cross Country Meet, all persons must have a band on their wrist to enter facility or will be ask to leave the premises. When Head Coaches arrives at the main entrance to pick up team packets, they will receive a band and will then be directed to the team packet area to pick up their team packets. Coaches will be asked to check their packets before leaving that area to make sure the proper number of bands are enclosed. Coaches will then have to take the packet back to their team members and place a band on each participant. Please remind your parents and fans that we will not sell tickets this year. Everyone entering will be buying an arm band and they must wear the band at all times.

26th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 15th)

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 15th, 6:00 PM, Menard cafeteria

TURN IN UNIFORMS!

Once your racing season is over, please put your 4 Menard CC uniform items in a bag with your name on it and turn it in to Coach in his classroom. Cleaned, of course!

THE (PROBABLY FINAL!) 2012 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches, Girls 1:45 PM	Boys 3:15 PM
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26th Annual CC Banquet	Menard Cafeteria	6:00 PM

SHIRTS!

We have extra practice shirts – girls and boys, and we have extra green team shirts. The practice shirts are $20 and the team shirts are $10.

HATS!

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Girls 3rd, Guys 13th in Super Tough 2A!

STATE (NSU) RESULTS
The girls run the best-ever Menard team time, but it wasn't quite enough this time around as we finish behind Sacred Heart NO and Episcopal. The all-rookie guys team finds out what 2A is all about. But we will all be back next year – except for senior Meg. WE'LL MISS YOU! Congrats to all the PR's and SPR's.

Girls Varsity (129 runners) Team Time 101.25 PR! Gap Time 1.11

Place	Mile 1	Mile 2	Mile 3	Finish			PR +/-	Yr Age*
10 Robichaux, Mallory	6.10	6.52	6.44	19.46	SPR!	All-State!	+89	18.46
11 Barlow, Mallory	6.20	6.42	6.56	19.58	PR!		-6	21.28
16 Vaughan, Lindsay	6.25	6.48	7.02	20.15	SPR!		+4	21.20
21 Engelsman, Rachel	6.25	7.00	7.04	20.29	SPR!		+52	21.11
29 Robichaux, Kelley	6.33	7.10	7.14	20.57	PR!		-11	23.05
42 Long, Avery	6.49	7.18	7.24	21.33	PR!		-15	
55 Morrison, Meg	6.53	7.37	7.52	22.22			+28	21.56

2 mile PR's: Barlow, Long, K Robichaux, Vaughan

Varsity (130 runners) Team Time 96.15 Gap Time 1.08

Place	Mile 1	Mile 2	Mile 3	Finish		PR +/-
54 Schneider, Bradley	5.55	6.28	6.28	18.51		+41
59 Robichaux, Cole	6.01	6.30	6.26	18.57		+19
67 McMickens, Drew	5.57	6.28	6.4	19.05		+12
74 Juneau, Doug	6.18	6.14	6.31	19.23		+24
90 Burns, Grayson	6.27	6.46	6.46	19.59		+58
96 McMickens, Quint	6.20	6.52	6.52	20.10		+26
109 Rogers, Taylor	6.39	7.20	6.29	21.28	PR!	-3

2 mile PR's: D McMickens

Team Standings
Boys (19 Teams)

1 Episcopal, BR (2A)	35	7 University (2A)	230	1 Sacred Heart NO (2A)	68	7 University (2A)	189
2 John Curtis (2A)	71	8 Rosepine (2A)	233	2 Episcopal, BR (2A)	83	8 Lakeside (2A)	190
3 St Thomas Aq (2A)	81	9 Delcambre (2A)	289	3 MENARD (2A)	87	9 Catholic, NI (3A)	222
4 Newman (2A)	141	10 Pine Prairie (2A)	303	4 St Thomas Aq (2A)	119	10 John Curtis (2A)	228
5 Lakeside (2A)	149	11 Haynes (2A)	316	5 McGehee (2A)	162		
6 Rapides (2A)	150	13 MENARD (2A)	332	6 Newman (2A)	179		

RECORDS SET AT THE STATE MEET

Grade Records

Avery Long	#12 All Grades: #5 7th grade	Mallory Robichaux	#1 10th grade
Rachel Engelsman	#3 10th grade	Kelley Robichaux	#9 All Grades: #7 10th grade
Mallory Bartow	#5 All Grades. #1 11th grade	Lindsay Vaughan	#2 11th grade

Meet Records (State)

Mallory Bartow	#3 All Grades: #1 11th grade	Lindsay Vaughan	#4 All Grades: #2 11th grade
Avery Long	#9 All Grades: #5 7th grade	Mallory Robichaux	#1 10th grade
Rachel Engelsman	#2 10th grade	Kelley Robichaux	#5 10th grade

Course Records (NSU)

Mallory Bartow	#3 All Grades: #1 11th grade	Lindsay Vaughan	#4 All Grades: #2 11th grade
Avery Long	#9 All Grades: #5 7th grade	Mallory Robichaux	#1 10th grade
Rachel Engelsman	#2 10th grade	Kelley Robichaux	#5 10th grade

OLPS GIVING TREE CHRISTMAS OUTREACH
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CONTACT COACH!????
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Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

You Know You're A Runner...

- when all your friends think you eat too healthy
- when you not only eat gels, but you know the best flavors of every brand
- when you consider pasta a food group
- when pasta is the only food you'll eat two nights before a race
- you know how to pronounce (correctly) Plantar Fasciitis
- when you have a favorite ice pack
- when you laugh about chaffing
- when you brag about losing toenails
- when your room smells like a nursing home because of all the analgesic you use
- when you run even though you are sick
- when you know the names and remedies for every possible injury from bursitis to shin splints
- when your rolling pin is kept near your bed instead of in the kitchen
- when every T-shirt you own has a race name and sponsors listed on it
- when your socks come in two categories: running socks and others
- when you have tons of race shirts but can't find a work shirt for the life of you
- when you balk at the cost of everyday shoes and then spend $75 - $150 on a pair of running shoes that will only last 3 months and think you're getting a fabulous deal
- when you think a black Timex Ironman watch goes with black tie dress
- when you spend $12 on socks that help you avoid blisters

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit." George Sheehan