MENARD CROSS COUNTRY TRADITION

	DISTRICT		PARISH CHAMPS		CENLA CHAMPS		STATE		
	BOYS	GIRLS	BOYS	GIRLS			BOYS	GIRLS	CLASS
1985	2nd	NC	NC	NC			6th	6th	3A
1986	2nd	1st	2nd	NC			5th	5th	3A
1987	1st	2nd	2nd	NC			8th	7th	2A
1988	1st	1st	3rd	1st			7th	3rd	2A
1989	2nd	1st	3rd	1st			10th	4th	2A
1990	4th	1st	5th	1st			—	4th	2A
1991	2nd	1st	4th	1st			10th	2nd	2A
1992	1st	1st	4th	1st			5th	3rd	2A
1993	1st	1st	3rd	1st			4th	1st	2A
1994	1st	1st			3rd	1st	4th	1st	2A
1995	1st	1st			2nd	1st	3rd	1st	2A
1996	2nd	1st			2nd	1st	6th	1st	2A
1997	1st	1st			7th	3rd	5th	3rd	1A
1998	1st	1st			10th	2nd	5th	2nd	1A
1999	1st	1st			2nd	1st	2nd	1st	1A
2000	NC	NC			1st	2nd	1st	1st	1A
2001	1st	1st			1st	1st	1st	2nd	3A
2002	1st	1st			1st	1st	4th	2nd	3A
2003	1st	1st			1st	1st	4th	2nd	3A
2004	1st	1st			3rd	5th	5th	3rd	3A
2005	1st	1st			6th	1st	6th	3rd	2A
2006	1st	1st			2nd	1st	3rd	2nd	2A
2007	1st	1st			1st	2nd	3rd	6th	2A
2008	1st	1st	1st	2nd	4th	3rd	3rd	6th	2A
2009	1st	1st	2nd	1st	2nd	1st	3rd	3rd	2A
2010	1st	1st	1st	1st	2nd	1st	9th	2nd	2A

Accomplishments in Girls and Boys Cross Country November 15, 2010

GIRLS' CROSS COUNTRY (1988 THROUGH 2010)

22 DISTRICT CHAMPIONSHIPS
17 PARISH CHAMPIONSHIPS
6 STATE CHAMPIONSHIPS 1993, 1994, 1995, 1996, 1999, 2000
7 STATE RUNNER UPS 1991, 1998, 2001, 2002, 2003, 2006, 2010
6 STATE 3rd PLACE FINISHES 1988, 1992, 1997, 2004, 2005, 2009
2 STATE 4th PLACE FINISHES 1989, 1990
3 INDIVIDUAL STATE CHAMPIONS
37 INDIVIDUAL ALL-STATE RUNNERS

BOYS' CROSS COUNTRY (1988 THROUGH 2010)

18 DISTRICT CHAMPIONSHIPS
7 PARISH CHAMPIONSHIPS
2 STATE CHAMPIONSHIPS 2000, 2001
1 STATE RUNNER UPS 1999
5 STATE 3rd PLACE FINISHES 1995, 2006, 2007, 2008, 2009
5 INDIVIDUAL STATE CHAMPIONS
23 INDIVIDUAL ALL-STATE RUNNERS

Accomplishments in Girls and Boys Track May 7, 2010

GIRLS' TRACK (1989 THROUGH 2010)

11 DISTRICT CHAMPIONSHIPS 1994, 1999, 2000, 2001, 2002, 2004, 2006, 2007, 2008, 2009, 2010
3 REGIONAL CHAMPIONSHIPS 1993, 1994, 2001
259 REGIONAL MEET INDIVIDUAL QUALIFIERS
73 STATE MEET INDIVIDUAL QUALIFIERS

BOYS' TRACK (1989 THROUGH 2010)

1 DISTRICT CHAMPIONSHIP 2007
187 REGIONAL MEET INDIVIDUAL QUALIFIERS
43 STATE MEET INDIVIDUAL QUALIFIERS

Cross Country 2010

1st Row	2nd Row	3rd Row
Alyse Lemoine	Tristan Kramer	Madeline Jones
Grace Jeanfreau	Midori Mickel	Nellie Vargas
Macy Bartow	Mallory Robichaux	Cameron Erickson
Jessica Marshall	Lana Beard	Victoria Hirchak
Claire Pearson	Kaelyn Rachall	Chelsea Bock
Cana Zimmerman	Chesnie Scull	Elyssa Joly
Rachel Engelsman	Mallory Bartow	Brooklyn Hampton
	Lindsay Vaughan	Coach Smith

Cross Country 2010

1st Row	2nd Row	3rd Row
Cole Robichaux	Paul Mathews	Coach Smith
Noah Book	Brennan Vidrine	Tucker Baker
	Daniel Seeser	Andrew Lemoine
	Will Wehrle	Christian Taylor
	Hunter Watts	Isaac Eilts

Not Pictured: Robert Treuting

2010 MENARD CROSS COUNTRY TEAMS

THE GIRLS...

10	Jeanfreau, Grace
10	Pearson, Claire
10	Zimmerman, Cana
9	Bartow, Mallory
9	Beard, Lana
9	Lemoine, Alyse
9	Vaughan, Lindsay
8	Bock, Chelsea
8	Engelsman, Rachel
8	Hampton, Brooklyn
8	Joly, Elyssa
8	Jones, Madeline
8	Kramer, Tristan
8	Marshall, Jessica
8	Mickel, Midori
8	Rachall, Kaelyn
8	Robichaux, Mallory
7	Bartow, Macy
7	Erickson, Cameron
7	Hirchak, Victoria
7	Scull, Chesnie
7	Vargas, Nellie

THE GUYS...

11	Baker, Tucker
11	Eilts, Isaac
11	Lemoine, Andrew
11	Mathews, Paul
11	Seeser, Daniel
11	Taylor, Christian
11	Treuting, Robert
10	Vidrine, Brennan
9	Wehrle, Will
8	Book, Noah
7	Robichaux, Cole
7	Watts, Hunter

2010 PERSONAL BESTS

GIRLS THREE MILES

			This Year Best	This Year Start	Earlier Best
1	Robichaux, Mallory	8	19.07	20.30	19.42
2	Vaughan, Lindsay	9	20.11	22.36	20.30
3	Engelsman, Rachel	8	19.42	22.07	19.37
4	Bartow, Mallory	9	20.28	20.58	20.04
5	Marshall, Jessica	8	21.51	26.21	24.27
6	Lemoine, Alyse	9	22.01	25.19	22.23
7	Bartow, Macy	7	24.11	25.25	
8	Zimmerman, Cana	10	25.11	27.23	
9	Jones, Madeline	8	25.27	27.12	
10	Jeanfreau, Grace	10	26.29	26.29	
11	Kramer, Tristan	8	26.50	28.02	
12	Mickel, Midori	8	26.50	28.06	
13	Pearson, Claire	10	27.12	27.12	22.39
14	Erickson, Cameron	7	27.17	30.02	
15	Vargas, Nellie	7	28.17	29.39	
16	Beard, Lana	8			
17	Bock, Chelsea	8			
18	Hampton, Brooklyn	8			
19	Hirchak, Victoria	7			
20	Joly, Elyssa	8			
21	Rachall, Kaelyn	8			
22	Scull, Chesnie	7			

BOYS THREE MILES

			This Year Best	This Year Start	Earlier Best
1	Baker, Tucker	11	17.33	18.27	17.44
2	Eilts, Isaac	11	17.40	18.15	17.23
3	Lemoine, Andrew	11	17.47	20.36	17.59
4	Wehrle, Will	9	18.28	20.47	19.15
5	Vidrine, Brennan	10	18.38	19.02	19.06
6	Taylor, Christian	11	18.52	23.56	17.20
7	Treuting, Robert	11	19.01	20.37	
8	Seeser, Daniel	11	19.48	23.19	19.43
9	Robichaux, Cole	7	20.34	20.34	
10	Watts, Hunter	8	20.49	21.54	
11	Book, Noah	8	23.16	24.04	
12	Mathews, Paul	11			25.05

GIRLS TWO MILES **

			This Year Best	This Year Start	Earlier Best
1	Robichaux, Mallory	7	12.34	13.34	12.52
2	Engelsman, Rachel	7	13.23	14.19	12.49
3	Bartow, Mallory	8	13.33	13.52	13.14
4	Vaughan, Lindsay	8	13.51	14.52	13.21
5	Lemoine, Alyse	8	14.23	16.08	14.23
6	Marshall, Jessica	7	14.29	18.14	16.06
7	Bartow, Macy	7	15.54	17.07	
8	Zimmerman, Cana	10	16.27	19.29	
9	Jones, Madeline	8	16.52	21.17	
10	Mikel, Midori	8	17.14	21.04	
11	Jeanfreau, Grace	10	17.23	20.03	
12	Erickson, Cameron	7	17.40	22.55	
13	Pearson, Claire	9	17.48	17.48	14.55
14	Vargas, Nellie	7	17.51	22.11	
15	Kramer, Tristan	8	17.52	20.55	
16	Bock, Chelsea	8	23.09	26.30	
17	Hirchak, Victoria	7	24.28	24.28	
18	Scull, Chesnie	7	24.28	26.46	
19	Beard, Lana	7			15.11
20	Hampton, Brooklyn	7			19.32
21	Joly, Elyssa	7			19.49
22	Rachall, Kaelyn	8			

BOYS TWO MILES **

			This Year Best	This Year Start	Earlier Best
1	Baker, Tucker	11	11.41	12.17	11.39
2	Eilts, Isaac	11	11.41	12.02	11.16
3	Lemoine, Andrew	11	11.49	13.34	11.49
4	Taylor, Christian	11	12.14	13.18	11.20
5	Vidrine, Brennan	10	12.15	13.34	12.27
6	Wehrle, Will	9	12.28	13.53	12.41
7	Treuting, Robert	11	12.32	13.33	
8	Seeser, Daniel	11	13.11	14.57	12.52
9	Robichaux, Cole	7	13.24	15.43	
10	Watts, Hunter	8	13.55	16.02	
11	Book, Noah	8	15.15	18.03	
12	Mathews, Paul	11			14.52

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

MENARD
CROSS
OUTREACH

MENARD

SEVENTEENTH ANNUAL
JOHN MILLER SR.
2010

JOHN MILLER SR.

473
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MENARD
CROSS COUNTRY

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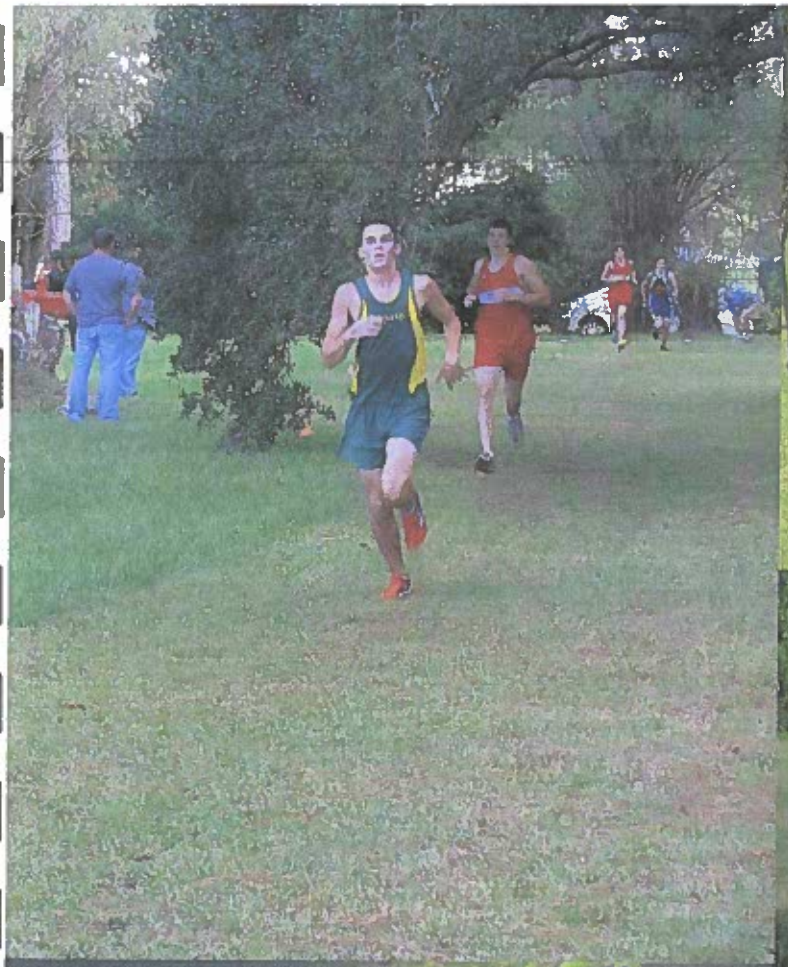
BAYOU BOOGIE



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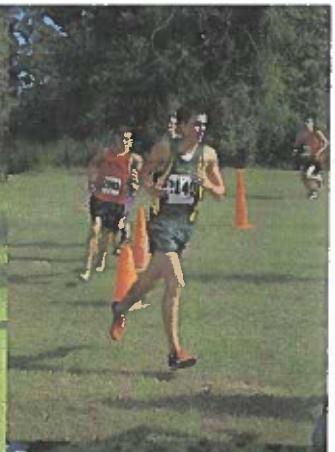

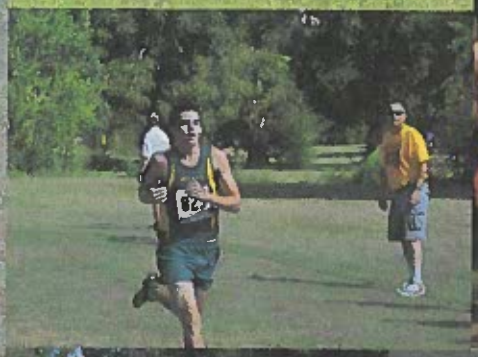

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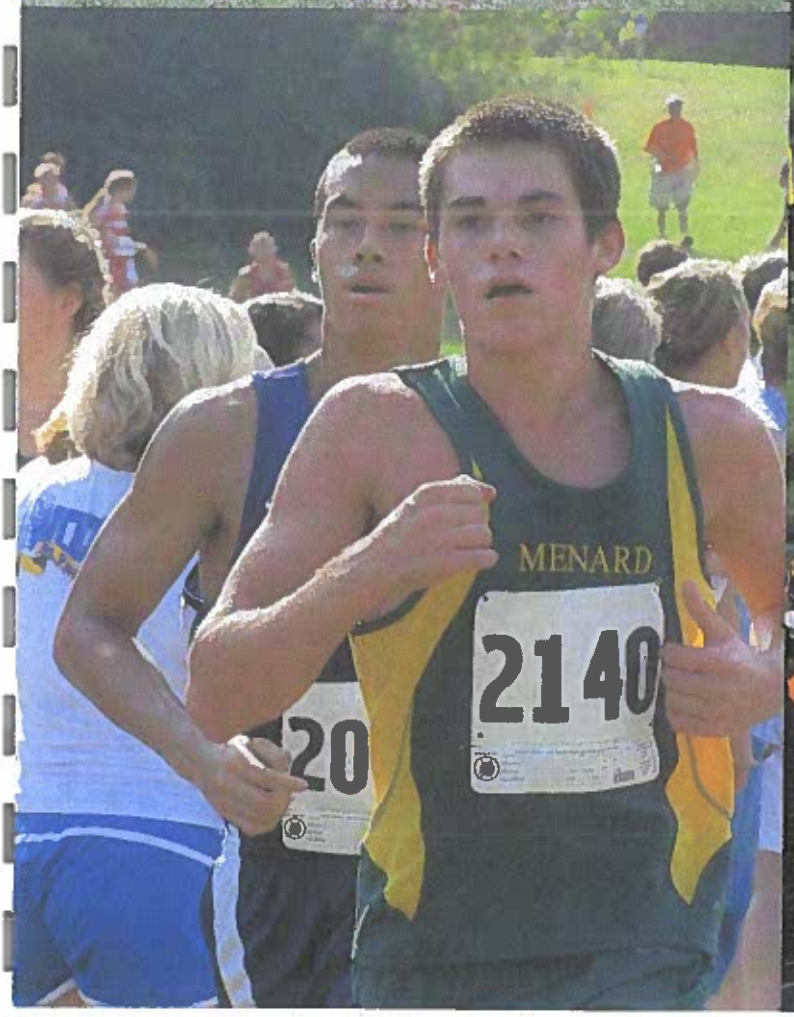
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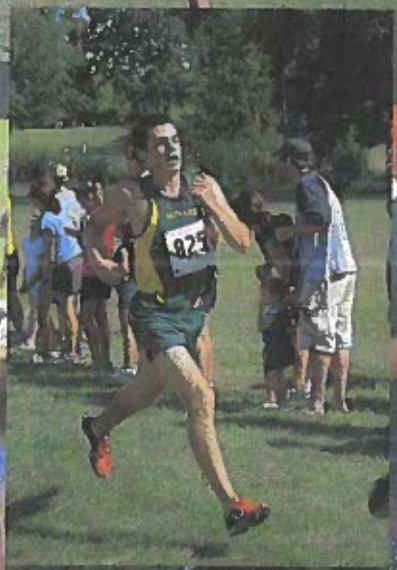
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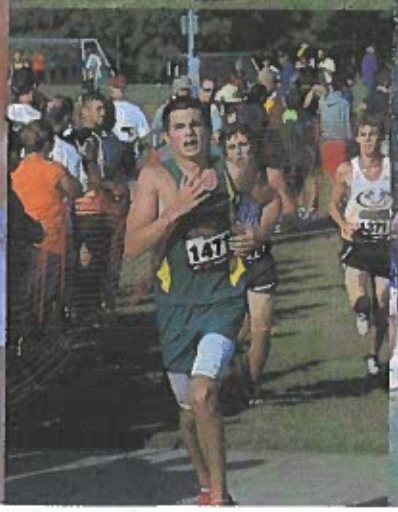
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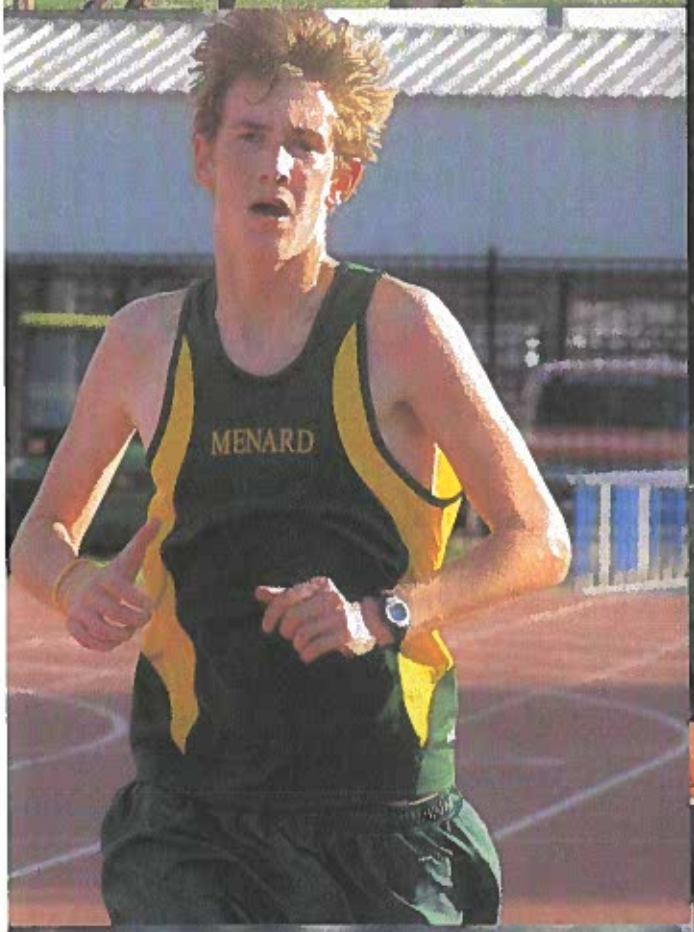
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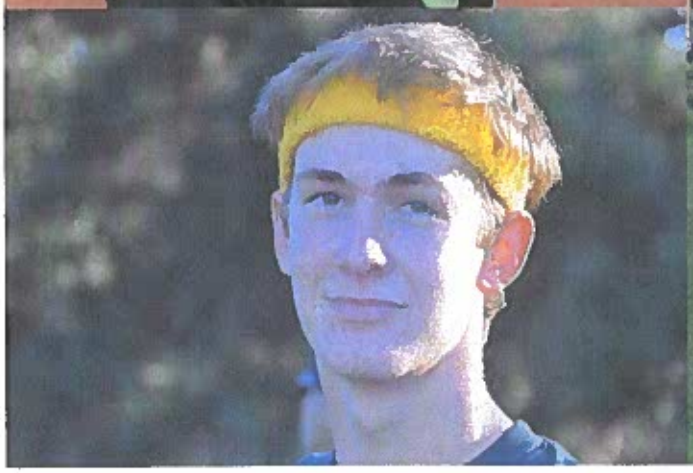

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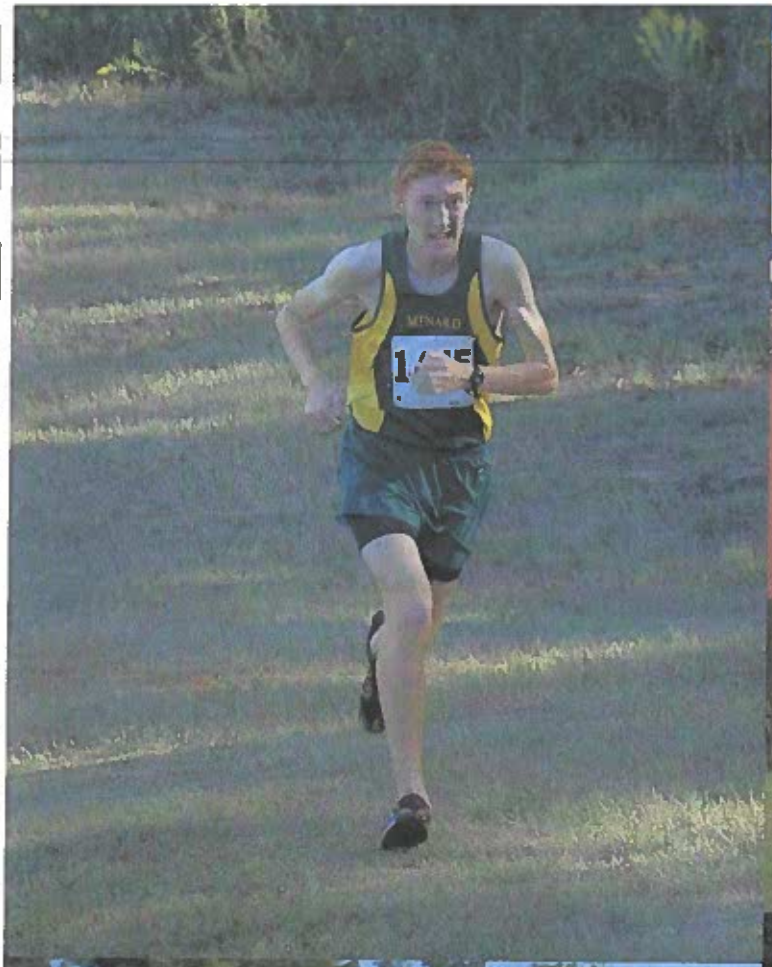
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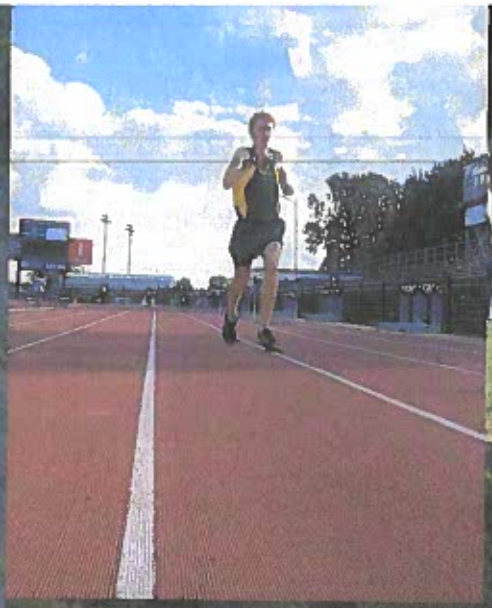

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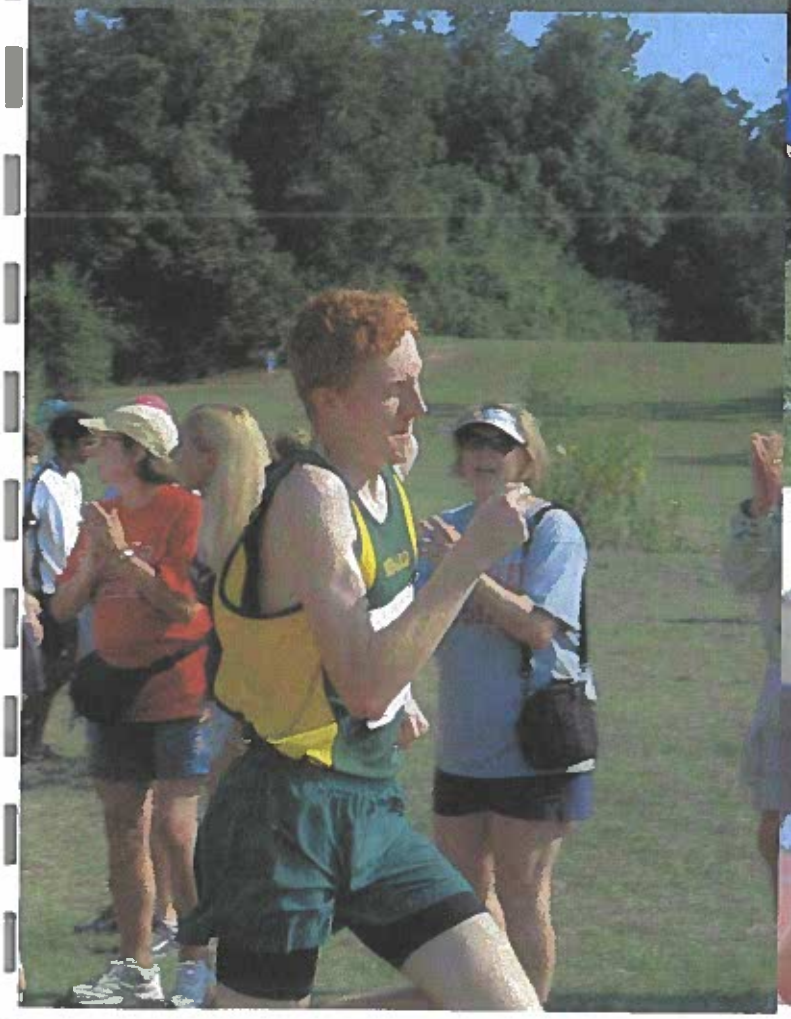

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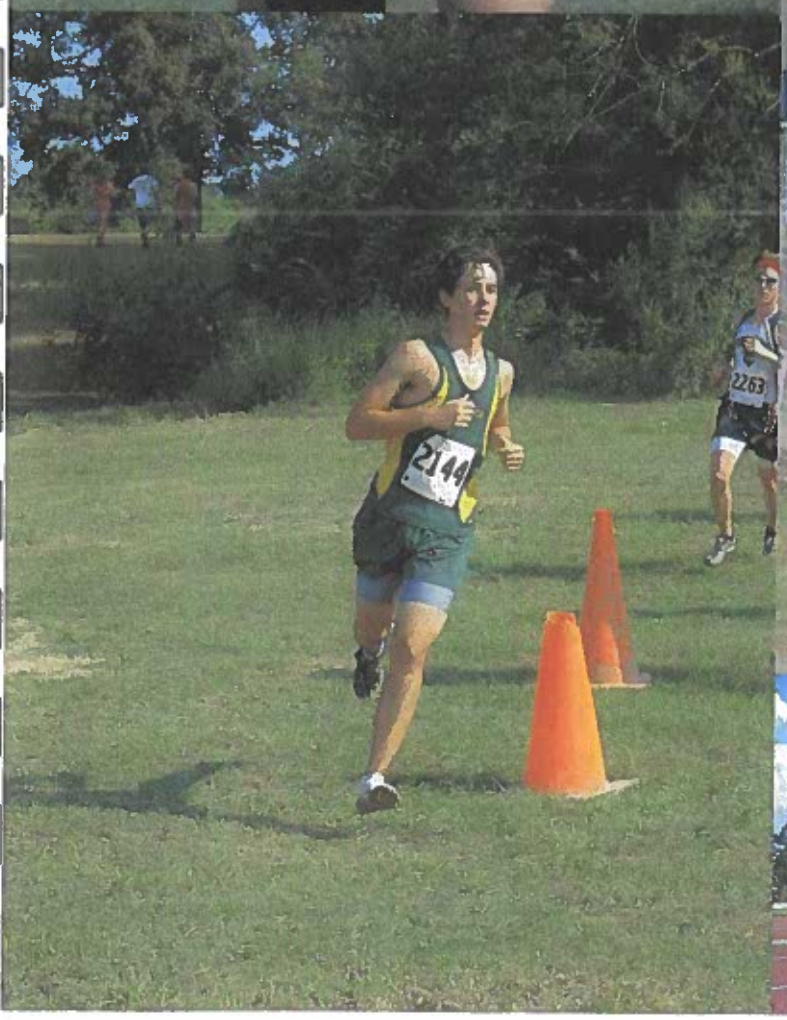
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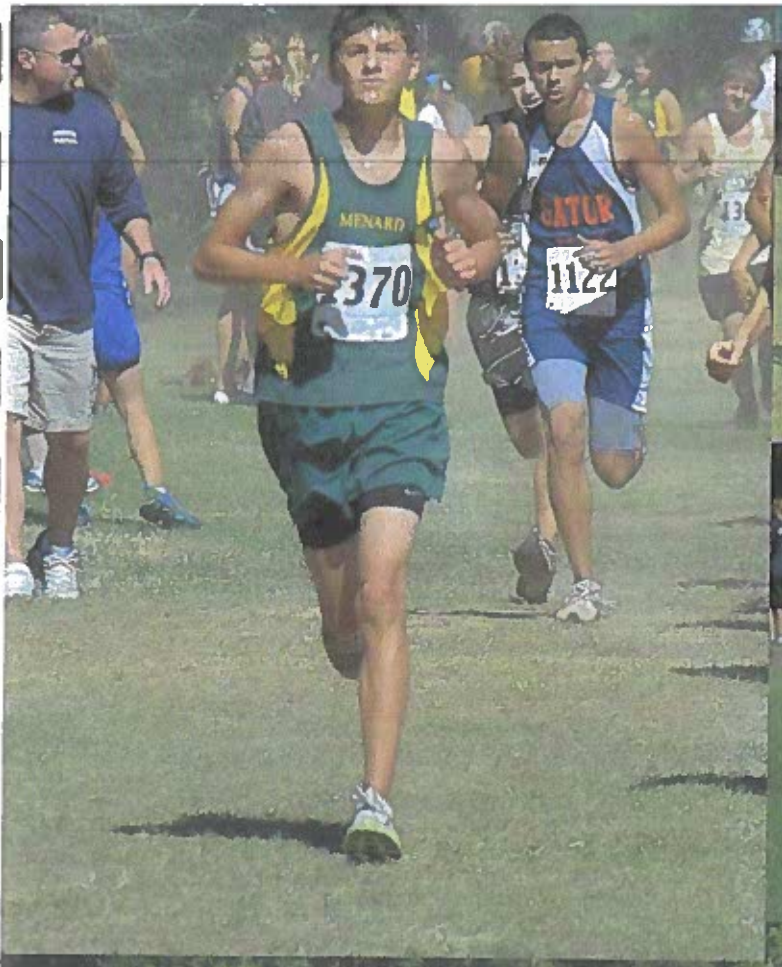
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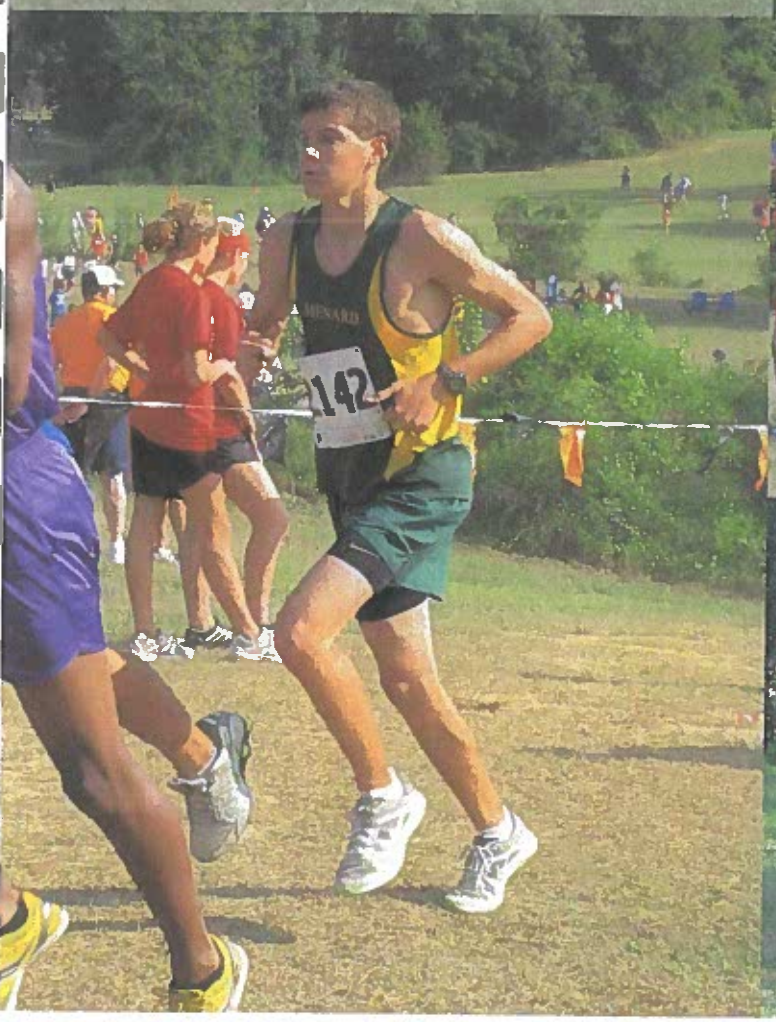
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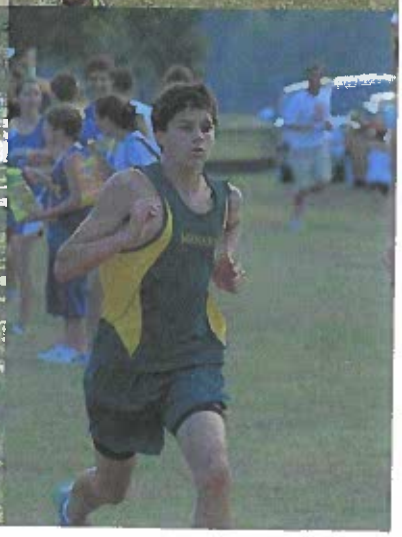

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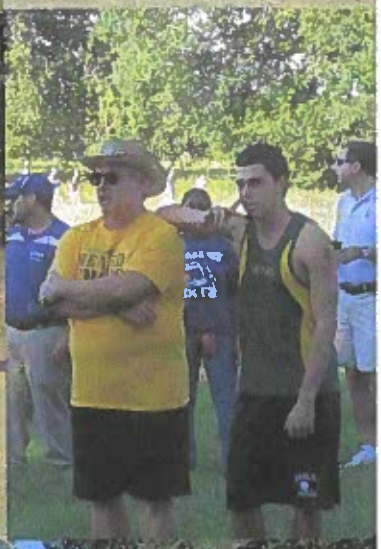

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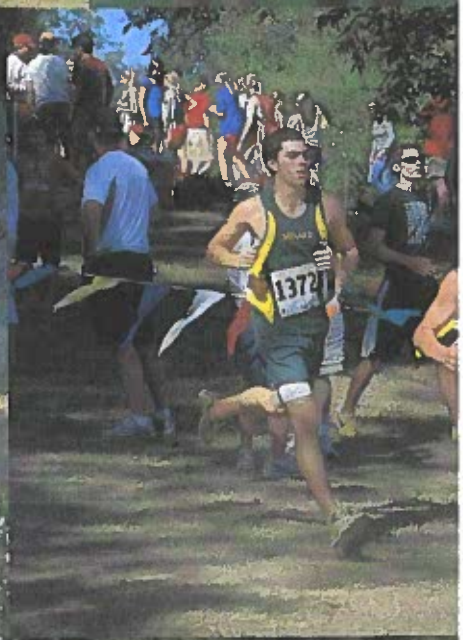
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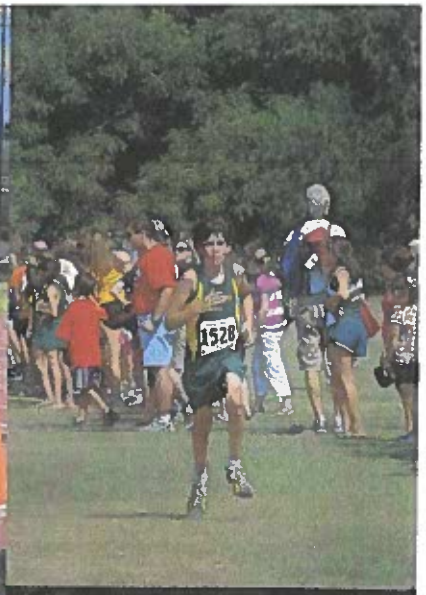
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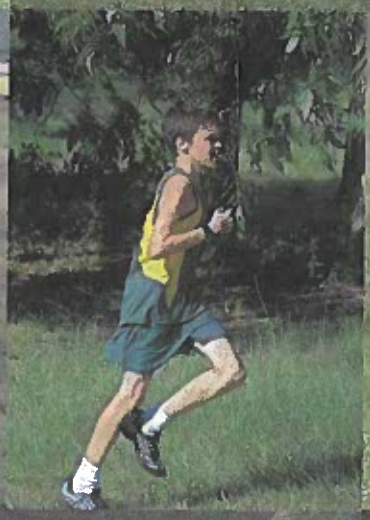

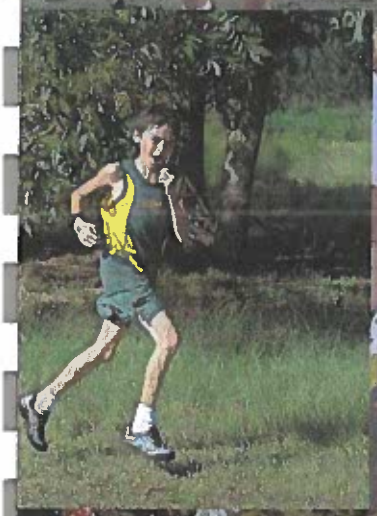

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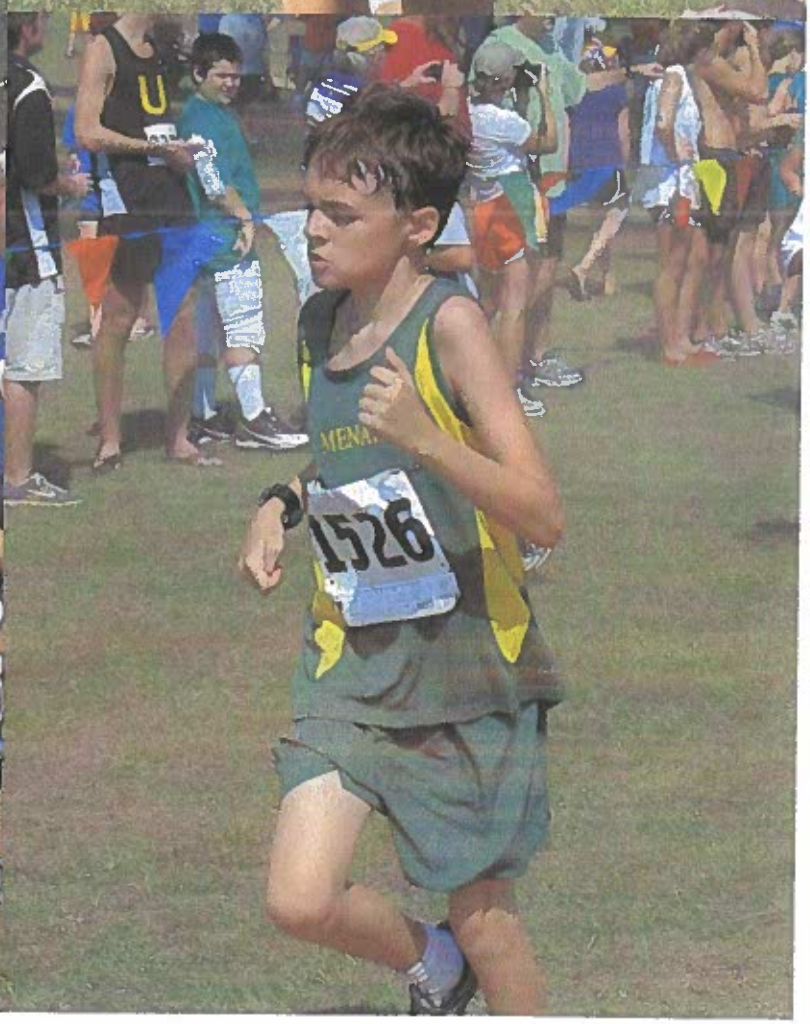
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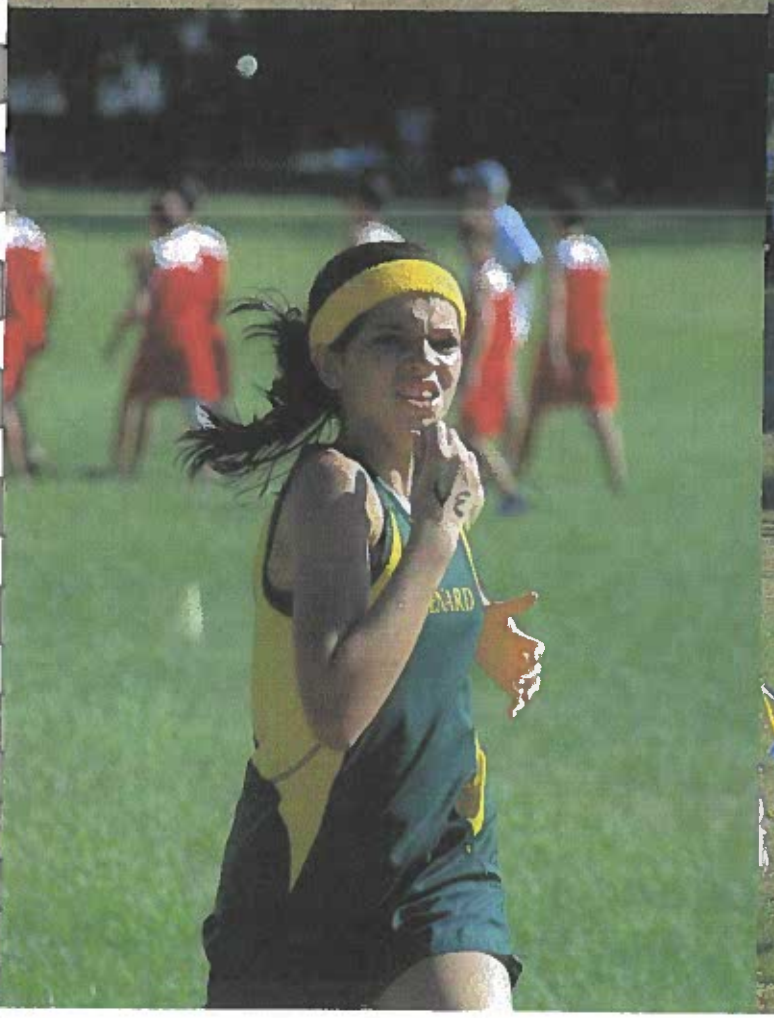

