

Home with Northern, and East Chapel Hill
10/05/2023

Boys Results and Comments

	name	time	patch	Comment:
1	Blake	16:58	PR, *	An all-time performance for a 9th grader at Jordan. Amazing race.
2	Eli	16:59	star	Your pacing made all the difference today!
3	Karsten	17:42	star	A strong start today helped put you in a better position early on in the race
4	Colin	17:53	star	A solid home race, take a chance and pull the pack on Tuesday
5	Ben B	18:03		Welcome to the City-County varsity. Strong effort Ben!
6	Patrick	18:16		You've found your low 18's consistency. Time to break it!
7	Carter	18:18		Believe in the pack race on Tuesday!
8	Jalen	18:50		A strong home meet and a redemption of saturday
9	Jacob	19:02		Oh so close to your PR! Next week
10	Ryder	19:06		Figure out the issue with the spike and i think things will improve
11	Ben K	19:07		Good competition today. Make the most of your city-county opportunity.
12	Steven	20:09		A good effort at home. Go all in at City-County
13	Thomas	20:29		Lock on to Steven next race from the gun
14	Louis	20:45		Not your day, but 2 more big opportunities await
15	Jas	21:02		Nice effort on the home course, good prep for city-county
16	Ben K	22:17		Nice work with the pack today, thanks for all your help with senior night
17	Matthaus	21:18		Staying close to your PR, you will get another one soon
18	Hunter	21:38	PR	Loved the big kick at the end to secure the PR
19	Khalil	22:01		Go all in from the gun next week and see what happens
20	Colin B	22:17	PR	A nice pack around you seemed to help propel you to another PR
21	Daniel	22:18		Nice pacing duty today
22	Ser	22:18		Strong run with the pack
23	Elliott	22:19		Loved the teamwork from your group today
25	Aubrey	22:21	PR	Way to push through the line today and grab another PR
26	Andrew	22:22		Solid pace work today
27	Ethan	22:35		Nice pack running, make the most of next week
28	Joseph	23:35		Tough day, but you've got 2 more big races left

29	Isiah	24:20		Good effort today, all in on Tuesday
30	Alan	24:23		Eyes on City-County, you got this Alan
31	Clay	25:52		Loved the sprint finish you had

Girls Results and Comments

	name	time	PR, *	Comment:
1	Katie	21:19	star	A very impressive home meet win!
2	Atleigh	22:15	star	Way to grab 2nd place
3	Ruby	22:25	Star	Great work being part of the sweep
4	Marlena	22:47	star	You are racing very consistently right now!
5	Caroline	22:47	star	Great pack work with Marlena, grab the broom!
6	Lucy	23:26		Steadily running stronger and stronger
7	Maddie	24:09		All smiles through the line today, let's see all in effort on Tuesday
8	Kara	24:50		Nice finish today Kara, looking forward to seeing you crush City-County
9	Anna	24:51		A solid tempo effort
10	Sophia	25:24		You are ready to PR on Tuesday
11	Katie	25:52		You have shown steady improvement all season, strong home race
12	Adah	26:21		Nice effort today on the home course, all in on Tuesday
13	Adah	25:28		Excellent tempo today, I am looking forward to seeing you PR next meet

Team Thoughts:

Great job everyone closing out the last home meet. It was very exciting to watch Blake break 17 and the ladies take the sweep. Make sure you are taking care of yourself, stretch, hydrate, and eat well. Tuesday is our first Championship race of the season.