

DA Invite 9-11-21

Name	Time	Comment (1-5 gap: 1:50)
Ian	16:43 (1 st)	Nice work getting the win today and finishing strong. Eyes on next week.
Louis	17:45 (PR, 2 nd)	1:17 PR is quite a start to your season. More impressive was the way you finished the race
Will	17:52 (PR, 4 th)	Over a minute PR! I loved your aggressiveness going with Louis, way to take a chance today
Carter K	18:30 (5 th)	Way to battle and grab a top 5 finish. A PR is coming next week.
Ben A	18:33 (PR, 6 th)	Top 10, and a 15 second PR is a great day. Way to close out our top 5.
Karsten	18:39 (8 th)	Heck of a debut today Karsten! All race you fought. You are tough.
Cole	18:50 (PR, 9 th)	A PR day and grabbing a medal is always great. Nice race Cole!
Nate	19:49	Solid back half of the race today! Now we need to latch you on to the pack ahead
Sam I	20:30	Good job stepping up in to the varsity race today
Ben K	20:42 (top 5 JV)	Really great race! Only 1 critique: Kick through the line!
Cam S	21:10 (top 5 JV)	I loved the way you went for it today. You wanted it and it showed. Make the most of next week
Teddy	21:34	You battled into the top 5 throughout the race, just gotta find that finishing speed
Carter J	22:43	Way to move up in the race. I want to see you take a chance next week early in the race
Cam B	23:41	You did a nice job in the 2 nd half today, the workouts this week paid off
Jayden	23:53	Nice job staying with it through the pain cave, you finished very strong
Ezra	24:10	You ran very hard today and put yourself in the race, sub 24 next week!
Sam M	26:47	Sam you moved up throughout the race, and fought to finish strong, sub 26 next week
Victor	DNS	We missed you, see you next week
Ben B	DNS	We missed you, see you next week
Drew	DNS	We missed you, get healthy
Jacob O	DNS	We missed you, see you next week
Marcus	DNS	We missed you, see you next week
Kyle	DNS	We missed you, get healthy

This was a fun meet and a good win for the team. You all ran hard and were determined to do well. We have two great opportunities to race next week with a meet a Chapel Hill Wednesday, and the Adidas XC invitational on Saturday. Let's make the most of the training this week. I'm proud of what we did today, but am hungry for more PR's and fast times.