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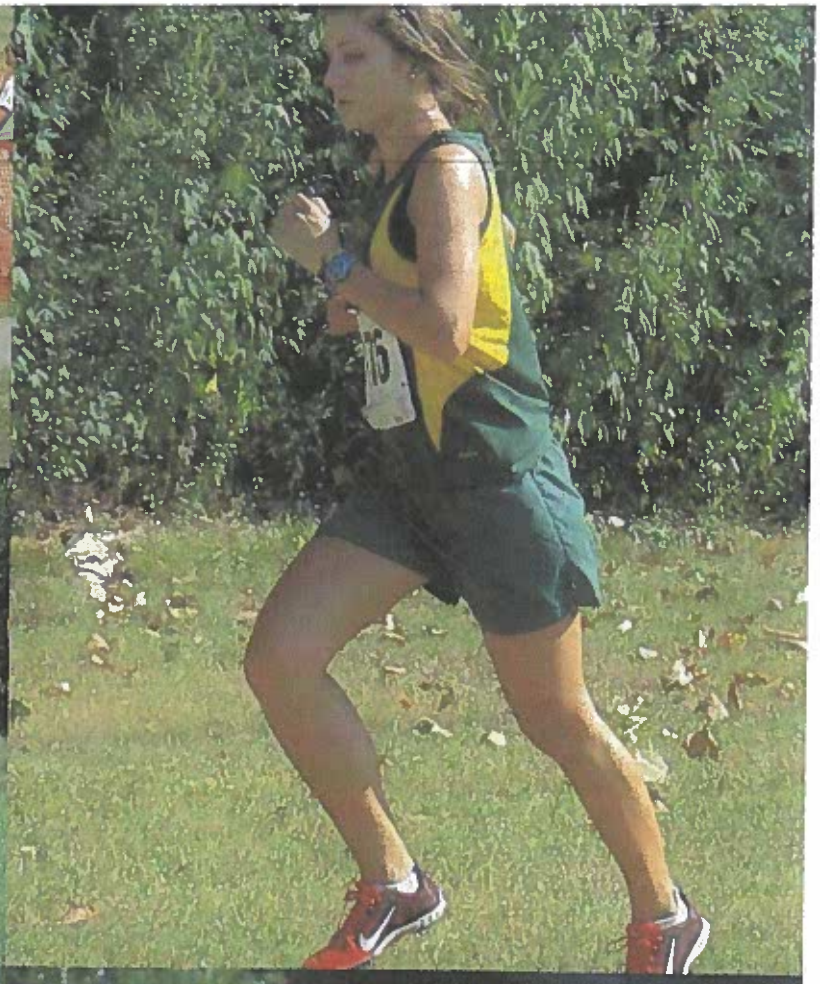

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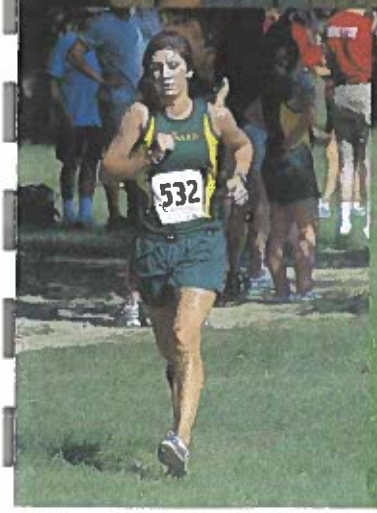
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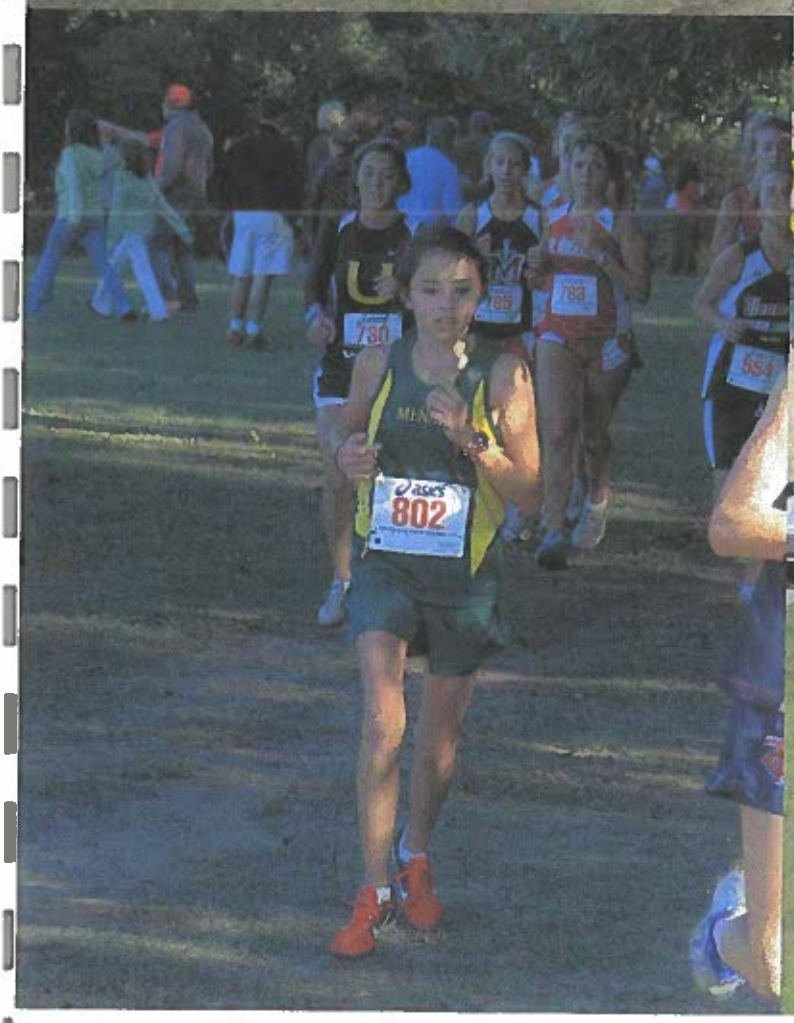
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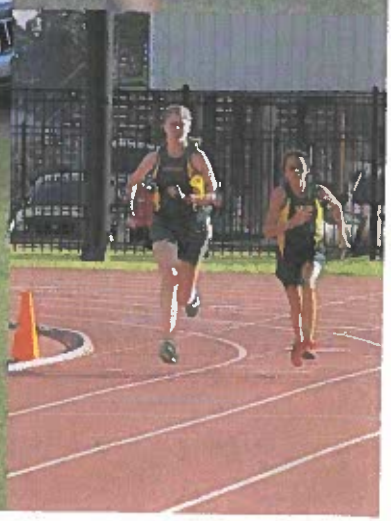

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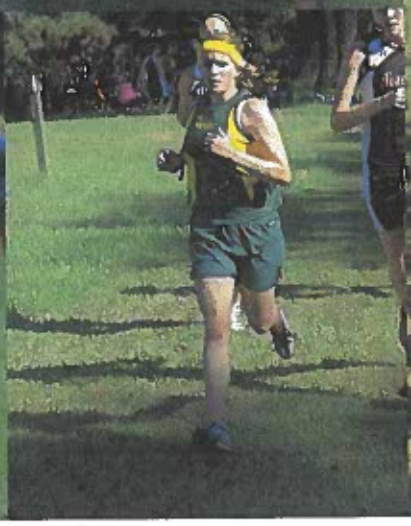

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MENARD

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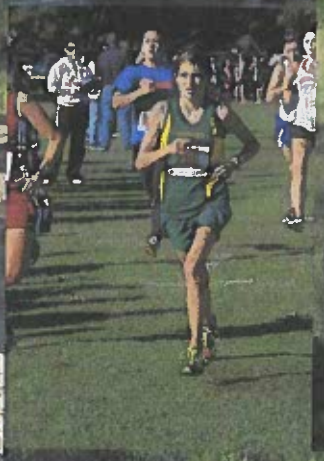

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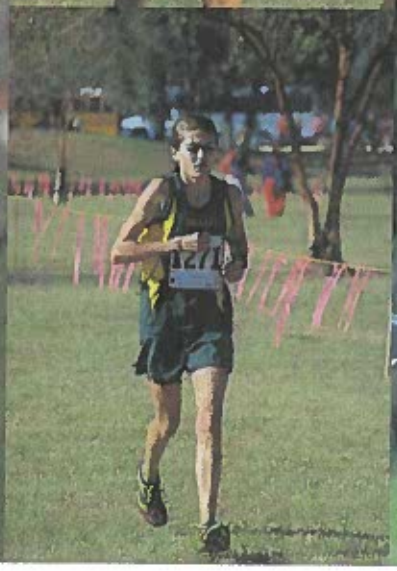

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MENARD

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130

have more miles
than your
car!

MENARD
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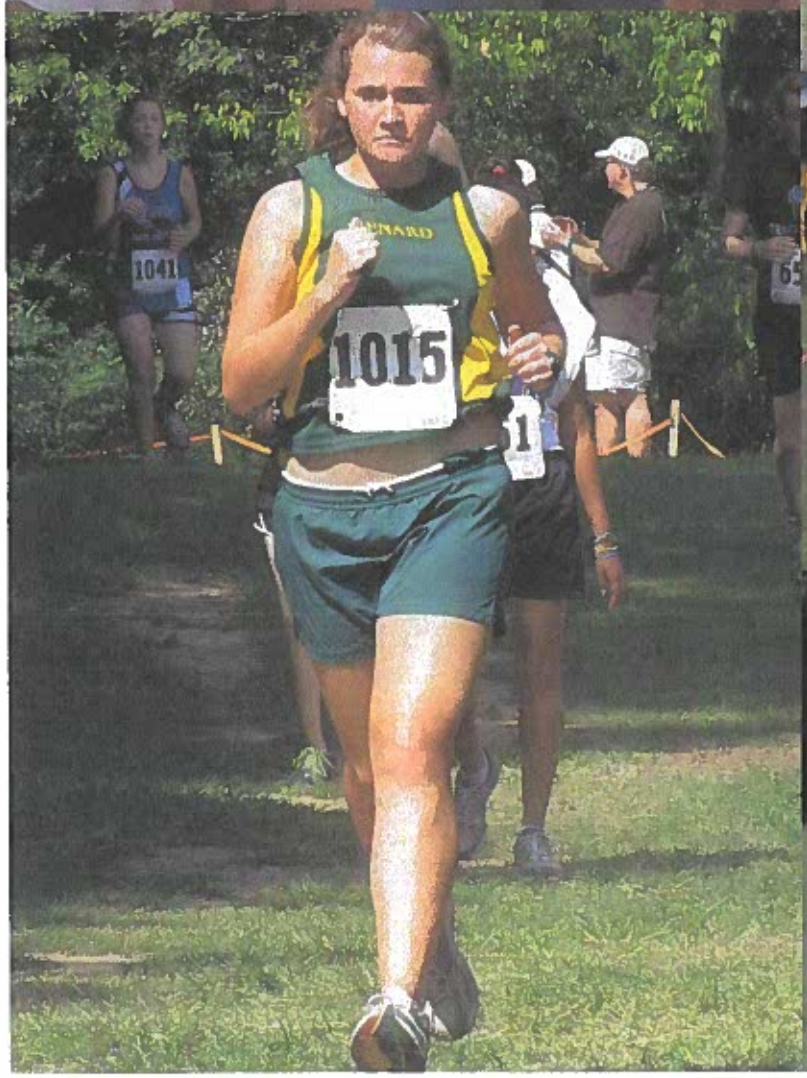
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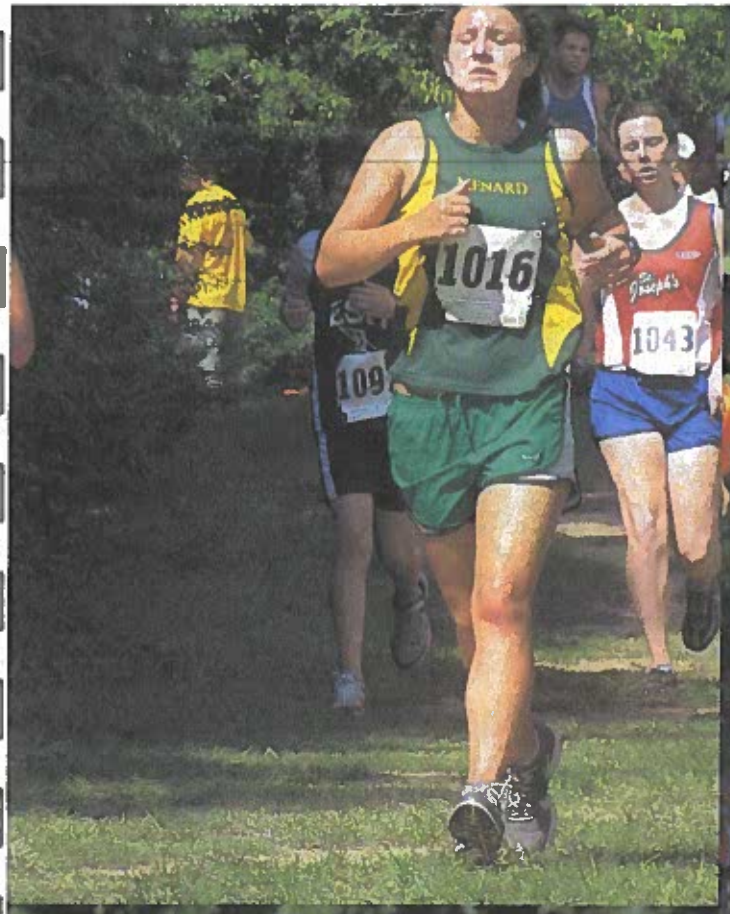
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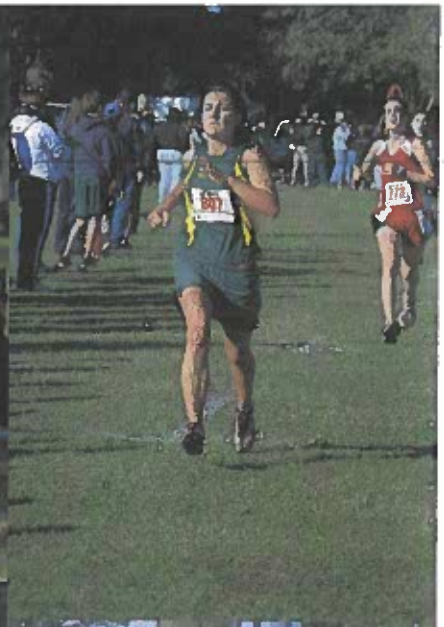

MENARD

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MENARD

MENARD

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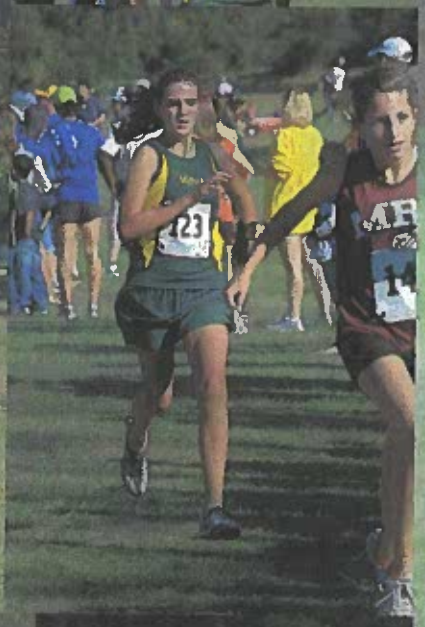
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MENARD

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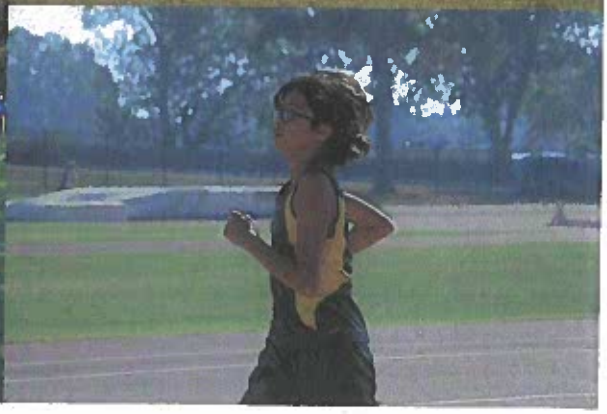


Holy Savior Menard

HOLY SAVIOR MENARD

October 16, 2010

CROSS COUNTRY 2010

DAY	DATE	EVENT	LOCATION	FIRST RACE
** FRIDAY	August 20	School Starts!	No Practice	
** SATURDAY	August 21	Les Fest Zoo 5K	Alexandria Zoo	8:00 AM
** MONDAY	August 23	First after school practice!		
** THURSDAY	August 26	One Mile TT	Menard Track	3:30 PM
** THURSDAY	September 2	Two Mile TT	Menard	3:30 PM
** WEDNESDAY	September 8	SWIM & EAT #1!	Seeser's	(After Practice)
** THURSDAY	September 9	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
** SATURDAY	September 11	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** TUESDAY	September 14	SWIM & EAT #2!	Eilts'	(After Practice)
** SATURDAY	September 18	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** WEDNESDAY	September 22	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 25	SACRED HEART	Grand Coteau	8:30 AM
** TUESDAY	September 28	SWIM & EAT #3!	Pearson's	(After Practice)
** SATURDAY	October 2	ST JOSEPH'S	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 9	NIKE SOUTH REGIONAL	Houston	
** SATURDAY	October 16	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 20	JOHNNY MILLER	Fort Buhlow Recreation Area	
** SATURDAY	October 23	NSU	Natchitoches	10:00 AM
** WEDNESDAY	October 27	ASH	ASH	
** SATURDAY	October 30	ST THOMAS MORE	Acadiana Park	8:15 AM
** WEDNESDAY	November 3	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 8	SPAGHETTI SUPPER	Lee J's	6:00 PM
** TUESDAY	November 9	DISTRICT	NSU, Natchitoches	

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

** MONDAY	November 15	STATE CHAMPS	NSU Boys 1:45 PM Girls 3:15 PM	
** MONDAY	November 15	Post State Race Meal	Nicky's	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

** Date confirmed ?? Best Guess

---- *MEMORIES 2010* ----------

"MY SHOES HAVE MORE MILES THAN YOUR CAR!"

MONONUCLEOSIS LARUNNING.COM EMAIL NEWSLETTERS
STATE TROPHY! UMBRELLAS! 650 BOX LUNCHES! 19:06!
GRAND COTEAU NIKE SOUTH AND THE POST DUFFLE BAGS
NEW "ACCOMPLISHMENTS IN CROSS COUNTRY" BANNER
ASH 400's "IT'S SHOW TIME!" GRASS-LAP-DOCK-AND-BACK
LAKES 2-MILE TIME TRIAL TRAINING GROUPS WATER!!!
NEW LAKES COURSES DISPLAY BOARD TEAM GPA 3.59
PARISH CHAMPS! TRAFFIC TICKETS SATURDAY 4:30 AM's
T-SHIRT SLOGAN CONTEST PRACTICE AT THE TRUCK
LOGBOOK PUSHUPS MERC! COMPUTER SCORING SYSTEM
HAND PAINTING STINKY BATHROOMS GOD SPEED!
MONDAY BUHLOW RUNS BATON ROUGE T-SHIRTS
GULF STATES DISTANCE RUNNING CAMP (WITHOUT COACH)
HOT HIGHLAND / COOL HIGHLAND - NO MUD HIGHLAND!
MASS AT ST RITA'S "NO EXCUSES" 800's IN THE RAIN
WINNING T-SHIRTS, TROPHIES, PLAQUES & MEDALS
NSU COW PASTURE IHOP NEW MERC "CHRISTIAN" RULE
TEMPO RUNS TENT, TARP, COOLERS, AND BANNER FLAG!
NEW 400's COURSE CC BULLETIN BOARD SUMMER 800's
8 MILE KINCAID RUN TOP TEN RANKINGS "OCHO CINCO"
DECORATE THE LOGBOOK CONTEST RACE REVIEWS
COACH / CLAIRE ACCIDENT COLOR PICTURES! PORT-O-JOHNS
EPISCOPAL, ST THOMAS AQUINAS, NEWMAN, AND MENARD!
CC's BIGGEST LIE: "I'M OK." JENNY's OIL ACADIANA PARK

---------- *MEMORIES 2010* ----

CENLA CHAMPS BUHLOW RACES ZOO 5K (SHOE PLAQUE!) POTLUCK SUPPER MENARD INVITATIONAL MUSIC! NICKY'S 84 DAYS! MILE AND TWO MILE TIME TRIALS COACH MELANIE SATURDAY NSU PRACTICE TREE LAPS FIRE HYDRANTS PR's! SPR's TSPR's FR's BASEBALL FIELD 800's OYO HIGHLAND PARKING WINDY NSU LEE J's SUN RISES **THE NSU HILL STATE TEAM MEETINGS AT COACH'S MENARD (NO FLOOD) INVITATIONAL DISTRICT CHAMPS AGAIN! HOW DO YOU RESPOND? SUMMER 7 AM's LASYONE'S ATTITUDE IS EVERYTHING! LOGBOOKS PRACTICE PR's ICE & SARAN WRAPS GRASS LAPS WARM UPS OR ELSE! ROUNDTABLE RUN LETTERS FROM PARENTS ACHES & PAINS 15 SECOND RECOVERY 400'S 100 PLUS DEGREE RUNS SHINS, CALVES, ANKLES, HIPS, QUADS, THROW UP … STAY TUNED! BANQUET #24 HONOR ROLL RUNNERS BUHLOW HILL REPEATS SUMMER PROGRAM T-SHIRTS TIE BREAKERS ☹ ROOKIE RUNNERS AND FIRST RACES 2 AND 3 MILE FIRST RACES SWIM & EATS KINCAID TRAIL RUNS GOAL SETTING STATE RANKINGS CARAVANS 150's GRADE, COURSE, AND MEET RECORDS WATCH PUSHUPS CHOCOLATE CHIP, PLAIN, PEANUT BUTTER, PANCAKES MENARD CC WATER BOTTLES NOISY AWARDS CEREMONIES**

GOODBYE!

NOBODY!!! ☺

2010 SEASON SUMMARY

MEET	*GIRL'S*	*BOY'S*
ST MICHAEL'S	3 of 25	11 of 28
EPISCOPAL	9 of 23	18 of 31
CENLA CHAMPS	1 of 13	2 of 15
SACRED HEART, VP	1 of 8	3 of 8
ST JOSEPH	8 of 30	20 of 43
NIKE SOUTH	12 of 17	23 of 24
MENARD	4 of 7	5 of 16
JOHN MILLER	9 of 20	5 of 22
NORTHWESTERN	5 of 19	8 of 21
ST THOMAS MORE	12 of 18	18 of 27
PARISH CHAMPS (Buhlow)	1 of 6	1 of 7
DISTRICT (NSU)	1 of 1	1 of 1
STATE (NSU)	2 of 26	9 of 26

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

5 Tucker Baker (5)	5 Andrew Lemoine (5)	5 Christian Taylor (5)	4 Daniel Seeser (3)
4 Paul Mathews (2)	3 Mallory Bartow (3)	3 Alyse Lemoine (3)	3 Claire Pearson (3)
3 Lindsay Vaughan (3)	3 Isaac Eilts (3)	3 Brennan Vidrine (3)	3 Will Wehrle (2)
2 Lana Beard (2)	2 Rachel Engelsman (2)	2 Jessica Marshall (2)	2 Mallory Robichaux (2)

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

2 Elyssa Joly (1)	2 Brooklyn Hampton (1)	Macy Bartow	Madeline Jones
Tristan Kramer	Midori Mickel	Grace Jeanfreau	Cana Zimmerman
Cole Robichaux	Robert Treuting	Hunter Watts	

CERTIFICATES

Chelsea Bock	Cameron Erikson	Victoria Hirchak	Kaelyn Rachall
Chesnie Scull	Nellie Vargas	Noah Book	

PATCHES

DISTRICT CHAMP (Winged foot patch) (First place individual):
Mallory Robichaux Andrew Lemoine

ALL STATE (State patch & Certificate) (Top ten finish):
Rachel Engelsman, Mallory Robichaux

2010 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
Macy Bartow Hunter Watts

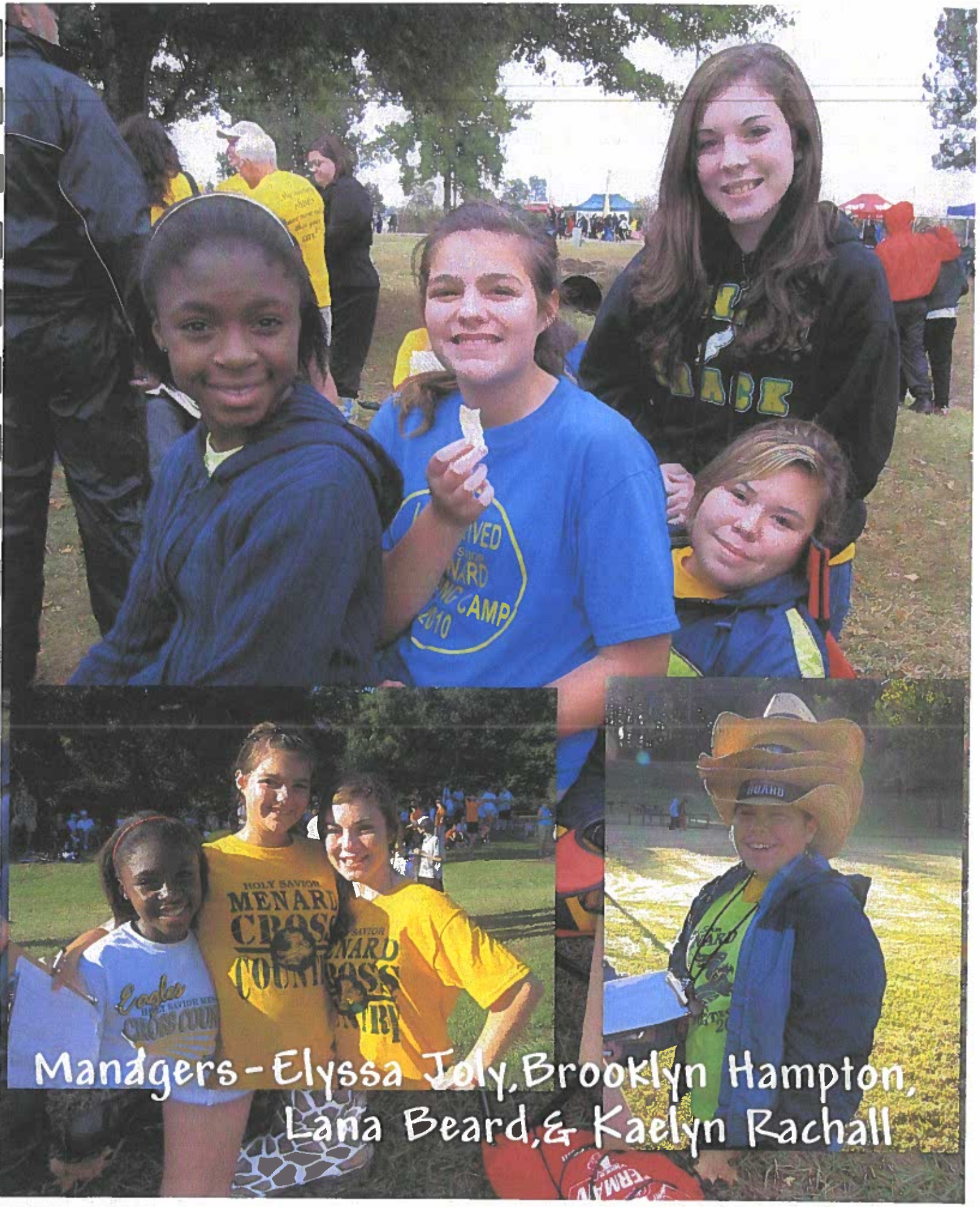
Second Year — RED
Rachel Engelsman Claire Pearson Mallory Robichaux Lindsay Vaughan

Third Year — YELLOW
Mallory Bartow Daniel Seeser Brennan Vidrine

Fifth Year — BLUE
Andrew Lemoine Christian Taylor

SPECIAL AWARDS

ATTENDANCE		Brennan Vidrine	Mallory Robichaux
DECORATE YOUR LOGBOOK		Alyse Lemoine	Tristan Kramer
MANAGERS	Lana Beard	Brooklyn Hampton	Elyssa Joly Kaelyn Rachall
MOST ROOKIE MILES		Macy Bartow	Hunter Watts
MOST IMPROVED ROOKIE	3 miles	Cameron Erickson	Robert Treuting
	2 miles	Madeline Jones	Noah Book
MOST IMPROVED VET		Jessica Marshall	Will Wehrle
ROOKIE OF THE YEAR		Macy Bartow	Hunter Watts
PR AWARD		Madeline Jones	Will Wehrle
IRON MAN/WOMAN AWARD		Macy Bartow Alyse Lemoine	Andrew Lemoine
MOST VALUABLE RUNNER		Mallory Robichaux Tucker Baker	Andrew Lemoine
LEADERSHIP/SPIRIT AWARD		Claire Pearson	Tucker Baker
SENIOR AWARDS		None	


Managers - Elyssa Joly, Brooklyn Hampton,
Lana Beard, & Kaelyn Rachall

Holy Savior
MENARD

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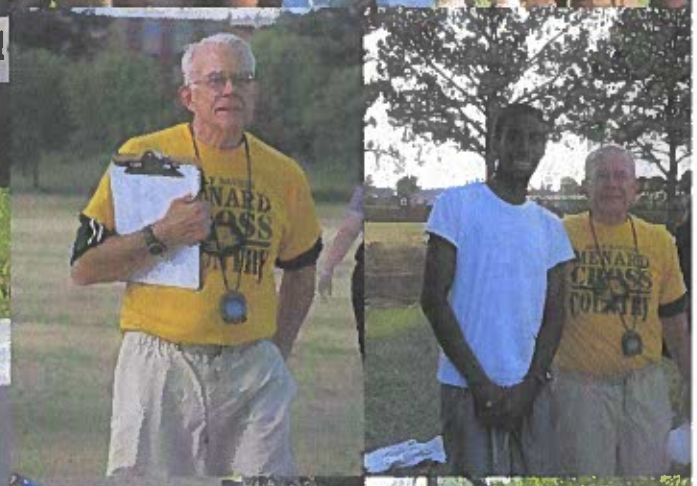

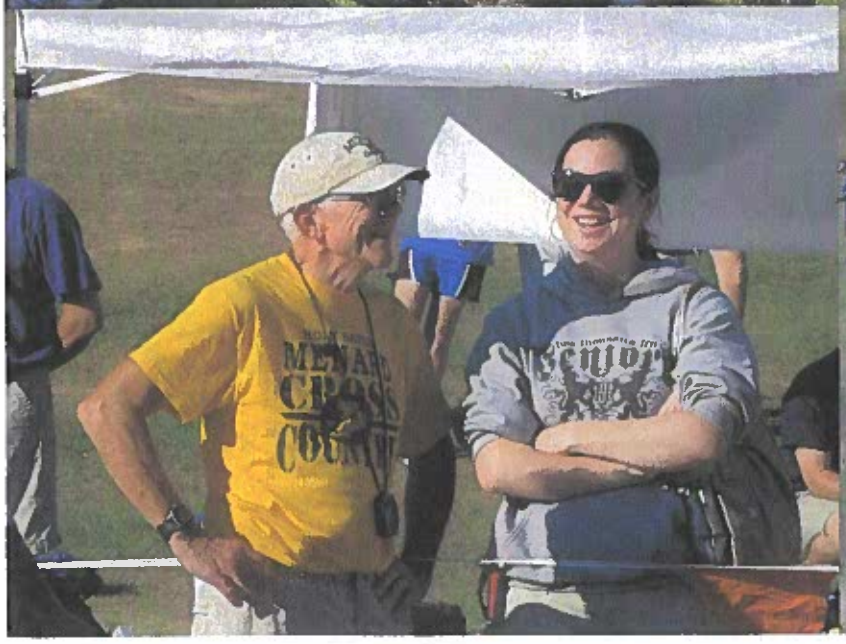

Holy Savior Menard

CROSS COUNTRY RACE STATS			THOMAS RACE	TWO MILE	TIMED MILE	TIMED MILE	SEPTEMBER PREP	EXCEL PREP	CENTRAL PREP	SEPTEMBER ACCESS	SEPTEMBER STATE	NIKE EXPRESS	NIKE EXPRESS	MEADOWBROOK	JOHN BUNN	NOVEMBER STATE	SHAMROCK MILE	PARK CITY CLASSIC	SLC INVITATIONAL
2010!			3 mile	2 mile	1 MILE AUG 26	2 MILE SEP 1	SEP 11	SEP 18	SEP 22	SEP 25	OCT 2	OCT 9	OCT 9	OCT 16	OCT 20	OCT 23	OCT 30	NOV 2	NOV 9	NOV 15
Bartow, Macy	7	F			7.47	16.39	17.07	17.28	32.40	16.01	25.25	26.00	26.51	29.32	25.09	24.23	25.15	24.40	26.08	24.11
Bartow, Mallory	9	F	20.04	13.32	6.17	13.19	20.58	20.28	21.34	20.28	21.25	22.13	23.03						22.44	21.23
Bock, Chelsea	8	F			11.18				26.30	24.46	23.45			23.09					24.46	
Engelsman, Rachel	8	F	19.37	12.49	6.18		22.07	DNF	21.58	21.01	20.19	20.16	20.56	DNF		20.13	DNF	WW	21.40	19.42
Erickson, Cameron	7	F			9.11		20.26	19.02	22.55	21.37	18.37			30.02	18.40		30.40	29.04	27.17	
Hirchak, Victoria	7	F			10.55					24.28				DNF						
Jeanfreau, Grace	10	F			9.46	19.16	20.03	18.00	20.32	17.56	26.29			27.40						
Jones, Madeline	8	F			9.11		21.17	20.39	19.52	19.05	17.31			27.12	26.48	27.10	25.27	26.29	27.15	
Kramer, Tristan	8	F			9.34		20.55	20.28	21.02	20.25	18.19			28.02	30.46	27.36	26.50	29.04	28.02	
Lemoine, Alyse	9	F	22.23	14.23	6.56	15.55	25.19	23.26	26.06	22.47	22.32	25.05	25.52	23.32	23.14	22.44	22.01	22.54	24.28	22.20
Marshall, Jessica	8	F	24.27	16.06	8.15	18.03	29.06	26.21	31.14	25.21	25.24			23.13	22.56	24.46	21.51	22.06	24.29	22.48
Mickel, Midori	8	F			9.03		21.04	20.16	19.40	19.15	17.14			28.06	28.28	27.34	26.50	28.14	28.28	
Pearson, Claire	10	F	22.39	14.55	6.39		27.12			27.39	15.39	DNF	DNF							
Robichaux, Mallory	8	F	19.42	12.52	5.51	12.38	20.30	20.23	21.50	19.59	19.19	20.34	21.18	20.27		19.45	19.07	19.16	20.44	19.59
Scull, Chesnie	7	F			12.55					26.46	24.56			25.16	24.28					
Vargas, Nellie	7	F			8.35		22.11	22.10	21.57	19.03				29.39	31.38	28.17	28.28	28.53	30.26	
Vaughan, Lindsay	9	F	20.30	13.21	6.39	15.08	22.36	22.18	22.19	21.48	20.57	21.07	21.49	20.11						21.07
Zimmerman, Cara	10	F			9.10		19.29		17.57	27.23	25.38				16.27	25.48	27.24	25.11	28.16	
GIRLS TEAM PLACE							3/25	9/23	1/13	1/8	8/30		12/17	4/7	9/20	5/19	12/18	1/6	1/1	2/26
GIRLS TEAM TIME			103.13				111.30	112.56	113.47	106.03	104.32	109.15		114.35	126.35	111.51	113.39	114.07	114.05	104.31
Baker, Tucker	11	M	17.44	11.39	5.44	12.31	18.27	18.34	18.46	18.08	17.33	DNF		18.04	18.11	18.11	18.11	18.02	18.09	18.26
Book, Noah	8	M			9.05		DNF	18.03	18.32	19.10	18.12			24.04	15.15			23.16	24.00	
Ellis, Isaac	11	M	17.23	11.16	5.38	11.48	18.15	17.57	18.25	17.40		18.27	19.08							
Lemoine, Andrew	11	M	17.59	11.49	5.50	12.04	20.36	19.22	19.44	18.05	18.34	18.25	19.03	17.57	18.21	18.53	17.47	18.12	18.01	17.58
Mathews, Paul	11	M		14.52	7.42	17.58														
Robichaux, Cole	7	M			6.51	15.43	14.35	15.43	15.28	14.17	14.10			20.34	13.24	22.07		21.40	21.18	
Seeser, Daniel	11	M	19.43	12.52	6.30	13.26	23.19	21.37	22.28	21.20	20.40			21.27	20.28	21.33	21.12	19.48	20.44	20.27
Taylor, Christian	11	M	17.20	11.47	5.43				23.56	20.16	19.32	19.26	19.57	18.52		19.30	19.24	19.05	19.26	19.00
Treuting, Robert	11	M			6.36	14.15		20.37	22.58	20.43	19.26	19.51	20.25	19.20	19.49	19.12	19.01	24.24		22.14
Vidrine, Brennan	10	M	19.06	12.27	5.44	12.03	20.23	19.02	19.59	18.40	18.38	19.20	20.01	18.55		19.24	18.42	18.50	19.58	19.10
Watts, Hunter	8	M			7.52	17.55	15.49	16.02	15.26					21.54	22.15		21.36	20.49	21.56	
Wehrle, Will	9	M	19.15	12.41	6.09	12.59	20.47	20.08	20.01	19.08	19.05	18.57	19.35	18.30	18.28					19.38
BOYS TEAM PLACE							11/28	18/31	2/15	3/8	20/43	23/24		5/16	5/22	8/21	18/27	1/7	1/1	9/26
BOYS TEAM TIME			81.38				98.28	95.03	96.55	91.41	93.16	94.35		92.18	95.17	95.10	93.05	93.57	96.18	94.16

= 2 miles

= PR

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) - 0

None to Date

FIVE TIMES (BLUE) - 6

	Joffrai	Holcombe	98,99,00,01*,03**
	Steven	Jeansonne	03,04,05,06**,07
C	Andrew	Lemoine	06,07,08,09,10
	Danon	O'Kelly	92,93,94,95,96
	Lauren	Patty	91,92,93,94,95
C	Christian	Taylor	06,07,08,09,10

FOUR TIMES (GREEN) - 9

Mellynn	Baker	04,05,06,07
Emily	Demarco	00,01*,02,03
Mark	Dotson	05*,06**,07**, 08**
Jennifer	Jeane	03,04,05,06
Thomas	Kajor	01,02*,03,04
Will	Littlepage	01,02,03,04
Leslie	Manuel	91,93,94,95
Jesse	Petrus	99,00,01,02
Francis	Vanderlick	00,01,02,03

