



**Strake Jesuit XC Meet**  
**Sept 9, 2023**  
**@ Bear Creek Park**

Race Start Time	Division	Distance	Awards
6:10 AM	Arrive at SLHS		
6:30 AM	Depart SLHS		
8:00 AM	Varsity Boys	5 K	Top 25 Medals/7 Medals to 1 <sup>st</sup> Place Team
8:30 AM	Varsity Girls	5K	Top 25 Medals/7 Medals to 1 <sup>st</sup> Place Team
9:00AM	JV Boys	5 K	Top 20 Medals
9:30 AM	JV Girls	2 Miles	Top 20 Medals
9:50 AM	Freshman Boys	2 Miles	Top 20 Medals
10:20 AM	Extras Race	2 Miles	No Awards
10:45 AM	<b>High School Awards</b>		<b>Individual &amp; Team</b>

This is a run to test you LD and LR base and show the potential for your LPPM

The finish line won't find you; you must find it!

1. Seek out and embrace three obstacles: Heavy breathing, discomfort, and sweat.
2. Very few people create the energy and enthusiasm to carry something all the way to the end.
3. Those with a work ethic look forward to racing.
4. Training leaders find ways not excuses.
5. The better you are the harder you must work to improve.
6. Start your kick with 400m, everyone can kick from 100m.
7. Think about the State Meet today and every day.
8. You can get people to listen to you when you start beating them.
9. Repetition is doing something over and over and over again- Race Shock Again!
10. You always have more left than you think

**Check List**

- Socks are options, mini
- Spikes-make sure spikes are in descent shape/right size
- Uniform**
- Running shoes
- Bottles of water
- Bottles of sports drink
- Light & nutritious snacks & Meal
- Money**
- Sweats/Windsuits
- Backpack w/ two trash bags
- All required jewelry is off
- Watch and Logbook

Post Race Food-Drink  
**Do Evening Before.....**



<b>Varsity Boys: 10 Entries</b>
Albert Acosta
Hrehan Arora
Ezechiele Bowe
Zacaharie Bowe
Lucas Brighty
Jose Cedeno Barrera
Jack Kenney
Grayson Smith
Hudson Smith
Reilly Sullivan
<b>JV Boys: 10 Entries</b>
Agustin Aljure Alecina
Alberto Arellano
Ethan Britt
Paxton Ritchey
Edwin Duncan
Enzo Hernandez Brugo
Feliks Lin
Samuel Tachie-Menson
AmenEl Tadesse
Ethan White
<b>Freshman Boys: 8 Entries</b>
Jack Chambers
Ishan Desai
Kia Dila
Zain Khan
Jackson MacGregor
Joshua Mammen
Sreejit Mukherjee
Mitchel Zarate Diez
<b>Open Boys: 9 Entries</b>
Amen Frankfort
Michael Gibbs
Evan Huang
Ruiyang Huang
Paul Jo
Dane Priem
Bjoern Rydahl
Kaden Wang
Boxuan Zhao
<b>SPPM at SLHS</b>
Arjun Baviskar
Chris Cameron
Samuel Garcia Camejo
Trevor Janak
Matthew Montgomery
Keegan Pollard

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*I Am Only One*

*I am only one, but I am one.*

*I can't do everything, but I*

*can do something.*

*And what I can do, I out to do.*

*And what I ought to do, I shall*

*do!*

