

DC-6 Conference Meet 2024
Blackwood Farm

Seniors, who ran their very last race, I want to thank you for your time on the team. You have brought so much to Jordan XC. For my returners who finished their last 5k of the season, I hope you loved being a part of the program, and we look forward to seeing what you can do next season.

Ladies, great work putting in a big effort on the conference course. For our ladies advancing to the regionals, focus on forming the pack around Ruby. Lily and Caroline, this is your chance to break 20 and have a shot at going to states. Put yourself in the best position possible to make it happen, and finish with no regrets.

Gentlemen, There's always a bit of bitter taste to losing to Riverside...but we had a lot of things to like about yesterday. One, the front four put themselves in great positions in the first half of the race and that was crucial. Ryder and Forest stepped up for us in the 5th and 6th. The time gap 1-5 was 55 seconds and that's good. Next week we get back on a familiar and fast course. We are at our strongest when we run as a pack. We are a battle-tested, experienced team. Let's punch our ticket next week.

Boys

	Name	Time	★⚡	Comment: (1-5 gap: 55 seconds, good work!)
1	Karsten	16:44	A	All Conference! Strong day! Back half of the race you competed hard! Should feel confident for Saturday.
2	Blake	16:47	A	All Conference! Very even effort on a hard course! Great strides this season. Saturday is another chance to showcase this fitness!
3	Wilfred	16:57	A	All Conference! Looked like a hungry runner today...Probably one of your best races in terms of effort and control.
4	Wyatt	17:11	A	All Conference! You got out well. We've seen you finish much stronger and will look for a great back half on Saturday!
5	Ryder	17:39	★	This was a super strong effort. Stepping up at the right time. Varsity at Regionals!
6	Forest	17:46		You've had quite the first season with us. Strong racing this season. You're our alternate at Regionals so this week prepare like you will race Saturday.
7	Colin	17:51		Solid time with a little minor tweak this week. Wake Med will be fast and smooth on Saturday. Stay confident and lock in on your ideal showing at Regionals.
8	Patrick	18:23	★	Nice to see you out front of the race. Needed a bit more in the tank for the strong finish. Counting on you next season to be healthy and score for us.
9	Connor	18:30		What a first season it's been! Great to see the progress you've made. Looking forward to seeing what you can do next year with more experience under your belt.
10	Jalen	19:17	★	This was a tough day time wise but we've seen you make a ton of progress this season. Next year will be your breakout. Set some goals now for the future...

11	Carter G	19:20	★	You had a ton of determination and grit the back half! Moved up well as the race progressed. With good health and some hard work I expect big things next season.
12	Calvin	19:25	★	Nice to have you back out racing. It's been great to have your motivational speeches this season. Next year looking for you to compete for top 10
13	Steven	19:28	★	Good finish! Nice to see you grab a star patch!
14	Ben K	19:30		It's been great to have you racing well and in the top ten this season. Maybe not exactly what you were hoping for your last race but your influence on the team has been a big plus this season!
15	Eli	19:37		Big kick at the finish today. You've had a great first season and we are hoping to get you back out for us next year! You're an important piece of our core group!
16	Thomas	19:54		Good effort. Need to have you commit to maximizing your potential between now and next season!
17	Joseph	20:03		Not the fastest race course to finish the season on...Love your determination and willingness to attack the course. Lots of positives this season
18	Daniel	20:16		Need to have you fully healthy and ready to go next season!
19	Jas	20:17		Good fight today. I am confident we haven't seen you race to your maximum potential. It's coming next season.
20	Vikram	20:39		It's been fun watching you race this season. You put out maximum effort!
21	Levi	20:40		One season of XC in the books for you. Lots of positives to build on for next season.
22	Charlie	20:41		Good solid racing! We've seen tons of progress. Keep the fitness going so we can see you crush these times next year.
23	Carter J	20:45		Nice to see a full on effort in your last race. You're gonna be missed!
24	Elliott	20:48		Solid day. Good progress this season! Looking forward to continued progress!
25	Malo	20:52		What a fun time it has been to have you out with us this season! Hope you take great memories home with you!
26	Andre	20:52		Lot's of progress this season. Keep up the fitness and work with us this summer so we can have you compete for the top group next year.
27	Isiah	22:13		Good effort! You ran pretty strong and looked solid! Just need a full cycle of healthy training for continued time drops next year...
28	Aubrey	22:22		Good effort on a tough course. Love to see lots of progress this season!
29	Alan	22:27		You've come a long way when you're running 22 min on a tough course like