THREE TIMES (YELLOW) - 18

	Heather	Badeaux	04,05,06
C	Mallory	Bartow	08,09,10
	Bridget	Daigrepont	01**,02**,03
	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
C	Daniel	Seeser	08,09,10
C	Brennan	Vidrine	08,09,10
	Jodie	White	90,91,93

TWO TIMES (RED) - 20

	Brandon	Adams	00,01
C	Tucker	Baker	07,08
	Willie	Carr	94,97
	Scott	Demarco	01,02*
C	Isaac	Eilts	08,09
C	Rachel	Engelsman	09,10*
	Daniel	Garner	01,02
	Thibault	Holcombe	00,01
	Shirley	Hutchison	04,05
	Celina	Martien	91,92
	Erick	Norem	06,07
	Morgan	Owen	01,02
C	Claire	Pearson	09,10
	Nancy	Ragona	96,97
C	Mallory	Robichaux	09,10*
	Jack	Shallcelt	99,00
	Catherine	Toma	00,01
C	Lindsay	Vaughan	09,10
	Stefan	Waller	05,06
	Katie	Womack	96,97

ONE TIME (GRAY) - 46

	Anjelica	Adams	01
	Grant	Alexander	09
	Amanda	Ardoin	01
	Cortney	Arndt	96
	Allen	Arnold	07
	Gavin	Baker	06
	Derek	Ball	02
C	Macy	Bartow	10
	Patrick	Blahock	94
	Sarah	Carr	89
	Jane Ann	Cavanaugh	93
	Katie	Cook	01
	Louise	Cook	97
	Todd	DeVee	91
	Karen	Dick	94
	Jennifer	Drummond	95
	Gavin	Flasek	96
	David	Flynn	97
	Melissa	Fowlkes	00
	Will	Hall	02
	Emilie	Hartmeyer	08
	Ryan	Humphreys	05
	Sandra	Jeansonne	88
	Adrian	Landreneau	92
	Olivia	Lyons	91
	Mary Claire	Mallows	94
	Jimmy	McAllan	91
	Ralston	McGlothlin	04
	Marion	Medica	97
	Hope	Murchison	05
	Myndi	Murtagh	91
	Megan	Nugent	06
	Alex	Perez	94
	Jane	Petrus	00
	Shawn	Preau	88
	Charles	Ray	93
	Amanda	Robinson	06
	Kim	Seiler	96
	Catherine	Shackelford	06
	Ryan	Sonner	06*
	Greg	Upton	00
	Dave	Vanderlick	91
	Joy	Walters	02
C	Hunter	Watts	10
	Tim	Wilson	09
	Chase	Woodington	94

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

MENARD CROSS COUNTRY RECORDS

(As of November 15, 2010)

Individual Times (3 miles)

Mallory Robichaux	19:07	Acadiana Park	October 30, 2010
Doug Smith	15:00	Lake Buhlow	October 22, 1986

Team Times – Girls (3 miles)

Rachel Engelsman	19:37	St Thomas More
Mallory Robichaux	19.44	October 31, 2009
Lindsay Vaughan	20.30	Acadiana Park, Lafayette
Mallory Bartow	20.59	
Alyse Lemoine	22.23	Total: 103.13 (20:38 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	19.07	10/23/10	Mark Landreneau	15.30	10/27/01
Ft Buhlow (6)	Mallory Robichaux	19.16	11/03/10	Mark Dotson	15:49	10/18/08
Highland Park	Mallory Robichaux	19.19	10/02/10	Danon O'Kelly	15:25	10/12/96
Northwestern	Rachel Engelsman	19.42	11/15/10	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	19.19	10/02/10	Danon O'Kelly	15.25	10/12/96
Cenla Champs	Jennifer Jeane	20.31	09/27/06	Doug Smith	15.00	10/22/86
District	Heather Badeaux	20.38	11/08/04	Doug Smith	15.05	11/13/86
Menard Invitational	Mallory Robichaux	19.59	10/17/09	Mark Dotson	15.49	10/18/08
State	Rachel Engelsman	19.42	11/15/10	Doug Smith	15.41	11/21/85

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	19.07
Jennifer Jeane – 07	19.19
Heather Badeaux – 07	19.35
Rachel Engelsman – 15	19.37
Mallory Bartow – 14	20.04
Lindsay Vaughan – 14	20.11
Hope Murchison – 06	20.27

SECOND TEAM

Mellynn Baker – 08	20.50
Megan Tarpley – 10	21.41
Jessica Marshall – 15	21.51
Alyse Lemoine – 14	22.01
Linda O'Neal – 10	22.02
Brittany Aaron – 07	22.10
Elise Wyatt – 08	22.11

THIRD TEAM

Lanie Sansing – 08	22.22
Cath Shackelford – 11	22.27
Hillary LaCroix – 12	22.30
Claire Pearson – 13	22.39
Lana Beard – 14	22.50
Caroline Ponthie – 09	23.10
Katie Price – 11	23.38

FOURTH TEAM

Macy Bartow - 16	24.11
Jennifer Mathews – 09	24.38
Cana Zimmerman - 13	25.11
Haley Hilton – 10	25.15
Rebecca McBride – 11	25.22
Kayla Smith – 08	25.27
Madeline Jones - 15	25.27

FIFTH TEAM

Alexis Caletka – 11	25.40
Hannah Hicks – 09	25.53
Grace Jeanfreau - 13	26.29
Adrienne Carriere – 05	26.41
Tristan Kramer - 15	26.50
Midori Mickel - 15	26.50
Cameron Erickson - 16	27.17

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
Jason Hugenroth – 89	17.18
Christian Taylor – 12	17.20
Isaac Eilts – 12	17.23

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	17.3(
Tucker Baker – 12	17.3:
Cody Boswell – 12	17.3:

FIFTH TEAM

Will Littlepage – 07	17.3
Maury Carr – 87	17.3
Dave Vanderlick – 96	17.3
Sean Nolan – 89	17.4
Jack Shallock – 03	17.4
Andrew Lemoine - 12	17.4
Willie Carr – 98	17.5

(Name – Grad Year – Time)

Monday, September 13, 2010

ANNOUNCEMENT

ON A VERY HOT DAY AT THE HIGHLAND PARK COURSE IN BATON ROUGE AGAINST SOME OF THE STATE'S FINEST TEAMS, THE CROSS COUNTRY GUYS PLACED 11TH OF 28 TEAMS AND THE GIRLS PLACED 3rd OF 25 TEAMS. STANDING OUT FOR THE GUYS WERE ISAAC EILTS, 26th AND TUCKER BAKER, 31st, OUT OF 247 RUNNERS, AND FOR THE GIRLS, MALLORY ROBICHAUX, 6th AND MALLORY BARTOW, 9th, OF 172 RUNNERS.

SCORING FOR THE GUYS WERE:
ISAAC EILTS
TUCKER BAKER
BRENNAN VIDRINE
ANDREW LEMOINE
AND WILL WEHRLE

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
MALLORY BARTOW
RACHEL ENGELSMAN
LINDSAY VAUGHAN
AND ALYSE LEMOINE

Monday, September 20, 2010

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE EPISCOPAL INVITATIONAL IN BATON ROUGE SATURDAY.

THE GIRLS PLACED 9th OF 23 SCHOOLS AND THIRD OF THE 2A SCHOOLS. THE BOYS PLACED 18th OF 31 SCHOOLS AND THIRD OF THE 2A SCHOOLS.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
MALLORY BARTOW
LINDSAY VAUGHAN
ALYSE LEMOINE
AND JESSICA MARSHALL

SCORING FOR THE BOYS WERE:
ISAAC EILTS
TUCKER BAKER
BRENNAN VIDRINE
ANDREW LEMOINE
AND WILL WEHRLE

Thursday, September 23, 2010

ANNOUNCEMENT

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

THE GIRLS WERE FIRST OF 13 TEAMS, WINNING BY 52 POINTS, INCLUDING 4 OF THE TOP 5 RUNNERS. THE BOYS WERE 2ND OF 15 TEAMS, LOSING ONLY TO ANACOCO BY A SINGLE POINT. ALSO CONGRATULATIONS TO MALLORY BARTOW FOR WINNING THE GIRLS RACE. OTHER TOP TEN RUNNERS INCLUDED MALLORY ROBICHAUX - 2nd, RACHEL ENGELSMAN - 3rd, LINDSAY VAUGHAN – 5th, ISAAC EILTS - 4th, AND TUCKER BAKER - 6th.

ALSO SCORING FOR THE GIRLS WAS:
ALYSE LEMOINE

ALSO SCORING FOR THE BOYS WERE:
ANDREW LEMOINE
BRENNAN VIDRINE
AND WILL WEHRLE

Monday, September 27, 2010

ANNOUNCEMENT

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

THE GIRLS DOMINATED, WINNING OVER 8 TEAMS BY 25 POINTS. THE BOYS TIED FOR SECOND OF 8 TEAMS. ALSO CONGRATULATIONS TO MALLORY ROBICHAUX, WHO EASILY WON THE GIRLS RACE.

ALSO SCORING FOR THE GIRLS WERE:
MALLORY BARTOW
RACHEL ENGELSMAN
LINDSAY VAUGHAN
AND ALYSE LEMOINE

SCORING FOR THE BOYS WERE:
ISAAC EILTS
ANDREW LEMOINE
TUCKER BAKER
BRENNAN VIDRINE
AND WILL WEHRLE

ANNOUNCEMENT Monday, October 4, 2010

CONGRATULATIONS TO BOTH THE BOYS AND GIRLS CROSS COUNTRY TEAMS FOR THEIR SUCCESS AT THE ST JOSEPH INVITATIONAL IN BATON ROUGE. THE BOYS FINISHED 20TH OF OVER 50 SCHOOLS AND THE GIRLS FINISHED 8TH OF ALMOST 40 SCHOOLS. THE TOP PERFORMANCE OF THE DAY WAS MALLORY ROBICHAUX'S 19:19 WHICH TIES MENARD'S ALL TIME BEST 3 MILE TIME.

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX

RACHEL ENGELSMAN

LINDSAY VAUGHAN

MALLORY BARTOW

AND ALYSE LEMOINE

SCORING FOR THE BOYS WERE:

TUCKER BAKER

ANDREW LEMOINE

BRENNAN VIDRINE

WILL WEHRLE

AND ROBERT TREUTING

Monday, October 11, 2010

ANNOUNCEMENT

THE BOYS & GIRLS CROSS COUNTRY TEAMS RAN IN HOUSTON AT THE NIKE SOUTH REGIONAL MEET SATURDAY, GOING UP AGAINST SOME OF THE TOP TEAMS IN THE COUNTRY.

THE GIRLS FINISHED 12th 20 TEAMS. THE BOYS WERE 23 OF 30 TEAMS.

SCORING FOR THE GIRLS WERE:
RACHEL ENGELSMAN
MALLORY ROBICHAUX
LINDSAY VAUGHAN
MALLORY BARTOW
AND ALYSE LEMOINE

SCORING FOR THE BOYS WERE:
ANDREW LEMOINE
ISAAC EILTS
WILL WEHRLE
CHRISTIAN TAYLOR
AND BRENNAN VIDRINE

Monday, October 25, 2010

ANNOUNCEMENT

CROSS COUNTRY COMPETED TWICE LAST WEEK: AT THE JOHN MILLER INVITATION AT BUHLOW ON WEDNESDAY, AND IN NATCHITOCHES AT THE NSU INVITATIONAL ON SATURDAY.

AT BUHLOW, THE BOYS FINISHED 5th OF 22 TEAMS AND THE GIRLS PLACED 9th OF 20 TEAMS.

SCORING FOR THE GIRLS WERE:
JESSICA MARSHALL
ALYSE LEMOINE
MACY BARTOW
MADELINE JONES
AND MIDORI MICKEL

SCORING FOR THE BOYS WERE:
TUCKER BAKER
ANDREW LEMOINE
WILL WEHRLE
ROBERT TREUTING
AND DANIEL SEESER

AT NSU, THE BOYS PLACED 8th OF 21 TEAMS AND THE GIRLS WERE 5th OF 19. SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX
RACHEL ENGELSMAN
ALYSE LEMOINE
MACY BARTOW
AND JESSICA MARSHALL

SCORING FOR THE BOYS WERE:
TUCKER BAKER
ANDREW LEMOINE
ROBERT TREUTING
BRENNAN VIDRINE
AND CHRISTIAN TAYLOR

Monday, October 18, 2010

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE MENARD INVITATIONAL SATURDAY . MENARD HOSTED 50 SCHOOLS FROM ALL OVER THE STATE SATURDAY AT THE FORT BUHLOW RECREATION COMPLEX.

THE GIRLS PLACED 4th OF 10 TEAMS. THE BOYS PLACED 5th OF 20 TEAMS.

SCORING FOR THE GIRLS WERE:
LINDSAY VAUGHAN
MALLORY ROBICHAUX
JESSICA MARSHALL
ALYSE LEMOINE
AND MADELINE JONES

SCORING FOR THE BOYS WERE:
ANDREW LEMOINE
TUCKER BAKER
WILL WEHRLE
CHRISTIAN TAYLOR
AND BRENNAN VIDRINE

Monday, November 1, 2010

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE ST THOMAS MORE INVITATIONAL SATURDAY IN LAFAYETTE.

SCORING FOR THE BOYS WERE:
ANDREW LEMOINE
TUCKER BAKER
BRENNAN VIDRINE
ROBERT TREUTING
AND CHRISTIAN TAYLOR

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
JESSICA MARSHALL
ALYSE LEMOINE
MACY BARTOW
AND MADELINE JONES

MALLORY ROBICHAUX RAN A CAREER BEST 19 MINUTES, 6 SECONDS FOR THE 3 MILE RACE, SETTING AN ALL-TIME MENARD GIRLS RECORD.

Thursday, November 4, 2009

ANNOUNCEMENT

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

THE GIRLS DOMINATED, WITH MALLORY ROBICHAUX FINISHING 1st, RACHEL ENGELSMAN 2nd, JESSICAL MARSHALL 6th, ALYSE LEMOINE 13th, AND MACY BARTOW 25th.

THE BOYS ALSO DOMINATED, WITH TUCKER BAKER FINISHING 2nd, ANDREW LEMOINE 4th, BRENNAN VIDRINE 9th, CHRISTIAN TAYLOR 10th, AND DANIEL SEESER 15th.

Wednesday, November 10, 2010

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE DISTRICT MEET IN NATCHITOCHES YESTERDAY.

ANDREW LEMOINE IS THE GUYS DISTRICT CHAMPION AND MALLORY ROBICHAUX IS THE GIRLS DISTRICT CHAMPION.

ALSO SCORING FOR THE GIRLS WERE:
RACHEL ENGELSMAN
MALLORY BARTOW
ALYSE LEMOINE
AND JESSICA MARSHALL

ALSO SCORING FOR THE BOYS WERE:
TUCKER BAKER
CHRISTIAN TAYLOR
BRENNAN VIDRINE
AND DANIEL SEESER

TUESDAY, November 16, 2010

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 WERE STATE RUNNER-UPS OUT OF 26 SCHOOLS, AND THE BOYS PLACED 9th OF 26 SCHOOLS. LEADING THE GIRLS WERE RACHEL ENGELSMAN AND MALLORY ROBICHAUX, WHO EARNED ALL-STATE HONORS FOR THEIR TOP TEN FINISHES.

SCORING FOR THE GIRLS WERE:
RACHEL ENGELSMAN
MALLORY ROBICHAUX
LINDSAY VAUGHAN
MALLORY BARTOW
AND ALYSE LEMOINE

SCORING FOR THE BOYS WERE:
ANDREW LEMOINE
TUCKER BAKER
CHRISTIAN TAYLOR
BRENNAN VIDRINE
AND WILL WEHRLE

TOP FEMALE RUNNERS AND 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
Caroline Heymann (11)	15:02
Sarah Kliener (11)	17:23

1987 (14:35) - 8

Sandra Jansonne (10)	13:39
Ashley Juneau (12)	14:11
Caroline Heymann(12)	14:26
Aimee Duggan (9)	14:29
Memi Miscally (9)	16:11
Ngosi Okereke (9)	18:12
Nancy Owens(9)	20.48

1988 (14:12) - 9

Aimee Duggan (10)	13:46
Sandra Jeansonne(11)	13:52
Memi 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
Memi 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 Meek (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
Memi Miscally (12)	14:10
Celina Martien (9)	14:16
Christi Rabalias (8)	14:49

1991 (13:16) - 18

Lauren Patty (8)	12:44
Jodie White (10)	13:03
Leslie Manuel (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 Manuel (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 Manuel (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) - 20

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

1995 (12:55) - 23

Jeni Noles (9)	12:40
Courtney Michiels (9)	12:56
Sarah Ragona (9)	12:58
Leslie Manuel (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 Noles (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
Cortney Arndt (10)	15:14

1998 (13:40) – 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
Eliz 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 Sansing (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 Sansing (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 Sansing (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 Sansing (11)	22.26
Catherine Shackelford (8)	22.54

2007 (22.15) – 16

Mellynn Baker (12)	20.50
Lanie Sansing (12)	22.27
Catherine 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) – 19

Mallory Bartow (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 Bartow (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 Bartow (9)	20.28
Jessica Marshall (8)	21.51
Alyse Lemoine (9)	22.01
Macy Bartow (7)	24.11

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 (18:27) - 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 DeFee (8)	20:09
Matt Schexnyder (10)	20:52

1990 (19:14) – 18

Sean McHugh (12)	18:12
Dave Vanderlick (7)	19:17
Todd DeFee (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 DeFee (10)	18:24
Dave Vanderlick (8)	18:41
Danon 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 (18:03) - 15

Todd DeFee (11)	17:24
Danon 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

Danon O'Kelly (9)	17:20
Alex Perez (9)	17:54
Dave Vanderlick (10)	17:59
Todd DeFee (12)	18:17
Jimmy McAllan (12)	18:44
David Sigur (10)	18:45
Charles Ray (8)	19:34

1994 (17:39) - 16

Danon 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

Danon 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

Danon O'Kelly (12)	15:25
Gavin Filasek (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
Jonathan 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 (16:19) – 20

MarkLandreneau (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 Demarco (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 (18.09) – 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
Oscar Oliver (8)	19.57
Blaise 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 (10)	17.33
Isaac Eilts (10)	17.40
Andrew Lemoine (10)	17.47
Will Wehrle (9)	18.28
Brennan Vidrine (9)	18.38
Christian Taylor (10)	18.52
Robert Treuting (11)	19.01

GRADE & ALL-GRADES RECORDS

Will Wehrle (18.28)	#49 All Grades; #20 9th Grade
Isaac Eilts (17.40)	#23 11th Grade
Tucker Baker (17.33)	#27 All Grades; #20 11th Grade
Andrew Lemoine (17.47)	#34 All Grades; #24 11th Grade
Macy Bartow (24.11)	#22 All Grades; #8 7th Grade
Nellie Vargas (28.17)	#39 All Grades; #12 7th Grade
Cameron Erickson (27.17)	#36 All Grades; #11 7th Grade
Mallory Robichaux (19.07)	#1 All Grades; #1 8th Grade
Rachel Engelsman (19.42)	#2 8th Grade
Jessica Marshall (21.51)	#10 All Grades; #6 8th Grade
Madeline Jones (25.27)	#29 All Grades; #13 8th Grade
Tristan Kramer (26.50)	#34 All Grades; #15 8th Grade
Midori Mickel (26.50)	#35 All Grades; #16 8th Grade
Lindsay Vaughan (20.11)	#6 All Grades; #1 9th Grade
Mallory Bartow (20.28)	#2 9th Grade
Alyse Lemoine (22.01)	#11 All Grades; #4 9th Grade
Cana Zimmerman (25.11)	#25 All Grades; #8 10th Grade
Grace Jeanfreau (26.29)	#32 All Grades; #11 10th Grade
Claire Pearson (27.12)	#13 10th Grade

PERSONAL RECORDS! (2 Miles)

AT ST MICHAEL's (Highland):
None

AT EPISCOPAL (Highland):

Cameron Erickson	19.02
Grace Jeanfreau	18.00
Madeline Jones	20.39
Tristan Kramer	20.28
Midori Mickel	20.16
Nellie Vargas	22.10

AT CENLA CHAMPS (Buhlow):

Madeline Jones	19.52
Midori Mickel	19.40
Nellie Vargas	21.57
Cana Zimmerman	17.57
Hunter Watts	15.26

AT SACRED HEART, GC

Macy Bartow	16.01
Chelsea Bock	24.46
Grace Jeanfreau	17.56
Madeline Jones	19.05
Tristan Kramer	20.25
Midori Mickel	19.15
Nellie Vargas	19.03
Cole Robichaux	14.17

AT ST JOSEPH's (Highland):

Chelsea Bock	23.45
Cameron Erickson	18.37
Madeline Jones	17.31
Tristan Kramer	18.19
Midori Mickel	17.14
Chesnie Scull	24.56
Cole Robichaux	14.10

AT MENARD (Buhlow):

Chelsea Bock	23.09

AT JOHN MILLER (Buhlow):

Chesnie Scull	24.28
Cana Zimmerman	16.27
Noah Book	15.15
Cole Robichaux	13.24

PERSONAL RECORDS! (3 Miles)

AT ST MICHAEL's (Highland):
None

AT EPISCOPAL (Highland):

Brennan Vidrine	19.02

AT CENLA CHAMPS (Buhlow):
None

AT SACRED HEART, GC:

Brennan Vidrine	18.40
Will Wehrle	19.08

AT ST JOSEPH's (Highland):

Macy Bartow	25.25
Mallory Robichaux	19.19
Cana Zimmerman	25.38
Tucker Baker	17.33
Robert Treuting	19.26
Brennan Vidrine	18.38
Will Wehrle	19.05

AT NIKE SOUTH (Houston):

Will Wehrle	18.57

AT MENARD (Buhlow):

Jessica Marshall	23.13
Lindsay Vaughan	20.11
Andrew Lemoine	17.57
Robert Treuting	19.26
Will Wehrle	18.30

AT JOHN MILLER (Buhlow):

Macy Bartow	25.25
Madeline Jones	19.05
Jessica Marshall	23.13
Will Wehrle	18.28

AT NSU:

Macy Bartow	24.23
Tristan Kramer	27.36
Midori Mickel	27.34
Nellie Vargas	28.17
Robert Treuting	19.12

AT ST THOMAS MORE:

Madeline Jones	25.27
Tristan Kramer	26.50
Alyse Lemoine	22.01
Jessica Marshall	21.50
Midori Mickel	26.50
Mallory Robichaux	19.06
Andrew Lemoine	17.47
Robert Treuting	19.01
Hunter Watts	21.36

AT PARISH (Buhlow):

Cana Zimmerman	25.11
Cameron Erickson	29.04
Hunter Watts	20.49
Noah Book	23.16

AT DISTRICT (NSU):

Cameron Erickson	27.17

AT STATE (NSU):

Macy Bartow	24.11

MEET RECORDS

AT CENLA CHAMPS:

Rachel Engelsman (21.58)	#5 All-time; #2 8th Grade
Lindsay Vaughan (22.19)	#7 All-time; #2 9th Grade
Macy Bartow (32.40)	#3 7th Grade
Mallory Robichaux (21.50)	#1 8th Grade
Mallory Bartow (21.34)	#1 9th Grade

AT ST JOSEPH's:

Mallory Robichaux (19.19)	#1 All-time; #1 8th Grade
Rachel Engelsman (20.19)	#3 All-time; #2 8th Grade
Lindsay Vaughan (20.57)	#6 All-time; #1 9th Grade
Mallory Bartow (21.25)	#8 All-time; #2 9th Grade
Macy Bartow (25.25)	#5 7th Grade
Alyse Lemoine (22.32)	#4 9th Grade

AT MENARD:

Cole Robichaux (20.34)	#5 7th Grade
Lindsay Vaughan (20.11)	#2 All-time; #1 9th Grade
Jessica Marshall (23.13)	#10 All-time; #4 8th Grade
Mallory Robichaux (20.27)	#1 8th Grade
Alyse Lemoine (23.32)	#3 9th Grade

AT DISTRICT (NSU):

Mallory Robichaux (20.44)	#2 All-time; #1 8th Grade
Rachel Engelsman (21.40)	#7 All-time; #2 8th Grade
Mallory Bartow (22.44)	#2 9th Grade
Alyse Lemoine (24.28)	#5 9th Grade

AT STATE (NSU):

Rachel Engelsman (19.42)	#1 All-time; #1 8th Grade
Mallory Robichaux (19.59)	#2 All-time; #2 8th Grade
Lindsay Vaughan (20.57)	#1 9th Grade
Mallory Bartow (21.25)	#2 9th Grade
Alyse Lemoine (22.32)	#5 9th Grade

COURSE RECORDS

AT BUHLOW #6:

Macy Bartow (25.09)	#5 7th Grade
Mallory Bartow (21.34)	#2 9th Grade
Rachel Engelsman (21.58)	#2 8th Grade
Alyse Lemoine (23.14)	#5 9th Grade
Jessica Marshall (22.56)	#4 8th Grade
Mallory Robichaux (20.27)	#2 All-time; #1 8th Grade
Lindsay Vaughan (20.11)	#1 All-time; #1 9th Grade

AT HIGHLAND PARK:

Macy Bartow (25.25)	#5 7th Grade
Mallory Bartow (20.28)	#5 All-time; #1 9th Grade
Rachel Engelsman (20.19)	#3 All-time; #2 8th Grade
Alyse Lemoine (23.14)	#5 9th Grade
Mallory Robichaux (19.19)	#1 All-time; #1 8th Grade
Lindsay Vaughan (20.11)	#7 All-time; #2 9th Grade

AT ACADIANA PARK:

Mallory Robichaux (19.06)	#1 All-time; #1 8th Grade
Jessica Marshall (21.50)	#8 All-time; #4 8th Grade
Alyse Lemoine (22.01)	#10 All-time; #1 9th Grade

AT NSU:

Rachel Engelsman (19.42)	#1 All-time; #1 8th Grade
Lindsay Vaughan (21.08)	#1 9th Grade
Mallory Bartow (21.24)	#2 9th Grade
Alyse Lemoine (22.20)	#4 9th Grade

HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS

As of October 9, 2010

5K ROAD RACES	BOYS			GIRLS		
Top 10 Overall	1. Dotson (12)	15.25	08	1. Daigrepont (11)	18.57	02
	2. O'Kelly (12)	15.32	96	2. Ardoin (10)	19.52	01
	3. Smith (12)	16.14	86	3. Engelsman (7)	20.53	09
	4. M Landreneau (11)	16.35	02	4. Sansing (8)	20.58	03
	5. J Holcombe (10)	16.42	02	5. Murchison (10)	21.06	03
	6. J Landreneau (12)	17.14	00	6. Landreneau (9)	21.09	00
	7. F Vanderlick (12)	17.45	03	7. Demarco (9)	21.09	02
	8. Pepitone (11)	17.54	01	8. Patty (8)	21.16	91
	9. L Carr (12)	17.55	88	8. White (10)	21.16	91
	10. Petrus (12)	18.07	02	10. Robichaux	21.18	10
7th Grade	1. Littlepage	19.10	02	1. Engelsman	20.53	09
	2. Jeansonne	19.43	03	2. Pharis	23.03	98
	3. O'Kelly	20.06	91	3. Robichaux	23.05	09
	4. J Holcombe	21.35	98	4. Sansing	23.21	02
	5. Filasek	22.21	95	5. J Webb	23.35	91
8th Grade	1. O'Kelly	19.01	92	1. Engelsman	20.56	10
	2. Duggan	20.18	91	2. Sansing	20.58	03
	3. F Vanderlick	20.24	99	3. Patty	21.16	91
	4. J Holcombe	20.34	99	4. Robichaux	21.18	10
	5. J Adams	20.53	97	5. Demarco	21.19	02
9th Grade	1. M Landreneau	17.45	99	1. Landreneau	21.09	00
	2. Pepitone	18.09	99	2. Demarco	21.09	02
	3. O'Kelly	18.19	93	3. Pharis	21.22	00
	4. J Holcombe	18.19	00	4. Carr	21.33	89
	5. Demarco	19.02	01	5. Walters	21.41	02
10th Grade	1. J Holcombe	16.42	02	1. Daigrepont	19.02	02
	2. M Landreneau	17.31	00	2. Ardoin	19.52	01
	3. O'Kelly	17.37	94	3. Murchison	21.06	03
	4. J Landreneau	17.59	98	4. White	21.16	91
	5. Pepoitone	18.16	00	5. Pharis	21.47	01
11th Grade	1. O'Kelly	16.30	95	1. Daigrepont	18.57	02
	2. M Landreneau	16.35	02	2. Duggan	22.55	89
	3. Smith	17.03	85	3. Miscally	23.04	89
	4. Dotson	17.24	07	4. Jeansonne	23.29	88
	5. J Landreneau	17.30	99	5. Scarborough	23.47	98
12th Grade	1. Dotson	15.25	08	1. Daigrepont	19.44	03
	2. O'Kelly	15.32	96	2. Patty	22.23	95
	3. Smith	16.14	86	3. Manuel	22.42	95
	4. Mark Dotson	17.02	08	4. Scarborough	23.19	99
	5. J Landreneau	17.14	00	5. Miscally	23.30	90

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

As of September 22, 2010

CENLA CHAMPS	BOYS			GIRLS		
Top 10 Overall	1. Smith (12)	15.00	86	1. Jeane (12)	20.31	06
	2. M Landreneau (11)	15.45	01	2. Badeaux (12)	21.26	06
	3. J Holcombe (12)	16.13	03	3. Robichaux (7)	21.30	09
	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. Murchison (12)	22.44	05
	9. F Vanderlick (12)	17.10	03	9. Sansing (11)	23.19	06
	10. McHugh (11)	17.30	89	10. Wyatt (11)	23.35	06
7th Grade	1. Taylor	18.59	06	1. Robichaux	21.30	09
	2. Jeansonne	19.46	03	2. Bartow	23.29	08
	3. O'Kelly	20.01	91	3. M Bartow	32.40	10
	4. J Adams	20.30	96	4.		
	5. Blalock	20.57	92	5.		
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. Bartow	21.50	10
	2. J Holcombe	17.47	00	2. Vaughan	22.19	10
	3. O'Kelly	18.05	93	3. Baker	23.14	04
	4. F Vanderlick	18.11	00	4. Pearson	24.15	09
	5. Garner	18.18	01	5. O'Neal	25.20	06
10th Grade	1. M Landreneau	16.23	00	1. Badeaux	22.42	04
	2. O'Kelly	16.27	94	2. Baker	22.51	05
	3. Smith	16.32	84	3. Jeane	23.01	04
	4. J Holcombe	16.34	01	4. Sansing	25.08	05
	5. L Carr	17.04	86	5. K Price	25.53	08
11th Grade	1. M Landreneau	15.45	01	1. Baker	22.05	06
	2. O'Kelly	16.31	95	2. Badeaux	23.02	05
	3. J Landreneau	16.56	99	3. Sansing	23.19	06
	4. Dotson	17.21	07	4. Wyatt	23.35	06
	5. Pepitone	17.34	01	5. Jeane	25.13	05
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. LaCroix	25.19	07

HOLY SAVIOR MENARD CROSS COUNTRY **As of October 30, 2010**
COURSE RECORDS (Girls 3 mile)

ACADIANA PARK	BOYS			GIRLS		
Top 10 Overall	1. M Landreneau (11)	15.30	01	1. Robichaux (8)	19.06	10
	2. O'Kelly (12)	15.41	96	2. Engelsman (7)	19.37	09
	3. J Holcombe (12)	16.04	03	3. Vaughan (7)	20.30	09
	4. Dotson (11)	16.20	07	4. Murchison (12)	20.35	05
	5. J Landreneau (11)	16.30	99	5. Badeaux (12)	20.49	06
	6. Petrus (12)	16.43	02	6. Jeane (12)	20.51	06
	7. F Vanderlick (12)	16.55	03	7. Bartow (7)	20.55	08
	8. Pepitone (10)	17.05	00	8. Marshall (8)	21.50	10
	9. Garner (10)	17.05	02	9. Baker (11)	22.01	06
	10. Perez (12)	17.17	96	10. Lemoine (9)	22.01	10
7th Grade	1. Jeansonne	19.05	03	1. Engelsman	19.37	09
	2. J Adams	19.13	96	2. Robichaux	19.44	09
	3. Profilet	20.07	00	3. Bartow	20.55	08
	4. J Holcombe	20.08	98	4. Vaughan	22.51	08
	5. Upton	20.31	00	5. Marshall	24.59	09
8th Grade	1. Filasek	17.23	96	1. Robichaux	19.06	10
	2. O'Kelly	17.54	92	2. Vaughan	20.30	09
	3. J Holcombe	18.01	99	3. Bartow	21.02	09
	4. F Vanderlick	18.05	99	4. Marshall	21.50	10
	5. Taylor	18.13	07	5. Lemoine	22.23	09
9th Grade	1. J Holcombe	17.07	00	1. Lemoine	22.01	10
	2. Garner	17.13	01	2. Baker	22.19	04
	3. M Landreneau	17.17	99	3. O'Neal	22.54	06
	4. O'Kelly	17.24	93	4. Shackelford	23.05	07
	5. Taylor	17.42	08	5. K Price	24.35	07
10th Grade	1. M Landreneau	16.08	00	1. Badeaux	21.23	04
	2. J Holcombe	16.59	01	2. Baker	22.05	05
	3. Dotson	17.00	06	3. Jeane	22.18	04
	4. Pepitone	17.05	00	4. Sansing	22.22	05
	5. Garner	17.05	02	5. O'Neal	23.02	07
11th Grade	1. M Landreneau	15.30	01	1. Badeaux	21.42	05
	2. O'Kelly	16.11	95	2. Jeane	21.50	05
	3. Dotson	16.20	07	3. Baker	22.01	06
	4. J Landreneau	16.30	99	4. Sansing	22.31	06
	5. Jeansonne	17.20	07	5. Aaron	23.05	05
12th Grade	1. O'Kelly	15.41	96	1. Murchison	20.35	05
	2. J Holcombe	16.04	03	2. Badeaux	20.49	06
	3. Petrus	16.43	02	3. Jeane	20.51	06
	4. F Vanderlick	16.55	03	4. Sansing	22.28	07
	5. Perez	17.17	96	5. Trotter	31.45	04

HOLY SAVIOR MENARD CROSS COUNTRY **As of November 9, 2010**
EVENT RECORDS (Girls 3 mile)

DISTRICT MEET	BOYS			GIRLS		
Top 10 Overall	1. Smith (12)	15.05	86	1. Badeaux (10)	20.38	04
	2. O'Kelly (12)	15.33	96	2. Robichaux (8)	20.44	10
	3. J Landreneau (10)	16.17	99	3. Jeane (12)	21.04	06
	4. M Landreneau (11)	16.17	01	4. Murchison (12)	21.07	05
	5. Dotson (11)	16.29	07	5. Baker (12)	21.18	07
	6. L Carr (11)	16.37	87	6. Bartow (7)	21.28	08
	7. J Holcombe (12)	16.37	03	7. Engelsman (8)	21.40	10
	8. Petrus (12)	16.46	02	8. Vaughan (7)	21.43	08
	9. Garner (10)	16.46	02	9. Sansing (12)	22.44	07
	10. F Vanderlick (12)	16.53	03	10. LaCroix (12)	22.54	07
7th Grade	1. Jeansonne	18.29	03	1. Robichaux	20.54	09
	2. J Adams	18.35	96	2. Bartow	21.28	08
	3. Boute	18.37	06	3. Vaughan	21.43	08
	4. O'Kelly	18.51	91	4. Engelsman	22.49	09
	5. D Vanderlick	20.00	90	5. Tarpley	23.44	04
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. Tarpley	23.44	05
9th Grade	1. M Landreneau	17.04	99	1. Baker	22.17	04
	2. O'Kelly	17.26	93	2. Bartow	22.44	10
	3. Petrus	17.30	99	3. O'Neal	23.21	06
	4. Demarco	17.38	01	4. Shackelford	23.30	07
	5. Garner	17.40	01	5. Lemoine	24.28	10
10th Grade	1. Smith	16.26	84	1. Badeaux	20.38	04
	2. O'Kelly	16.32	94	2. Jeane	21.35	04
	3. Garner	16.46	02	3. Baker	22.42	05
	4. J Holcombe	16.56	01	4. Aaron	23.37	04
	5. L Carr	17.24	86	5. Price	25.59	08
	5. J Landreneau	17.24	98			
	5. Dotson	17.24	06			
11th Grade	1. O'Kelly	16.06	95	1. Badeaux	21.34	05
	2. J Landreneau	16.17	99	2. Jeane	22.26	05
	3. M Landreneau	16.17	01	3. Aaron	23.07	05
	4. Smith	16.20	85	4. Baker	22.24	06
	5. Dotson	16.29	07	5. Sansing	23.30	06
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 October 2, 2010

HIGHLAND PARK

	BOYS			GIRLS		
Top 10 Overall	1. O'Kelly (12)	15.25	96	1. Robichaux (8)	19.19	10
	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. Murchison (12)	20.27	05
	5. Smith (11)	15:41	85	5. Bartow (9)	20.28	10
	6. F Vanderlick (12)	16.27	03	6. Jeane (11)	20.32	05
	7. Pepitone (11)	16.44	01	7. Vaughan (9)	20.57	10
	8. Petrus (12)	16.51	02	8. Baker (11)	21:06	06
	9. Jeansonne (11)	16.50	07	9. Sansing (11)	22.26	06
	10. J Landreneau (11)	16.54	99	10. Shackelford (9)	22.27	07
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. Vaughan	24.50	08
	5. J Holcombe	20.41	98	5. M Bartow	25.25	10
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. Bartow	20.28	10
	2. M Landreneau	16.52	99	2. Vaughan	20.57	10
	3. Garner	17.12	01	3. Shackelford	22.27	07
	4. O'Kelly	17:20	93	4. Baker	22:31	04
	5. Dotson	17.12	05	5. Lemoine	22.32	10
10th Grade	1. M Landreneau	16.02	00	1. Badeaux	20.37	04
	2. Dotson	16.15	06	2. Jeane	21.19	04
	3. O'Kelly	16:39	94	3. Baker	21:31	05
	4. J Holcombe	16.46	01	4. Sansing	23.15	05
	5. J Landreneau	17.17	98	5. O'Neal	23.29	07
	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. Sansing	22.26	06
	5. Pepitone	16.44	01	5. Wyatt	22.54	06
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. Sansing	22.27	07

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

As of October 2, 2010

CATHOLIC / ST JOE

	BOYS			GIRLS		
Top 10 Overall	1. O'Kelly (12)	15.25	96	1. Robichaux (8)	19.19	10
	2. Dotson (12)	15.38	08	2. Badeaux (12)	19.58	06
	3. J Holcombe (12)	15.42	03	3. Engelsman (8)	20.19	10
	4. M Landreneau (11)	15.43	01	4. Murchison (12)	20.27	05
	5. Smith (12)	15.53	86	5. Jeane (11)	20.32	05
	6. Pepitone (11)	16.44	01	6. Vaughan (9)	20.57	10
	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. Sansing (12)	22.27	07
	10. F Vanderlick (12)	17.07	03	10. LaCroix (12)	22.30	07
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. O'Kelly	19.40	91	4. Vaughan	24.50	08
	5. J Holcombe	20.41	98	5. M Bartow	25.25	10
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. Vaughan	20.57	10
	2. Garner	17.12	01	2. Bartow	21.25	10
	3. O'Kelly	17.20	93	3. Baker	22.31	04
	4. Jeansonne	17.27	05	4. Lemoine	22.32	10
	5. Dotson	17.32	05	5. O'Neal	23.05	06
10th Grade	1. M Landreneau	16.02	00	1. Badeaux	20.37	04
	2. Dotson	16.15	06	2. Jeane	21.38	04
	3. O'Kelly	16.39	94	3. Baker	21.42	05
	4. J Holcombe	16.45	01	4. Sansing	23.15	05
	5. J Landreneau	17.17	98	5. O'Neal	23.29	07
	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. Sansing	22.36	06
	5. Jeansonne	16.50	07	5. Wyatt	22.54	06
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. Sansing	22.27	07

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

As of November 3, 2010

Buhlow #6	BOYS			GIRLS		
Top 10 Overall	1. Dotson (12)	15.49	08	1. Robichaux (08)	19.16	10
	2. M Landreneau (11)	16.01	01	2. Vaughan (09)	20.11	10
	3. J Holcombe (12)	16.13	03	3. Jeane (12)	20.31	06
	4. Petrus (12)	16.37	02	4. Murchison (12)	20.34	05
	5. F Vanderlick (12)	16.52	03	5. Badeaux (12)	20.45	06
	6. Garner (10)	17.12	02	6. Baker (12)	21.18	07
	7. Jeansonne (10)	17.13	06	7. Engelsman (07)	21.25	09
	8. Pepitone (11)	17.21	01	8. Bartow (07)	21.29	08
	9. B Adams (12)	17.22	01	9. Marshall (08)	22.06	10
	10. Alexander (11)	17.26	09	10. Sansing (10)	22.38	05
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. Norem	20.20	06	4. Vaughan	21.43	08
	5. Robichaux	20.34	10	5. M Bartow	24.40	10
8th Grade	1. Taylor	17.57	07	1. Robichaux	19.16	10
	2. Jeansonne	18.25	04	2. Engelsman	21.58	10
	3. Kajor	19.02	02	3. Vaughan	21.28	09
	4. T Holcombe	19.25	01	4. Marshall	22.06	10
	5. Baker	19.26	07	5. Shackelford	23.40	06
9th Grade	1. Garner	17.30	01	1. Vaughan	20.11	10
	2. Taylor	17.35	08	2. Bartow	21.34	10
	3. Dotson	17.36	05	3. Baker	22.38	04
	4. Demarco	17.38	01	4. O'Neal	22.48	06
	5. Jeansonne	17.40	05	5. Lemoine	22.54	10
10th Grade	1. J Holcombe	16.47	01	1. Badeaux	20.57	04
	2. Dotson	16.53	06	2. Baker	21.43	05
	3. Garner	17.12	02	3. Jeane	21.55	04
	4. Jeansonne	17.13	06	4. Sansing	22.38	05
	5. Demarco	17.28	02	5. O'Neal	24.23	07
11th Grade	1. M Landreneau	16.01	01	1. Jeane	21.20	05
	2. Dotson	16.20	07	2. Badeaux	21.30	05
	3. Petrus	17.21	01	3. Baker	21.49	06
	4. Pepitone	17.21	01	4. Wyatt	22.43	06
	5. Alexander	17.26	09	5. Aaron	23.07	05
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. Sansing	22.44	07

