

Tiffin Carnival

Eastwood Boys Cross Country, 2023

1. Bay 65
2. Shelby 143
3. Liberty-Benton 152
7. Van Wert 213
9. Ottawa-Glandorf 231
10. Bryan 255
15. Bellevue 460
16. Genoa 461
17. Bath 521
18. Wauseon 524
20. Vermilion 581
- 22. Eastwood 599**
23. Clyde 630
27. St. Mary's Memorial 775
28. Fostoria 780
30. Rogers 823
31. Lake 839
32. Rossford 865

Date: September 9, 2023
 Where: Hedges Boyer Park, Tiffin
 Conditions: 67, Cloudy

Varsity Boys Race (239 runners)										
Place	Name	1 Mile	2 Mile	3 Mile	Finish	Mile 1	Mile 2	Mile 3	Pace	
1	78 Ben Buehler	05:41	11:28		18:04	05:41	05:47	05:57	05:49	
2	95 John Stewart	05:37	11:27		18:19	05:37	05:50	06:11	05:53	
3	135 Connor Carroll-Schramm	05:44	11:55		19:09	05:44	06:11	06:31	06:09	
4	150 Henry Howard	05:48	12:00		19:25	05:48	06:12	06:41	06:15	
5	156 Seth Bisbee	06:03	12:15		19:33	06:03	06:12	06:35	06:17	
6	181 Andrew Makay	06:21	12:46		20:14	06:21	06:25	06:44	06:30	
7	217 Josh Beard	06:39	13:45		22:23	06:39	07:06	07:47	07:12	
		1-5 Gap	01:29	Avg	18:54					
		1-7 Gap	04:19	Avg	19:35					

Comments:

- This was our best meet of the year so far as a team. 4 PR's and another season's best. We are getting in much better shape and we're learning to run more competitively.
- Much stronger second miles this week - way to stay engaged through the toughest part of the race. Keep it up!
- Proud of the way you guys support each other and stay positive, regardless of your individual results
- An 18:54 team average is our best in a few years, and I think we have even better in us. If we really want to be in the top 2 of the NBC, we will need 3 runners under 18 and the other 2 in the 18's. We can do this, but it's not going to be easy.
- Embrace the hard work this week. We are now working for results that will pay off at the end of the season, when the stakes are the highest. Don't lose sight of those team and individual goals.

 = Personal Record (PR)

 = Best of Year

 = Place on Top Ten