				Blackwood. You're determination is such a positive.
30	Colin	22:41		Looked like a well run race even though no PR. You've had some really solid gains this season!
31	Luke	23:29		Solid season from where we started this summer. Keep the fitness going so we can continue next year...
32	Ezra	23:59		Last race. Sad to see the end of an era. You've been a good teammate to many out here and will be missed!
33	Drew	23:59		Was proud to see you finish this one out. Loved your positive spirit this season. You've made a mark here this season.
34	Abe	24:59	⚡	PR! Heck yeah! Great race to close the season. I don't think we've seen the best you can do by a long shot. Hoping you're inspired to get fitter and faster...
35	Gabe	25:15		Solid day to close the season. You've gotten a lot quicker this year. Gonna see big time drops next year!
36	Max	25:23		Thinking back to where you were in June it's marvel at how much stronger you've gotten. Good first season. Three more years to drop time!
37	Khalil	25:24		Lots of kick at the end. It's sad to think you've run your last xc race for us!
38	Matt	25:52		Really good effort to get out there and race hard. I love the effort! Good first season!
39	Taym	26:52		Good effort and progress this season. Commit to running for the rest of the year so you stay fit and strong!
40	Sam	29:49		Nice to see you sub 30 here on a tough course—where you've had a tough season of injury. You've contributed a lot to the team over these last four years and it's greatly appreciated.
41	Clay	29:50		Last race of the season. Way to finish. Gotta stay healthy and get some quality training for next year!
42	Ethan	29:50		Nice to see you out and getting to lace up one last time this season. Get healthy!

Girls

	Name	Time	★⚡	Comment: (1-5 Gap: 2:24)
1	Lily	21:00	A	All Conference! Strong running and determined kick at the end. What a great start to your JHSXC career this season has been...
2	Caroline	21:23	A	All Conference! You've run so well this season. Putting together the fitness and the racing confidence here this year. Time for sub 20 at Regionals.
3	Ruby	22:30		Solid effort. You're such a consistent contributor. Wake Med is course to run fast on—so next week you get another chance to throw down a PR.
4	Luci	22:51		Strong effort and really glad to see you putting together a few good efforts in row. One more chance to run fast this season...
5	Eloise	23:24		Been great to see the progress this first season for you. Excited to see you race at Regionals!
6	Selah	23:35		Great race. Really looked strong out there on a tough course! Excited to see you race Regionals!
7	Ella	23:37	★⚡	Star patch! PR! Super great race. You found the next level of determination. I am excited for the future.
8	Maddie	24:12		Tough day! Gotta keep your head up. I know you're thinking that there's gonna be a major breakthrough next season...
9	Makenna	24:20	★	Star patch! Strong effort! Love the willingness to get out front and challenge yourself. This season has been leaps and bounds of progress!
10	Adah	24:25		Tough course! You've shown some grit and determination this season!
11	Emmy	24:31		End of an era here. You've been such an important part of the XC program. You are going to be missed!
12	Natalie	24:46	★	Star patch! We are seeing determination and effort every time out from you. Next season you're gonna be looking for a spot in the top ten...
13	Sydney	25:47		Good effort! Hard to remember where you were in June. Great first season with the team!
14	Penelope	26:50		You are consistently getting out well and putting yourself into the race. Need to embrace the positive mental aspects of racing. Lots of progress this year. Next year gonna see you in the top ten!
15	Rachel	26:59		Carrying on the multi-generational family legacy! Great to have you out this season and looking forward to you crushing these times next year!
16	Sophia	27:00		Little Whipple sad to see you go on to the next part of your life. So happy that you choose to run XC these years! You will be missed!
17	Anna	27:00		Last race of the season, solid effort, looking forward to another year!