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 October 16, 2010

MENARD INVITATIONAL	BOYS			GIRLS		
Top 10 Overall	1. Mark Dotson (12)	15.49	08	1. Robichaux (7)	19.59	09
	2. O'Kelly (11)	15.52	95	2. Vaughan (9)	20.11	10
	3. M Landreneau (11)	16.01	01	3. Engelsman (7)	20.19	09
	4. L Carr (12)	16.28	88	4. Murchison (12)	20.34	05
	5. Petrus (12)	16.37	02	5. Jeane (12)	20.39	06
	6. J Landreneau (11)	16.42	99	6. Badeaux (12)	20.45	06
	7. Perez (11)	16.47	95	7. Baker (12)	21.28	07
	8. J Holcombe (10)	16.47	01	8. Bartow (7)	22.07	08
	9. Pepitone (10)	16.51	00	9. Sansing (10)	22.38	05
	10. F Vanderlick (12)	16.52	03	10. Marshall (8)	23.13	10
7th Grade	1. Jeansonne	18.51	03	1. Robichaux	19.59	09
	2. Taylor	18.52	06	2. Engelsman	20.19	09
	3. O'Kelly	19.08	91	3. Bartow	22.07	08
	4. Upton	19.26	00	4. Vaughan	24.36	08
	5. Profilet	19.42	00	5. Marshall	25.56	09
8th Grade	1. Garner	17.36	00	1. Robichaux	20.27	10
	2. J Holcombe	17.44	99	2. Vaughan	20.44	09
	3. Taylor	18.10	07	3. Bartow	22.20	09
	4. O'Kelly	18.12	92	4. Marshall	23.13	10
	5. Jeansonne	18.25	04	5. Tarpley	24.12	05
9th Grade	1. M Landreneau	16.56	99	1. Vaughan	20.11	10
	2. J Holcombe	17.08	00	2. Baker	22.42	04
	3. Daniel Garner	17.30	01	3. Lemoine	23.32	10
	4. F Vanderlick	17.35	00	4. Shackelford	23.50	07
	5. Dotson	17.36	05	5. O'Neal	24.12	06
10th Grade	1. M Landreneau	16.05	00	1. Badeaux	20.57	04
	2. O'Kelly	16.15	94	2. Baker	21.43	05
	3. J Holcombe	16.47	01	3. Sansing	22.38	05
	4. Pepitone	16.51	00	4. Jeane	23.00	04
	5. Dotson	16.53	06	5. O'Neal	24.23	07
11th Grade	1. O'Kelly	15.52	95	1. Jeane	21.20	05
	2. M Landreneau	16.01	01	2. Badeaux	21.30	05
	3. Dotson	16.20	07	3. Baker	21.49	06
	4. J Landreneau	16.42	99	4. Wyatt	23.42	06
	5. Perez	16.47	95	5. Aaron	23.43	05
12th Grade	1. Dotson	15.49	08	1. Murchison	20.34	05
	2. L Carr	16.28	88	2. Jeane	20.39	06
	3. Petrus	16.37	02	3. Badeaux	20.45	06
	4. F Vanderlick	16.52	03	4. Baker	21.28	07
	5. Hugenroth	17.18	88	5. Sansing	22.55	07

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

As of November 15, 2010

NORTHWESTERN	BOYS			GIRLS		
Top 10 Overall	1. Dotson (12)	15.40	08	1. Engelsman (8)	19.42	10
	2. M Landreneau (11)	15.49	01	2. Robichaux (8)	19.45	10
	3. O'Kelly (12)	15:55	96	3. Bartow (7)	20.04	08
	4. Smith (12)	16.23	86	4. Murchison (12)	20.34	05
	5. J Holcombe (9)	16.36	00	5. Badeaux (10)	20.38	04
	6. Petrus (12)	16.41	02	6. Baker (12)	20.50	07
	7. J Landreneau (11)	16.42	99	7. Jeane (11)	20.56	05
	8. Garner (10)	16.42	02	8. Vaughan (7)	21.03	09
	9. F Vanderlick (12)	16.53	03	9. Tarpley (8)	21.41	05
	10. Pepitone (11)	16.58	01	10. Aaron (11)	22.10	05
7th Grade	1. Jeansonne	18.29	03	1. Engelsman	19.51	09
	2. J Holcombe	19.42	98	2. Robichaux	20.02	09
	3. Littlepage	19.47	01	3. Bartow	20.04	08
	4. Upton	19.54	00	4. Vaughan	21.06	08
	5. Bouie	20.01	06	5. Tarpley	23.18	04
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. Vaughan	21.08	10
	2 M Landreneau	16.53	99	2. Bartow	21.24	10
	3. Dotson	17.02	05	3. Baker	21.53	04
	4. Garner	17.12	01	4. Lemoine	22.20	10
	5. Taylor	17.20	08	5. Sansing	23.20	04
10th Grade	1. O'Kelly	16.28	94	1. Badeaux	20.38	04
	2. J Holcombe	16.36	01	2. Baker	20.56	05
	3. Garner	16.42	02	3. Jeane	21.09	04
	4. M Landreneau	16.43	00	4. Aaron	23.02	04
	5. Pepitone	17.18	00	5. Price	23.38	08
11th Grade	1. M Landreneau	15.49	01	1. Jeane	20.56	05
	2. O'Kelly	15.59	95	2. Badeaux	21.03	05
	3. Dotson	16.12	07	3. Baker	22.04	06
	4. Smith	16.41	85	4. Aaron	22.10	05
	5. J Landreneau	16.42	99	5. Sansing	23.44	06
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. Ponthie	23.10	08

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

As of November 15, 2010

STATE MEET	BOYS			GIRLS		
Top 10 Overall	1. Smith (11)	15.41	85	1. Engelsman (8)	19.42	10
	2. M Landreneau (11)	15.49	01	2. Robichaux (8)	19.59	10
	3. Dotson (11)	15.49	08	3. Murchison (12)	20.34	05
	4. O'Kelly (11)	16.06	95	4. Bartow (7)	20.36	08
	5. J Holcombe (9)	16.36	00	5. Baker (12)	20.50	07
	6. Jesse Petrus (12)	16.41	02	6. Badeaux (10)	20.53	04
	7. J Landreneau (11)	16.42	99	7. Jeane (11)	20.56	05
	8. Garner (9)	16.42	02	8. Vaughan (7)	21.03	09
	9. Pepitone (11)	16.58	01	9. Tarpley (8)	21.41	05
	10. L Carr (12)	17.02	88	10. Aaron (11)	22.10	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. Bouie	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. Tarpley	23.18	04
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. Vaughan	21.08	10
	2. Dotson	17.02	05	2. Bartow	21.24	10
	3. M Landreneau	17.06	99	3. Lemoine	22.20	10
	4. Garner	17.12	01	4. Baker	21.53	04
	5 Taylor	17.21	08	5. Sansing	23.20	04
10th Grade	1. J Holcombe	16.36	01	1. Badeaux	20.53	04
	2. Garner	16.42	02	2. Baker	20.56	05
	3. O'Kelly	16.43	94	3. Jeane	21.09	04
	4. M Landreneau	16.43	00	4. Aaron	23.02	04
	5. Pepitone	17.18	00	5. Price	23.38	08
11th Grade	1. Smith	15.41	85	1. Jeane	20.56	05
	2. M Landreneau	15.49	01	2. Badeaux	21.03	05
	3. O'Kelly	16.06	95	3. Baker	22.04	06
	4. Dotson	16.12	07	4. Aaron	22.10	05
	5. J Landreneau	16.42	99	5. Sansing	23.54	06
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. Ponthie	23.10	08

TOP BOYS TIMES BY CLASS (11/15/10)

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	Dave Vanderlick-90	19.17
7	Greg Upton-00	19.26
8	Joffroi Holcombe-98	19.42
9	Andrew Profilet-01	19.42
10	Will Littlepage-01	19.47
11	Thibault Holcombe-00	20.04
12	Erick Norem-06	20.20
13	Gavin Filasek-95	20.27
14	Jesse Petrus-97	20.30
15	Cole Robichaux-10	20.34
16	Adam Woerner-95	20.52
17	Patrick Blalock-92	20.57
18	Francis Vanderlick-98	20.58
19	Thomas Kajor-01	21.09
20	Grant Alexander-05	21.09
21	Micah Pippin-98	21.12
22	Todd DeFee-88	21.22
23	Tucker Baker-06	21.32
24	Dalton Crutchfield-08	21.48
25	Will Wehrle-08	21.50

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	Thomas Kajor-02	19.02
14	Grant Alexander-06	19.02
15	Adrian Landreneau-91	19.04
16	Jesse Petrus-98	19.09
17	Will Wehrle-09	19.15
18	Charles Ray-93	19.34
19	Rob Duggan-91	19.38
20	Ben Perkins-92	19.42
21	Oscar Oliver-04	19.57
22	Dalton Crutchfield-09	20.00
23	Erick Norem-07	20.04
24	Todd DeFee-89	20.09
25	Andrew Lemoine-07	20.17

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	Thomas Kajor-03	19.02
25	Brennan Vidrine-09	19.06

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	Alex Perez-96	17.17
13	Jason Hugenroth-88	17.18
14	Shawn Preau-88	17.28
15	Maury Carr-86	17.40
16	Sean Nolan-88	17.45
17	Willie Carr-97	17.50
18	Mike Vanderlick-89	18.02
19	Rob Duggan-95	18.11
20	Sean McHugh-90	18.12
21	Doug Stewart-85	18.17
22	Todd DeFee-93	18.17
23	Mike Marcotte-89	18.22
24	Lance Clement-88	18.24
25	Stefan Waller-07	18.27

TOP FIFTY BOYS TIMES ALL CLASSES

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	Jason Hugenroth-88 (12)	17.18
20	Christian Taylor-08 (9)	17.20
21	Isaac Eilts-09 (10)	17.23
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	Sean Nolan-88 (12)	17.45
33	Jack Shallock-00 (10)	17.46
34	Andrew Lemoine-09 (10)	17.47
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	Rob Duggan-95 (12)	18.11
43	Doug Stewart-85 (12)	18.17
44	Adrian Landreneau-92 (9)	18.19
45	Mike Marcotte-89	18.22
46	Lance Clement-88	18.24
47	Zac Veillon-06 (10)	18.27
48	Thibault Holcombe-01 (8)	18.28
49	Will Wehrle-10 (9)	18.28
50	Patrick Blalock-94 (9)	18.32

TOP GIRLS 3 MILE TIMES BY CLASS (11/15/10)

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	Megan Tarpley-04	23.18
6	Linda O'Neal-04	23.47
7	Alyse Lemoine-08	24.02
8	Macy Bartow-10	24.11
9	Jessica Marshall-09	24.27
10	Hayley Hilton-04	25.15
11	Cameron Erickson-10	27.17
12	Nellie Vargas-10	28.17
13	Catherine Shackelford-05	28.35
14	Mary Wyatt-05	32.33
15	Sara Freundlich-06	34.17
16	Amanda Robinson-06	35.18
17	Megan Nugent-06	37.02
18		
19		
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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	Linda O'Neal-05	24.58
12	Hayley Hilton-05	25.15
13	Madeline Jones-10	25.27
14	Hannah Hicks-04	25.53
15	Tristan Kramer-10	26.50
16	Midori Mickel-10	26.50
17	Alyse Aldridge-05	28.48
18	Mary Wyatt-06	34.19
19		
20		
21		
22		
23		
24		
25		

9th GRADE

1	Lindsay Vaughan-10	20.11
2	Mallory Bartow-10	20.28
3	Mellynn Baker-04	21.53
4	Alyse Lemoine-10	22.01
5	Linda O'Neal-06	22.02
6	Catherine Shackelford-07	22.27
7	Claire Pearson-09	22.39
8	Lanie Sansing-04	23.20
9	Katie Price-07	24.35
10	Kayla Smith-04	25.32
11	Mary Wyatt-07	27.44
12	Hannah Hicks-05	27.50
13	Carolina McRae-05	27.51
14	Liz Price-06	28.24
15	Christie Peaslee-06	29.16
16	Brooke Abrusley-07	29.39
17	Sarah Peterman-07	29.47
18	Amber Barrett-06	34.13
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23		
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10th GRADE

1	Heather Badeaux-04	20.37
2	Mellynn Baker-05	20.56
3	Jennifer Jeane-04	21.09
4	Lanie Sansing-05	22.22
5	Brittany Aaron-04	23.02
6	Linda O'Neal-07	23.02
7	Katie Price-08	23.38
8	Cana Zimmerman-10	25.11
9	Rebecca McBride-08	25.22
10	Alexis Caletka-08	25.40
11	Grace Jeanfreau-10	26.29
12	Adrienne Carriere-05	26.41
13	Claire Pearson-10	27.12
14	Caroline Ponthie-06	27.20
15	Kathryn Sayes-08	29.20
16	Mary Wyatt-08	29.27
17	Sarah Peterman-08	29.32
18	Liz Price-07	30.01
19	Emily Harmeyer-08	35.03
20	Mary Alice Nugent-06	38.59
21		
22		
23		
24		
25		

11th GRADE

1	Heather Badeaux-05	20.27
2	Jennifer Jeane-05	20.32
3	Mellynn Baker-06	21.01
4	Brittany Aaron-05	22.10
5	Elise Wyatt-06	22.11
6	Lanie Sansing-06	22.26
7	Caroline Ponthie-07	25.35
8	Linda O'Neal-08	25.42
9	Jill Marien-06	29.58
10	Amber Barrett-08	30.11
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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	Lanie Sansing-07	22.27
6	Hillary LaCroix-07	22.30
7	Caroline Ponthie-08	23.10
8	Elise Wyatt-07	23.16
9	Morgan Hilton-08	24.18
10	Jennifer Mathews-08	24.38
11	Kayla Smith-07	25.27
12	Jane Trotter-04	28.55
13	L Yancovich-05	28.57
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24		
25		

TOP FIFTY GIRLS TIMES ALL CLASSES

1	Mallory Robichaux-10 (8)	19.07
2	Jennifer Jeane-06 (12)	19.19
3	Heather Badeaux-06 (12)	19.35
4	Rachel Engelsman-09 (7)	19.37
5	Mallory Bartow-08 (7)	20.04
6	Lindsay Vaughan-10 (9)	20.11
7	Hope Murchison-05 (12)	20.27
8	Mellynn Baker-07 (12)	20.50
9	Megan Tarpley-05 (8)	21.41
10	Jessica Marshall-10 (8)	21.51
11	Alyse Lemoine-10 (9)	22.01
12	Linda O'Neal-06 (9)	22.02
13	Brittany Aaron-05 (11)	22.10
14	Elise Wyatt-06 (11)	22.11
15	Lanie Sansing-05 (10)	22.22
16	Cath Shackelford-07 (9)	22.27
17	Hillary LaCroix-07 (12)	22.30
18	Claire Pearson-09 (9)	22.39
19	Lana Beard-09 (8)	22.50
20	Caroline Ponthie-08 (12)	23.10
21	Katie Price-08 (10)	23.38
22	Macy Bartow-10 (7)	24.11
23	Morgan Hilton-08 (12)	24.18
24	Jennifer Mathews-08 (12)	24.38
25	Cana Zimmerman-10 (10)	25.11
26	Hayley Hilton-04 (7)	25.15
27	Rebecca McBride-08 (10)	25.22
28	Kayla Smith-07 (12)	25.27
29	Madeline Jones-10 (8)	25.27
30	Alexis Caletka-08 (10)	25.40
31	Hannah Hicks-04 (8)	25.53
32	Grace Jeanfreau-10 (10)	26.29
33	Adrienne Carriere-05 (10)	26.41
34	Tristan Kramer-10 (8)	26.50
35	Midori Mickel-10 (8)	26.50
36	Cameron Erickson-10 (7)	27.17
37	Mary Wyatt-07 (9)	27.44
38	Carolina McRae-05 (9)	27.51
39	Nellie Vargas-10 (7)	28.17
40	Liz Price-06 (9)	28.24
41	Alyse Aldridge-05 (7)	28.48
42	Jane Trotter-04 (12)	28.55
43	L Yancovich-05 (12)	28.57
44	Christie Peaslee-06 (9)	29.16
45	Kathryn Sayes-08 (10)	29.20
46	Sarah Peterman-08 (10)	29.32
47	Brooke Abrusley-07 (9)	29.39
48	Jill Marien-06 (11)	29.58
49	Amber Barrett-08 (11)	30.11
50	Sara Freundlich-06 (7)	34.17

CUMMULATIVE MILES

			2006	2007	2008	2009	2010	TOTAL
Bartow, Macy	7	F					405	405
Bartow, Mallory	9	F			292	414	520	1,226
Beard, Lana	9	F				177	83	260
Bock, Chelsea	8	F					89	89
Engelsman, Rachel	8	F				290	463	753
Erickson, Cameron	7	F					212	212
Hirchak, Victoria	7	F					52	52
Jeanfreau, Grace	10	F					255	255
Jones, Madeline	8	F					143	143
Kramer, Tristan	8	F					175	175
Lemoine, Alyse	9	F			242	374	463	1,079
Marshall, Jessica	8	F				262	376	638
Mickel, Midori	8	F					221	221
Pearson, Claire	10	F			296	523	501	1,320
Robichaux, Mallory	8	F				502	582	1,084
Sculi, Chesnie	7	F					77	77
Vargas, Nellie	7	F					140	140
Vaughan, Lindsay	9	F			174	349	275	798
Zimmerman, Cana	10	F					132	132

			2006	2007	2008	2009	2010	
Baker, Tucker	11	M	250	445	399	611	559	2,264
Book, Noah	8	M					78	78
Eilts, Isaac	11	M			512	352	386	1,250
Lemoine, Andrew	11	M	460	436	507	612	706	2,721
Mathews, Paul	11	M		129	183	149	53	514
Robichaux, Cole	7	M					247	247
Seeser, Daniel	11	M		249	544	561	612	1,966
Taylor, Christian	11	M	401	540	509	497	601	2,548
Treuting, Robert	11	M					237	237
Vidrine, Brennan	10	M			425	511	585	1,521
Watts, Hunter	8	M					408	408
Wehrle, Will	9	M			153	217	435	805

CC 2010!

TRAINING GROUPS

10/22/2010

DATE: _____

					Distance	Pace
1	1	Baker, Tucker	11	M		
2	1	Eilts, Isaac	11	M		
3	1	Lemoine, Andrew	11	M		
4	1	Seeser, Daniel	11	M		
5	1	Taylor, Christian	11	M		
6	1	Treuting, Robert	11	M		
7	1	Vidrine, Brennan	10	M		
8	1	Wehrle, Will	9	M		
9	2	Bartow, Macy	7	F		
10	2	Bartow, Mallory	9	F		
11	2	Engelsman, Rachel	8	F		
12	2	Jones, Madeline	8	F		
13	2	Lemoine, Alyse	9	F		
14	2	Marshall, Jessica	8	F		
15	2	Pearson, Claire	10	F		
16	2	Robichaux, Mallory	8	F		
17	2	Vaughan, Lindsay	9	F		
18	2	Zimmerman, Cana	10	F		
19	2	Book, Noah	8	M		
20	2	Robichaux, Cole	7	M		
21	2	Watts, Hunter	7	M		
22	3	Erickson, Cameron	7	F		
23	3	Jeanfreau, Grace	10	F		
24	3	Kramer, Tristan	8	F		
25	3	Mickel, Midori	8	F		
26	3	Vargas, Nellie	7	F		
27	3	Mathews, Paul	11	M		
28	4	Bock, Chelsea	8	F		
29	4	Hirchak, Victoria	7	F		
30	4	Scull, Chesnie	7	F		
31	M	Beard, Lana	9	F		
32	M	Hampton, Brooklyn	8	F		
33	M	Joly, Elyssa	8	F		
34	M	Rachall, Kaelyn	8	F		

CROSS COUNTRY 2010!

TRAINING LOG MILES

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

Summer (15 Wks)----------->

																																						MERCI	
																																					MERCI	
	GR																																	MERC	Summer	Summer	MERCI	
WEEK BEGINNING:			5/9	5/16	5/23	5/30	6/6	6/13	6/20	6/27	7/4	7/11	7/18	7/25	8/1	8/8	8/15	8/22	8/29	9/5	9/12	9/19	9/26	10/3	10/10	10/17	10/24	10/31	11/7	TOTAL	GOAL	Miles	Goals		
1 Bartow, Macy	7	F	26	0	4	11	8	3	9	11	6	0	10	12	16	20	22	17	21	18	16	20	20	22	26	25	25	28	9	405	400	158		MERCI	1
2 Bartow, Mallory	9	F	11	0	3	20	20	26	20	28	28	22	40	21	20	28	29	27	27	26	23	25	17	21	4	0	14	15	5	520	500	316	436	MERCI	3
3 Beard, Lana	8	F	10	12	12	16	7	0	20	2	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0	83	400	79			
4 Bock, Chelsea	8	F																5	6	10	6	9	9	12	13	11	4	0	4	89	400	0			
5 Engelsman, Rachel	8	F	15	12	21	20	10	11	2	13	9	15	23	17	17	17	16	18	22	32	9	23	21	27	24	20	19	20	10	463	400	218		MERCI	2
6 Erickson, Cameron	7	F	25	0	1	6	0	5	0	2	4	4	0	0	1	0	0	12	12	11	13	17	15	15	16	15	18	15	5	212	400	48			
7 Hirchak, Victoria	7	F																3	6	9	9	3	6	5	10	1	0	0	0	52	400	0			
8 Jeanfreau, Grace	10	F	13	7	8	5	11	12	7	5	14	0	0	0	16	20	15	17	14	12	18	9	14	20	18	0	0	0	0	255	500	133	279		
9 Jones, Madeline	8	F																7	8	14	11	16	10	11	15	14	18	14	5	143	400	0			
10 Kramer, Tristan	8	F																14	15	15	13	23	19	13	15	15	11	16	6	175	400	0			
11 Lemoine, Alyse	9	F	11	0	20	22	22	17	12	12	7	25	30	12	9	23	18	22	19	23	20	20	20	18	18	20	19	16	8	463	500	240	320		
12 Marshall, Jessica	8	F	5	6	8	9	9	11	12	13	15	15	15	15	15	15	12	15	5	15	17	19	19	18	20	22	22	21	8	376	400	175	188		
13 Mickel, Midori	8	F																14	15	15	17	20	22	22	23	21	23	20	9	221	400	0			
14 Pearson, Claire	10	F	26	22	25	28	27	25	22	25	27	30	33	31	33	26	31	23	2	12	10	12	8	8	0	0	5	10	0	501	500	411	391	MERCI	2
15 Robichaux, Mallory	8	F	24	10	18	19	24	8	16	13	20	20	38	23	25	28	35	27	26	27	21	26	24	23	23	12	22	20	10	582	400	321	325	MERCI	2
16 Scull, Chesnie	7	F																3	7	7	9	9	11	7	9	5	7	3	0	77	400	0			
17 Vargas, Nellie	7	F																	7	9	10	9	14	17	15	17	16	17	9	140	400	0			
18 Vaughan, Lindsay	9	F	0	9	10	7	8	13	6	0	7	7	9	23	9	21	9	17	17	19	15	18	18	11	14	8	0	0	0	275	500	138	385	MERCI	2
19 Zimmerman, Cana	10	F																15	13	11	14	17	20	4	1	19	18	0	0	132	500	0			
GIRLS TEAM TOTAL			166	78	130	163	146	131	126	124	137	138	198	154	161	198	187	256	242	285	251	299	287	274	264	225	241	215	88	4759		2079			
1 Baker, Tucker	11	M	19	18	20	22	21	28	0	15	0	0	55	25	19	31	31	19	26	25	25	23	25	18	16	26	23	22	7	559	600	304	305		
2 Book, Noah	8	M																	10	0	8	9	8	11	17	15	0	0	0	78	400	0			
3 Ellis, Isaac	11	M	12	10	13	12	11	13	15	15	17	39	20	22	16	18	22	21	21	20	20	20	17	12	0	0	0	0	0	386	600	255	255		
4 Lemoine, Andrew	11	M	23	24	29	28	27	21	22	28	26	35	45	35	21	37	32	29	23	26	23	26	23	22	22	28	22	20	9	706	600	433	380	MERCI	5
5 Mathews, Paul	11	M	0	0	0	0	0	0	0	0	0	1	2	2	1	4	2	11	15	15	0	0	0	0	0	0	0	0	0	53	600	12	90		
6 Robichaux, Cole	7	M	12	4	1	11	11	8	5	7	6	4	0	0	2	11	8	11	15	16	14	15	16	11	17	21	12	6	3	247	400	90			
7 Seeser, Daniel	11	M	22	21	22	16	23	21	21	20	26	17	46	20	17	22	20	28	22	26	24	25	28	23	24	25	25	23	5	612	600	334	326	MERCI	3
8 Taylor, Christian	11	M	15	4	2	15	9	14	25	26	23	0	44	20	22	21	32	17	0	0	0	20	30	34	44	35	54	69	26	601	600	272	285	MERCI	5
9 Treuting, Robert	11	M																18	23	19	22	22	24	21	22	24	25	17	0	237	600	0			
0 Vidrine, Brennan	10	M	14	17	19	20	20	21	20	24	19	18	45	21	17	33	28	27	23	27	22	19	25	19	19	20	23	19	6	585	500	336	320	MERCI	3
1 Watts, Hunter	8	M	13	0	0	0	0	0	0	0	0	0	0	0	0	14	16	28	33	31	29	31	32	40	35	40	36	27	3	408	400	43	295	MERCI	1
2 Wehrle, Will	9	M	18	0	15	20	21	0	21	24	0	20	50	12	0	28	20	23	23	21	18	26	27	20	28	0	0	0	0	435	500	249	325		
BOYS TEAM TOTAL			148	98	121	144	143	126	129	159	117	134	307	157	115	219	211	232	234	226	205	236	255	231	244	234	220	203	59	4907		2328			
COMBINED WEEK TOTAL			314	176	251	307	289	257	255	283	254	272	505	311	276	417	398	488	476	511	456	535	542	505	508	459	461	418	147	9666		4407			

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)		3A	5		11.55
			Doug Smith (3, 15.53)	xxxxx			4	15.32
1987	-	-	Sandra Jeansonne (61, 14.59)		3A	6		11.50
			Landry Carr (127, 18.24)				12	15.00
1988	19	13	Aimee Duggan (47, 14.21)		2A	6		12.22
			Landry Carr (73, 17.18)				8	15.13
1989	28	6	Sarah Carr (8, 13.36)	xxxxx	2A	2		12.42
			Sean McHugh (118, 18.30)				2	15.36
1990	40	13	Jodie White (13, 13.16)	xxxxx	2A	7		12.29
			Sean McHugh (165, 18.27)				15	15.11
1991	28	5	Lauren Patty (8, 13.08)	xxxxx	2A	5		12.20
			Dave Vanderlick (127, 19.02)				9	15.15
1992	21	6	Lauren Patty (13, 13.26)	xxxxx	2A	4		12.24
			Todd Defee (93, 18.22)				2	15.52
1993	21	5	Jodie White (21, 13.23)		2A	7		12.01
			Danon O'Kelly (46, 17.20)				4	15.42
1994	15	6	Lauren Patty (17, 13.14)	xxxxx	2A	10		12.08
			Danon O'Kelly (30, 16.39)				8	15.16
1995**	9	3	Jenni Noles (14, 12.47)	xxxxx	2A	18		11.43
			Danon O'Kelly (7, 16.06)	xxxxx			5	15.23
1996	21	5	Jenni Noles (19, 12.55)	xxxxx	2A	19		11.55
			Danon O'Kelly (1, 15.25)	xxxxx			9	15.25
1997	43	19	Jen Pommerenke (71, 13.58)		1A	21		11.50
			Willie Carr (102, 18.15)				4	15.22
1998	41	14	Jen Pommerenke (46, 13.35)		1A	20		11.51
			Warren Ehlers (205, 19.20)				8	15.15
1999	16	9	Lora Pharis (21, 13.41)		1A	6		12.20
			Joe Landreneau (35, 17.26)				2	15.36
2000	6	5	Elizabeth Landreneau (18, 12.55	xxxxx	1A	18		11.40
			Mark Landreneau (7, 16.02)	xxxxx			5	15.06
2001	3	5	Bridget Daigrepont (2, 12.23)	xxxxx	3A	7		11.53
			Mark Landreneau (1, 15.43)	xxxxx			1	15.43
			Wes Pepitone (19, 16.45)	xxxxx				
			Joffroi Holcombe (20, 16.45)	xxxxx				
2002	5	2	Bridget Daigrepont (4, 12.32)	xxxxx	3A	8		11.46
			Jesse Petrus (13, 16.51)	xxxxx			1	15.49
2003	10	9	Bridget Daigrepont (8, 12.31)	xxxxx	3A	20		11.47
			Joffroi Holcombe (2, 15.43)	xxxxx			4	15.34
Girls start racing at 3 miles in 2004						# Below 20 min		
2004	24	14	Heather Badeaux (24, 20.37)		3A	12		18.32
			Will Littlepage (87, 18.28)				1	15.52
2005	29	4	Hope Murchison (17, 20.27)	xxxxx	2A	9		17.38
			Jen Jeane (19, 20.32)	xxxxx				
			Steven Jeansonne (67, 17.27)				7	15.12
2006	15	10	Heather Badeaux (16, 19.58)	xxxxx	2A	16		18.21
			Mark Dotson (16, 16.15)	xxxxx			7	15.06
2007	15	13	Mellynn Baker (37, 21.06)		2A	16		19.02
			Mark Dotson (5, 15.43)	xxxxx			9	15.32
2008	12	18	Mallory Bartow (60, 22.37)		2A	6		18.22
			Mark Dotson (2, 15.38)	xxxxx			3	15.31
2009	8	8	Mallory Robichaux (6, 20.12)	xxxxx	2A	3		19.04
			Rachel Engelsman (16, 20.53)	xxxxx				
			Grant Alexander (36, 17.50)				1	15.59
2010**	20	8	Mallory Robichaux (13, 19.19)	xxxxx	2A	25		17.52
			Tucker Baker (70, 17.33)				6	15.18

** St Joe Invitational

	CROSS COUNTRY 2010!			DATE:	6-Nov					
	PRACTICE PR's									
				1	2	3	4	5	6	8
1	Bartow, Macy	7	F	7.47	19.40	22.58	35.49			
2	Bartow, Mallory	9	F	6.17	17.05	23.30	32.18			
3	Bock, Chelsea	8	F	10.10	19.15	42.22				
4	Engelsman, Rachel	8	F	6.18	19.47	21.36	32.34			
5	Erickson, Cameron	7	F	7.59	17.48	30.24				
6	Hirchak, Victoria	7	F	9.02	19.45					
7	Jeanfreau, Grace	10	F	8.12	22.30	24.51				
8	Jones, Madeline	8	F	8.47	17.47	22.59	37.36			
9	Kramer, Tristan	8	F	8.50	17.51	25.09				
10	Lemoine, Alyse	9	F	6.56	17.37	21.40	35.50			
11	Marshall, Jessica	8	F	8.15	15.45	22.52	35.49			
12	Mikel, Midori	8	F	9.00	17.37	29.29				
13	Pearson, Claire	10	F	6.39		26.40	35.00			
14	Robichaux, Mallory	8	F	5.51	16.54	23.30	30.37		47.30	
15	Scull, Chesnie	7	F	8.12	19.16					
16	Vargas, Nellie	7	F	10.02	21.07	29.56				
17	Vaughan, Lindsay	9	F	6.39	17.05	22.45	31.37			
18	Zimmerman, Cana	10	F	7.42	18.00	22.42	36.19			
1	Baker, Tucker	11	M	5.44	17.47	23.03	30.44		44.04	
2	Book, Noah	8	M		25.14	21.50	34.53			
3	Eilts, Isaac	11	M		15.17		32.29			
4	Lemoine, Andrew	11	M	5.50	16.54		29.31		46.21	
5	Mathews, Paul	11	M	6.25	18.00	24.07				
6	Robichaux, Cole	7	M	6.04	16.39	21.14	34.53			
7	Seeser, Daniel	11	M	6.30	15.03	23.03	30.43		46.21	
8	Taylor, Christian	11	M	5.43	14.45	23.03	30.48		47.36	
9	Treuting, Robert	11	M	6.36	15.30	23.03	30.48		47.20	
10	Vidrine, Brennan	10	M	5.44	16.54	23.03	30.37		46.21	
11	Watts, Hunter	7	M	7.23	17.08	21.35	32.14			
12	Wehrle, Will	9	M	6.09			30.48		46.21	

	CROSS COUNTRY 2010														
	INTERVAL SUMMARY					9/7/2009	9/15/2010	9/29/2010	10/6/2010	10/13/2010	10/18/2010	11/6/2010	11/11/2010		
						120	105	90	75	60	45	30	15		
						1	2	3	4	5	6	7	8	9	10
				MILE PACE	400 PACE	800	800	800	400	400	400	400	400	400	400
1	Bartow, Macy	7	F		105	4.15	4.13	4.07	106	105	104	104	107		
2	Bartow, Mallory	9	F		95	3.14	3.23	3.19	87			99	98		
3	Beard, Lana	9	F		105										
4	Bock, Chelsea	8	F		150	5.52		5.41	140	143	148				
5	Engelsman, Rachel	8	F		95	3.18		3.08 (3)		84 (4)	92 (4)	96	97		
6	Erickson, Cameron	7	F		120	4.35	5.15	5.09	115	131	112	113			
7	Hampton, Brooklyn	8	F												
8	Hirchak, Victoria	7	F		150	5.17	5.28		118	119					
9	Jeanfreau, Grace	10	F		120	4.15	4.36	4.27	115	116					
10	Joly, Elyssa	8	F												
11	Jones, Madeline	8	F		120	4.57	5.01	4.40 (2)	113	114	112	116	119		
12	Kramer, Tristan	8	F		120	4.49	4.57	4.21	113	115	111	110			
13	Lemoine, Alyse	9	F		105	3.39	3.58	3.39	102	103	104	99	105		
14	Marshall, Jessica	8	F		105	3.35		3.49 (2)	106	106					
15	Mikel, Midori	8	F		120	4.42	5.20	4.06	114	113	112	114			
16	Pearson, Claire	10	F			3.38									
17	Robichaux, Mallory	8	F		95	3.12	3.17	3.11	86	88		85	92		
18	Scull, Chesnie	7	F		150	6.17	7.02	6.07	152	156	149				
19	Vargas, Nellie	7	F		120	6.21	5.52	4.30	118	116	117				
20	Vaughan, Lindsay	9	F		100	3.26	3.50	3.30 (3)		93 (4)	94 (3)				
21	Zimmerman, Cana	10	F		105		4.24	4.08			115				
1	Baker, Tucker	11	M		85		3.06	3.07	85	85	85	82	87		
2	Book, Noah	8	M		120			4.25	105	95	94	109			
3	Eilts, Isaac	11	M		85		3.09	3.07							
4	Lemoine, Andrew	11	M		85		3.12	3.02	83	85	85	83	83		
5	Mathews, Paul	11	M				4.07								
6	Robichaux, Cole	7	M		97		4.07	4.08	96	107	95				
7	Seeser, Daniel	11	M		97		3.32	3.22	91	91	92	97	94		
8	Taylor, Christian	11	M		85			3.21	84	87	87	88	88		
9	Treuting, Robert	11	M		90		3.24	3.16	83	87	87				
10	Vidrine, Brennan	10	M		90		3.14	3.10	85	86	87	86	84		
11	Watts, Hunter	7	M		100			3.33	91	94	93	96			
12	Wehrle, Will	9	M		90		3.18	3.08	83		88				

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	103.13	Acadiana	10/24/2009	63.12	NSU	11/13/2002
2	83.28	Cedar Creek	10/7/2000	103.29	ASH	11/3/2009	63.16	NSU	11/14/2001
3	83.54	NSU	11/14/2001	104.08	Sacred Heart	10/14/2006	63.31	NSU	11/20/2002
4	84.09	Highland	10/13/2001	104.31	NSU	11/15/2010 *	64.37	NSU	11/9/2002
5	84.39	Aquinas	9/15/2001	104.35	Highland	10/2/2010 *	65.05	Buhlow #4	11/8/1995
6	84.43	Acadiana	10/27/2001	105.10	NSU	11/15/2005	65.12	Texas A&M*	10/14/1995
7	84.50	Buhlow #1	10/22/1986	106.02	NSU	11/17/2009	65.14	LSUA	10/21/1995
8	84.51	Breaux Bridge	9/30/2000	106.03	Grand Coteau	9/25/2010 *	65.30	Buhlow #4	9/19/2001
9	84.52	Buhlow #5	10/28/2000	106.22	Highland	10/29/2005	65.31	Buhlow #6	11/7/2001
10	85.08	NSU	11/3/2001	106.26	ASH	10/28/2009	65.47	Buhlow #4	11/11/1993
11	85.10	Buhlow #4	9/19/2001	106.41	Highland	10/8/2005	65.52	Buhlow #4	10/27/1994
12	85.11	Highland	10/14/2000	106.45	Acadiana	10/31/2009	66.04	Buhlow #6	10/19/2002
13	85.13	Highland	9/22/2001	106.56	NSU	11/1/2005	66.09	NSU	11/16/1995
14	85.17	Buhlow #6	11/7/2001	107.28	Highland	10/7/2006	66.16	Buhlow #4	9/28/1995
15	85.32	NSU	11/15/2000	107.35	Buhlow #7	10/17/2009	66.16	NSU	11/3/2001
16	85.34	Buhlow #6	10/20/2001	107.45	Buhlow #6	10/15/2005	66.18	Aquinas	9/15/2001
17	85.37	Acadiana	10/21/2000	108.34	Acadiana	10/22/2005	66.19	Buhlow #6	10/20/2001
18	85.37	Cedar Creek	9/29/2001	108.50	Highland	9/2/2006	66.23	Buhlow #4	11/14/1996
19	86.09	LSUA	10/21/1995	109.06	Acadiana	10/21/2006	66.29	Highland	10/7/1995
20	86.14	LSUA	10/29/1988	109.15	Nike South	10/9/2010 *	66.29	NSU	11/15/2000
21	86.27	Menard	11/13/1986	110.15	NSU	11/16/2004	66.35	Buhlow #6	10/18/2003
22	86.27	NSU	11/13/2002	110.56	Buhlow #6	9/27/2006	66.36	Cedar Creek	9/29/2001
23	86.30	Sacred Heart	10/14/2006	110.56	Buhlow #6	11/8/2005	66.40	Acadiana	10/27/2001
24	86.38	Buhlow #4	11/8/1995	110.58	Buhlow #6	9/30/2006	66.41	NSU	11/4/1995
25	86.38	Buhlow #5	11/9/1999	111.10	Buhlow #6	11/8/2006	66.45	Buhlow #4	11/9/1994
26	86.44	Buhlow #5	9/20/2000	111.21	Highland	9/12/2009	66.55	Acadiana	10/21/2000
27	86.52	ESA	9/16/2000	111.24	Highland	9/16/2006	66.57	Buhlow #5	10/28/2000
28	86.55	Breaux Bridge	9/25/1999	111.30	Highland	9/11/2010 *	67.12	Buhlow #2	11/13/1991
29	87.06	NSU	11/18/2008	111.40	Buhlow #6	10/28/2006	67.20	ESA	9/18/1993
30	87.11	NSU	11/1/2008	111.51	NSU	11/8/2004	67.27	Highland	9/21/2002
31	87.12	Buhlow #4	11/14/1996	111.51	NSU	10/23/2010 *	67.31	NSU	11/21/1996
32	87.37	Highland	9/23/2000	112.14	NSU	11/14/2006	67.34	Highland	11/21/1991
33	87.45	Highland	10/11/2003	112.32	Buhlow #6	9/10/2005	67.37	NSU	11/4/2000
34	87.45	NSU	11/16/1999	112.50	NSU	11/18/2008	67.38	NSU	11/18/1993
35	87.47	Acadiana	10/23/1999	112.56	Highland	9/18/2010 *	67.45	Acadiana	10/28/1995
36	87.52	NSU	11/6/1999	113.39	Acadiana	10/30/2010 *	67.45	Breaux Bridge	9/30/2000
37	87.53	Buhlow #6	10/19/2002	113.42	Buhlow #6	10/11/2006	67.46	ESA	9/24/1994
38	88.05	Highland	9/20/2003	113.43	Buhlow #6	10/7/2009	67.46	Indian Creek	10/9/1991
39	88.07	Cedar Creek	10/2/1999	113.45	Highland	9/29/2007	67.47	Acadiana	10/23/1993
40	88.12	Highland	11/16/1988	113.47	Buhlow #6	9/22/2010 *	67.59	Acadiana	9/27/2003
41	88.21	Highland	10/7/2006	114.05	NSU	11/9/2010 *	67.59	Highland	10/11/2003
42	88.23	Buhlow #5	10/16/1999	114.07	Buhlow #6	11/3/2010 *	68.01	NSU	11/9/1996
43	88.24	Buhlow #7	10/17/2009	114.21	NSU	11/10/2009	68.08	Buhlow #2	11/11/1992
44	88.25	Acadiana	10/19/1996	114.35	Buhlow #6	10/16/2010 *	68.08	Highland	9/22/2001
45	88.39	Acadiana	11/2/2002	114.43	VA	10/1/2005	68.13	Highland	10/13/2001
46	88.39	NSU	11/16/1995	115.00	NSU	10/31/2006	68.14	Buhlow #2	11/5/1991
47	88.41	NSU	11/4/2000	115.07	Highland	9/19/2009	68.20	LSUA	10/17/1992
48	88.45	Indian Creek	10/5/1994	115.43	Highland	10/10/2009	68.21	Highland	10/14/2000
49	88.46	Menard	11/11/1987	115.48	Cedar Creek	10/3/2009	68.21	NSU	11/19/1998
50	88.52	Buhlow #6	10/18/2008	116.39	Buhlow #6	9/28/2005	68.22	Indian Creek	10/5/1994
51	88.53	Highland	9/18/1999	116.43	NSU	11/1/2008	68.23	LSUA	10/15/1994
52	88.56	Highland	10/7/1995	116.52	Highland	10/9/2004	68.29	Cedar Creek	9/28/2002
53	89.01	Acadiana	11/2/1996	117.03	Acadiana	10/30/2004	68.29	Weston	10/5/2002
54	89.02	NSU	11/9/1996	117.53	Highland	9/1/2007	68.30	Acadiana	11/1/2003
55	89.08	Buhlow #6	10/22/2008	118.13	Buhlow #6	10/5/2005	68.33	Acadiana	11/2/2002
56	89.09	Buhlow #6	11/5/2008	118.44	Acadiana	10/25/2008	68.33	Highland	9/20/2003
57	89.17	Buhlow #4	10/27/1994	118.58	Buhlow #6	9/21/2005	68.34	Highland	10/9/1993
58	89.17	Highland	10/8/1988	119.04	Buhlow #6	9/30/2004	68.35	Acadiana	10/19/1996
59	89.23	NSU	11/20/2002	119.17	Buhlow #6	10/2/2007	68.35	Buhlow #5	11/9/1999
60	89.27	Highland	9/29/2007	120.06	Highland	9/4/2004	68.36	Highland	10/12/2002
61	89.32	Buhlow #4	11/9/1994	120.08	Buhlow #6	9/23/2009	68.37	NSU	1/11/2003
62	89.36	Highland	10/11/2008	120.31	Buhlow #6	11/12/2008	68.40	Buhlow #2	10/19/1989
63	89.51	Buhlow #5	9/22/1999	120.32	Buhlow #6	10/16/2004	68.40	Jesse Owens	10/6/2001

