

DAC VII Conference meet

Name	Time	Comment (1-5 gap: 1:57)
Ian	15:45 (1 st , PR, T, A)	Conference Champion in one of the most dominant races I've ever seen
Will	17:11 (PR, T, A)	You went out hard and took a chance! Way to earn All-Conference!
Louis	17:27 (T)	I know you are a little disappointed but use this as fuel for Regionals
Karsten	17:33 (PR)	Wow! 31 second PR! I think you are used to the spikes now. Way to crush your PR
Carter	17:42 (PR)	Way to go out hard today. You set yourself up for a big PR. Now go sub 17:30 at Regionals
Ben A	18:07 (PR)	Nice work running tough through the second half of this one to earn the PR
Cole	18:18	Fantastic race Cole, one of your best ever. Way to earn that 7 th spot
Marcus	18:31 (PR)	You competed with a lot of heart today. Way to finish strong with a PR
Nate	18:49	You saved your best for last. Way finish out your last race strong Captain
Drew	19:46	You gained valuable experience today running with the Varsity
Cam S	19:14 (PR)	You gave this your all and ran your absolute best on your last race!
Sam I	19:19 (PR)	Amazing Sam. So proud of the way you got out and PR'd today!
Ben K	20:00 (PR)	Great PR Ben, but I know that this time makes you hungry for more
Victor	20:54	Victor you raced strong and confident today, way to dig deep
Carter J	21:05 (PR)	30 Second PR! Way to go out hard Carter and crush your PR
Ben B	21:21	Solid teamwork and pack running Ben, thanks for all you've given to JHSXC
Cam B	21:40 (PR)	Awesome work Cam getting the PR and going sub 22
Teddy	22:26	Great first season with JHSXC Teddy, I look forward to more
Jayden	22:47	You've learned a lot and worked really hard this year Jayden, way to represent JHSXC
Kyle	22:47 (PR)	Kyle way to crush your PR! You have come so far this year!
Jacob	22:57	Thanks for all you have given to JHSXC, you were a great teammate today
Ezra	24:50	Thanks for helping out, I hope we can get you back next week
Sam M	24:59 (PR)	You did it! I was so proud of the way you finished this race! Congrats on the PR

17 total team PR's today and a really exciting conference meet. Big congrats to Ian and Will earning All-Conference honors. Next week we move on to Regionals. Everyone will have the chance to run a time trial and beat their beginning season 2 mile time.