

## **Rocket Run 2023**

With perfect cool weather and a relatively flat and fast course, conditions were prime for great time performances and that is exactly what our team did. Every athlete that ran today ran a season-best time with 16 athletes also setting an all-time personal best. There are simply too many season-bests and personal-best today to list them all in paragraph form, so they are all listed at the bottom. Before that, I wrote some other notable headlines from the meet including a ton of movement in our HCA all-time time lists.

- After finishing 9<sup>th</sup> last year out of 10 teams, the girls finished 5<sup>th</sup> today beating 7 other teams including some really strong Class AA programs
- We finished just 14 points behind the NW Nighthawks, who are currently ranked 6<sup>th</sup> in Class A
- Every girl set a season-best time (by an average time of 52 seconds) and 4 set new lifetime bests
- Annie ran 19:58 to become just the 2<sup>nd</sup> HCA girl to ever break 20 minutes in the 5k, which moves her up to #2 on the HCA all-time list
- Grace also set a huge PR, running 20:33 to move up to #6 on the HCA all-time list
- For the 2<sup>nd</sup> consecutive year the boys defeated 11 other teams to win the Rockford Rocket Run, which included beating 2 ranked Class AA schools in Orono and Delano (ranked #4 and #9)
- Like the girls, every guy that ran set a season-best time (by an average time of 50 seconds) and 12 set new lifetime bests
- Our top 5 boys averaged 16:34- just 5 seconds slower than the individual school record coming into today
- Lev ran 15:58 to set a new HCA school record
- Jack ran 16:23 to move up to #2 on the HCA all-time list
- Jake ran 16:34 to move up to #4 on the HCA all-time list
- Thomas ran 16:42 to stay at #7 on the HCA all-time list

We are so proud of this team! Not every cross country meet will be as fast and positive as it was today, but we will enjoy these performances and use it as proof we are fit, capable, and heading in the right direction as a team.

### **Girls:**

- Abby – 0:39 SB
- Annie – 1:00 SB and 0:16 PR
- Beatrix – 1:47 SB and 1:27 PR
- Elisse – 0:50 SB
- Grace – 0:45 SB and PR
- Lavinia – 0:59 SB
- Lydia – 0:28 SB
- Trinity – 0:29 SB and PR

### **Boys:**

- AJ – 0:50 SB and PR
- Adiel – 1:30 SB and PR
- Aiden – 0:33 SB

- Blake – 0:25 SB and PR
- Brennan – 0:48 SB and PR
- Colby – 0:36 SB
- Gabe – 1:08 SB
- Gavin – 0:32 SB and 0:22 PR
- Isaiah – 0:51 SB
- Jack – 0:38 SB and PR
- Jake – 0:33 SB and PR
- Lev – 0:52 SB and 0:34 PR
- Maxwell – 0:56 SB and PR
- Noah – 1:02 SB and PR
- Samuel – 1:23 SB and PR
- Thomas – 0:41 SB and 0:05 PR