

Arapahoe Warrior Invitational

Like the week prior, the East Angels competed across three boys' and girls' divisions at the Arapahoe Warrior Invitational, with the Angel 9th and 10th graders racing in their grade division and 11th and 12th graders divided between varsity and the 11/12 grade open races. The course at DeKovend Park is "real" cross country, with a variety of surfaces, a couple short hills, and two creek crossings – a course that forces the athletes to race rather than chase personal bests. Despite being depleted of a few athletes due to illness, travel, or injury, the Angels delivered more than a few highlights.

Freshman/Sophomore Boys

On the boys' side, sophomores **Elias Striker** (33rd, 18:47) and **Noah Erwin** (42nd, 19:08) led the freshman/sophomore squad, followed by freshman **Samuel Seibel** (51st, 19:23). Sophomore **Henry Percival** (68th, 20:03) and freshman **Max Hays** (73rd, 20:15) came through next, with sophomores **Jett Bolton** (97th, 20:45) and **Tyce Weber** (102nd, 20:49) rounding out East's top seven. Even without standout sophomore Liam Gerber who was forced to drop out with a hamstring injury, the Angels finished 7th of 26 teams, one place better than last year.

Freshman/Sophomore Girls

Denver East's freshman/sophomore girls provided one of the team highlights of the meet taking 2nd with 54 points, placing 7 runner in the top-21 of nearly 300 runners. Sophomore **Norah Dysart** led the Angels with her 5th place finish in 20:18. Sophomore **Tessa Fe Morris** and ninth-grader **Sophia Newton** each gutted out top-10 finishes taking 9th and 10th in 20:55 and 21:13 respectively. Sophomore **Cate Carhart** had the best race of her career, actually throwing down a personal best on this difficulty course of 21:34 for 14th place. The ninth grade trio of **Lulu Johnson** (17th, 22:17), **Olivia Malangoni** (20th, 22:29) and **Helena Nussbaum** (21st, 22:29) rounded out the scoring seven.

Junior/Senior Boys

East's junior/senior boys counted on the whole squad for their 16th place finish. Senior **Aldo DiGiacomo** (88th, 21:24) led the way, followed by junior **Weston Dodson** (122nd, 22:59), senior **Jackson Ruedi** (134th, 23:32), junior **Leopold Damm** (139th, 23:48), and senior **Luke Rono** (171st, 30:23) — East's five finishers in this race made up its entire scoring lineup.

Junior/Senior Girls

The junior/senior girls equaled the accomplishment of their underclassmen teammates finishing 2nd as a team, scoring 100 points. Juniors **Imogen Nemitz** (6th, 23:30) and

Sena Thompson (7th, 23:37) finished side by side at the front for East, followed by senior **Emmalou Weidmann** (19th, 24:48). Seniors **Addy Everhart** (43rd, 26:26) and **Fiona Wren** (51st, 26:50) came through next, with juniors **Malica Bacchini** (65th, 27:52) and **Taylor Scotland** (94th, 29:49) closing out the top seven.

Varsity Boys

The varsity boys placed 14th of 27 teams with 392 points. Senior **Emery Wagner** (55th, 17:44) led East, with junior **Tre Even** (60th, 17:48) and senior **Zachary Smiles** (68th, 17:58) close behind. Juniors **Tyler Villanueva** (108th, 18:47), **Finley Knight** (113th, 18:52) and **Owen Van De Velde** (114th, 18:52) ran together through the middle pack, and junior **Luke Rasquinha** (143rd, 20:18) closed out the scoring seven after surviving an early race crash.

Varsity Girls

Despite being depleted of a few key pieces, the Varsity Girls raced to a 5th place finish of 22 teams. Junior **Fiona Jeong** returned to racing with a 19:48 14th place finish to pace the Angels, closely followed by her classmate **Lila Brown** (18th, 19:53). Senior **Lola Carhart** (29th, 20:32) and junior **Ainslie Mohr** (61st, 21:37) added to the strong pack, while senior **Grey Jenson** (84th, 22:30) rounded out the five scorers. Seniors **Abby Forsberg** (129th, 24:00) and **Lenore Kennedy** (143rd, 24:53), making her varsity debut, completed the scoring seven in a solid team performance.

Athletes of the Week

Congratulations to the following athletes who have been recognized as our Athletes of the Week by the Coaches: Malik Cooley-First in Trouble, Cate Carhart, Leopold Damm, Imogen Nemitz, Emery Wagner, and Fiona Jeong!

The Angels will split squads across two meets next week at local parks – Central Park for the Northfield Nighthawk Invitational and Washington Park for the Road Runner Invitational, and a few runners may skip racing this week as the Angels prepare for the last couple meets before we get into championship season.