

Regionals 2024
Wake Med Soccer Park

What a day, what incredible races. This program is special. Each one of you believes in this team and this program. We believe in what's possible. Today, our girl's team put two girls under 20 minutes for the first time in many years. That doesn't just happen, that happens because you wanted and believed you could. This team and program are resilient. We've had great moments, faced injuries, and suffered a few close losses, yet we emerged stronger from it. For the 3rd year in a row, our boys' team advanced to the state meet. Sometimes you need something unexpected, something special to make it happen. Today, Ryder believed he could be our 5th and shattered his PR to help this team back to the State meet. I'll never take for granted qualifying for States. We qualified through months of miles, hard work, and belief that we belong. I'm incredibly proud of all of you and look forward to seeing you compete next week.

Boys

	Name	Time	★☘️⚡	Comment: (1-5 gap: 55 seconds, good work!)
1	Karsten	15:50	★☘️⚡T	Top 5 all-time in Jordan history. You've come so far this season. It was awesome to see you lead the way for the team.
2	Blake	16:22	★☘️T	You are resilient and tough. You fought so hard in this race to make sure we made it. Congrats on helping us get back to States.
3	Wyatt	16:22	★☘️T	Way to get out hard and set the tone for the team today. I'm impressed by your toughness on the final hill.
4	Wilfred	16:32	☘️T	All season long you knew what it would take. Your leadership has been incredible this last week. Way to earn your way to States.
5	Ryder	16:45	☘️⚡T	Race of the day, and the best race you've ever run. You believed and looked amazing today. Thank you for closing out the points.
6	Colin	17:29	☘️T	You showed a lot of heart today and got out very well. Next week, go make the most of the chance to improve your time at Ivey Redmon
7	Ben	DNF	☘️	Rest and recover. Remember you are part of the story that helped us get here.
8	Forest	ALT	☘️	.You are ready and have earned the right to race in the State meet. Pack it up and enjoy every moment.

Girls

	Name	Time	★⚡T	Comment: (1-5 Gap: 3:04)
1	Caroline	19:55	⚡T	What an incredible day. Way to calm your nerves at the start line, get out quick and make the most of today.
2	Lily	19:56	T	You are tough, and so strong. I know you hoped for more today, but you have had a great first year of HS cross country.
3	Ruby	20:57	⚡T	Way to crush your final XC race. It was incredible to watch you race today and break 21. You've had an awesome XC career.
4	Luci	21:57		You've made a ton of progress this season and now really believe in what you can do. Use today as a springboard for a big track season.
5	Eloise	23:00		Eloise, you have had a great freshman year, Today was big experience for you, way to pack it up with Adah and keep fighting.
6	Adah	23:00		You earned the spot today and raced with a ton of heart. Build on this, and believe in what you can do next season
7	Selah	23:06		Selah I'm so glad you got to race regionals and proud of the way to packed it up. Know that this experience is huge for next year.