	CAMP ATTENDEES			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	M = MARYHILL			M																		
	N = NORTHWESTERN				N																	
	B = BREVARD					B	B		B	B	B			B	B	B						
	A = ARKANSAS							A														
	G = GULF STATES											G	G				G	G	G	G	G	G
				1988	1989	1991	1992	1993	1994	1995	1996	1999	2000	2001	2002	2003	2004	2005	2006	2007	2009	2010
1	BRITTANY	AARON	2															G	G			
2	AMANDA	ARDION	2											B	B							
3	CORTNEY	ARNDT	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	GENIVEVE	ERNY	1			B																
11	DORE	FLETCHER	3					A		B	B											
12	ROSE	FRENCH	1		N																	
13	MELANIE	GARCIA	1													B						
14	MICHELLE	GORMANOUS	1				B															
15	JENNIFER	JEANE	4													B	G	G	G			
16	SANDRA	JEANSONNE	2	M	N																	
17	ELIZABETH	LANDRENEAU	4									G	G	B	B							
18	ALYSE	LEMOINE	2																		G	G
19	OLIVIA	LYONS	1			B																
20	LESLIE	MANUEL	3				B		B	B												
21	CELINA	MARTIEN	4		N	B	B	A														
22	COURTNEY	MICHIELS	2							B	B											
23	MEMI	MISCALLY	2	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	SARAH	RAGONA	3						B	B	B											
36	MALLORY	ROBICHAUX	1																			G
37	LANIE	SANSING	5													B	G	G	G	G		
38	MANDI	SCARBOROUGH	1									G										
39	CATHERINE	SHACKELFORD	2																G	G		
40	HEATHER	TRENT	1		N																	
41	CATHERINE	TUMA	1											B								
42	ELLEN	VANDERSYPEN	1		N																	
43	JOY	WALTERS	2												B	B						
44	JODIE	WHITE	1			B																
45	KATIE	WOMACK	1								B											
46	ELISE	WYATT	1																G			
47	MIA	YARRUSO	1		N																	
				1988	1989	1991	1992	1993	1994	1995	1996	1999	2000	2001	2002	2003	2004	2005	2006	2007	2009	2010
1	JEFF	ADAMS	2										G	B								
2	GRANT	ALEXANDER	1																		G	
3	TUCKER	BAKER	2																	G		G
4	DEREK	BALL	2												B	B						
5	PATRICK	BLALOCK	2						B	B												
6	CODY	BOSWELL	1																		G	
7	DAVID	CARAVEO	1												B							
8	LANDRY	CARR	1	M																		
9	TODD	DEFEE	3		N	B	B															
10	SCOTT	DEMARCO	2											B	B							
11	MARK	DOTSON	1																G			
12	KENT	EDGERTON	1	M																		
13	ISAAC	EILTS	1																			G
14	NATHAN	FEWELL	1									G										
15	GAVIN	FILASEK	1								B											
16	DANIEL	GARNER	1											B								
17	WILL	HALL	1												B							
18	BENTLEY	HENSEL	1																	G		
19	JOFFROI	HOLCOMBE	4										G	B	B	B						
20	THIBEAU	HOLCOMBE	1												B							
21	RYAN	HUMPHREYS	1																		G	
22	STEVEN	JEANSONNE	3															G	G	G		
23	THOMAS	KAJOR	2												B	B						
24	ADRIAN	LANDRENEAU	1				B															
25	JOE	LANDRENEAU	2									G	G									
26	MARK	LANDRENEAU	4									G	G	B	B							
27	ANDREW	LEMOINE	3																	G	G	G
28	WILL	LITTLEPAGE	2												B	B						
29	MICHAEL	MARCOTTE	1	M																		
30	JIMMY	McALLAN	2			B		A														
31	SEAN	McHUGH	1		N																	
32	SEAN	NOLAN	1	M																		
33	DANON	O'KELLY	4				B	A	B	B												
34	WES	PEPITONE	4									G	G	B	B							
35	ALEX	PEREZ	2						B	B												
36	BEN	PERKINS	1				B															
37	JESSE	PETRUS	4									G	G	B	B							
38	SHAWN	PREAU	1	M																		
39	CHARLES	RAY	1					A														
40	MATTHEW	SCHEXNYDER	1	M																		
41	JOE	SCHOOLCRAFT	1		N																	
42	DANIEL	SEESER	2																		G	G
43	JACK	SHALLOCK	2										G	B								
44	DAVID	SIGUR	2					A		B												
45	CHRISTIAN	TAYLOR	3																	G	G	G
46	MIKE	TEXADA	1				B															
47	JOHN	TEXADA	1				B															
48	MICHAEL	VANDERLICK	1		N																	
49	DAVID	VANDERLICK	2			B	B															
50	FRANCIS	VANDERLICK	4										G	B	B	B						
51	BRAD	VELOTTA	1				B															
52	BRENNAN	VIDRINE	2																		G	G
53	WILL	WEHRLE	1																			G
54	TIM	WILSON	1																		G	
55	CHASE	WOODINGTON	1						B													
	CAMP YEARS	1		52		52																
		2		28		66																
		3		0		27																
		4		11		44																
		5		1		5																
		6		0		0																
	TOTAL CAMPERS					1841																

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																			X	X						
CORTNEY	ARNDT											X	X														
HEATHER	BADEAUX																		X	X	X	A					
MELLYNN	BAKER																			X	X	X	A				
MACY	BARTOW																									X	
MALLORY	BARTOW																							X	X	X	
LANA	BEARD																								X		
TIFFANY	BRASHER															X											
MARY	CARLIN	X																									
SARAH	CARR			A	X	X																					
JANE ANN	CAVANAUGH							X	X																		
LOUISE	COOK												A														
KATIE	COOK															X											
BRIDGET	DAIGREPONT																AA	AA	X								
BARB	DELVALLE	X																									
EMILY	DEMARCO															A	X										
JENNIFER	DRUMMOND								X	X	X																
ALYSSA	DUCK														X												
AIMEE	DUGGAN		X	X	X	X																			A	A	
RACHEL	ENGELSMAN																										
GENIVEVE	ERNY						X																				
MELISSA	FOWLKES																X										
ROSE	FRENCH				X	X																					
MELANIE	GARCIA																	X	X								
FARRIS	HALL												X	X													
CAROLINE	HEYMANN	X	X																								
EMILY	HILL							X																			
ANN	HILL	X																									
LIBBY	HUMPHREYS													X	X												
JENNIFER	JEANE																		X	X	X	A					
SANDRA	JEANSONNE	X	X	X	X																						
ASHLEY	JUNEAU		X																								
SARAH	KLEINER	X																									
HILLARY	LACROIX																						X				
ELIZABETH	LANDRENEAU													A	X	A		X									
ALYSE	LEMOINE																							X	X	X	
JENNIFER	LOFTON			X																							
OLIVIA	LYONS						X																				
LESLIE	MANUEL						A	X	A	X	X																
CELINA	MARTIEN						X	X	X																		
JENNIFER	MARTIEN									X																	
JESSICA	MARSHALL																								X	X	
JENNIFER	MATHEWS																							X			
MARION	MEDICA												X														
NATALIE	MEEK				X																						
COURTNEY	MICHIELS									X	X	X	X														
MEMI	MISCALLY		X	X	X	X																					
HOPE	MURCHISON																		X		X						
JENNIFER	NOLES								X	X	X	X															
LINDA	O'NEAL																			X		X	X				
MORGAN	OWEN																A	A									
NANCY	OWENS		X																								
LAUREN	PATTY					X	A	A	A	X	A																
CLAIRE	PEARSON																							X			
CHRISSY	PENNY											X															
JANE	PETRUS														X	X	X	X									
LORA	PHARIS													X	AA	A	X										
JENNIFER	POMMERENKE												A	A	A												
CAROLINE	PONTHIE																							X			
KATIE	PRICE																							X			
SARAH	RAGONA									X	X	X															
MALLORY	ROBICHAUX																									A	A
LANIE	SANSING																		A	X	X	X	X				
MANDI	SCARBOROUGH													X	X												
KIM	SEILER											A															
CATHERINE	SHACKELFORD																					X	X				
KAYLA	SMITH																						X				
MEGAN	TARPLEY																			X	X						
CATHERINE	TUMA																X										
ELLEN	VANDERSYPEN				X																				X	X	X
LINDSAY	VAUGHAN																										
JOY	WALTERS																	X	X								
JENNIFER	WEBB						X																				
JENNIFER	WESTERCHIL							X																			
JODIE	WHITE						A	A	X	A																	
KATIE	WOMACK											X	X	A	X												
ELISE	WYATT																						X	X			

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
JEFF	ADAMS											X	X														
BRANDON	ADAMS															A	X										
GRANT	ALEXANDER																					X	X	X	X		
TUCKER	BAKER																						X	X	X	X	
DEREK	BALL																	X	X								
MICHAEL	BEUCHLER		X																								
PATRICK	BLALOCK									X	X	X															
CODY	BOSWELL																							X	X		
DEVIN	BOUIE																					X					
LANDRY	CARR		X	X																							
MAURY	CARR	X																									
WILLIE	CARR									X	X		A														
LANCE	CLEMENT		X	X																							
BRANDON	DAVIS													X													
TODD	DEFEE				X		X	X																			
SCOTT	DEMARCO																	X									
RYAN	DERBONNE				X																						
JACK	DOGGETT																			X							
MARK	DOTSON																				A	A	AA	AA			
ROB	DUGGAN										X																
KENT	EDGERTON			X	X																						
WARREN	EHLERS													X													
ISAAC	EILTS																								X		
NATHAN	FEWELL													X													
GAVIN	FILASEK											X															
DAVID	FLYNN											X	X														
DANIEL	GARNER																X	A									
WILL	HALL																	X									
TANGUY	HOLCOMBE												X														
JOFFROI	HOLCOMBE													X	X	A	A		AA								
JASON	HUGENROTH		X	X																							
RYAN	HUMPHREYS																						X				
STEVEN	JEANSONNE																		X	X	X	AA	X				
THOMAS	KAJOR																	X	X	X							
SEAN	KIRKLAND											X	X														
ADRIAN	LANDRENEAU						X	X																			
JOE	LANDRENEAU														X	A											
MARK	LANDRENEAU														X	A	AA										
ANDREW	LEMOINE																							X	X	X	
WILL	LITTLEPAGE																		X	X							
MICHAEL	MARCOTTE		X	X	X																						
JIMMY	McALLAN						X	X	X																		
RALSTON	McGLOTHLIN																				X						
SEAN	McHUGH				X	X																					
SEAN	NOLAN		X	X																							
DANON	O'KELLY						X	X	X	X	A	A															
OSCAR	OLIVER																			X							
WES	PEPITONE														X	A	A										
ALEX	PEREZ								X	X	X	X															
BEN	PERKINS							X																			
JESSE	PETRUS												X	X	X	X	X	A									
MICAH	PIPPIN													X													
SHAWN	PREAU		X	X																							
CHARLES	RAY								X																		
JACOB	RINO																							X			
MATTHEW	SCHEXNYDER				X																						
DANIEL	SEESER																									X	
JACK	SHALLOCK														X												
DAVID	SIGUR								X	X	X																
RYAN	SONNER																				X	X					
JONATHON	ST ROMAIN												X														
CHRISTIAN	TAYLOR																						X	X	X	X	
MIKE	TEXADA						X		X	X																	
JOHN	TEXADA							X																			
MATTHEW	TOMPKINS										X																
BEN	TREUTING																		X	X							
BLAISE	TREUTING																			X							
ROBERT	TREUTING																									X	
MICHAEL	VANDERLICK				X																						
DAVID	VANDERLICK						X	X	X																		
FRANCIS	VANDERLICK													X	X	X	X	X	A								
FELIX	VANDERLICK																				X						
ZAC	VEILLON																				X	X					
BRENNAN	VIDRINE																								X	X	
STEFAN	WALLER																				X	X	X				
WILL	WEHRLE																									X	
CHASE	WOODINGTON									X																	

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	FRANCIS VANDERLICK (03)	5.21
7	JOE LANDRENEAU (98)	5.36
8	WILL LITTLEPAGE (04)	5.37
9	ISAAC EILTS (10)	5.38
10	THIBAULT HOLCOMBE (01)	5.43
10	CHRISTIAN TAYLOR (10)	5.43

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	JESSE PETRUS (02)	11.42

GIRLS TWO MILE

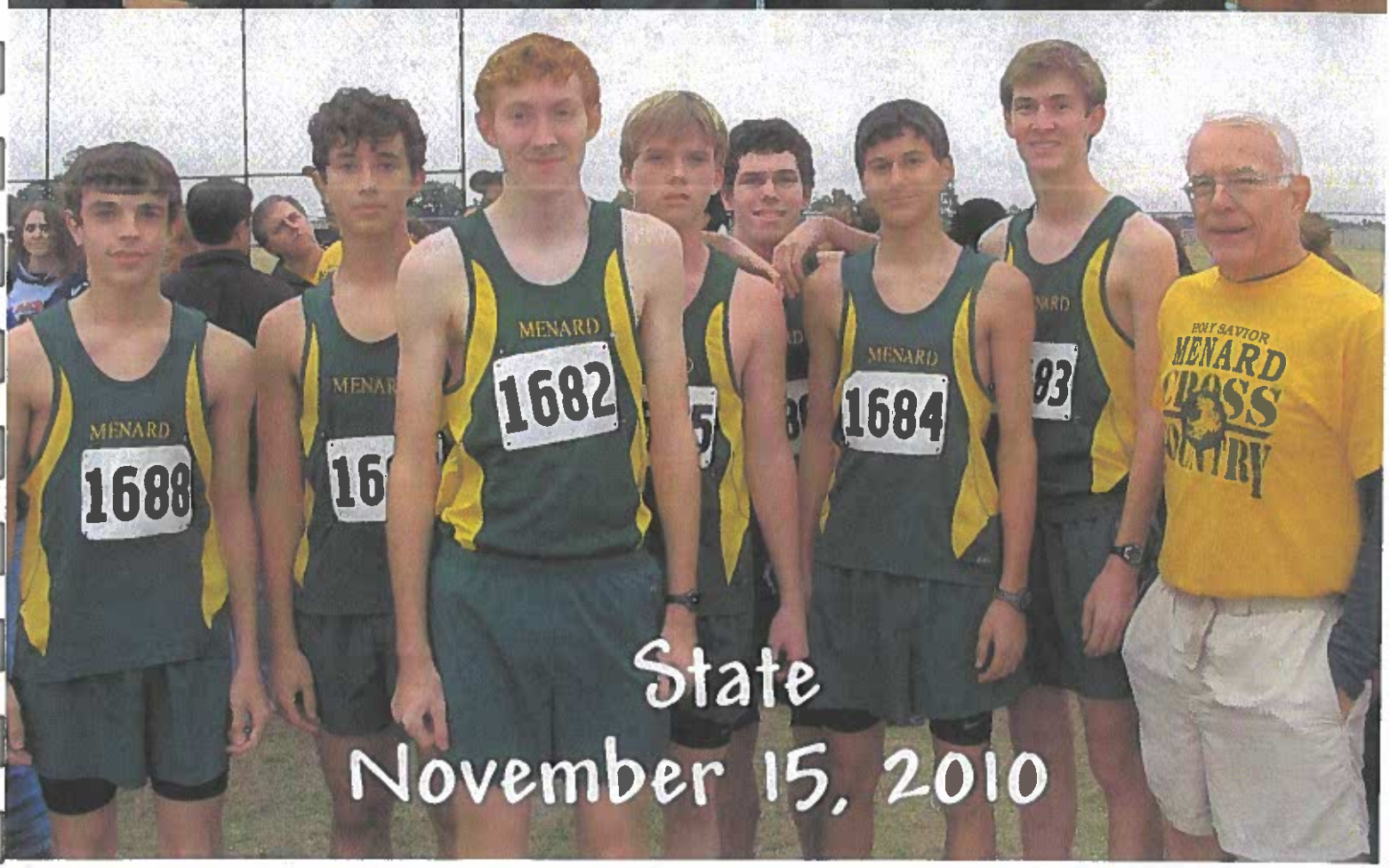
1	BRIDGET DAIGREPONT (01)	12.17
2	AMANDA ARDOIN (01)	12.32
3	MALLORY ROBICHAUX (10)	12.38
4	EMILY DEMARCO (01)	12.52
5	MORGAN OWEN (01)	12.54
6	MALLORY BARTOW (10)	13.19
7	JENNY NOLES (95)	13.26
8	LAUREN PATTY (95)	13.32
9	LORA PHARIS (01)	13.37
10	JODIE WHITE (92)	13.40

BOYS THREE MILE

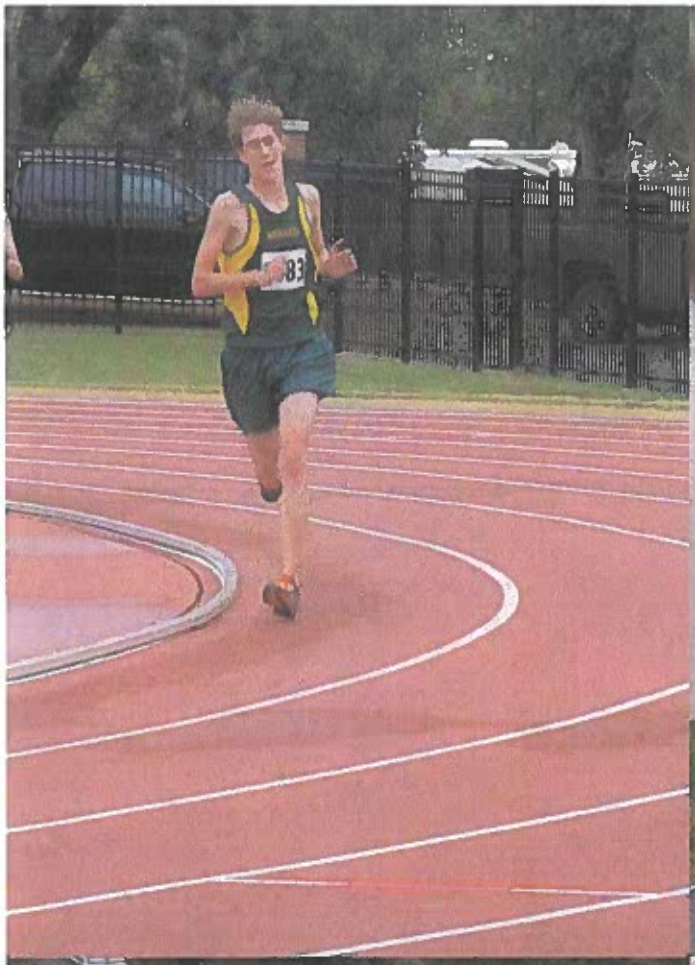
1	MARK LANDRENEAU (01)	16.00
2	JOFFROI HOLCOMBE (01)	16.32
3	DANON O'KELLY (94)	17.16
4	JESSE PETRUS (02)	17.35
5	ALEX PEREZ (94)	17.45
6	SCOTT DEMARCO (02)	18.02
7	FRANCIS VANDERLICK (02)	18.02
8	WES PEPITONE (01)	18.05
9	JOE LANDRENEAU (00)	18.07
10	BRANDON ADAMS (01)	18.33

MENARD CC

			ONE MILE TRIALS						TWO MILE TRIALS			
			2010	2010	2009	2008	2007	2006	2010	2009	2008	2007
			5/1	5/26	5/13	5/14	Aug 16	Aug 24	5/1	5/20	5/20	5/27
1	Robichaux, Mallory	F		5.51	7.00				12.38	13.40		
2	Bartow, Mallory	F		6.17	6.54	7.47			13.19		16.43	
3	Vaughan, Lindsay	F		6.39		10.50			15.08	14.57		
4	Lemoine, Alyse	F		6.56	7.22	9.41			15.55	19.04	18.58	
5	Bartow, Macy	F		7.47					16.39			
6	Marshall, Jessica	F		8.15					18.03	19.14		
7	Jeanfreau, Grace	F		9.46					19.16			
8	Engelsman, Rachel	F		6.18	7.36					14.20		
9	Pearson, Claire	F		6.39	6.50	8.28				13.57	17.40	
10	Antoon, Emily	F	8.14	8.51								
11	Vargas, Nellie	F	8.35									
12	Mickel, Midori	F	9.03	10.09								
13	Jones, Madeline	F	9.11	10.36								
14	Erickson, Cameron	F	9.11	10.45								
15	Kramer, Tristan	F	9.34	10.45								
16	Hirchak, Victoria	F	10.55	15.32								
17	Bock, Chelsea	F	11.18	11.18								
18	Ferreira, Iris	F	12.01									
19	Cannella, Alexis	F	12.27									
20	Scull, Chesnie	F	12.55	17.06								
21	Zimmerman, Cana	F		9.10								
22	Sanchez, Arden	F		11.09								
1	Eilts, Isaac	M		5.38	5.40	6.12			11.48	12.49	13.24	
2	Vidrine, Brennan	M		5.44	6.22	7.06			12.03	13.28	15.57	
3	Lemoine, Andrew	M		5.50	6.10	6.55	6.42	7.17	12.04	12.05	15.29	16.03
4	Baker, Tucker	M		5.44	5.53	5.58	5.59	7.09	12.31	12.16	13.27	14.18
5	Wehrle, Will	M		6.09	6.35	8.57			12.59	14.19		
6	Seeser, Daniel	M		6.30	6.38	8.04	8.46		13.26	13.43	16.35	20.07
7	Treuting, Robert	M		6.36					14.15			
8	Robichaux, Cole	M		6.51					15.43			
9	Watts, Hunter	M		7.52					17.55			
10	Mathews, Paul	M		7.42	7.41	7.59	10.23		17.58	15.41	18.16	
11	Taylor, Christian	M		5.43	5.51	5.50	5.49	6.02		12.06	12.56	
12	Rhodes, Jude	M		7.58								
13	Book, Noah	M	9.05									



State
November 15, 2010



MENARD
1685

1683
1685
1682

1684

1687

1684

1682

MENARD
1688

1682

MENARD
528
527
525
524
529
2010
LHSAA
STATE RUNNER-UP

All State 2010
LHSAA
STATE CROSS COUNTRY MEET
NORTHWESTERN STATE UNIVERSITY
NOVEMBER 15-16, 2010
2010
LHSAA
CLASS 2A
STATE RUNNER-UP
Rachel Engelsman
Mallory Robichaux

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE Base Building (1)

	GROUP	MON (23)	TUE (24)	WED (25)	THU (26)	FRI (27)	SAT (28)	SUN (29)	TOTAL
AUGUST	1	Team meeting 2+2 (4)	2+2+2 (6)	2+2 (4)	OVEMILE TT! 1+TT+1 (3)	2+2 (4)	Kincaid 7AM Coach's (6)	OFO (4)	31
	2	Team meeting 2+2 (4)	2+2+1 (5)	2+2 (4)	1+TT+1 (3)	2+1 (3)	Kincaid 7AM Coach's (6)	OFO (3)	28
	3	Team Meeting 2+1 (3)	2+1 (3)	1+1 (2)	½+TT+1 (2½)	2+1 (3)	Kincaid 7AM Coach's (3)	OFO (2)	18½
	4	Team Meeting 1+1 (2)	1+1 (2)	1+1 (2)	½+TT+½ (2)	1+1 (2)	OFO (1)	OFO (1)	12
	5	Team Meeting (1)	(1)	(1)	(1)	(1)	OFO (1)	OFO (1)	7

Kincaid mandatory for Groups 1, 2, 3 but anyone can come!

GET ALL THE MILES! 4

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE Base Building (2)

	GROUP	90 MON (30)	92 TUE (31)	92 WED (1)	92 THU (2)	93 FRI (3)	94 SAT (4)	92 SUN (5)	MON (6)
SEPTEMBER 5 AUGUST	1	2+4 & TT COURSE (6)	(4)	TWO MILE TT 1-2-1 (4)	HALF DAY OFO AT SCHOOL (4)	(4)	LABOR DAY W/E 6 MILES	MINIMUM	OFO
	2	2+3 & TT COURSE (5)	(3)	TWO MILE TT 1-2-1 (4)	(3)	(3)	5 MILES	OFO MINIMUM	
	3	2+1 & TT COURSE (3)	(2)	TWO MILE TT ½-2-½ (3)	(3)	as a group (3)	4 MILES	OFO MINIMUM	
	4	1+1 Tree Laps (2)	1+1 (2)	ONE MILE TT ½-1-½ (2)	1+1 (2)	(2)	3 MILES	OFO MINIMUM	
	5	1 Tree Lap (1)	(1)	ONE MILE TT ½-1-½ (2)	(1)	(1)	3 MILES	OFO MINIMUM	

ST. MIKE SEPT 11! GET ALL YOUR MILES

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE Base Building (3)

	GROUP	MON	TUE 90 (7)	WED 91 (8)	THU 92 (9)	FRI 93 (10)	SAT 93 (11)	SUN (12)	TOTAL
SEPTEMBER	1		800's ½-6-½ RP (4)	EASY INCLUDE 6x90 RP (4)	(6)	5min 8 strides 5 min (1½)	ST MIKE 1-3-1 (5)	OFO (4)	
	2		800's ½-6-½ RP (4)	EASY INCLUDE 4x90 RP (3)	(4)	(1½)	ST MIKE 1-3-1 (5)	OFO (3)	
	3		800's ½-4-½ FAST (3)	EASY (3)	(3)	(1½)	ST MIKE 1-2-1 (4)	OFO (2)	
	4		800's ½-2-½ FAST (2)	NO WALK (2)	(2)	(1½)	OFO (2)	OFO (2)	
	5		800's ½-1-½ FAST (1½)	NO WALK (1)	(1)	(1½)	OFO (2)	OFO (1)	

SWIM & EAT! SEESER'S

4 HIGHLAND PARK

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE FIRST SPEED! (4)

SEPTEMBER

GROUP	MON (13)	TUE (14)	WED (15)	THU (16)	FRI (17)	SAT (18)	SUN (19)	TOTAL
1	BUHLOW 3+12 (4)	(4)	800's ½-6-½ (4)	(6)	5+8+5 1½	EPISCOPAL 1-3-1 (5)	OYO (3)	27½
2	2+12 (3)	(3)	½-6-½ (4)	(4)	1½	1-3-1 (5)	OYO (3)	23½
3	1+12 (2)	(2)	½-4-½ (3)	(3)	1½	1-2-1 (4)	OYO (2)	17½
4	0+12 (1)	(2)	½-2-½ (2)	(2)	1½	OYO (2)	OYO (1)	11½
5								

SWIM & EAT FILTS

HIGHLAND PARK

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE EARLY MEETS (5)

GROUP	MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25	SUN 26	TOTAL
SEPTEMBER 1	BUHLOW	5-8-5	CENLA CHAMPS		5-8-5	SACRED HEART	OFO	
1	6	1½	5	4	1½	5	3	26
2	4		5	3		5	3	23
3	3		4	3		4	2	19
4	2		3	2		3	1	14
5								

MISS 7&8

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE BIG MEETS! (6)

SEPTEMBER / OCTOBER

GROUP	MON (27)	TUE (28)	WED (29)	THU (30)	FRI (1)	SAT (2)	SUN (3)	TOTAL
1	BUHLOW 3+12 (4)	EASY (4)	800's ½-6-½ (4)	EASY (6)	5-8-5 (1½)	ST JOE (5)	OFF (3)	27½
2	2+12 (3)	(3)	½-6-½ (4)	(4)	(1½)	(5)	OFF (3)	23½
3	1+12 (2)	(3)	½-4-½ (3)	(3)	(1½)	(4)	OFF (2)	18½
4	0+12 (1)	(2)	½-2-½ (2)	(2)	(1½)	(2)	OFF (1)	11½
5								

SWIM & EAT PEARSON'S

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE BIG MEETS: (7)

GROUP	MON (4)	TUE (5)	WED (6)	THU (7)	FRI (8)	SAT (9)	SUN (10)	TOTAL
NOVEMBER 1								
1	BUHLOW 3+12 (4)	EASY (4)	400's 75sec 4min (12) (4)	EASY AT (12:30) (4)	NIKE SOUTH (2) (5)		OYO (3)	26
2	2+12 (3)	(3)	(12) (4)	(3)	NIKE SOUTH (2) (5)		OYO (3)	23
3	1+12 (2)	(3)	(8) (3)	(3)	No Practice at School (2)	OYO (3)	(2)	18
4	0+12 (1)	(2)	(4) (2)	(2)	No Practice at School (2)	OYO (2)	(2)	13
5								

STATE MEET IN (6) WEEKS!

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE BIG MEETS! (8)

GROUP	MON (11)	TUE (12)	WED (13)	THU (14)	FRI (15)	SAT (16)	SUN (17)	TOTAL
1	BUHLOW 3+12 (4)	EASY (6)	400's (12) 4 min. 60 sec (4)	TEMPO 8:00 (4)	NO PRACTICE NO RUN	MENARD (4)	OFF (4)	26
2	2+12 (3)	(4)	(12) (4)	TEMPO 8:30 (3)		(4)	(3)	21
3	1+12 (2)	(3)	(8) (3)	No Walk (3)		(3)	(2)	16
4	0+12 (1)	(2)	(4) (2)	No Walk (2)		(2)	(2)	11
5								

NOVEMBER

TOP 10 AT MENARD MEET!

BE AT BUHLOW AT 8AM!

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE SPEED! (9)

OCTOBER 11

GROUP	MON (18)	TUE (19)	WED (20)	THU (21)	FRI (22)	SAT (23)	SUN (24)	TOTAL
1	2 MILES 8x400 1 MILE (5)	TEMPO 7-7:30 Pace (4)	JOHN MILLER (4)	EASY (6)	5-8-5 (1½)	NSU (4)		24½
2	1 MILE 8x400 1 MILE (4)	7:30-8 Pace (3)	(4)	(4)	(1½)	(4)		20½
3	½ MILE 6x400 ½ MILE (2½)	9 pace (2)	(3)	(3)	(1½)	(3)		15
4	½ MILE 4x400 ½ MILE (2)	11 pace (2)	(2)	(3)	(1½)	(2)		12½
5								

STATE IN (4) WEEKS!

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE SPEED! (10)

	GROUP	MON (25)	TUE (26)	WED (27)	THU (28)	FRI (29)	SAT (30)	SUN (31)	TOTAL
1 OCTOBER	1	BURLOW 3+12 (4)	8 min pace (6)	10 min WU 8x150 10 min cd (FAST!) (3)	EASY 4x60 sec race pace (4)	OCHO CINCO AFTER PARADE (1½)	ST THOMAS MORE (4)	OFF (4)	26½
	2	2+12 (3)	9 min pace (4)	10 min WU 8x150 10 min cd (FAST!) (3)	EASY 3x60 sec race pace (3)	(1½)	(4)	OFF (3)	21½
	3	1+12 (2)	10 min pace (3)	10 min WU 8x150 10 min cd (FAST!) (3)	EASY NO WALK (3)	(1½)	(3)	OFF (2)	17½
	4	0+12 (1)	NO WALK (2)	5 min WU 8x150 5 min cd (FAST!) (2)	NO WALK (2)	(1½)	(3)	OFF (2)	13½
	5			RECOVERY: UP TO 2 min					

STATE: MONDAY, NOV 15 (3 WEEKS!)

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE

DISTRICT & STATE PREP (11)

GROUP	MON (1)	TUE (2)	WED (3)	THU (4)	FRI (5)	SAT (6)	SUN (7)	TOTAL
1	EASY w/ 4x60 RP reps (4)	OCHO CINCO! (1½)	PARISH CHAMPS (4)	TEMPO 8min pace (6)	No School Cafeteria (0) 9AM	400's AT ASH 10AM (4)	OYO (4)	22½
2	EASY w/ 3x60 RP reps (3)	(1½)	(4)	9 min pace (4)	to put Box Lunches together	(4)	OYO (3)	18½
3	NO WALK (3)	(1½)	(3)	10 min pace (3)	Mandatory	(3)	OYO (2)	15½
4	NO WALK (2)	(1½)	(2)	NO WALK (2)		(3)	OYO (2)	12½
5					HALF DAY - RUN AT SCHOOL RIGHT AFTER SCHOOL			

NOVEMBER

OUT OF UNIFORM DAY JEANS & TEAM T-SHIRTS ONLY - NO OPTIONS - MANDATORY

(OVER)

STATE MEET IN TWO WEEKS!

SPAGHETTI SUPPER AT LEE J's 6PM

CROSS COUNTRY WORKOUTS 2010 TRAINING PHASE

DISTRICT & STATE! (12)

NOVEMBER

GROUP	MON (8)	TUE (9)	WED (10)	THU (11)	FRI (12)	SAT (13)	SUN (14)	TOTAL
1	OCHO CINCO (1½)	DISTRICT NSU (THE END IF NOT) (4)	EASY (4)	400's AT ASH 10AM (4)	EASY (4)	NSU PRACTICE MENARD AT 9AM (BUS)	NO RUN	
2	(1½)	RUNNING STATE ☹ (4)	EASY (3)	(4)	EASY (3)	BOYS TEAM MEETING 5PM	GIRLS TEAM MEETING 5PM	
3								
BOYS	(15) STATE 1:45PM	(16) ☺	(17) ☺	(18) BANQUET	(19)	(20)	(21)	
GIRLS	STATE 3:15PM	☺	☺					

(OVER)

Holy Savior Menard
Cross Country 2010!

September 4, 2010

KICK OFF THE SEASON POT LUCK SUPPER THURSDAY, September 9, MENARD CAFETERIA, 6 PM
Put it on your calendar! Thursday, September 9, 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 up to date DAILY and to turn it in every Monday. Once the races start, the log book will contain completed race reviews. Parents – check out your runners' logbook!

All runners are required to wear a digital stop 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, usually a little earlier. We practice Monday thru Friday (and Saturday for some) no matter what the weather.

PRACTICE DRESS CODE
For the boys: shirts all the time. For the girls: no skimpy shorts; tops: loose fitting and must cover tummies.

SWIM & EAT's
We have three S & W's this year – check the schedule. The first is at the Seeser's, this Wednesday, September 8. We will practice after school as we normally do. Then we'll take the bus to the Seeser's, and – you guessed it – swim and eat! Parents can pick runners up there (5237 Lark Lane) 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.

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. We have a tent and water coolers that need to be transported to the meets. 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!

School	445-8233	will need to leave voice mail here - not recommended!
Home	487-8887	evenings
Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

"In the race to be better or best, don't forget to enjoy the journey."

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 Tucker Baker, Isaac Eilts, Andrew Lemoine, Daniel Seeser , Christian Taylor, Rober Treuting, Brennan Vidrine, Will Wehrle

GROUP 2 Mallory Bartow, Rachel Engelsman, Alyse Lemoine, Claire Pearson, Mallory Robichaux, Lindsay Vaughan, Hunter Watts

GROUP 3 Grace Jeanfreau, Jessica Marshall, Cana Zimmerman, Noah Book, Paul Mathews, Jude Rhodes, Cole Robichaux

GROUP 4 Emily Antoon, Macy Bartow, Cameron Erickson, Tristan Kramer, Midori Mikel, Nellie Vargas

GROUP 5 Chelsea Bock, Alexis Cannella, Iris Ferreira, Victoria Hirchak, Madeline Jones, Arden Sanchez, Chesnie Scull

MANAGERS Lana Beard, Brooklyn Hampton, Elyssa Joly

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS HAVE BEEN ORDERED!
Cross Country has voted! The 2010 slogan has been selected. 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. We will hand out shirts this Friday IF family money is in.

WATER!!!!!!!
It's really too hot most days to run – at least the people in Michigan 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!

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!

UMBRELLAS!
We have sold 79 umbrellas to date. Friday, September 10 is the deadline to order - don't miss out!

"Success consists of a series of little daily efforts."

FORMS, FORMS, FORMS!!!
LHSAA requires each athlete to have a folder with a variety of information in it. Incomplete folders mean a student can not run! There are three LHSAA forms parents must take care of: PARTICIPATION, DRUGS, AND PHYSICAL. Again, no forms mean no can compete. Missing stuff: Bock, Book, Cannella, Ferreira, Vargas, Watts

THE 2010 CROSS COUNTRY SCHEDULE
Not 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 BACK
** FRIDAY	August 20	School Starts!	No Practice	
** SATURDAY	August 21	Los Fest Zoo 5K	Alexandria Zoo	8:00 AM
** MONDAY	August 23	First after school practice!		
** THURSDAY	August 26	One Mile TT	Menard Track	3:30 PM
** WEDNESDAY	September 1	Two Mile TT	Menard	3:30 PM
** WEDNESDAY	September 8	SWIM & EAT #1!	Seeser's	(After Practice)
** THURSDAY	September 9	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
** SATURDAY	September 11	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** TUESDAY	September 14	SWIM & EAT #2!	Eilts'	(After Practice)
** SATURDAY	September 18	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** WEDNESDAY	September 22	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 25	SACRED HEART	Grand Coteau	8:30 AM
** TUESDAY	September 28	SWIM & EAT #3!	Pearson's	(After Practice)
** SATURDAY	October 2	ST JOSEPH'S	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 9	NIKE SOUTH REGIONAL	Houston (Varsity Teams only)	
** SATURDAY	October 16	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 20	JOHNNY MILLER	Fort Buhlow Recreation Area	
** SATURDAY	October 23	TOM NOLAN	Acadiana Park	9:00 AM
?? WEDNESDAY	October 27	ASH	ASH	
** SATURDAY	October 30	ST THOMAS MORE	Acadiana Park	8:15 AM
?? TUESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 8	SPAGHETTI SUPPER	Lee J's	6:00 PM
?? TUESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	
YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)				
** MONDAY	November 15	STATE CHAMPS	NSU	
** MONDAY	November 15	Post State Race Meal	????????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

CENLA CHAMPS SPONSOR NEEDED!
We have a need for a sponsor for the CENLA CHAMPS trophies and t-shirts. This will amount to $500. Your company name will be placed on the back of the t-shirts. If the companies you represent might be interested, please contact Coach. We will need to put this together fairly soon in order to get the t-shirts printed.

"The best preparation for good work tomorrow is to do good work today."

"Between saying and doing many a pair of (running) shoes is worn out."

