

The Pre-Meet Warm Up

Ranked Teams and Individuals

8-26 - ED-CO

Tomorrow night will be our first opportunity for competition this season. The high school boys and girls will travel to Ed-Co to compete in the Ed-Co Invite. Our boys and girls have put together solid training over the summer months and we are excited to see where they are at on a 5k course.

Ed-Co is always a great meet for us to open our season at. This is the first week we are allowed to have a meet, it is generally a fast course, and there is always strong 1A and 2A competition. Last year our girls won the meet with 43 pts. edging out a strong Kee High team by 3 pts (46pts). Our boys turned in a strong 3rd place finish with excellent pack running, amassing only a :44 second spread from runner 1-5. Each of our squads have the ability to replicate and improve on these finishes from a year ago and we are excited to watch them compete.

Boys Ranked Teams and Individuals:

- South Winn. #6 (1A)

Girls Ranked Teams and Individuals:

- Jesup #4 (2A)
- Kee High #4 (1A)
- Starmont #7 (2A)
- South Winn. #13 (1A)
- Central Elkader - Team to Watch (1A)

- Jalyssa Blazek, Turkey Valley #6 (1A)
- Haley Meyer, Kee High #7 (1A)
- Jasmine Mueller, Central Elkader #12 (1A)
- Natalie O'Connor, Jesup #16 (2A)
- Brynn Gamm, North Fayette Valley #20 (2A)
- Amanda Treptow, Jesup #26 (2A)