

# **"This Team is Unbelievable!"**

## **Meet Summary – Fast & Furious 2**

10/22/24

### Coach's Comments:

This team continues to exceed all expectations! Amazing! Sixteen of our runner's established a new PR in the 2 Mile (That's 76% of all the runners that participated yesterday). Eleven runners achieved their Training Goal. A new Knighthawk record was set in all four races, in fact, three varsity girls beat the previous 2 Mile record (Roberts, Wells, Menzik).

### Runners Finishing in the Top Ten (T-Shirt Winners):

- Emily 13:48.20 2<sup>nd</sup> Place (out of 64)
- Kayleah 15:42.80 9<sup>th</sup> Place (out of 64)
- Bryson 11:03.90 9<sup>th</sup> Place (out of 90)

### New Knighthawks 2-Mile Records:

- Emily Girls M.S. - 13:48.20 (Previous record: 13:50.00, E. Wells, 2024)
- Adam Boys M.S. - 13:38.30 (Previous record: 13:46.70, K. Heidleberg, 2023)
- Sophia R. Girls Varsity - 15:08.40 (Previous record: 15:59.90, A. Tisdale, 2023)
- Bryson Boys Varsity - 11:03.90 (Previous record: 11:23.80, B. Hanna, 2024)

### New 2-Mile Personal Records (PR):

- Emily 13:48.20 Dropped 1.80 Seconds
- Lily 16:13.20 Dropped 40.91 Seconds
- Izzie 19:57.30 Dropped 1 Minute, 34.53 Seconds
- Adam 13:38.30 Dropped 1 Minute, 2.60 Seconds
- Caleb 23:11.90 Dropped 3 Minutes, 16.50 Seconds
- Annie 15:39.20 Dropped 55.50 Seconds
- Sophia R. 15:08.40 Dropped 2 Minutes, 16.10 Seconds
- Sophia M. 15:40.60 Dropped 2 Minutes, 12.90 Seconds
- Sabrina 17:12.40 Dropped 2 Minutes, 24.00 Seconds
- Bryson 11:03.90 Dropped 19.90 Seconds
- Ben 11:48.30 Dropped 1 Minute, 11.78 Seconds
- Peter 12:49.30 Dropped 57.00 Seconds
- Kason 13:04.90 Dropped 41.50 Seconds
- Trace 13:32.40 Dropped 4 Minutes, 55.20 Seconds
- Tom 14:26.30 Dropped 1 Minute, 1.50 Seconds
- Owen 15:16.10 Dropped 3 Minutes, 14.80 Seconds

### Achieved Training Goal:

New Goal Sheets will be prepared and uploaded to the website for the following runners:

• Lily	Training Goal: 16:45	Race Time: 16:13.20
• Adam	Training Goal: 13:48	Race Time: 13:38.30
• Annie	Training Goal: 15:45	Race Time: 15:39.20
• Sophia R.	Training Goal: 15:45	Race Time: 15:08.40
• Sophia M.	Training Goal: 16:00	Race Time: 15:40.60
• Sabrina	Training Goal: 18:30	Race Time: 17:12.40
• Ben	Training Goal: 12:20	Race Time: 11:48.30
• Peter	Training Goal: 12:54	Race Time: 12:49.30
• Trace	Training Goal: 13:48	Race Time: 13:32.40
• Tom	Training Goal: 14:44	Race Time: 14:26.30
• Owen	Training Goal: 16:27	Race Time: 15:16.10

Note: The data from the new goal sheets will be incorporated into the initial goal sheets for 2025 Track & Field.

### Team Placements:

- Middle School Girls: 3<sup>rd</sup> out of 6 Teams
  1. Cathedral Unit School 36 Points
  2. Adams County Christian School 43 Points
  3. **Laurel Knighthawks 51 Points**
  4. Benedict Day School 105 Points
  5. Natchez High School 145 Points
  6. The Redeemer's School 170 Points
- Varsity Boys: 4<sup>th</sup> out of 9 Teams
  1. Simpson Academy 37 Points
  2. Cathedral Unit School 59 Points
  3. Sumrall High School 84 Points
  4. **Laurel Knighthawks 95 Points**
  5. Morton High School 101 Points
  6. Salem High School 172 Points
  7. Lamar Christian 184 Points
  8. Reading Nook Academy 203 Points
  9. Natchez High School 219 Points

I listed the team scoring to show that we're competitive in each division when we run a team.

M.S. Girls finished 3 out of 6. However, we beat one team that scored twice as many points, and two teams that scored three times the points we scored (remember points are bad - low score good - a perfect score is 15). The top 3 teams were fairly close.

Varsity Boys finished 4 out of 9. Again, we ran competitively. 3<sup>rd</sup> through 5<sup>th</sup> place was close, but

the remaining teams had approximately twice the points we did.

Cathedral Unit and Simpson Academy are a two of the top schools in the MAIS conference, so our team placement is quite impressive!