ST MICHAEL THE ARCHANGEL (Saturday, September 11) 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 2:30 PM	

Please be on time at Menard. Parking is a real problem, 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 getting on I-10 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. 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, McDonald's $, wear your race stuff. We will have water like we do at practice. There will be no chairs available – parent might want to bring chairs.

Race Line ups:	Race 1 (8:45 AM) JH Boys/Girls	Antoon, Bartow, Erickson, Jones, Kramer, Mikel, Vargas, Book, Rhodes, Robichaux, Watts
	Race 2 (9:15 AM) Varsity Girls	Bartow, Engelsman, Lemoine, Marshall, Pearson, Robichaux, Vaughan
	Race 3 (10:00 AM) Varsity Boys	Baker, Eilts, Lemoine, Seeser, Treuting, Vidrine, Wehrle
	Race 4 (10:30 AM) JV Boys/Girls	Jeanfreau, Zimmerman

We have a tent and water coolers that need to be transported to the meets. Volunteers????

"People can succeed at almost anything for which they have unlimited enthusiasm."

"Winning doesn't always mean being first. Winning means you're doing better than you've ever done before."

"The mark of a good team is how it reacts when things aren't going in its favor."

Holy Savior Menard
Cross Country 2010!

September 11, 2010

Runners conquer Highland in spite of the heat!

ST MICHAEL THE ARCHANGEL

Last year was rain and mud, this year HOT! But we hold our own running with the big teams with the girls 3rd of 25 and the guys 11th of 28. It wasn't a day for PR's but compete we did. Congrats to both Mallorys for top 10 finishes, and earning those hard to get Baton Rouge medals and t-shirts. The girls also earn a trophy for their third place team finish! We also have 11 rookies running their first race - it's a tough place to start that CC career! We go back for more of the same next week. Will it cool down? Pray! Here's the stats for the St Michael's meet:

Boys Varsity (247 runners) Team Time 98.28 Gap Time 2:33

Place	Mile 1	Mile 2	Mile 3	Finish	PR! +/-	Last Year
26 Ellis, Isaac	5.39	6.23	6.13	18.15	+0.52	19.19
31 Baker, Tucker	5.51	6.26	6.10	18.27	+0.43	19.32
99 Vidrine, Brennan	6.30	7.04	6.49	20.23	+1.17	20.40
108 Lemoine, Andrew	6.30	7.04	7.02	20.36	+2.37	20.33
114 Wehrle, Will	6.37	7.16	6.54	20.47	+1.32	
175 Sesser, Daniel	6.44	8.13	8.22	23.19	+3.36	22.56

Girls Varsity (172 runners) Team Time 111.30 Gap Time 4.49

Place	Mile 1	Mile 2	Mile 3	Finish	PR! +/-	Last Year		
6 Robichaux, Mallory	6.19	7.15	6.56	20.30	+0.48	20.35	Medal!	T-Shirt!
9 Bartow, Mallory	6.35	7.17	7.06	20.58	+0.54	24.10	Medal!	T-Shirt!
20 Engelsman, Rachel	6.30	7.49	7.48	22.07	+2.30	21.40		
25 Vaughan, Lindsay	6.54	7.58	7.44	22.36	+2.06	21.41		
76 Lemoine, Alyse	7.26	8.42	9.11	25.19	+2.56	27.51		
107 Pearson, Claire	7.38	10.10	9.24	27.12	+4.33	23.15		
122 Marshall, Jessica	7.38	10.36	10.52	29.06	+4.39			

Team Standings

Boys Varsity (28 Teams)	
1 Catholic, BR (5A)	49
2 St Paul (5A)	63
3 Episcopal, BR (2A)	84
4 St Michael (4A)	124
5 Choudrant (B)	182
6 E Ascension (4A)	190
7 Assumption (4A)	218
8 Dutchtown (5A)	242
9 Ascen Cath (1A)	251
10 Newman (2A)	262
11 MENARD (2A)	281

Team Standings

Girls Varsity (25 Teams)	
1 St Joseph (5A)	33
2 Newman (2A)	87
3 MENARD (2A)	101
4 Dominican (5A)	114
5 St Michael (4A)	120
6 Episcopal, BR (2A)	122
7 Dutchtown (5A)	202
8 Assumption (4A)	217
9 Beau Chene (4A)	272
# St Amant (5A)	287

ST MICHAEL's INVITATIONAL (Continued)

Boys JH (93 runners)

Place	Mile 1	Mile 2	Finish	
19 Robichaux, Cole	6.53	7.42	14.35	FR!
35 Watts, Hunter	7.32	8.17	15.49	FR!
Book, Noah	13.12	DNF		FR!

Girls JH (141 runners)

Place	Mile 1	Mile 2	Finish	
32 Bartow, Macy	8.17	8.50	17.07	FR!
88 Erickson, Cameron	9.19	11.07	20.26	FR!
94 Kramer, Trigan	9.14	11.41	20.55	FR!
98 Mikel, Midori	9.14	11.50	21.04	FR!
101 Jones, Madeline	9.20	11.57	21.17	FR!
109 Vargas, Nellie	9.33	12.38	22.11	FR!

JV Girls (62 runners)

Place	Mile 1	Mile 2	Finish	
35 Zimmerman, Cana	8.08	11.21	19.29	FR!
39 Jeanfreau, Grace	8.54	11.09	20.03	FR!

RECORDS SET AT ST MICHAEL's

Grade Records (None)

Highland Course Records

Mallory Bartow	#6 All Grades; #1 9th grade	Mallory Robichaux	#1 8th grade
Rachel Engelsman	#3 8th grade	Lindsay Vaughan	#4 9th grade

CENLA CHAMPS AND THE MENARD INVITATIONAL

CENLA CHAMPS is getting close (week from Wednesday)! We *need lots of help at the Cenla Champs race*. If the any way you can be there, contact Coach NOW!

T'S, Sweatshirts and bags

Money due: Taylor (t-shirts); Watts (sweatshirts); duffel bags (Sanchez, Zimmerman).
Please get this money in this week!

BOX LUNCH FUND RAISER

Make copies of the sign-up sheet and sell, sell, sell! Any questions call Gaynell Lemoine 641-0113

EPISCOPAL AT HIGHLAND PARK (Saturday, September 18th)

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 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.

We will take I-49 south to US 190; US 190 to LA 415 (we will stop at the McDonald's right before getting on I-10 for bathrooms); I-10 to Siegen Lane; Siegen Lane to Highland Road; Highland Road to Highland Park. We will park in the parking lot to the right of Highland Road (the upper parking lot to the left is always a mess!)

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, 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	Mathews, Jeanfreau, Zimmerman
	Race 2 (9:00 AM) Varsity Girls	Bartow, Engelsman, Lemoine, Marshall, Robichaux, Vaughan
	Race 3 (9:40 AM) Varsity Boys	Baker, Ellis, Lemoine, Sesser, Trenting, Vidrine, Wehrle
	Race 4 (10:10 AM) JH Girls	Antoon, Bartow, Bock, Erickson, Hirchak, Jones, Kramer, Mikel, Sanchez, Scull, Vargas
	Race 5 (10:40 AM) JH Boys	Book, Rhodes, Robichaux, Watts

SWIM & EAT's

Swim & Eat #2 is scheduled for Tuesday of this week – at the Eilts' (4213 Wakefield – across from Compton Park). We will practice after school as we normally do Tuesday. Then we'll take the bus to the Eilts'. Parents can pick runners up there 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.

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

School	445-8233	will need to leave voice mail here
Home	487-8887	evenings
Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

THE REMAINING 2010 ALMOST FINAL CROSS COUNTRY SCHEDULE

Not all the dates are filled in, and a few of the dates are best guesses. 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 we before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be b in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RA
** TUESDAY	September 14	SWIM & EAT #2!	Eilts'	(After Prac
** SATURDAY	September 18	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** WEDNESDAY	September 22	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 25	SACRED HEART	Grand Coteau	8:30 AM
** TUESDAY	September 28	SWIM & EAT #3!	Pearson's	(After Prac
** SATURDAY	October 2	ST JOSEPH'S	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 9	NIKE SOUTH REGIONAL	Houston (Varsity Teams only)	
** SATURDAY	October 16	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 20	JOHNNY MILLER	Fort Buhlow Recreation Area	
** SATURDAY	October 23	TOM NOLAN	Acadiana Park	9:00 AM
?? WEDNESDAY	October 27	ASH	ASH	
** SATURDAY	October 30	ST THOMAS MORE	Acadiana Park	8:15 AM
?? TUESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 8	SPAGHETTI SUPPER	Lee J's	6:00 PM
?? TUESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	
YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WI BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)				
** MONDAY	November 15	STATE CHAMPS	NSU	
** MONDAY	November 15	Post State Race Meal	????????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

STATS FROM THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATIONS

High School athletic participation: 7,628,377 (up for the 21st consecutive year - 55% of student)
Boys: 4,455,740 (up 33,078 from last year)
Girls: 3,172,637 (up 58,546 from last year)
Top three sports gaining athletes: 1) track & field 2) soccer 3) cross country

CELL PHONE #'S!

Coach wants to compile a cell phone list - three members - mom, dad, runner. How about emailing these numbers to Coach this week so we can have them before we leave for Baton Rouge Saturday

Runners again battle the Highland heat!

EPISCOPAL

It's HOT again, and the girls are still at half-mast, but we have a very satisfying day again running against the best CC teams - all classes - in the state. The girls, without Rachel and Claire, still take 9th of 23 and the guys 18th of 31. It wasn't a day for varsity PR's, but no one told Brennan as he grabs the only varsity PR of the day. Congrats again to both Mallorys for top 20 finishes, and earning - again - those hard to get Baton Rouge t-shirts. A definite bright spot for the day are the SIX PR's by the rooky girls. Congrats Grace, Cameron, Midori, Tristan, Madeline, and Nellie! We get a break from Highland this week - check out the rest of this newsletter. Here's the stats for the Episcopal meet:

Boys Varsity (265 runners) Team Time 95.03 (SPR!) Gap Time 2:11

Place		Mile 1	Mile 2	Mile 3	Finish	PR! +/-	Last Year
63	Ellis, Isaac	5.45	6.09	6.03	17.57	+34	18.33
94	Baker, Tucker	5.55	6.23	6.16	18.34	+40	19.18
116	Vidrine, Brennan	5.55	6.41	6.26	19.02	PR!	21.13
127	Lemoine, Andrew	6.09	6.36	6.37	19.22	+83	19.50
151	Wehrle, Will	6.28	7.00	6.40	20.08	+53	JH
166	Treuting, Robert	6.17	7.16	7.04	20.37	PR!	
190	Seeser, Daniel	6.46	7.21	7.30	21.37	+114	25.17

Girls Varsity (192 runners) Team Time 112.56 Gap Time 4.58

Place		Mile 1	Mile 2	Mile 3	Finish	PR! +/-	Last Year	
16	Robichaux, Mallory	6.16	7.05	7.02	20.23	+41	20.42	T-Shirt
17	Bartow, Mallory	6.30	7.04	6.54	20.28	+24	24.06	T-Shirt
45	Vaughan, Lindsay	6.59	7.38	7.41	22.18	+108	22.03	
81	Lemoine, Alyse	7.30	7.41	8.15	23.26	+63	25.37	
137	Marshall, Jessica	7.25	10.04	8.52	26.21	+114		
	Engelsmann, Rachel	6.47	8.00	DNF			DNF	

Team Standings

Boys Varsity (31 Teams)

1	Jesuit (5A)	71
2	Episcopal, BR (2A)	86
3	Catholic, BR (5A)	86
4	St Paul (5A)	112
5	St Thomas Aq (2A)	173
6	Brother Martin (5A)	177
7	St Michael (4A)	256
8	Walker (5A)	298
9	E Ascension (4A)	319
10	Teurlings Cath (4A)	366
18	MENARD (2A)	469

Girls Varsity (23 Teams)

1	St Joseph (5A)	41
2	Episcopal, BR (2A)	95
3	ED White (3A)	104
4	Dominican (5A)	109
5	St Scholastica (5A)	131
6	Hanson (1A)	207
7	St Michael (4A)	216
8	St Thomas Aq (2A)	228
9	MENARD (2A)	237
10	Dutchtown (5A)	311

EPISCOPAL INVITATIONAL (Continued)

Boys JH (217 runners)

Place		Mile 1	Mile 2	Finish	PR! +/-
120	Robichaux, Cole	7.05	8.38	15.43	+68
129	Watts, Hunter	7.34	8.28	16.02	+13
164	Book, Noah	8.05	9.58	18.03	FR!

Girls JH (191 runners)

Place		Mile 1	Mile 2	Finish	PR! +/-
75	Bartow, Macy	8.18	9.10	17.28	+21
113	Erickson, Cameron	9.15	9.47	19.02	PR!
128	Mikel, Midori	9.21	10.55	20.16	PR!
140	Kramer, Tristan	9.25	11.03	20.28	PR!
144	Jones, Madeline	9.18	11.23	20.39	PR!
167	Vargas, Nellie	9.37	12.33	22.10	PR!

Girls JV (?? Runners)

Place		Mile 1	Mile 2	Finish	PR! +/-
	Jeanfreau, Grace	8.17	9.43	18.00	PR!

RECORDS SET AT EPISCOPAL

Grade Records (St Michael's or Episcopal)

Mallory Robichaux	#1 8th grade	Rachel Engelsman	#5 8th grade
Jessica Marshall	#13 8th grade	Mallory Bartow	#1 9th grade
Lindsay Vaughan	#4 9th grade	Alyse Lemoine	#8 9th grade
Claire Pearson	#31 10th grade		

Highland Course Records

Mallory Bartow	#4 All Grades; #1 9th grade	Mallory Robichaux	#1 8th grade
Lindsay Vaughan	#2 9th grade		

CENLA CHAMPS AND THE MENARD INVITATIONAL

CENLA CHAMPS is THIS WEEK! Menard hosts this meet. We need lots of help. Be there by 2 PM if you can!

T'S, Sweatshirts and bags

Money due: Taylor (t-shirts); Watts (sweatshirts). Please get this money in this week!

BOX LUNCH FUND RAISER

Make copies of the sign-up sheet and sell, sell, sell! Any questions call Gaynell Lemoine 641-0113

WHO DO WE APPRECIATE?

Our managers, of course! Where do all those mile splits and race times come from? Lana Beard, Brooklyn Hampton, and Elyssa Joly do it all. The same goes for all those repeat times and long run times at practice. *THANKS*, girls!

CENLA CHAMPS WORKER MEETING THIS MONDAY – 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 22nd)

This race is called "CENLA CHAMPS" because all central Louisiana schools are invited to come run. We usually have around 20 schools here. Menard is the host and arranges for trophies, the clock, runs the meet, and tabulates the results. *If you're able to be there Wednesday, September 22, Coach needs LOTS of help. We start setting up the course around 8AM and the races start at 3 PM.* 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!

There is some preliminary work to be done before Wednesday – packets, race #'s, assignments, etc. We're meeting after practice Monday the 20th to put it all together. If you can make it, try to be there – we need lots of help!

1:30 PM	Leave for Buhlow on bus
2:00 PM	Volunteers arrive
2:30 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

JV Girls	Book, Erickson, Hirchak, Jeanfreau, Jones, Kramer, Mikel, Sanchez, Vargas, Zimmerman
JV Boys	Book, Mathews, Robichaux, Watts
Varsity Girls	Bartow, Bartow, Engelsman, Lemoine, Marshall, Robichaux, Vaughan
Varsity Boys	Baker, Ellis, Lemoine, Seeser, Taylor, Treuting, Vidrine, Wehrle

THE REMAINING 2010 ALMOST FINAL CROSS COUNTRY SCHEDULE

Not all the dates are filled in, and a few of the dates are best guesses. The current schedule will be published in this newsletter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RACE
** WEDNESDAY	September 22	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 25	SACRED HEART	Grand Coteau	8:30 AM
** TUESDAY	September 28	SWIM & EAT #3!	Pearson's	(After Practice)
** SATURDAY	October 2	ST JOSEPH'S	Highland Park, Baton Rouge	8:30 AM
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** MONDAY	November 15	STATE CHAMPS	NSU	
** MONDAY	November 15	Post State Race Meal	????????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

CELL PHONE #'S!

The cell phone list - three numbers - mom, dad, runner is almost complete. Still need the Sanchez numbers.

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

School	445-8233	will need to leave voice mail here
Home	487-8887	evenings
Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

SWIM & EAT's

No swim & eat this week.

T-SHIRTS

We have a few small t's left if anyone needs more.

SACRED HEART, GRAND COTEAU (Saturday, September 25th)

We've only been here once, but it was a memorable day. The weather was great and the course is fast - lots of PR's. That once was in 2006, so only our 5th year runners, who were 7th graders, might remember it. They haven't had a meet since then, so we haven't been back. So this is the year! Here's the schedule:

6:00 AM	Meet at Menard – **BE ON TIME**
6:15 AM	Leave for Grand Coteau
8:30 AM	Junior High Girls (2 miles)
9:00 AM	Junior High Boys (2 miles)
9:30 AM	Girls Varsity (3 miles)
10:00 AM	Boys Varsity (3 miles)
10:30 AM	JV Boys/Girls (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.*

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, 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.

JH Girls	(Bock), Erickson, (Hrichak), Jones, Kramer, Mikel, (Sanchez), (Scull), Vargas
JH Boys	Book, Robichaux, Watts
Varsity Girls	Bartow, Bartow, Engelsman, Lemoine, Marshall, Pearson, Robichaux, Vaughan (7 will run)
Varsity Boys	Baker, Ellis, Lemoine, Seeser, Taylor, Treuting, Vidrine, Wehrle (7 will run)
JV Boys/Girls	Jeanfreau, Zimmerman, Mathews

Names in parentheses must race Cenla Champs in 26:00 or better to race here.

Holy Savior Menard
Cross Country 2010!

September 25, 2010

Cenla Champs: Girls the class of Cenla; Boys oh so close again!!

CENLA CHAMPS

The girls totally dominate, and the boys are big time disappointed with their second year in a row of runner-up by one point. The girls place 4 in the top 5 and the boys 2 in the top 6 to collect more than our share of t's and medals and trophies. No varsity PR's but we get 5 rookie PR's (congrats to Madeline, Midori, Nellie, Cam, and Hunter!). Mallory gets a win for a big congrats!! Here's the stats:

Boys Varsity (117 runners) Team Time 96.55 Gap Time 1:36

Place		Mile 1	Mile 2	Mile 3	Finish	PR! +/-	Last Year		
4	Ellis, Isaac	5.54	6.19	6.12	18.25	+62	18.48	Medal!	T-Shirt!
6	Baker, Tucker	5.57	6.37	6.12	18.46	+62	19.04	T-Shirt!	
19	Lemoine, Andrew	6.22	6.50	6.32	19.44	+105	19.38		
22	Vidrine, Brennan	5.58	7.04	6.57	19.59	+57	20.44		
24	Wehrle, Will	6.24	7.01	6.36	20.01	+46	JV		
54	Seeser, Daniel	6.55	7.48	7.45	22.28	+165	22.07		
65	Treuting, Robert	6.58	8.27	7.33	22.58	+141			
75	Taylor, Christian	6.48	8.38	8.30	23.56	+396	19.00		

Girls Varsity (100 runners) Team Time 113.47 Gap Time 4.06

Place		Mile 1	Mile 2	Mile 3	Finish	PR! +/-	Last Year		
1	Bartow, Mallory	6.48	7.35	7.11	21.34	+90		Medal!	T-Shirt!
2	Robichaux, Mallory	6.47	7.36	7.17	21.50	+128	22.23	Medal!	T-Shirt!
3	Engelsman, Rachel	7.03	7.41	7.14	21.58	+141	DNF	Medal!	T-Shirt!
5	Vaughan, Lindsay	7.07	7.42	7.30	22.19	+109	22.23	Medal!	T-Shirt!
35	Lemoine, Alysa	7.38	8.13	9.15	26.06	+223	26.29		
67	Marshall, Jessica	8.57	11.48	10.29	31.14	+407			
70	Bartow, Macy	9.24	11.34	11.42	32.40	FRI			

Team Standings

Boys Varsity (15 Teams)

1 Anacoco (2A)	74	6 Tioga (4A)	142	1 MENARD (2A)	42
2 MENARD (2A)	75	7 Georgetown (C)	187	2 Pineville (5A)	94
3 Pineville (5A)	86	8 Avoyelles Charl	217	3 Leesville (4A)	119
4 Buckeye (3A)	115	9 Grace Christian (B)	226	4 Buckeye (3A)	120
5 Leesville (4A)	132	10 Glenmora (B)	234	5 Avoyelles Charl	136

Girls Varsity (13 Teams)

6 Anacoco (2A)	142	7 ASH (4A)	177
7 ASH (4A)	94	8 Glenmora (B)	178
8 Glenmora (B)	119	9 Evans (B)	179
9 Evans (B)	120	10 Simpson (B)	186
10 Simpson (B)	136		

CENLA CHAMPS (Continued)

Boys JV

Place		Mile 1	Mile 2	Finish	PR! +/-
	Watts, Hunter	7.46	7.40	15.26	PR!
	Robichaux, Cole	7.46	7.42	15.28	+53
	Book, Noah	8.47	9.45	18.32	+29

Girls JV

Place		Mile 1	Mile 2	Finish	PR! +/-
	Zimmerman, Chris	8.50	9.07	17.57	PR!
	Mikel, Midori	9.46	9.54	19.40	PR!
	Jones, Madeline	9.51	10.01	19.52	PR!
	Jeanfreau, Grace	9.2	11.12	20.32	+152
	Kramer, Tristan	10.09	10.53	21.02	+34
	Vargas, Nellie	10.08	11.49	21.57	PR!
	Erickson, Cameron	11.09	11.46	22.55	+233
	Bock, Chelsea	12.26	14.04	26.30	FRI

RECORDS AND TROPHIES

Grade Records

Rachel Engelsman [illegible]

Bublow Course Records

Mallory Robichaux	#2 8th grade	Rachel Engelsman	#3 8th grade
Mallory Bartow	#1 9th grade	Lindsay Vaughan	#2 9th grade

Cenla Champs Race Records

Rachel Engelsman	#5 All Grades; #2 8th grade	Lindsay Vaughan	#7 All Grades; #2 9th grade
Macy Bartow	#3 7th grade	Mallory Robichaux	#1 8th grade
Mallory Bartow	#1 9th grade		

T'S, Sweatshirts and bags

Money due: Taylor (t-shirts); Watts (sweatshirts). Please get this money in this week!

BOX LUNCH FUND RAISER

Make copies of the sign-up sheet and sell, sell, sell! Any questions call Gaynell Lemoine 641-0113

We love Grand Coteau!!!

Sacred Heart is a little rusty putting on a meet, but once the gun goes off, all is well! Once again, it's too hot, but not bad as it's been. The girls win big with 3 in the top ten; the boys lose a tie-breaker for second. Time-wise, the varsity teams get 2 PR's and 9 SPR's. Both teams also run their fastest team times of the year. The JHer's do their share of looking good with another 7 PR's. Mallory R gets the girls first sub 20 of the year and a dominating win; Mallory B third and a rare TSPR. Alyse (the 'beast') runs maybe the greatest race of her life to close out any thoughts St Thoma More and Hanson might have had about catching us.

Some developing things to watch in the weeks to come: 3 of our JHer girls - Madeline, Midori, and Nellie - have PR every race so far - can they keep it up? How fast will they get? And 2 of our veteran boys - Brennan and Will - are already faster than last year. Stay tuned! Cool weather is on the way! Here's the stats:

Boys Varsity (65 runners) Team Time 91.41 SPR! Gap Time 1.28

Place		Mile 1	Mile 2	Mile 3	Finish	PR! +/-		
6	Ellis, Isaac	5.39	6.02	5.59	17.40	+17	SPR!	T-Shirt!
14	Lemoine, Andrew	6.03	6.11	5.51	18.05	+06	SPR!	
16	Baker, Tucker	5.46	6.21	6.01	18.08	+24	SPR!	
23	Vidrine, Brennan	5.49	6.27	6.24	18.40	PR!		
31	Wehrle, Will	6.09	6.37	6.22	19.08	PR!		
45	Treuting, Robert	6.22	7.18	7.03	20.43	+06		
53	Seeser, Daniel	6.27	7.18	7.35	21.20	+97	SPR!	

Girls Varsity (60 runners) Team Time 106.03 SPR! Gap Time 2.18

Place		Mile 1	Mile 2	Mile 3	Finish	PR! +/-		
1	Robichaux, Mallory	6.20	6.53	6.46	19.59	+17	SPR!	T-Shirt!
3	Bartow, Mallory	6.30	7.03	6.55	20.28	+24	TSPR!	T-Shirt!
6	Engelsman, Rachel	6.35	7.35	6.51	21.01	+84	SPR!	T-Shirt!
13	Vaughan, Lindsay	6.48	7.39	7.21	21.48	+78	SPR!	
21	Lemoine, Alyse	6.54	7.57	7.56	22.47	+24	SPR!	
34	Marshall, Jessica	7.27	8.48	9.06	25.21	+54	SPR!	
46	Pearson, Claire	7.43	10.35	9.21	27.39			

Girls Junior High (65 runners)

Place		Mile 1	Mile 2	Finish	PR! +/-
6	Bartow, Macy	7.34	8.27	16.01	PR!
25	Vargas, Nellie	9.00	10.03	19.03	PR!
26	Jones, Madeline	9.03	10.02	19.05	PR!
27	Mikel, Midori	9.16	9.59	19.15	PR!
33	Kramer, Tristan	9.55	10.30	20.25	PR!
41	Erickson, Cameron	10.24	11.13	21.37	+155
58	Hrichuk, Victoria	10.36	13.52	24.28	FRI
59	Bock, Chelsea	11.17	13.29	24.46	PR!
65	Scull, Chesnie	11.59	14.47	26.46	FRI

SACRED HEART (Continued)

Boys Junior High (49 runners)

Place		Mile 1	Mile 2	Finish	PR! +/-
8	Robichaux, Cole	8.50	7.27	14.17	PR!
40	Book, Noah	8.47	10.23	19.10	+67

Girls and Boys Junior Varsity

Place		Mile 1	Mile 2	Mile 3	Finish	PR! +/-		
3	Taylor, Christian	6.07	7.11	6.58	20.16	+176	SPR!	T-Shirt!
	Jeanfreau, Grace	8.28	9.28		17.56	PR!		
9	Zimmerman, Cana	8.45	9.03	8.35	27.23	FR!		T-Shirt!

RECORDS SET AT SACRED HEART

Grade Records

Mallory Robichaux	#1 8th grade	Rachel Engelsman	#2 8th grade
Jessica Marshall	#12 8th grade	Lindsay Vaughan	#2 9th grade
Alyse Lemoine	#7 9th grade	Cana Zimmerman	#30 All Grades; #13 10th grade
Will Wehrle	#25 9th grade	Isaac Eilts	#22 11th grade

Quote of the day at Sacred Heart: *Cross Country is a great sport. It's like watching a football game with a thousand touchdowns!*

THE REMAINING 2010 ALMOST FINAL CROSS COUNTRY SCHEDULE

Not all the dates are filled in, and a few of the dates are best guesses. 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 28	SWIM & EAT #3!	Pearson's	(After Practice)
** SATURDAY	October 2	ST JOSEPH'S	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 9	NIKE SOUTH REGIONAL	Houston (Varsity Teams only)	
** SATURDAY	October 16	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 20	JOHNNY MILLER	Fort Buhlow Recreation Area	
** SATURDAY	October 23	TOM NOLAN	Acadiana Park	9:00 AM
?? WEDNESDAY	October 27	ASH	ASH	
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?? TUESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	
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** MONDAY	November 15	STATE CHAMPS	NSU	
** MONDAY	November 15	Post State Race Meal	????????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

ST JOSEPH'S AT HIGHLAND PARK (Saturday, October 2)

The Episcopal meet will be the biggest meet of the year! It's run at Highland Park – just like the Episcopal meet except much 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
8:30 AM	Junior Varsity Boys and Girls (2 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	

Please be on time at Menard. 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 getting on I-10 for bathrooms); I-10 to Siegan Lane; Siegan Lane to Highland Road; Highland Road to Highland Park. We will park in the parking lot to the right of Highland Road (the upper parking lot to the left is always a mess!)

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, 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 (8:30 AM) JV Boys/Girls	Seeser, Jeanfreau, Zimmerman
	Race 2 (9:00 AM) JH Girls	Antoon, Beard, Bock, Erickson, Hirchak, Jones, Kramer, Mikel, Vargas
	Race 3 (9:30 AM) JH Boys	Book, Robichaux, Watts
	Race 4 (10:00 AM) Varsity Girls	Bartow, Bartow, Engelsman, Lemoine, Marshall, Robichaux, Vaughan
	Race 5 (10:30 AM) Varsity Boys	Baker, Eilts, Lemoine, Taylor, Treuting, Vidrine, Wehrle

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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

SWIM & EAT's

Swim and Eats are back in action this week. This time it's the Pearson's (just down the street from the Eilts') on Tuesday after practice. Same as last time: we practice, then take the bus t the Pearson's. Either pick up your runner no later than 5:45 PM or no later than 6:00 PM at Menard.

T-SHIRTS

We have a few small t's left if anyone needs more. Also, we can reorder shirts if someone needs a shirt other than a small! Let Coach know!

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, St Joe, Nike South, Menard, and State. The mileage must be logged between the end of the previous year track season and the district CC meet (November 9th). 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 – grey, 2nd year – red, third year – yellow, fourth year – green, fifth year – blue, and sixth year – black. No black shirts and only four blue have ever been awarded. Only a very few have earned more than one shirt. Here's a list of the 30 runners who have earned three or more shirts since this group was formed in 1988:

Black (None) Blue 4 (Lauren Patty, Danon O'Kelly, Joffroi Holcombe, Steven Jeansonne)

Green 11 (Leslie Manuel, Jesse Petrus, Emily Demarco, Francis Vanderlick, Jen Jeane, Thomas Kajor, Will Littlepage, Mellynn Baker, Mark Dotson, Andrew Lemoine, Christian Taylor)

Yellow 15 (Jenni Noles, Sarah Ragona, 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 Sansing)

Red 19 Gray 48

MERC qualifiers so far this year: Mallory Robichaux. Congrats! There will be more - stay tuned!

Holy Savior Menard

Cross Country 2010!

October 2, 2010

Beautiful day full of PR's at Highland!

ST JOSEPH

The JH girls have been knocking tons of time off their runs all season; now the varsity boys and girls are getting into the act! The run of the day was Mallory R's AWESOME 19:19 (and of course another Baton Rouge t-shirt). That ties Jennifer Jeane's "untouchable" all-time, top time from 2006. Congrats also to Rachel, Lindsay, Alyse, and Macy for varsity PR's or SPR's. There's no stats for this, but Macy's 7+ minute PR might be a record! The girls also get the #4 all-time team time to boot! The boys take a hit with Isaac sitting this one out, but with 4 PR's and 2 SPR's they only lose 95 seconds off last week's team time. Congrats to Tucker, Brennan, Will, Robert, Christian, and Daniel for PR's and SPR's! The 6 JH girls all PR – by a combined 537 seconds!!!! Cole and Cana also get PR's, and Grace gets her first 3 miler. Is the hot weather gone for good? Needless to say, we love cool race days! One thing gone for the year is 4:30 AM's! Here's the stats.

Boys Varsity (311 runners) Team Time 93.16 Gap Time 1.53

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	
70	Baker, Tucker	5.36	6.05	5.52	17.33	PR!	
128	Lemoine, Andrew	6.09	6.13	6.12	18.34		+35
131	Vidrine, Brennan	6.04	6.18	6.16	18.38	PR!	
152	Wehrle, Will	6.09	6.32	6.24	19.05	PR!	
168	Treuting, Robert	6.10	6.54	6.22	19.26	PR!	
179	Taylor, Christian	6.05	6.43	6.44	19.32	SPR!	+132
229	Seeser, Daniel	6.42	6.50	7.08	20.40	SPR!	+57

Girls Varsity (235 runners) Team Time 104.32 Gap Time 3.13

Place		Mile 1	Mile 2	Mile 3	Finish		PR +/-
13	Robichaux, Mallory	6.05	6.36	6.38	19.19	PR!	T-shirt!
36	Engelsman, Rachel	6.27	6.56	6.56	20.19	SPR!	+42
47	Vaughan, Lindsay	6.50	7.15	6.52	20.57	SPR!	+27
61	Bartow, Mallory	6.44	7.16	7.25	21.25		+81
95	Lemoine, Alyse	7.13	7.45	7.37	22.32	SPR!	+9
177	Marshall, Jessica	7.39	8.19	8.26	25.24		+57
179	Bartow, Macy	8.16	9.01	8.09	25.25	PR!	

Team Standings

Boys Varsity (43 Teams)

1 Catholic, BR (5A)	73
2 Episcopal, BR (2A)	87
3 Brother Martin (5A)	138
4 St Paul (5A)	155
5 Holy Cross (5A)	157
6 Lafayette (5A)	188
7 St Michael (4A)	263
8 Mandeville (5A)	290
9 Walker (5A)	296
20 MENARD (2A)	526

Girls Varsity (30 Teams)

1 St Joseph (5A)	51
2 Mt Carmel (5A)	104
3 Dominican (5A)	112
4 Episcopal, BR (2A)	148
5 St Scholastica (5A)	169
6 ED White (3A)	214
7 Lafayette (5A)	229
8 MENARD (2A)	234
9 Mandeville (5A)	253
10 St Michael (4A)	296

ST JOE (Continued)

Boys JH (263 runners)

Place	Mile 1	Mile 2	Finish	PR! +/-
127 Robichaux, Cole	7.04	7.06	14.10	PR!
244 Book, Noah	8.27	9.45	18.12	+9

Girls JH (261 runners)

Place	Mile 1	Mile 2	Finish	PR! +/-
158 Mikel, Midori	8.33	8.41	17.14	PR!
176 Jones, Madeline	8.31	9.00	17.31	PR!
203 Kramer, Tristan	8.45	9.34	18.19	PR!
210 Erickson, Cameron	9.16	9.21	18.37	PR!
258 Bock, Chelsea	11.07	12.38	23.45	PR!
261 Scull, Chenile	11.13	13.43	24.56	PR!

JV runners

Place	Mile 1	Mile 2	Mile 3	Finish	PR! +/-
Pearson, Claire	7.18	8.21		15.39	
Zimmerman, Cara	8.18	8.58	8.22	25.38	PR!
Jeanfreau, Grace	8.13	9.10	9.06	26.29	PR!

RECORDS SET AT ST JOSEPH'S

Grade Records

Macy Bartow	#26 All Grades; #10 7th grade	Mallory Robichaux	#2 All Grades; #1 8th grade
Rachel Engelsman	#2 8th grade	Lindsay Vaughan	#2 9th grade
Alyse Lemoine	#6 9th grade	Cara Zimmerman	#28 All Grades; #9 10th grade
Grace Jeanfreau	#31 All Grades; #11 10th grade	Will Wehrle	#24 9th grade
Tucker Baker	#27 All Grades; #20 11th grade		

Highland Park Course Records

Mallory Robichaux	#1 All Grades; #1 8th grade	Rachel Engelsman	#3 All Grades; #2 8th grade
Lindsay Vaughan	#7 All Grades; #2 9th grade	Macy Bartow	#5 7th grade
Alyse Lemoine	#5 9th grade		

Catholic / St Joe Meet Records

Mallory Robichaux	#1 All Grades; #1 8th grade	Rachel Engelsman	#3 All Grades; #2 8th grade
Lindsay Vaughan	#6 All Grades; #1 9th grade	Mallory Bartow	#8 All Grades; #2 9th grade
Macy Bartow	#5 7th grade	Alyse Lemoine	#4 9th grade

T'S, Sweatshirts and bags

Money due: Taylor (t-shirts); Watts (sweatshirts); Pearson's (sweatshirts). Please get this money in this week!

THE REMAINING 2010 ALMOST FINAL CROSS COUNTRY SCHEDULE

Not all the dates are filled in, and a few of the dates are best guesses. 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 bac in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RAC
** SATURDAY	October 9	NIKE SOUTH REGIONAL	Houston (Varsity Teams only)	
** SATURDAY	October 16	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 20	JOHNNY MILLER	Fort Buhlow Recreation Area	
** SATURDAY	October 23	TOM NOLAN	Acadiana Park	9:00 AM
** WEDNESDAY	October 27	ASH	ASH	
** SATURDAY	October 30	ST THOMAS MORE	Acadiana Park	8:15 AM
** WEDNESDAY	November 3	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** THURSDAY	November 5	BOX LUNCH FUND RAISER	Menard Cafeteria	5:00 PM
** FRIDAY	November 6	BOX LUNCH FUND RAISER	Menard Cafeteria	9:00 AM
** MONDAY	November 8	SPAGHETTI SUPPER	Lea J's	6:00 PM
** TUESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	
** MONDAY	November 15	STATE CHAMPS	NSU	
** MONDAY	November 15	Post State Race Meal	???????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

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

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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T-SHIRTS

We have a few small t's left if anyone needs more. Also, we can reorder shirts if someone needs a shirt other than a s Let Coach know!

NIKE SOUTH REGIONAL MEET

Only the varsity girls and boys are going to Houston. There will be workouts for the runners not travelling, but here's your chance to SLEEP IN!

SOME THANK YOUS ...

The cross country bulletin board is the best one in Menard!	THANKS, Mickie Seeser
The drinks at the meets is a GREAT addition this year!	THANKS, all parents
The swim & eats are a GREAT break, especially in the heat	THANKS, Seeser's, Ellis', and Pearson's
The Box Lunch Fund Raiser	THANKS, Lemoine's
Nike South Coordination	THANKS, James Vidrine
And all the little things	THANKS!!!!!

MENARD INVITATIONAL

Our big race is in two weeks. We will need all of us who can possibly be there to pitch in. Especially this year as we have the very unfortunate conflict with the Cancer 5K. A few of you have indicated you will need to be at the 5K instead of at our race - I have lost that list - sorry. Please look over the volunteer list in this newsletter. IF YOU CAN NOT BE THERE FOR OUR RACE PLEASE EMAIL MY RIGHT AWAY. Our race is one of the most popular races in the state and usually hosted well over 50 schools. One of the reasons coaches like our race is its organization and its personality - which has a lot to do with all of us doing our job that day. For this race, the work comes before watching your runner! If your name is not on the list - stay tuned! As parents indicate they can not be there, this list will change. And like any major event, there is ALWAYS a need for additional help!

BOX LUNCH FUND RAISER

Make copies of the sign-up sheet and sell, sell, sell! Make cookies! Any questions call Gaynell Lemoine 641-0113

Holy Savior Menard

Cross Country 2010!

October 9, 2010

Running with a VERY fast crowd!

NIKE SOUTH

We're not just a little out of our class here (some of the schools we ran against had 5000 students!), and we didn't run our potential, but it was a great adventure for all. The course was a little challenging with lots of turns (and a few unmovable poles!) and the weather was great. The guys were 23 of 24; the girls were 12 of 17. Congrats to Rachel s SPR and Will with PR #3 and to Tucker for not killing himself! Here's the stats.

Boys Varsity (170 runners) Team Time 94.35 Gap Time 0.58

Place	Mile 1	Mile 2	Mile 3	5K	3 Mile	5K	PR +/-	
129 Lemoine, Andrew	5.55	6.21	6.09	0.38	18.25	19.03	+26	
131 Ellis, Isaac	5.49	6.16	6.23	0.41	18.27	19.08	+64	
143 Wehrle, Will	6.04	6.34	6.19	0.38	18.57	19.35	-08	PRI
152 Taylor, Christian	5.58	6.34	6.54	0.31	19.26	19.57	+126	
154 Vidrine, Brennan	5.58	6.40	6.42	0.41	19.20	20.01	+42	
160 Treuting, Robert	6.09	7.00	6.42	0.34	19.51	20.25	+25	
Baker, Tucker	DNF							

Girls Varsity (138 runners) Team Time 109.15 Gap Time 4.56

Place	Mile 1	Mile 2	Mile 3	5K	3 Mile	5K	PR +/-	
27 Engelsman, Rachel	6.32	7.00	6.44	0.40	20.16	20.56	+39	SPRI
36 Robichaux, Mallory	6.37	7.01	7.16	0.43	20.34	21.17	+75	
55 Vaughan, Lindsay	6.36	7.15	7.16	0.42	21.07	21.49	+37	
99 Bartow, Mallory	6.40	7.39	7.54	0.50	22.13	23.03	+129	
134 Lemoine, Alyse	7.27	8.35	9.03	0.47	25.05	25.52	+162	
137 Bartow, Macy	7.43	8.03	9.14	0.51	26.00	26.51	+35	
Pearson, Claire	8.56	DNF						

RECORDS SET AT NIKE SOUTH

Grade Records

Rachel Engelsman	#2 8th grade	Will Wehrle	#23 9th grade

5K Records

Mallory Robichaux	#10 All Grades; #4 8th grade	Rachel Engelsman	#1 8th grade

BOX LUNCH FUND RAISER

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STATE RANKINGS

Every week cross country teams around the state are ranked. In alternating weeks, the teams are ranked by big school - small school, and composite. Last week the big/small rankings were published (Wednesdays in the BR Advocate).

