Lordstown Varsity Cross Country @ Lazy Goat Invitational at Trumbull Co Fair.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | 1st Mile | 2nd Mile | Finish | Place | Pace | Team  Rank |
| Ethan | 8:11 | (9:14)  17:25 | (10:27)  27.22 | 153/171 | 8:59 | 1 |
| Nick | DNR | DNR | DNR | DNR | N/A | 2 |
| Jake | DNR | DNR | DNR | DNR | N/A | 2 |
|  |  |  |  |  |  |  |
| Addy | DNR | DNR | DNR | DNR | N/A | 4 |
| Kerriane | DNR | DNR | DNR | DNR | N/A | 4 |
| Makayla | 7:14 | DNF | DNF | DNF | N/A | 4 |
| Sarah | 7:08 | (10:18)  17:26 | (11:04)  28;30 | 72/116 | 9:12 | 2 |
| Emily | 7:19 | (9:36)  16:55 | (11:06)  28:01 | 69/116 | 9:02 | 1 |
| Trista | 9:05 | (12:00)  21:05 | (13:45)  34:50 | 103/116 | 11:14 | 3 |
| Piper | DNR | DNR | DNR | DNR | N/A | 4 |

A pretty tough day for LHS runners. There is always something to learn from our races, the ones that go well and those that we struggle with. Compare your stats with your last race, work on ways to keep yourselves mentally and physically strong! Better competitions are ahead for LHS! Some positive notes….All the girls ran really nice first miles times and all the finishers ran a faster final mile time as compared to last meet. Sarah had a significant overall time drop. I have seen all of your potential during workouts this summer- have a positive mindset and see yourselves as a competitor, the times will follow!! Coach K.