	LARGE SCHOOL BOYS TEAMS	CLASS	LARGE SCHOOL GIRLS TEAMS	CLASS
1	Jesuit	5A	1 St Joseph's	5A
2	Catholic, BR	5A	2 Mt Carmel	5A
3	St Paul's	5A	3 Dominican	5A
4	Holy Cross	4A	4 ED White	3A
5	Brother Martin	5A	5 St Scholastica	4A
6	Mandeville	5A	6 St Michael	4A
7	St Michael	4A	7 Mandeville	5A
8	Walker	4A	8 Lafayette	5A
9	Parkway	4A	9 Ruston	4A
10	Lafayette	5A	10 Cabrini	4A

	SMALL SCHOOL BOYS TEAMS	CLASS	SMALL SCHOOL GIRLS TEAMS	CLASS
1	Episcopal, BR	2A	1 Episcopal, BR	2A
2	St Thomas Aquinas	2A	2 Newman	2A
3	Choudrant	B	3 MENARD	2A
4	Newman	2A	4 St Thomas Aquinas	2A
5	MENARD	2A	5 Hanson	B
6	Runnels	2A	6 Calvary Baptist	2A
7	Ascension Cath	1A	7 Cedar Creek	1A
8	Lakeside	2A	8 Metairie Park CD	1A
9	Calvary Baptist	2A	9 McGehee	2A
10	Hanson	1A	10 St Martin's	1A

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MENARD INVITATIONAL

Our big race is THIS SATURDAY!!! We will need all of us who can possibly be there to pitch in. Especially this year as we have the very unfortunate conflict with the Cancer 5K. Please look over the volunteer list in this newsletter. IF YOU CAN NOT BE THERE FOR OUR RACE PLEASE EMAIL MY RIGHT AWAY. Our race is one of the most popular races in the state and we usually host well over 50 schools. One of the reasons coaches like our race is its organization and its personality - which has a lot to do with all of us doing our job that day. For this race, the work comes before watching your runner! If your name is not on the list - stay tuned! As parents indicate they cannot be there, this list will change. And like any major event, there is ALWAYS a need for additional help! Our registration right now is 35 schools.

THE REMAINING 2010 ALMOST FINAL CROSS COUNTRY SCHEDULE

Not all the dates are filled in, and a few of the dates are best guesses. 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.

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** TUESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	

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

** MONDAY	November 15	STATE CHAMPS	NSU	
** MONDAY	November 15	Post State Race Meal	???????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

Race Day: Saturday, October 16, 2010 NOTE CHANGES — IN BOXES

Schedule for the Day:

8:00 AM	Workers Arrive at Course	10:20 AM	Small School Awards Presentation
8:15 AM	Begin team sign in	10:40 AM	Large School Girls Race (Race 4 – 3 miles)
9:00 AM	Small School Girls Race (Race 1 – 3 miles)	11:20 AM	Large School Boys Race (Race 5 – 3 miles
9:40 AM	Small School Boys Race (Race 2 – 3 miles)	11:50 PM	Large School & Open Awards Presentations
10:10 AM	JV Race (Race 3 – 2 miles)	12:00 PM	Clean up and go home!

*** REGISTRATION – Registering teams as they check in (4 stations)
1. Sissy Jones 2. Shaune Beard 3. Becky Smith 4. Lucy Pearson
5. Kristine Antoon 6. Melinda Vaughan 7. Mary Treuting 8. Sarah Mickel

*** TABULATION –Compiling race results
1. Ed Bartow 2. Judy Mathews

*** FINISH LINE TIMING - Record the finish times for all runners (Races 1,2,4,5) (No times in Open Race – 3)
1. Randy Seeser 2. Craig Mickel

*** FINISH CHUTE – Keep runners in proper order as they finish.
1. Ted Eilts 3. Beatrice Jeanfreau 5. James Lemoine 7. Ricky Beard 9. JB Treuting
2. James Vidrine 4. Steve Vaughan 6. Preston Taylor 8. Donald Baker 10. Jody Stanford

*** PULL TABS – Tear off race bib tabs and hand to runner
1. Felicia Vidrine 2. Lori Eilts 3. Bekka Taylor

*** PULL TAB STRINGER – Place pull tabs on stringer
1. Lori Wehrle 2. Caroline Mansour

*** RIBBONS – Pass out ribbons to top ten runners in the JV race as they finish.
1. Lucy Pearson

*** T-SHIRTS – Guard and pass out t-shirts to qualifying runners.
1. Kathy Engelsman 2. Stephanie Barlow 3. Beth Erickson

*** COURSE MARSHALS – Direct runners at course turns.
1. National Guardsmen - 4

*** COACH – Get runners warmed up and to starting line on time. Melanie Baker

***MENARD MILE SPLITS Driver: Ramona Kramer
1. First mile times (Races 1, 2, 3) Brooklyn Hampton, Elyssa Joly, Lana Beard
2. Second mile times (Races 1, 2) Brooklyn Hampton, Elyssa Joly, Lana Beard
3. Finish times (Race 3) Brooklyn Hampton, Elyssa Joly, Lana Beard

*** WATER STATION 1. Mike Wehrle 2. Ed Marshall

***BATHROOMS National Guardsmen - 2

***PARKING National Guardsmen - 4

***MUSIC 1. Kevin Beaudroux

***PICTURES Mickie Seeser 2. Stephanie Robichaux 3. Gaynell Lemoine

***CLEAN UP / PICK UP STAKES AND FLAGS (During Awards)
All of us!

Holy Savior Menard

Cross Country 2010!

October 16, 2010

Menard (high and dry!) Invitational

hosts 50 schools and over 800 runners !

MENARD INVITATIONAL

It's a topsy-turvy world, this Menard CC! Isaac sits it out on the boys side, Mallory B and Claire sit it out, and Rachel falls out on the girls side. Even so, the girls get 4th of 7 and the guys get 5th of 16. Individually, there's lots to talk about. The boys get 3 PR's and a SPR, plus 3 first time 3-milers. The girls get 2 PR's and 5 (!) first time 3-milers. Congrats to Lindsay and Andrew for their PR's and #1 Menard ranks, Will for PR #4 in a row, Jessica for her whopping 74 second PR Cole for his #7 Menard rank in his first 3-miler,and also PR's by Robert and Chelsea. Here's the stats.

Boys Varsity (141 runners) Team Time 92.18 Gap Time 0.58

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-				Last Yr
18 Lemoine, Andrew	6.01	6.12	5.44	17.57	-02	PRI		T-shirt!	18.27
21 Baker, Tucker	5.45	6.24	5.55	18.04	+31			T-shirt!	17.54
28 Wehrle, Will	5.57	6.31	6.02	18.30	-27	PRI		T-shirt!	20.19
37 Taylor, Christian	5.48	6.39	6.25	18.52	+92	SPRI		T-shirt!	17.45
44 Vidrine, Brennan	6.00	6.30	6.25	18.55	+17			T-shirt!	19.23
53 Treuting, Robert	6.12	6.58	6.10	19.20	-06	PRI			
81 Robichaux, Cole	6.31	7.13	6.50	20.34	FRI				
96 Seeser, Daniel	6.30	7.20	7.17	21.27	+104				20.18
107 Wells, Hunter	6.40	7.52	7.22	21.54	FRI				
131 Book, Noah	7.26	8.19	8.19	24.04	FRI				

Girls Varsity (83 runners) Team Time 114.35 Gap Time 7.01

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-				Last Yr
2 Vaughan, Lindsay	6.29	7.35	6.07	20.11	-19	PRI	Medal!	T-shirt!	20.44
5 Robichaux, Mallory	6.23	7.43	6.21	20.27	+68		Medal!	T-shirt!	19.59
28 Marshall, Jessica	7.10	9.05	6.58	23.13	-74	PRI		T-shirt!	25.56
34 Lemoine, Alyse	7.10	9.05	7.17	23.32	+69			T-shirt!	24.13
67 Jones, Madeline	8.49	10.13	8.10	27.12	FRI				
70 Jeanfreau, Grace	8.33	10.31	8.36	27.40	+71				
72 Kramer, Tristan	8.49	10.26	8.47	28.02	FRI				
73 Mikel, Midori	8.34	10.55	8.37	28.06	FRI				
77 Bartow, Macy	8.19	12.30	9.43	29.32	+247				
78 Vargas, Nellie	8.32	11.41	9.26	29.39	FRI				
80 Erickson, Cimeron	9.00	11.38	9.24	30.02	FRI				
Engelsman, Rachel	6.28	DNF							20.19

JV - Boys & Girls

	Mile 1	Mile 2	Finish	PR +/-	
Beck, Chelsea	11.03	12.06	23.09	-36	PRI
Hirchak, Victoria	10.36	DNF			
Scull, Chassie	12.02	13.14	25.16	+20	

RECORDS SET AT MENARD INVITATIONAL

Grade Records

Nellie Vargas	#46 All Grades; #12 7th grade	Cameron Erickson	#48 All Grades; #13 7th grade
Jessica Marshall	#20 All Grades; #10 8th grade	Madeline Jones	#33 All Grades; #14 8th grade
Tristan Kramer	#36 All Grades; #15 8th grade	Midori Mickel	#37 All Grades; #16 8th grade
Lindsay Vaughan	#6 All Grades; #1 9th grade	Cole Robichaux	#15 7th grade
Will Wehrle	#50 All Grades; #20 9th grade		

Menard Invitational Meet Records

Lindsay Vaughan	#2 All Time; #1 9th grade	Jessica Marshall	#10 All Time; #4 8th grade
Mallory Robichaux	#1 8th grade	Alyse Lemoine	#3 9th grade

Buhlow #6 Course Records

Cole Robichaux	#5 7th grade	Lindsay Vaughan	#1 All Time; #1 9th grade
Mallory Robichaux	#2 All Time; #1 8th grade	Jessica Marshall	#4 8th grade

THANKS!!

It was a great day at Buhlow. We didn't win any races, but we once again gained a lot of respect from the statewide high school cross country community. We truly have the most popular and fun race in the state. And none of it would happen without all the good-spirited help our parents put into our program. As I am every year, I am very proud of our school, our parents, and our program on this day. Every coach I talked to had nothing but good things to say about how well we run this meet and how much their runners love to come here.

I'd like to add a special thanks to our National Guard volunteers, who handled the tough jobs of parking, course monitoring and (yuk!) bathrooms.

And if you get the opportunity, say thanks to the park rangers. They go out of their way every year to make ours and all the other CC meets run smoothly.

One more thanks: to Kevin Boudreaux for a great job with the music - it was awesome!

A great day for us all!

STATE RANKINGS

Every week cross country teams around the state are ranked. In alternating weeks, the teams are ranked by big school small school, and composite. Composite rankings, October 13th:

COMPOSITE RANKINGS

	BOYS' TEAMS		GIRLS' TEAMS	
	SCHOOL	CLASS	SCHOOL	CLASS
1	Catholic, BR	5A	1 St Joseph's	5A
2	Jesuit	5A	2 Mt Carmel	5A
3	Episcopal, BR	2A	3 Dominican	5A
4	St Paul's	5A	4 Episcopal, BR	2A
5	Brother Martin	5A	5 St Scolastica	4A
5	Holy Cross	4A	6 ED White	3A
7	Mandeville	5A	7 Lafayette	5A
8	St Michael	4A	8 Mandeville	5A
9	Lafayette	5A	9 MENARD	2A
9	Ruston	5A	10 Ruston	5A
11	St Thomas Aquinas	2A	11 St Thomas Aquinas	2A
12	Walker	4A	12 Newman	2A
13	E Ascension	4A	13 Fountainebleau	5A
14	West Monroe	5A	14 St Michael	4A

THE REMAINING 2010 NEVER FINAL CROSS COUNTRY SCHEDULE!

Look carefully! There's been some changes!

DAY	DATE	EVENT	LOCATION	FIRST RA
** WEDNESDAY	October 20	JOHNNY MILLER	Fort Buhlow Recreation Area	
** SATURDAY	October 23	NSU	Natchitoches	10:00 AM
** WEDNESDAY	October 27	ASH	??????	
** SATURDAY	October 30	ST THOMAS MORE	Acadiana Park	8:15 AM
** WEDNESDAY	November 3	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** THURSDAY	November 4	BOX LUNCH FUND RAISER	Menard Cafeteria	5:00 PM
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** MONDAY	November 8	SPAGHETTI SUPPER	Lee J's	6:00 PM
** TUESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	

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** MONDAY	November 15	STATE CHAMPS	NSU	
** MONDAY	November 15	Post State Race Meal	????????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

BOX LUNCH FUND RAISER

Make copies of the sign-up sheet and sell, sell, sell! Make cookies! Any questions call Gaynell Lemoine 641-0113. TWO WEEKS!!!!!!

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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

JOHN MILLER INVITATIONAL (Wednesday, October 20th)

We'll leave school on the bus after 7th Period.

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

NSU INVITATIONAL (Saturday, October 23rd)

This is run on the state meet course, so it's really good to go to this one! It's right on the campus, behind the track complex.

Meet at Menard at 8:00 AM Leave at 8:10 AM Girls Race at 10:00 AM Boys Race at 10:45 AM

State Meet Course Preview!

NSU INVITATIONAL

Will we ever get to full strength??!! State's in 3 weeks and we have 5 varsity runners (3 girls + 2 guys) forced to be spectators. It will be a very exciting race to the finish! On the up side, we get 5 rookie PR's - congrats to Robert, Mr Midori, Tristan, and Nellie! Also on the up side, Mallory and Rachel earn great places against some pretty good competition. The guys get 8th of 21 teams and the girls get 5th of 19 teams. Quote of the day: "It's showtime!" Her the stats.

Boys Varsity (189 runners) Team Time 95.10 Gap Time 1:19

Place	Mile 1	Mile 2	Mile 3	Finish		PR+/-
33 Baker, Tucker	5.39	6.18	6.14	18.11		+38
49 Lemoine, Andrew	6.04	6.16	6.33	18.53		+58
57 Treuting, Robert	6.05	6.31	6.36	19.12	PR!	-08
63 Vidrine, Brennan	6.04	6.39	6.41	19.24		+46
70 Taylor, Christian	5.49	6.38	7.03	19.30		+130
117 Seeser, Daniel	6.37	7.17	7.39	21.33		+110
127 Robichaux, Cole	6.44	7.35	7.48	22.07		+93

Girls Varsity (156 runners) Team Time 111.51 Gap Time 5.01

Place	Mile 1	Mile 2	Mile 3	Finish		PR+/-
3 Robichaux, Mallory	6.08	6.44	6.53	19.45		+26
4 Engelsman, Rachel	6.19	6.56	6.58	20.13	SPR!	+36
37 Lemoine, Alyse	6.56	7.47	8.01	22.44		+21
65 Bartow, Macy	7.26	8.28	8.29	24.23	PR!	-46
75 Marshall, Jessica	6.56	8.19	9.31	24.46		+110
90 Zimmerman, Cara	8.17	8.54	8.37	25.48		+10
101 Jones, Madeline	8.10	9.37	9.23	27.10		+22
107 Mickel, Midori	8.25	9.28	9.41	27.34	PR!	-54
108 Kramer, Tristan	8.25	9.28	9.43	27.36	PR!	-26
114 Vargas, Nellie	8.01	9.50	10.26	28.17	PR!	-82

RECORDS SET AT THE NSU INVITATIONAL

Grade Records

Macy Bartow	#23 All Grades; #8 7th grade	Nellie Vargas	#38 All Grades; #11 7th g
Rachel Engelsman	#2 8th grade	Midori Mickel	#34 All Grades; #15 8th g
Tristan Kramer	#35 All Grades; #16 8th grade		

NSU Course Records

Mallory Robichaux	#1 All Time; #1 8th grade	Rachel Engelsman	#2 8th grade
Alyse Lemoine	#2 9th grade		

A view of the future at John Miller!

John Miller

We ran 2 veteran girls and 4 veteran boys at Buhlow plus 7 rookies and still score pretty good! The boys get 5th of 22, and the girls 9th of 20. We also get 4 PR's and a SPR - congrats Jessica, Macy, Madeline, Will, and Robert. Here's the stats:

Boys Varsity (133 runner(s) Team Time 95.17 Gap Time 2:17

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-			Last Yr
10	Baker, Tucker	5.50	6.27	5.54	18.11	+31		T-shirt!	19.07
13	Lemoine, Andrew	6.02	6.18	6.01	18.21	+24		T-shirt!	18.36
18	Wehrle, Will	5.51	6.35	6.02	18.28	-2	PR!	T-shirt!	12.41
39	Treuting, Robert	6.19	7.01	6.29	19.49	+29			
62	Seaser, Daniel	6.30	7.01	6.57	20.28	+45	SPR!		13.24
88	Watts, Hunter	7.00	7.52	7.23	22.15	+21			

Girls Varsity (107 runners) Team Time 126.35 Gap Time 3.32

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-			Last Yr
19	Marshall, Jessica	7.12	8.09	7.35	22.56	-17	PR!	T-shirt!	28.17
21	Lemoine, Alyse	7.12	8.09	7.53	23.14	+51			25.39
49	Bartow, Macy	7.39	9.03	8.27	25.09	-16	PR!		
72	Jones, Madeline	8.20	9.32	8.56	26.48	-24	PR!		
88	Mickel, Midori	8.22	10.44	9.22	28.28	+22			
101	Kramer, Tristan	9.10	10.35	11.01	30.46	+164			
103	Vargas, Nellie	9.05	11.58	10.35	31.38	+119			

JV Girls (107 runners)

Place		Mile 1	Mile 2	Finish	PR +/-	
14	Zimmerman, Cara	8.19	8.08	16.27	-90	PR!
47	Erickson, Cameron	9.28	9.12	18.40	+3	
106	Scull, Chasnie	11.26	13.02	24.28	-28	PR!

JV Boys (102 runners)

Place		Mile 1	Mile 2	Finish	PR +/-	
11	Robichaux, Cole	6.33	6.51	13.24	-46	PR!
58	Book, Noah	7.23	7.52	15.15	-168	PR!

RECORDS SET AT THE JOHN MILLER INVITATIONAL

Grade Records

Macy Bartow	#24 All Grades; #9 7th grade	Jessica Marshall	#19 All Grades; #10 8th grade
Madeline Jones	#33 All Grades; #14 8th grade	Will Wehrle	#49 All Grades; #20 8th grade
Tristan Kramer	#35 All Grades; #16 8th grade		

Buhlow #6 Course Records

Macy Bartow	#5 7th grade	Jessica Marshall	#4 8th grade
Alyse Lemoine	#5 9th grade		

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** WEDNESDAY	November 3	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** THURSDAY	November 4	BOX LUNCH FUND RAISER	Menard Cafeteria	5:00 PM
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** MONDAY	November 8	SPAGHETTI SUPPER	Lee J's	6:00 PM
** TUESDAY	November 9	DISTRICT	NSU	

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

** MONDAY	November 15	STATE CHAMPS	NSU Boys - 1:45 PM	Girls - 3:15 PM
** MONDAY	November 15	Post State Race Meal	????????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

A GLIMPSE OF THE NATIONAL SCENE

A number of the teams in the elite race at Nike South are nationally ranked. What's it take to get to that level? On the guys side, Southlake Carroll (Texas) is ranked #9 nationally. Their #5 guy at Nike South ran 16:20 (15:46 for 3 miles). On the girls side Saratoga Springs (New York) is ranked #2 nationally. Their #5 girl ran 18:46 (18:08 for 3 miles) at Chile Pepper. Pretty fast!

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

FROM NOW TO THE END ....

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

ASH INVITATIONAL (Wednesday, October 27th)

We are not attending this meet this year. We will practice instead.

ST THOMAS MORE INVITATIONAL (Saturday, October 30th)

We usually take two trips to Acadiana Park, but this year just this one. It's a good course – if it's dry. There's a trail in the woods that gets REAL soupy if it's wet! But we love hills and mud and rain and hot and cold and ... We'll have maps Saturday morning. Here's the schedule:

5:30 AM	Meet at Menard (BE PROMPT!)
5:40 AM	Leave for Lafayette (Acadiana Park)
8:15 AM	Girls & Boys Junior High (2 miles)
9:00 AM	Girls Varsity
9:45 AM	Boys Varsity
10:30 AM	Awards
Back at Menard around 1:00 PM	

PARISH CHAMPIONSHIPS (Wednesday, November 3rd)

This race is open to Rapides Parish teams only. We're on the bus for this one. There will be 3 races:

3:15 PM	Combined boys and girls JV (2 miles)
3:45 PM	Girls' Varsity
4:20 PM	Boys' Varsity
5:00 PM	Awards

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

BOX LUNCH FUND RAISER

Thursday, November 4th	5:00 PM	Menard cafeteria
Friday, November 5th	9:00 AM	Menard cafeteria

This is our major fund raiser. Selling lunches is job #1. Putting lunches together and delivering them is job #2. Any questions call Gaynell Lemoine 641-0113.

SPAGHETTI SUPPER (Monday, November 8th)

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 is still with us. We've been meeting at Lee J's the last few years, and we're going back again this year. This is a social gathering for the entire family so please come join us. The meal is set and the cost is $5.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER
LEE J's RESTAURANT
(Foot of the Jackson Street Bridge in Pineville)
MONDAY, NOVEMBER 9th
6:00 PM $5.00 PER PERSON

DISTRICT MEET AT NSU, Natchitoches (Tuesday, November 9th)

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 are doing the same thing we did last year for "district." We and a few (???) other teams are going to run the state meet course this day. This will be an informal meet with no awards (other than pride!). We will take the bus to Natchitoches. This is the last race of the season for all but the state meet runners ☹. All runners will eat 5th period lunch. We'll then take yearbook pictures, change, and get on the bus.

2:30 PM	Girls Race
3:15 PM	Boys Race
Back at Menard around 5:00 PM	

NSU PRACTICE (State Meet Teams) Saturday, November 13th

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 13th and 14th)

The state meet teams meet at Coach's house for dinner just before the state meet.

Guys	Saturday, November 13th	5:00 to 6:30 PM
Girls	Sunday, November 14th	5:00 to 7:30 PM

STATE MEET (Monday, November 15th)

Only a maximum of seven designated boys and girls will run in this meet. Our tradition is for the entire team to come and support our state runners. You're excused from class for this. Coach will be in Natchitoches with the state teams. Those not running will have to make your own arrangements to get there. Here's our race schedule:

2A Boys	1:45 PM	2A Girls	3:15 PM

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

24th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 18th)

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. 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 18th, 6:00 PM, Menard cafeteria

Holy Savior Menard
Cross Country 2010!

October 30, 2010

Top Girls' Time Shattered (plus 8 more PR's!

ST THOMAS MORE INVITATIONAL

It's a perfect day to run, and run we did! Hats off to Mallory Robichaux for her GREAT 19.06 - a new Menard record by 13 seconds! More good news is varsity PR's by Jessica, Alyse, Andrew, and Robert. Even more good news is the 4 rookie PR's by Madeline, Tristan, Midori, and Hunter. The rookies now have 46 PR's for the season - awesome! Teamwise, the girls are 12th of 18 and the boys are 18th of 27. Here's the stats. Just a so-sad note: at full strength the girls are 2nd, 25 points ahead of Episcopal.

Boys Varsity (320 runners) Team Time 93.05 Gap Time 1:37

Place	Mile 1	Mile 2	Mile 3	Finish		PR + / -	Last Yr
75 Lemoine, Andrew	6.02	5.50	5.55	17.47	PR!	-10	18.14
103 Baker, Tucker	5.50	6.04	6.18	18.11		+38	17.59
133 Vidrine, Brennan	6.02	6.13	6.27	18.42		+04	19.12
153 Treuting, Robert	6.05	6.27	6.29	19.01	PR!	-11	
168 Taylor, Christian	6.00	6.30	6.54	19.24		+124	
258 Seeser, Daniel	6.52	6.57	7.23	21.12		+89	20.21
264 Watts, Hunter	7.22	7.12	7.02	21.36	PR!	-18	

Girls Varsity (241 runners) Team Time 112.39 Gap Time 6.21

Place	Mile 1	Mile 2	Mile 3	Finish		PR + / -		Last Yr
3 Robichaux, Mallory	6.09	6.25	6.32	19.07	PR!	-13	T-shirt!	19.44
59 Marshall, Jessica	7.03	7.26	7.21	21.51	PR!	-66		24.59
66 Lemoine, Alyse	7.04	7.26	7.31	22.01	PR!	-22		22.23
165 Bartow, Macy	7.58	8.45	8.32	25.15		+52		
174 Jones, Madeline	8.21	8.31	8.35	25.27	PR!	-81		
201 Kramer, Tristan	8.51	9.01	8.58	26.50	PR!	-46		
202 Mickel, Midori	8.42	9.10	8.58	26.50	PR!	-44		
214 Zimmerman, Cana	7.58	9.25	10.01	27.24		+106		
224 Vargas, Nellie	9.10	9.38	9.50	28.28		+11		
238 Erickson, Cameron	9.50	10.21	10.29	30.40		+38		
Engelsman, Rachel	6.37	DNF						19.37

RECORDS SET AT THE ST THOMAS MORE INVITATIONAL

Grade Records

Andrew Lemoine	#34 All Grades; #24 11th grade	Mallory Robichaux	#1 All Time; #1 8th grade
Jessica Marshall	#10 All Grades; #6 8th grade	Madeline Jones	#28 All Grades; #13 8th grade
Tristan Kramer	#34 All Grades; #15 8th grade	Midori Mickel	#35 All Grades; #16 8th grade
Alyse Lemoine	#11 All Grades; #4 9th grade		

Acadiana Course Records

Mallory Robichaux	#1 All Time; #1 8th grade	Jessica Marshall	#8 All Grades; #4 8th grade
Alyse Lemoine	#10 All Grades; #1 9th grade		

CROSS COUNTRY IN THE CLASSROOM

One of the points of pride we have every year is the excellence of the team on the field – and also in 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. These stats are just as great as our running stats! We have 10 straight A and another 17 A/I honor roll students out of 34 runners!!! That's 80 percent of our runners on the honor roll!!! Collectively, we have 163 A's, 55 B's, 18 C's, and only 1 D and one F. That's a 3.59 team average! In the GPA race, the sophomores are solidly on top of the CC classes, followed by the ninth grade, with the all the rest not far behind! Great job, runners – keep it up!!!

Overall Cross Country Boys & Girls GPA	3.59	1 – 10th grade	3.79
Overall Cross Country Boys GPA	3.39	2 – 9th grade	3.60
Overall Cross Country Girls GPA	3.69	3 – 11th grade	3.43
		4 – 7th grade	3.39
Overall Cross Country JH GPA	3.56	5 – 8th grade	3.31
Overall Cross Country HS GPA	3.22	(no seniors this year)	

"A" HONOR ROLL (10)

Mallory Bartow, Isaac Bilts, Victoria Hirchak, Grace Jeanfreau, Madeline Jones, Alyse Lemoine, Jessica Marshall, Paul Mathews, Claire Pearson, Mallory Robichaux

"A/B" HONOR ROLL (17)

Tucker Baker, Macy Bartow, Lana Beard, Chelsea Bock, Noah Book, Rachel Engelsman, Cameron Erickson, Brooklyn Hampton, Tristan Kramer, Andrew Lemoine, Midori Mickel, Cole Robichaux, Chesnie Scull, Daniel Seeser, Robert Treuting, Lindsay Vaughan, Cana Zimmerman

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Thursday, November 18th, 6:00 PM, Menard cafeteria

MERC UPDATE!

We have 4 MERC achievers so far: Rachel Engelsman, Mallory Robichaux, Andrew Lemoine, and Brenn Vidrine. CONGRATULATIONS!!! There will be a few more, maybe! Stay tuned!

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

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Guys & Girls are Parish Champs!!

PARISH CHAMPIONSHIPS

A little taste of last year with the weather, but can't argue with the results as both teams win handily - the guys by 16 over Buckeye and the girls by 6 over Pineville. We also collect two trophies, 7 t-shirts and a medal! Mallory and Rachel reverse last year's finish with Mallory winning this time - in a Bulldow course all-time record time. And we get 4 PR's and a SPR - in the rain! All in all, a very nice day. Here's the stats:

Boys Varsity (48 runners) Team Time 93.57 Gap Time 1:46

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-			Last Yr
2	Baker, Tucker	5.46	6.26	5.50	18.02	+29		T-shirt	17.44
4	Lemoine, Andrew	5.46	6.23	6.03	18.12	+25		T-shirt	17.59
9	Vidrine, Brennan	6.02	6.42	6.06	18.50	+12		T-shirt	19.06
10	Taylor, Christian	6.02	6.12	6.51	19.05	+105		T-shirt	
15	Seeser, Daniel	6.19	6.32	6.37	19.48	+05	SPR!		19.43
27	Watts, Hunter	6.35	7.20	6.56	20.49	-47	PR!		
35	Robichaux, Cole	6.56	7.42	7.02	21.40	+66			
42	Book, Noah	7.23	8.17	7.36	23.16	-48	PR!		
43	Trenting, Robert	6.57	9.13	8.14	24.24	+323			

Girls Varsity (46 runners) Team Time 114.07 Gap Time 5.55

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-			Last Yr
1	Robichaux, Mallory	6.09	6.26	6.41	19.16	+09	Medal!	T-shirt	19.42
2	Engelsmann, Rachel	6.36	WW					T-shirt	19.40
6	Marshall, Jessica	6.58	7.46	7.22	22.06	+15		T-shirt	DNP
13	Lemoine, Alyse	7.13	8.05	7.36	22.54	+15			23.04
25	Bartow, Macy	7.32	8.51	8.17	24.40	+17			
28	Zimmerman, Cara	8.02	9.01	8.08	25.13	-27	PR!		
33	Jones, Madeline	8.16	9.07	9.06	26.29	+62			
36	Mickel, Midori	9.07	9.57	9.10	28.14	+81			
39	Vargas, Nellie	9.01	10.18	9.34	28.53	+36			
41	Erickson, Cameron	9.10	10.04	9.50	29.04	-58	PR!		
42	Kramer, Tristan	9.10	10.04	9.50	29.04	+134			

RECORDS SET AT THE PARISH CHAMPIONSHIPS

Grade Records

Cameron Erickson	#43 All Grades; #13 7th grade	Cara Zimmerman	#25 All Grades; #8 10th grade

Bulldow Course Records

Mallory Robichaux	#1 All Time; #1 8th grade	Jessica Marshall	#9 All Grades; #4 8th grade
Alyse Lemoine	#5 9th grade	Macy Bartow	#5 7th grade

MERC UPDATE!

We now have 6 MERC achievers so far: Mallory Bartow, Rachel Engelsman, Mallory Robichaux, Lindsay Vaughan, Andrew Lemoine, and Brennan Vidrine. CONGRATULATIONS!!! There will be a few more, maybe! Stay tuned!

BOX LUNCHES A HUGE SUCCESS!!

Today was D-Day (deliveries). Thanks so much for all who showed up Thursday and Friday and helped make our fundraiser such a great success. We delivered around 650 lunches and cleared nearly $4000!!!!! All great team successes require lots of people doing lots of work. But all team successes also require a person or two who invest tons of time, tons of enthusiasm and cheerleading, and tons of organization. Thanks, Gaynell and Jay, for being that person or two - awesome job!

THE REMAINING 2010 NEVER FINAL CROSS COUNTRY SCHEDULE!

DAY	DATE	EVENT	LOCATION	FIRST RACE
** MONDAY	November 8	SPAGHETTI SUPPER	Lee J's	6:00 PM
** TUESDAY	November 9	DISTRICT	NSU	

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

** MONDAY	November 15	STATE CHAMPS	NSU	Boys - 1:45 PM Girls - 3:15 PM
** MONDAY	November 15	Post State Race Meal	????????	
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

School	445-8233	will need to leave voice mail here - not recommended!
Home	487-8887	evenings
Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

FROM NOW TO THE END ....

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

SPAGHETTI SUPPER (Monday, November 8th)

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 is still with us. We've been meeting at Lee J's the last few years, and we're going back again this year. This is a social gathering for the entire family so please come join us. The meal is set and the cost is $5.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER
LEE J's RESTAURANT
(Foot of the Jackson Street Bridge in Pineville)
MONDAY, NOVEMBER 9th
6:00 PM $5.00 PER PERSON

DISTRICT MEET AT NSU, Natchitoches (Tuesday, November 9th)

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 are doing the same thing we did last year for "district." We and a few (???) other teams are going to run the state meet course this day. This will be an informal meet with no awards (other than pride!). We will take the bus to Natchitoches. This is the last race of the season for all but the state meet runners ☹. All runners will eat 5th period lunch. We'll then take yearbook pictures, change, and get on the bus.

2:30 PM Girls Race
3:15 PM Boys Race
Back at Menard around 5:00 PM.

NSU PRACTICE (State Meet Teams) Saturday, November 13th

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 13th and 14th)

The state meet teams meet at Coach's house for dinner just before the state meet. These meetings are for the state runners only.

Guys	Saturday, November 13th	5:00 to 6:30 PM
Girls	Sunday, November 14th	5:00 to 7:30 PM

FROM NOW TO THE END ....(Continued)

STATE MEET (Monday, November 15th)

Only a maximum of seven designated boys and girls will run in this meet. Our tradition is for the entire team to come and support our state runners. You're excused from class for this. Coach will be in Natchitoches with the state teams. Those not running will have to make your own arrangements to get there. Here's our race schedule:

2A Boys 1:45 PM 2A Girls 3:15 PM

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

24th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 18th)

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. 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 18th, 6:00 PM, Menard cafeteria

Holy Savior Menard
Cross Country 2010!

November 9, 2010

Guys & Girls are District Champs!!

DISTRICT CHAMPIONSHIPS(NSU)

District champs again! The competition was about the same as last year, but we managed our boys and girls perfect scores for the ??? straight year. The race of the day belongs to Cameron who gets a giant PR (2 meets in a row) to end her season perfectly. Here's the stats:

Boys Varsity (8 runners) Team Time 96.18 Gap Time 2:43

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-		Last Yr
1	Lemoine, Andrew	5.44	6.05	6.12	18.01	+14		
2	Baker, Tucker	5.40	6.10	6.19	18.09	+36		18.45
3	Taylor, Christian	6.11	6.26	6.49	19.26	+126		
4	Vidrine, Brennan	6.06	6.59	6.53	19.58	+80		20.24
5	Seeser, Daniel	6.21	7.04	7.19	20.44	+61		21.12
6	Robichaux, Cole	6.37	7.22	7.19	21.18	+44		
7	Watts, Hunter	6.41	7.35	7.40	21.56	+67		
8	Book, Noah	7.27	8.31	8.02	24.00	+44		

Girls Varsity (13 runners) Team Time 114.05 Gap Time 3.45

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-		Last Yr
1	Robichaux, Mallory	6.22	7.02	7.20	20.44	+97		20.54
2	Engelsman, Rachel	6.44	7.22	7.36	21.40	+123		22.19
3	Bartow, Mallory	7.11	7.33	8.00	22.44	+160		22.02
4	Lemoine, Alyse	7.11	8.38	8.39	24.28	+147		25.36
5	Marshall, Jessica	7.11	8.38	8.40	24.29	+158		27.18
6	Beck, Chelsea	11.36	13.10		24.46	+97		
7	Bartow, Macy	7.50	9.11	9.07	26.08	+105		
8	Jones, Madeline	8.00	9.30	9.45	27.15	+108		
9	Brickson, Cameron	8.23	9.17	9.37	27.17	-107	PR!	
10	Kramer, Tristan	8.23	9.41	9.58	28.02	+72		
11	Zimmerman, Cara	8.23	10.32	9.21	28.16	+185		
12	Mickel, Midori	8.26	10.12	9.50	28.28	+98		
13	Vargas, Nellie	8.55	10.29	11.02	30.26	+129		

RECORDS SET AT THE DISTRICT CHAMPIONSHIPS (NSU)

Grade Records

Cameron Erickson #36 All Grades; #11 7th grade

Northwestern Course Records

Mallory Bartow #3 9th grade

District Meet Records

Mallory Robichaux	#2 All Grades; #1 8th grade	Rachel Engelsman	#7 All Grades; #2 8th grade
Mallory Bartow	#2 9th grade	Alyse Lemoine	#5 9th grade

THE REMAINING 2010 NEVER FINAL CROSS COUNTRY SCHEDULE!

DAY	DATE	EVENT	LOCATION	FIRST RAC
** MONDAY	November 15	STATE CHAMPS	NSU Boys - 1:45 PM	Girls - 3:15 PM
** MONDAY	November 15	Post State Race Meal	Nicky's	4:30 PM
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

School	445-8233	will need to leave voice mail here - not recommended!
Home	487-8887	evenings
Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

MERC FINAL UPDATE!

The MERC 'season' is over (ends with the district meet), and we have 11 MERC achievers! Macy Bartow, Mallory Bartow, Rachel Engelsman, Claire Pearson, Mallory Robichaux, Lindsay Vaughan, Andrew Lemo Daniel Seeser, Christian Taylor, Brennan Vidrine, and Hunter Watts. CONGRATULATIONS!!!

SPAGHETTI SUPPER!

The spaghetti supper at Lee J's was a great success as it is every year. The highlight was the surprise awesome shirts courtesy of the Lemoine's and Pearson's. Thanks! The shirts are really cool!

UNIFORMS

Those runners who have finished their racing for the year must turn in their uniforms - washed and in a bag your name on the bag - to Coach Smith in Room 501 BEFORE THE THANKSGIVING BREAK!

FROM NOW TO THE END ....

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

FINAL LOG BOOK TURN IN (Wednesday, November 10th)

NSU PRACTICE (State Meet Teams) Saturday, November 13th

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 13th and 14th)

The state meet teams meet at Coach's house for dinner just before the state meet. These meetings are for the state runners only.

Guys	Saturday, November 13th	5:00 to 6:30 PM
Girls	Sunday, November 14th	5:00 to 7:30 PM

Schedule Revision!!

STATE MEET (Monday, November 15th)

Only a maximum of seven designated boys and girls will run in this meet. Our tradition is for the entire team to come and support our state runners. You're excused from class for this. Here's our race schedule for the day:

Meet at St Rita's for 8 AM Mass - BE ON TIME AS WE WILL SIT AS WE WILL SIT AS A GROUP. This is for our whole team plus parents, not just the state meet runners. After Mass we will hang out at Coach's till 11:15 AM when we will leave for Natchitoches. Runners: bring your special foods with you!

2A Boys 1:45 PM 2A Girls 3:15 PM

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

24th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 18th)

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. 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 18th, 6:00 PM, Menard cafeteria

Holy Savior Menard
Cross Country 2010!

November 15, 2010

Girls are Runner-up; Guys get 9t
in Super-Tough 2A!

STATE CHAMPIONSHIPS(NSU)

Chilly and wet (is state ever a perfect day?!) The wet and soft ground made for slower times than all were looking for (except Macy and her lone PR!). The guys run without Isaac and a sick Robert which leads to disappointing 9th. The girls take one step closer to the big one with their solid runner-up finish (next year Just like like last year, congrats to Rachel and Mallory R for their second-in-a-row all-state runs. Here's th stats:

Boys Varsity (155 runners) Team Time 94.16 Gap Time 1.39

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-		Last Yr
29	Lemoine, Andrew	5.47	5.57	6.15	17.58	+13		19.06
42	Baker, Tucker	5.45	6.15	6.26	18.26	+53		18.17
55	Taylor, Christian	6.04	6.29	6.28	19.00	+100		19.22
60	Vidrine, Brennan	6.04	6.29	6.35	19.10	+32		20.09
70	Welsh, Will	6.08	6.34	6.56	19.38	+70		
88	Seeser, Daniel	6.18	6.55	7.15	20.27	+44		
115	Trenting, Robert	6.29	7.47	7.58	22.14	+193		

Girls Varsity (120 runners) Team Time 104.31 SPR! Gap Time 2.38

Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-		Last Yr
4	Engelsman, Rachel	6.06	6.43	6.53	19.42	+05	All-State!	19.51
8	Robichaux, Mallory	6.06	6.54	6.59	19.59	+52	All-State!	20.02
20	Vaughan, Lindsay	6.35	7.13	7.19	21.08	+57		21.03
22	Bartow, Mallory	6.42	7.15	7.26	21.24	+80		21.48
37	Lemoine, Alyse	6.58	7.42	7.40	22.20	+19		23.29
52	Marshall, Jessica	6.56	7.41	8.11	22.47	+56		24.27
76	Bartow, Macy	7.35	8.26	8.10	24.11	-12	PR!	

Team Standings

Boys Varsity (26 Teams)

1 Episcopal, BR (2A)	28	6 Newman (2A)	159	1 Episcopal, BR (2A)	42	6 Calvary Bapt (2A)
2 St Thomas Aq (2A)	61	7 Assocco (2A)	165	2 MENARD (2A)	76	7 Newman (2A)
3 Runnels (2A)	113	8 Calvary Bapt (2A)	209	3 St Thomas Aq (2A)	112	8 Sac Int GC (2A)
4 Lakeside (2A)	118	9 MENARD (2A)	255	4 McGehee (2A)	113	9 Assocco (2A)
5 University (2A)	146	10 Dunham (2A)	362	5 University (2A)	133	10 Sacred Heal VP (2A)

Girls Varsity (26 Teams)

RECORDS SET AT THE STATE CHAMPIONSHIPS (NSU)

Grade Records

Macy Bartow #22 All Grades; #8 7th grade

Northwestern Course Records

Rachel Engelsman	#1 All Grades; #1 8th grade	Lindsay Vaughan	#1 9th grade
Mallory Bartow	#2 9th grade	Alyse Lemoine	#4 9th grade

State Meet Records

Rachel Engelsman	#1 All Grades; #1 8th grade	Mallory Robichaux	#2 All Grades; #2 8th grade
Lindsay Vaughan	#1 9th grade	Mallory Bartow	#2 9th grade
Alyse Lemoine	#5 9th grade		

THE REMAINING 2010 NEVER FINAL CROSS COUNTRY SCHEDULE!

DAY	DATE	EVENT	LOCATION	FIRST RACE
** THURSDAY	November 18	24th Annual CC Banquet	Menard Cafeteria	6:00 PM

24th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 18th)

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Thursday, November 18th, 6:00 PM, Menard cafeteria

UNIFORMS

RUNNERS: TURN IN YOUR UNIFORMS - WASHED AND IN A BAG WITH YOUR NAME ON THE BAG - TO COACH SMITH IN ROOM 501 BEFORE THE THANKSGIVING BREAK!

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

School	445-8233	will need to leave voice mail here - not recommended!
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Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

BAYOU BOOGIE INVITATIONAL

Results from Saturday's Bayou Boogie Invitational hosted by St. Michael the Archangel at Highland Road Park. Varsity races were three miles. Junior high races were two miles.

Girls

VARSITY

Team totals: 1. St. Joseph's Academy 33. 2. Newman 87. 3. Menard 101. 4. Dominican 114. 5. St. Michael 120. 6. Episcopal 122. 7. Dutchtown 202. 8. Assumption 217. 9. Beau Chene 272. 10. St. Amant 287. 11. Ascension Catholic 309. 12. Central 335.

Top individuals: 1. A. Ter Haar, Episcopal, 18:49. 2. A. Devitt, Christian Life, 18:52. 3. L. Flanders, Episcopal, 19:00. 4. K. Noto, St. Joseph's, 20:18. 5. A. Laville, St. Joseph's, 20:24. 6. M. Robichaux, Menard, 20:31. 7. E. Barkmeyer, Dominican, 20:35. 8. R. Andries, St. Joseph's, 20:39. 9. M. Barrow, Menard, 20:59. 10. M. LaHaye, St. Joseph's, 20:59. 11. C. Hossley, St. Joseph's, 21:11. 12. G. Cary, Newman, 21:18. 13. H. Kalozdi, Newman, 21:34. 14. A. Peek, St. Joseph's, 21:49. 15. E. Richard, St. Joseph's, 21:52.

JUNIOR HIGH

Team totals: 1. Our Lady of Mercy 33. 2. Episcopal 74. 3. Mount Carmel Academy 102. 4. St. George 104. 5. St. Jude 130.

Top individuals: 1. B. Elliott, Christian Life, 13:49. 2. A. Freese, Mount Carmel, 13:57. 3. A. Laville, Our Lady of Mercy, 14:11. 4. M. Bennett, Choudrant, 14:53. 5. C. Barfield, Our Lady of Mercy, 14:57.

Boys

VARSITY

Team totals: 1. Catholic 49. 2. St. Paul's 63. 3. Episcopal 64. 4. St. Michael 124. 5. Choudrant 182. 6. East Ascension 190. 7. Assumption 218. 8. Dutchtown 242. 9. Ascension Catholic 251. 10. Newman 262. 11. Menard 281. 12. Beau Chene 290. 13. Central 333. 14. Runnels 428. 15. Denham Springs 439. 16. Notre Dame 472. 17. Plaquemine 484. 18. Port Allen 525. 19. Central Catholic 555. 20. St. Amant 556. 21. False River Academy 562.

Top individuals: 1. C. Stafford, Catholic, 16:01. 2. K. Jackson, St. Paul's, 16:37. 3. M. Hoffman, Catholic, 16:53. 4. J. St. Cyr, Catholic, 16:57. 5. G. Dietrich, St. Michael, 17:00. 6. R. Tanner, St. Michael, 17:10. 7. T. Sadler, Choudrant, 17:20. 8. J. Guillory, East Ascension, 17:22. 9. W. Brown, Episcopal, 17:25. 10. C. Bergeron, St. Paul's, 17:25. 11. C. Johnson, Episcopal, 17:29. 12. B. Murray, Episcopal, 17:31. 13. L. Rispone, Episcopal, 17:37. 14. S. Brewster, St. Paul's, 17:47. 15. T. Cavalier, Ascension Catholic, 17:50.

JUNIOR HIGH

Team totals: 1. Our Lady of Mercy 26. 2. Sacred Heart 78. 3. Episcopal 80. 4. Runnels 125. 5. St. Aloysius 137.

Top individuals: 1. K. Aldrich, St. Jude, 12:33. 2. M. Comeaux, Sacred Heart, 12:55. 3. O. Toups, Our Lady of Mercy, 12:58. 4. Matthew Bullock, Choudrant, 13:05. 5. D. Grant, Our Lady of Mercy, 13:05.

BY ROBIN FAMBROUGH
Advocate sportswriter

You never get a second chance to make a first impression. Abby Ter Haar and Cole Stafford didn't need one.

The duo set the pace at the Bayou Boogie Invitational cross country meet hosted by St. Michael the Archangel on Saturday at Highland Road Park.

"The goal was to break 16 minutes," Stafford said after winning the three-mile boys race. "And I think I got 16-flat. The problem was I went out too fast. The toughest part was trying to hold a strong pace after that. I'm satisfied. But I'm really excited about how our team did. We surprised some people."

The defending Class 5A state champion Bears pulled off the day's biggest surprise in what was the first major local meet of the year. Stafford, a junior who won the three-mile race in 16:01, was the only Bear who had run in a varsity race before.

That didn't keep Catholic from taking first with 49 points, finishing ahead of St. Paul's (63), Episcopal (64) and host St. Michael (124) in the 21-team boys division. The Bears' Mac Hoffman was third (16:53) and Joseph St. Cyr (16:57) took fourth.

Kraemer Jackson of St. Paul's (16:37) was second. Grant Dietrich led St. Michael by placing fifth (17:00), just ahead of teammate Robbie Tanner (17:10).

While Stafford ran away with the boys race, the girls race offered some drama.

Ter Haar dueled Christian Life Academy's Anne Katherine Devitt in the three-mile girls race. Devitt led at the one-mile mark. Ter Haar didn't take the lead until just before the halfway point. Ter Haar won in 18:49, just ahead of Devitt who finished in 18:52.

Episcopal's Lanier Flanders took third (19:00), while Kassidy Noto (20:18) and Andree Laville (20:24) followed to pace team champion St. Joseph's Academy. SJA put seven runners in the top 15 and posted the low score of 33 points. New Orleans-based Newman (87), Menard-Alexandria (101), Dominican-New Orleans (114) and host St. Michael (120) followed.

"I'm so proud of these girls and especially Kassidy," SJA coach Sam Young said. "She had some heat-related problems last week and to come back and finish like she did today when it was so humid says a lot."

Catholic High coach Pete Boudreaux was pleased with his team's performance.

"At this time of the year everybody is learning and establishing an identity," Boudreaux said. "I'm so happy for these guys, like Mac Hoffman. He's a senior who never got into the top seven until now. He stuck around, kept working hard an it's paid off.

"Obviously, there's still work to do. But for this time of the year it's not bad at all."

BR ADVOCATE 9/12

CROSS COUNTRY

Here are the first statewide composite-all classifications high school cross country polls from the Louisiana High School Track & Field Coaches Association.

Boys:

1. Catholic High-BR (7)	94
2. Jesuit-NO (2)	80
3. Episcopal-BR (1)	77
4. St. Paul's	74
5. Brother Martin-NO	64
6. Holy Cross-NO	39
7. St. Michael	31
8. Mandeville	25
9. S.T. Aquinas	19
10. Lafayette	18

Others receiving votes: Walker, Ruston, Fontainebleau, Country Day, West Monroe, Archbishop Rummel, E.D. White, Hanson.

Girls

1. St. Joseph's Academy (8)	97
2. St. Scholastica (2)	83
3. Mount Carmel Academy	66
4. Newman	59
5. Menard	43
6. Lafayette	34
7. Mandeville	32
8. Dominican	30
9. Ruston	20
10. S.T. Aquinas	18

Also receiving votes: St. Michael, Cabrini, E.D. White, Episcopal, Academy of the Sacred Heart-NO, Walker, Hanson, Benton, Fontainebleau.

TOWNTALK 9/15

Menard girls third in cross-country meet

Three top-20 finishes helped Holy Savior Menard to a third-place finish in the girls competition at Saturday's St. Michael the Archangel meet in Baton Rouge.

Mallory Robichaux (6), Mallory Bartow (9) and Rachel Engelsman (20) led the Menard contingent, and Lindsay Vaughn finished 25th. Class 5A St. Joseph won the 25-team event with 33 points, followed by Class 2A Newman (87) and Menard (101).

The Menard boys, led by an 11th-place finish by Isaac Eilts, finished 11th in a 28-team field, and Tucker Baker was 31st.

Robichaux, Bartow lead Menard runners

Mallory Robichaux (16) and Mallory Bartow (17) each had top-20 finishes to lead Menard's girls to a ninth-place finish out of 23 teams in the Episcopal High School cross-country meet in Baton Rouge on Saturday. The Menard boys finished 18th out of 31 teams. Menard next competes in the Cenla Champs meet Wednesday at the Lake Buhlow Recreation Area, with varsity races at 4 p.m. (girls) and 4:45 p.m. (boys).

TOWNTALK 9/22

CROSS COUNTRY

32nd Round Table Run

At Highland Road Park

GIRLS

Varsity – three miles

Team totals: 1. St. Joseph's Academy 41. 2. Episcopal-BR 95. 3. E.D. White Catholic 104. 4. Dominican 109. 5. St. Scholastica 131. 6. Hanson Memorial 207. 7. St. Michael 216. 8. St. Thomas Aquinas 228. 9. Menard 237. 10. Dutchtown 311. 11. Assumption 312. 12. Vandebilt Catholic 326. 13. Zachary 372. 14. St. Amant 405. 15. Teurlings Catholic 421. 16. West Feliciana 433. 17. St. Martin's 445. 18. Ascension Catholic 480. 19. Catholic-PC 493. 20. Thibodaux 586.

Top individuals

1. A. Ter Haar, Episcopal, 18:34. 2. A. Devitt, Christian Life, 18:51. 3. E. Barkmeyer, Dominican, 19:28. 4. A. Peek, St. Joseph's, 19:31. 5. L. Flanders, Episcopal, 19:35. 6. K. Kuylen, E.D. White, 19:43. 7. C. Brothers, St. Thomas Aquinas, 19:44. 8. A. Laville, St. Joseph's, 19:49. 9. M. Charbonnet, Dominican, 19:54. 10. K. Noto, St. Joseph's, 19:57. 11. C. Lieux, St. Joseph's, 19:58. 12. C. Boyce, St. Scholastica, 20:07. 13. M. LaHaye, St. Joseph's, 20:13. 14. T. Dugruise, E.D. White, 20:16. 15. R. Andries, St. Joseph's, 20:22.

Junior high – two miles

Top teams: 1. Our Lady of Mercy 46. 2. E.D. White 84. 3. Episcopal-BR 85. 4. Trafton Academy 103. 5. Baton Rouge High 149.

Top individuals: 1. B. Elliott, Christian Life, 13:44. 2. M. Becerra, Trafton, 13:55. 3. D. Williams, Baker, 14:07. 4. A. Laville, Our Lady of Mercy, 14:11. 5. A. Stoizle, Episcopal, 14:23.

BOYS

Varsity – three miles

Team totals: 1. Jesuit 71. 2. Episcopal-BR 86. 3. Catholic-BR 86. 4. St. Paul's 112. 5. St. Thomas Aquinas 173. 6. Brother Martin 177. 7. St. Michael 256. 8. Walker 298. 9. East Ascension 319. 10. Teurlings Catholic 366. 11. Assumption 385. 12. Dutchtown 391. 13. Runnels 408. 14. Vandebilt Catholic 410. 15. Ascension Catholic 431. 16. Thibodaux 448. 17. Redemptorist 457. 18. Menard 469. 19. Hanson Memorial 504. 20. Parkview Baptist 529. 21. Belle Chasse 537. 22. E.D. White Catholic 537. 23. Zachary 602. 24. Opelousas 644. 25. Denham Springs 751. 26. Plaquemine 788. 27. Port Allen 788. 28. St. Amant 796. 29. Albany 827. 30. Baton Rouge High 830. 31. Catholic-PC 862.

Top individuals

1. C. Stafford, Catholic, 15:19. 2. M. Rice, Runnels, 15:27. 3. P. Aucoin, Jesuit, 15:43. 4. N. Fitzpatrick, 16:02. 5. J. Chapman, Episcopal, 16:17. 6. T. Dunbar, Episcopal, 16:18. 7. G. Dietrich, St. Michael, 16:21. 8. K. Jackson, St. Paul's, 16:24. 9. J. St. Cyr, Catholic, 16:27. 10. S. Fitzpatrick, Jesuit, 16:30. 11. N. Franco, Brother Martin, 16:36. 12. M. Hoffman, Catholic, 16:37. 13. S. Wheat, St. Thomas Aquinas, 16:44. 14. T. Brocato, St. Thomas Aquinas, 16:45. 15. C. Ourso, St. Thomas Aquinas, 16:46.

Junior high – two miles

Top teams: 1. Brother Martin 51. 2. St. Paul's 60. 3. Episcopal-BR 83. 4. West Feliciana 117. 5. Our Lady of Mercy 171.

Top individuals: 1. B. Murrey, Episcopal, 11:03. 2. B. Stamey, Episcopal, 11:33. 3. J. Claitor, Catholic, 11:44. 4. C. Kirkikis, Brother Martin, 11:49. 5. N. Taylor, St. Paul's, 11:58.

BR ADVOCATE 9/19

Cross country polls, September 29

- Special to The Advocate
- Published: Sep 29, 2018

Classes 5A-3A
Girls
1. St. Joseph's Academy (8) 98
2. Mount Carmel Academy (2) 75
3.Dominican 69
4. E.D. White 62
5. St. Scholastica 61
6. St. Michael 43
7. Mandeville 36
8. Lafayette 17
9. Ruston 16
10. (tie) Cabrini 11
Dutchtown 11
Also receiving votes: Sacred Heart-NO, Byrd, Fontainebleau, Parkway, St. Thomas More, Benton, Assumption, Wal
Boys
1. Jesuit (10) 100
2. Catholic 90
3. St. Pauls 78
4. Holy Cross 59
5. Brother Martin 58
6. Mandeville 50
7. St. Michaels 43
8. Walker 24
9. Parkway 19
10. Lafayette 10
Also receiving votes: Ruston, Ponchatoula, East Ascension Haughton, Teurlings, Fontainebleau, Archbishop Rumme
Classes 2A and under
Girls
1. Episcopal-BR (7) 96
2. Newman (2) 87
3. Menard (1) 68
4. St. Thomas Aquinas 67
5. Hanson Memorial 66
6. Calvary Baptist 67
7. Cedar Creek 34
8. Country Day 26
9. Louise McGehee 12
10. St. Martin's 11
Also receiving votes: Loyola Prep, Choudrant, University High, Episcopal School of Acadiana, Christian Life, First B Catholic-Pointe Coupee, Holy Rosary.
Boys
1. Episcopal-BR (10) 100
2. St. Thomas Aquinas 90
3. Choudrant 73
4. Newman 49
5. Menard 45
6. Runnel 38
7. Ascension Catholic 33
8. Lakeside 30
9. Calvary Baptist 28
10. Hanson 18
Also receiving votes: Metairie Park Country Day, University, Anacoco, Cedar Creek, Episcopal-Acadiana, Holy Rosar Baptist, St. Martin's.

CROSS COUNTRY RESULTS

ST. JOSEPH'S ACADEMY INVITATIONAL

Results from the St. Joseph's Academy Invitational cross country meet held Saturday at Highland Road Park. The varsity boys and girls both ran 3 miles.

Girls

TEAM SCORES

1. St. Joseph's 51. 2. Mount Carmel Academy 104. 3. Dominican 112. 4. Episcopal 148. 5. St. Scholastica, 6. E. D. White 214. 7. Lafayette 229. 8. Menard 234. 9. Mandeville 253. 10. St. Michael 296. 11. Walker 363. 12. Barbe 377. 13. Academy Sacred Heart-NO. 399. 14. Assumption 415. 15. Louise McGehee 421. 16. Metairie Park Country Day 437. 17. Ursuline Academy 490. 18. East Ascension 498. 19. Zachary 520. 20. Archbishop Chapelle. 560. 21. Ascension Catholic 573. 22. Catholic-PC 597. 23. Beau Chene 607. 24. First Baptist Christian 619. 25. St. Amant 634. 26. Teurlings Catholic 705. 27 Central 707. 28. Lakeshore 759. 29. St. Charles Catholic 789. 30. Xavier Prep 812.

TOP 15 INDIVIDUALS

1. Anna Katherine Devitt, Christian Life, 17:52. 2. Gabrielle Jennings, First Baptist, 17:55. 3. Abby Ter Haar, Episcopal, 18:08. 4. Ellen Barkemeyer, Dominican, 18:36. 5. Morgan Passman, Mount Carmel, 18:48. 6. Andi Aguilar, Mount Carmel, 19:06. 7. Andree Lavilla, St. Joseph's 19:07. 8. Kassidy Noto, St. Joseph's, 19:08. 9. Meghan Charbonnet, Dominican 19:13. 10. Flanders, Lanier Episcopal, 19:14. 11. Annie Peek, St. Joseph's, 19:16. 12. Carley Boyce, St. Scholastica, 19:17. 13. Mallory Robichaux, Menard 19:19. 14. Marybeth LaHaye, St. Joseph's 19:21. 15. Kaitlin Kuylen, E. D. White 19:21.

Boys

TEAM SCORES

1. Catholic 73. 2. Episcopal 87. 3. Brother Martin 138. 4 St. Paul's 155. 5. Holy Cross 157. 6 Lafayette 188. 7. St. Michael 263. 8. Mandeville 290. 9. Walker 296. 10. East Ascension 340. 11 Ponchatoula 350. 12. Metairie Park Country Day 420. 13. Assumption 434. 14. Barbe 439. 15. Beau Chene 457. 16 Archbishop Rummel 472. 17. Teurlings Catholic 483. 18. Runnels 555. 19. Chalmette 617. 20. Menard 626. 21 Zachary 660. 22 Parkview Baptist 667. 23 E. D. White 692. 24. Redemptorist 700. 25. First Baptist Christian 738. 26 Belle Chasse 761. 27 Ascension Catholic 777. 28 Erath 780. 29. Central 825. 30. St. Martin's 842. 31. Tara 867. 32 Notre Dame 877. 33. Comeaux 895. 34. Lakeshore 919. 35. St. Charles Catholic 935. 36. Baton Rouge High 975. 37. Denham Springs 995. 38. East St. John 1,035. 39. Plaquemine 1,064. 40. Catholic-Pointe Coupee 1,085. 41. John Ehret 1,112. 42. Albany 1,145 43. Port Allen 1196.

TOP 15 INDIVIDUALS

1. Matthew Rice, Runnels, 15:18. 2. Cole Stafford, Catholic, 15:37. 3. Jared Chapman, Episcopal, 15:42. 4. Zach Stone, Barbe 15:48. 5. Brent Kitto, Holy Cross, 15:48. 6. Trent Dunbar, Episcopal, 15:55. 7. Mac Hoffman, Catholic, 16:00. 8. David Chargois, Lafayette, 16:01. 9 Joseph St. Cyr, Catholic, 16:02. 10. Kraemer Jackson, St. Paul's, 16:03. 11. Henry Gerbracht, Mandeville, 16:10. 12. Grant Dietrich, St. Michael, 16:14. 13. Nick Franco, Brother Martin, 16:20. 14. Tucker Algero, Mandeville, 16:22. 15. David Harrison, Walker, 16:26.

ADVOCATE 10/3

Cross country polls

The latest composite-all classifications high school cross country polls from the Louis place votes and points included.

Girls

1. St. Joseph's (10) 100
2. Mt. Carmel Academy 90
3. Dominican 73
4. Episcopal-BR 72
5. St. Scholastica 53
6. E.D. White Catholic 47
7. Lafayette High 32
8. Mandeville 22
9. Menard 21
10. Ruston 14

Also receiving votes: St .Thomas Aquinas, Newman, Fontainebleau, St. Michael.

Boys

1. Catholic-BR (6) 95
2. Jesuit (4) 89
3. Episcopal-BR 85
4. St. Paul's 59
5. Brother Martin 52
5. Holy Cross 52
7. Mandeville 28
8. St. Michael 24
9. Lafayette 21
9. Ruston 21

Also receiving votes: St. Thomas Aquinas, Walker, East Ascension, West Monroe.

ADVOCATE 10/23

Cross Country team continues to improve with age, extra practice

by: Emily Ponthie
Staff Writer

This years Cross Country team is an outstanding one. With 35 runners ready to compete, both the girls and boys can go far. Coach Wally Smith, the head coach, explained that "everyone stands out like a spotlight." The girls this year are all fairly young, which is an advantage to the girls' team for the upcoming years. They might be younger than most, but they still compete quite well against some of the older runners. The girls placed third in state last year and still continue to grow in their strengths. Among the top runners this year and last year for the team include: Mallory Bartow (9th), Lindsay Vaughn (9th), Rachel Engelsman (8th), and Mallory Robichaux (8th).

The boys on the team this year are great as well. They also placed third in state last year. Coach Smith points out that the boys are "trying to overcome the loss of one of the best runners they had last year." Besides their loss, the boys are going strong and practicing on their strengths as well. Among the top runners this year for the boys include: Tucker Baker (11th), Isaac Eills (11th), Andrew Lemoine (11th), Christian Taylor (11th), Brennan Vidrine (10th), and Will Wehrle (9th).

The Cross Country teams are quite unique in Alexandria. Menard's team is considered large compared to the rest of the teams in the area. Because of the size of the team, Menard travels to larger cities to compete against larger teams. This comes as an advantage to Menard because of the extra practice they are receiving. Menard has competed in many meets so far, including a trip to Grand Coteau, Houston, and three trips to Baton Rouge. With experience behind them, the team has much to look forward to for the rest of this season.

EAGLE BREEZE - OCT '05

SPORTS IN BRIEF

Vaughan runner-up in Menard Invitational

PINEVILLE — Menard's Lindsay Vaughan finished second in the small school girls' division as the Lady Eagles had two top-5 finishers, and Buckeye's Jacob Chicola finished third in the large school boys division at the Holy Savior Menard Invitational cross-country meet at the Buhlow Recreation Area Saturday.

Vaughan finished with a time of 20 minutes, 11.62 seconds to place second in her division behind Calvary Baptist's Hailey Hesterman (19:36.16), and Menard's Mallory Robichaux finished fifth in 20:27.36. Menard, with 84 points, finished fourth in the small school girls team standings behind Calvary Baptist (54), Cedar Creek (64) and Metairie Park Country Day (74).

Chicola finished third in his race (16:25.94) behind Barbe's Zachary Stone (16:07.69) and Haughton's Mitch Landry (16:20.61).

Anacoco, led by a 10th-place finish by Gator Koenck, finished third in the small school boys team standings with 110 points, behind Metairie Park (52) and Lakeside (53). Menard (139) was fifth.

Katie Bouchie of Pineville was the top local runner in the large school girls race, finishing 12th, and Pineville placed sixth in the team standings ahead os seventh-place Buckeye.

TOWNTALK 10/16

Menard takes parish titles to state

Menard's boys and girls cross country teams go into Monday's LHSAA Cross Country Championships at Natchitoches with momentum from winning the parish championships last week at the Buhlow Recreation Area. The boys, led by top-five finishes by Tucker Baker (2) and Andrew Lemoine (4), won by 16 points over Buckeye, and the girls, led by the 1-2 finish of Mallory Robichaux and Rachel Engelsman, won by six points over Pineville. The Class 2A boys run at 1:45 p.m. Monday and the Class 2A girls race at 3:15 p.m.

TOWNTALK 11/12

Cross country

The latest high school cross country polls compiled by the Louisiana High School Track & Field Coaches Association. These all-classification polls include first-place votes and points.

Boys

1. Jesuit (9) 99
2. Catholic-BR (1) 91
3. Episcopal-BR 71
4. St. Paul's 68
5. Ruston 53
6. Holy Cross 48
7. Brother Martin 39
8. St. Thomas Aquinas 30
9. Mandeville 22
10. St. Michael 13

ADVOCATE 11/10

Girls

1. St. Josephs' Academy (10) 100
2. Dominican 85
3. Mount Carmel 82
4. St. Scholastica 58
5. Episcopal-BR 52
6. Fountainbleau 42
7. Ruston 22
8. Academy of Sacred Heart-N.O. 19
9. Lafayette High 17
10. Parkway 15

Also receiving votes: St. Thomas Aquinas, St. Thomas More, St. Michael, E.D. White, Menard, Cabrini, Newman, Mandeville, Beno

Grace girls win C crown; Menard girls 2A runner-up

Town Talk staff

NATCHITOCHES — Grace Christian, with five of the top eight runners – all eighth-graders or younger – stormed to the Louisiana High School Athletic Association Class C girls state cross country championship Monday. Holy Savior Menard finished as state runner-up in talent-heavy Class 2A girls competition.

Grace Christian's girls won the four-team Class C girls 3-mile event at Northwestern State University with 27 points, and Elizabeth of Allen Parish, led by runner-up Kennedy Sutterfield (21:03.50), was second with 61 points. Gabrielle Jennings of St. Tammany Parish's First Baptist won the race with a time of 18:38.28.

Eighth-grader Hailey Teal led Grace's contingent with a third-place finish (21:42.21), and seventh-grader Hannah Heckart and sixth-grader Mackensie Maynor were fourth and fifth, respectively. Teammates Hannah Spence, a fifth-grader, and Cheyenne Cobb, a seventh-grader, were seventh and eighth, respectively.

Regarding their youth, Moreau said, "I don't think they really had an understanding of what pressure is in a meet like this. They didn't put pressure on themselves. They had fun with it."

Junior Alexis Resendez, with a 10th-place finish, helped Elizabeth finish second.

Menard's girls, meanwhile, finished second in the 14-team Class 2A girls competition with 76 points behind Episcopal of Baton Rouge (42). Eighth-graders Rachel Engelsman (19:42.44) and Mallory Robichaux (19:59.21) finished fourth and eighth, respectively, to earn all-state honors, while freshman teammates Lindsay Vaughn and Mallory Bartow finished 20th and 22nd, respectively.

Neither Vaughn nor Bartow, who each ran No. 1 at times for Menard this season, had run in a month, said Menard coach Wally Smith, while dealing with mononucleosis.

"They ran their hearts out today," he said. "But the run of the day was probably by our fifth-place girl, (freshman) Alyse Lemoine. She ran a great race, finishing 37th – much better than our fifth-place finish last year – and it made a big difference (in the team total)."

A cross country team's points are the sum of the finishes of its top five runners.

Seventh-grader Tia Simms of Anacoco finished 12th to lead her ninth-place team.

Grace Christian's boys finished fifth in an 11-team Class C boys event won by First Baptist. Elizabeth and Georgetown finished second and third, respectively. Junior Nick Ulmer of Georgetown was runner-up (17:20.65) behind Caleb Earhart of First Baptist (17:20.55), and freshman Zach Lasyone of Georgetown finished ninth.

Grace

Continued from B.1

Elizabeth's two top-10 finishers were junior Corey Plumlee (seventh) and Jordan Sutterfield (eighth).

Grace's top finisher in the 11-team Class C boys race was sophomore Jon LaCour (11th).

Anacoco and Menard placed seventh and ninth in the 23-team Class 2A boys competition. Junior Aaron "Gator" Koenck led Anacoco with an 11th-place finish, and junior Tucker Baker (42nd) led Menard.

Hornbeck in Vernon Parish, led by sixth-place finisher Trevor Beverly (18:01.68), finished as the state runner-up (108 points) in the 22-team Class B boys competition far behind Choudrant (35); and eighth-grader Jacob Dahloff of Hornbeck finished 18th. Tyler Sadler of Choudrant won the Class B ace at 17:10.75.

Glenmora, led by freshman Tra Gillespie (21st), finished sixth among 22 Class B boys teams.

In the 14-team Class B girls meet, Avoyelles Charter (114) finished third behind Choudrant (56) and Lacassine (109), with Caitlyn Juneau's seventh-place finish (21:41.17) leading her AC team.

Seventh-grader Lindsey Smith of Vernon Parish's Evans finished third (21:08.31) in the Class B girls race won by Celia Zaeringer (19:19.84) of Jefferson Parish's Patrick Taylor Science/Technology School.

The two-day state meet concludes today with competition in classes 3A, 4A and 5A.

2010 LHSAA CROSS COUNTRY CHAMPIONSHIPS

Walter Ledet Track Complex
Northwestern State University
Natchitoches

Girls

CLASS 2A
Individual Top 10

1. Carmen Brothers, St. Thomas Aquinas, 18:58.01; 2. Lanier Flanders, Episcopal, 19:21.01; 3. Hailey Hesterman, Calvary Baptist, 19:24.14; 4. Rachel Engelsman, Menard, 19:42.44; 5. Kathleen Boulet, Sacred Heart, 19:48.54; 6. Hannah Shively, Lakeside, 19:57.59; 7. Taylor Schultz, Dunham, 19:57.57; 8. Mallory Rodrigaux, Menard, 19:59.21; 9. Abby Ter Haar, Episcopal, 20:07.76; 10. Ashlen Grandham, Calvary Baptist, 20:18.91.

Team Scores

1. Episcopal 42; 2. Menard 76; 3. St. Thomas Aquinas 112; 4. Louise McGehee 113; 5. University Lab 133; 6. Calvary Baptist 140; 7. Isadore Newman 143; 8. Sacred Heart, Grand Coteau 174; 9. Anacoco 203; 10. Sacred Heart, Ville Platte 313; 11. Rosepine 321; 12. Pine Prairie 328; 13. Ville Platte 349; 14. St. Charles 398.

CLASS 1A
Individual Top 10

1. Anna Katherine Devitt, Christian Life, 18:53.35; 2. Breanna Elliott, Christian Life, 19:52.15; 3. Lane Porter, Metairie Park Country Day, 20:18.57; 4. Maggie Miller, St. Edmund, 20:29.70; 5. Victoria Olivier, Westminster, 20:30.46; 6. Taylor Machen, Cedar Creek, 20:48.17; 7. Macy Simoneaux, Hanson, 20:58.44; 8. Morgan Winstead, Cedar Creek, 21:01.95; 9. Leigh Allen, Christian Life, 21:15.03; 10. Shannon O'Malley, St. Martin's, 21:17.60.

Team Scores

1. Hanson 69; 2. Metairie Park Country Day 89; 3. Cedar Creek 91; 4. St. Edmund Catholic HS 98; 5. Christian Life 102; 6. Ascension Catholic 135; 7. Catholic, Point Coupee 167; 8. Westminster Christian 182; 9. Hamilton Christian 204; 10. Ouachita Christian 230.

CLASS B
Individual Top 10

1. Celia Zaeringer, Patrick Taylor, 19:19.84; 2. Anna Buttaci, Episcopal, 20:30.96; 3. Lindsey Smith, Evans, 21:08.31; 4. Heidi Guillory, Episcopal, 21:23.48; 5. Corey Dixon, Converse, 21:28.89; 6. Emmy Aaron, Choudrant, 21:33.98; 7. Caitlyn Juneau, Avoilleyes HS, 21:41.27; 8. Hayley Guidry, Lacassine, 21:43.08; 9. Marissa Bennett, Choudrant, 21:46.96; 10. Ally Ammons, Choudrant, 21:52.44.

Team scores

1. Choudrant, 56; 2. Lacassine, 109; 3. Avoyelles Charter, 114; 4. Converse, 122; 5. Bell City, 136; 6. Patrick Taylor Academy, 159; 7. Episcopal, 159; 8. Glenmora, 183; 9. Pitkin, 218; 10. Florien, 218; 11. Simpson, 225; 12. Castor, 325; 13. Rapides, 351; 14. Quitman, 359.

CLASS C
Individual Top 10

1. Gabrielle Jennings, First Baptist, 18:38.28; 2. Kennedy Sutterfield, Elizabeth, 21:03.50; 3. Hailey Teal, Grace Christian, 21:42.21; 4. Hannah Heckart, Grace Christian, 22:04.49; 5. Mackensie Maynor, Grace Christian, 22:15.97; 6. Madelyn Jennings, First Baptist, 22:20.89; 7. Hannah Spence, Grace Christian, 22:59.16; 8. Cheyenne Cobb, Grace Christian, 23:27.34; 9.Jourdan Earnart, First Baptist, 23:37.08; 10. Alexis Resendez, Elizabeth, 23:43.23.

Team Scores

1. Grace Christian, 27; 2. Elizabeth, 61; 3. First Baptist, 61; 4. Georgetown, 72

Boys

CLASS 2A
Individual Top 10

1. Matthew Rice, Runnels, 15:33.90; 2. Enrique Soto, Lakeside, 15:55.66; 3. Jared Chapman, Episcopal, 16:17.27; 4. Trent Dunbar, Episcopal, 16:21.39; 5. Christian Johnson, Episcopal, 16:22.29; 6. Scott Wheat, St. Thomas Aquinas, 16:28.33; 7. Ben Murrey, Episcopal, 16:32.98; 8. Corbett Ourso, St. Thomas Aquinas, 16:39.96; 9. James McGaugh, Episcopal, 16:43.29; 10. Tommy Brocato, St. Thomas Aquinas, 16:48.07.

Team Scores

1. Episcopal 28; 2. St. Thomas Aquinas 61; 3. Runnels 113; 4. Lakeside 118; 5. University Lab 146; 6. Isadore Newman 159; 7. Anacoco 165; 8. Calvary Baptist 203; 9. Menard 255; 10. Dunham 362; 11. Pine Prairie 368; 12. St. Charles 376; 13. John Curtis 399; 14. Rosepine 413; 15. Pope John Paul II 444; 16. Haynes Academy 483; 17. Mamou 495; 18. South Beauregard 542; 19. Northlake Christian 553; 20. Fisher 563; 21. Sacred Heart, Ville Platte 609; 22. Ville Platte 633; 23. Port Barre 648.

CLASS 1A
Individual Top 10

1. Paul Frees, St. Martin's, 16:36.36; 2. Taylor Cavalier, Ascension Catholic, 16:45.68; 3. Blair Henderson, Hamilton Christian, 16:51.87; 4. Zach Capello, Ascension Catholic, 17:06.19; 5. Adam Goldberg, Metairie Park, 17:14.98; 6. Connor Fagan, Metairie Park, 17:20.48; 7. Austin Luke, Hanson, 17:26.50; 8. Joe Edwards, St. Frederick, 17:30.66; 9. Ben Fleming, Metairie Park Country Day, 17:30.73; 10. Sal Krouse, Metairie Park, 17:39.52.

Team scores

1. Metairie Park, 35; 2. Ascension Catholic, 55; 3. Hanson, 83; 4. St. Martin's, 112; 5. Cedar Creek, 127; 6. Delcambre, 165; 7. Catholic, 229; 8. Ouachita Christian, 242; 9. Westminster Christian, 245; 10. St. Edmund Catholic, 264; 11. Archbishop Hannan, 297; 12. False River, 305; 13. Central Catholic, 355; 14. LaSalle, 417.

CLASS B
Individual Top 10

1. Tyler Sadler, Choudrant, 17:10.75; 2. Milton Houy, Negreet, 17:33.65; 3. Jesse Pender,Weston, 17:33.93; Dustin Roane, Choudrant, 17:34.61; 5. Kalif Cormier, Episcopal of Acadiana, 17:50.81; 6. Trevor Beverly, Hornbeck, 18:01.68; 7. Colby DiGiovanni, Choudrant, 18:10.38; 8. Justin Huckaby, Weston, 18:21.81; 9. Evan Michel, Patrick Taylor Academy, 18:24.35; 10. Garrett Woodall, Castor, 18:24.58; 10. Matthew Bullock, Choudrant, 18:24.58.

Team scores

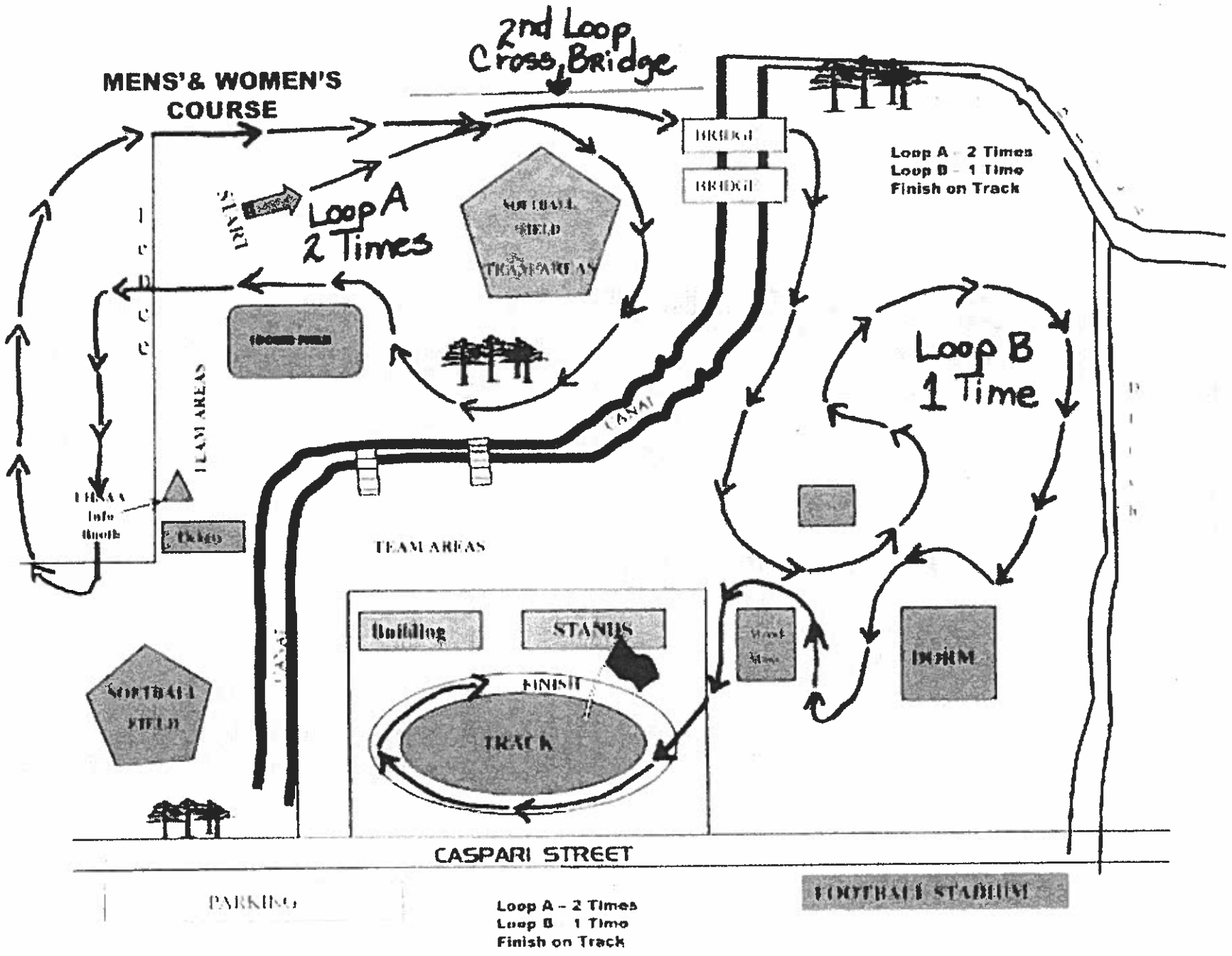
1. Choudrant 36; 2. Hornbeck 108; 3. Patrick Taylor Academy 110; 4. Weston 124; 5. Midland 127; 6. Glenmora 180; 7. Houma Christian 256; 8. Bell City 258; 9. Negreet 259; 10. Grand Lake 281; 11. Episcopal of Acadiana 284; 12. Avoyelles Charter High School 291; 13. Lacassine 302; 14. Castor 359; 15. Evans 423; 16. Converse 426; 17. Quitman 442; 18. Oak Hill 452; 19. Simpson 492; 20. Pitkin 538; 21. Dodson 586; 22. Rapides 598.

CLASS C
Individual Top 10

1. Caleb Earhart, First Bapitst, 17:20.55; 2. Nick Ulmer, Georgetown, 17:20.65; 3. Michael Alphonse, Holy Rosary, 18:04.00; 4. Taylor Brown, First Baptist, 18:06.85; 5. Cleofe Tirado, Holy Rosary, 18:18.05; 6. Zach Lasyone, Georgetown, 18:33.63; 7. Corey Plumlee, Elizabeth, 18:51.51; 8. Jordan Sutterfield, Elizabeth, 18:55.69; 9. Craig Schayot, First Baptist, 19:07.78; 10. Daniel Benasco, First Baptist, 19:20.02.

Team scores

1. First Baptist, 38; 2. Elizabeth 59; 3. Georgetown 76; 4. Holy Rosary 89; 5. Grace Christian 92


MENS'& WOMEN'S COURSE
2nd Loop Cross Bridge
BRIDGE
BRIDGE
Loop A - 2 Times
Loop B - 1 Time
Finish on Track
START
Loop A 2 Times
SOFTBALL FIELD
TRACK AREAS
TEAM AREAS
CANAL
Loop B 1 Time
Info Booth
TEAM AREAS
Building
STANDS
FINISH
TRACK
SOFTBALL FIELD
CANAL
CASPARI STREET
PARKING
Loop A - 2 Times
Loop B - 1 Time
Finish on Track
FOOTBALL STADIUM