

## 2017 PANTHER CROSS COUNTRY

The 2017 cross country season saw an decrease of 2 in the total number of participants, with both the boys and girls fielding full teams. Twenty-nine athletes in grades 7-12 participated. The breakdown was 16 girls (an increase of 1 from 2016) and 13 boys (a decrease of 3 from 2016). There were 2 senior girls (Dessa Denich and Tristin Lunde) and 1 senior boy (Kyler Odden). This was the 3rd year of our co-op with Benson County and the 8th year with TGU - Towner.

The teams participated in 12 meets. The varsity girls won 6 meets and finished in the top five as a team 10 times. The girls were Runner-Up at Region for the 9th time and 3rd Place at State for the 8th time. This is the 16th time the girls have finished in the top five at state. The varsity boys won 2 meets and finished in the top five as a team 10 times. The boys were 3rd Place at Region for the 5th time and 4th Place at State for the 2nd time. This is the 13th time the boys have finished in the top five at state. This was the 13th year in a row that we have had a top 5 team finisher on either the girls or boys side and the 6th time both the girls and boys finished in the top 5 at state. The girls and boys teams received the Team Scholar Award given by the North Dakota High School Activities Association.

The girls placed 4 runners on the All-Region team (Quinn Nepl - 5th - second year, Ellie Duchscherer - 13th - second year, Tristin Lunde - 16th - fifth year, Mykell Heidlebaugh - 20th - first year) and 2 All-State runners (Quinn Nepl - 10th - first year, Ellie Duchscherer - 20th - first year). The boys had 3 All-Region runners (Riley Zachmeier - 4th - second year, Kadin Nepl - 10th - third year, Dawson Schepp - 15th - third year) and 2 All-State runners (Riley Zachmeier - 8th - second year, and Kadin Nepl - 20th - first year). This was the 13th year in a row that we have had an All-State runner on either the girls or boys team. Tristin Lunde was selected as a nominee for the state Outstanding Senior Athlete Award from the East Region.

An elementary race was run at the 23rd Annual Rugby Booster Club Invitational for the 18th year. 72 girls and 58 boys from the Rugby co-op participated in the elementary race of 1600 meters which was open to all the schools that attended the meet. A total of 167 girls and 125 boys ran in the races. Brooklyn Bartsch was the top Rugby girl finishing in 5th place. Paige Jones from Maddock was the top Benson County elementary girl finishing in 23rd place. There were no girls runners from TGU-Towner. Rylan Tofte was the top Rugby boy finishing in 4th place. Paxton Nepl was the top Benson County boy finishing in 27th place. There were no boy runners from TGU-Towner. Coach Bartsch and Coach Blikre held elementary practices for the Rugby runners for about a month before our home meet.

Head Coach - Bill Jansen, Assistant Coach - Jennifer Bartsch, Volunteer Elementary Coach - Ashleigh Blikre

### AWARDS

|                      | <u>Girls</u>                                                                              | <u>Boys</u>                                             |
|----------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Most Valuable.....   | Quinn Nepl (8th Grade)                                                                    | Riley Zachmeier (Junior)                                |
| Most Dedicated ..... | Tristin Lunde (Senior)<br>Karsyn Hager (Junior)                                           | Riley Zachmeier (Junior)                                |
| Most Improved.....   | Ellie Duchscherer (Sophomore)<br>Quinn Nepl (8th Grade)<br>Mykell Heidlebaugh (7th Grade) | Trenton Sanford (Sophomore)<br>Ridley Odden (8th Grade) |

### LETTER WINNERS

| <u>Girls</u>                                      | <u>Boys</u>                           |
|---------------------------------------------------|---------------------------------------|
| Dessa Denich - Senior (4 years)                   | Kyler Odden - Senior (5 years)        |
| Tristin Lunde - Senior (6 years)                  | Riley Zachmeier - Junior (3 years)    |
| Karsyn Hager - Junior (3 years)                   | Jacob Arnold - Sophomore (3 years)    |
| Emily Salwey - Junior (2 years)                   | Kadin Nepl - Sophomore (3 years)      |
| Anni Stier - Junior (1 year)                      | Trenton Sanford - Sophomore (2 years) |
| Jenna Wangler - Junior - Student Manager (1 year) | Dawson Schepp - Sophomore (4 years)   |
| Kristina Brossart - Sophomore (3 years)           | Malachi Dosch - Freshman (1 year)     |
| Ellie Duchscherer - Sophomore (4 years)           | Warren Walker - Freshman (3 years)    |
| Anna Clements - Freshman (3 years)                | Cole Wentz - Freshman (2 years)       |
| Braelynn Oppen - Freshman (2 years)               | Ridley Odden - 8th Grade (1 year)     |
| Tesha Sobolik - Freshman (1 year)                 | Logan Harner - 7th Grade (1 year)     |
| Quinn Nepl - 8th Grade (2 years)                  |                                       |
| Rylie Suchor - 8th Grade (2 years)                |                                       |
| Kendyl Hager - 7th Grade (1 year)                 |                                       |
| Mykell Heidlebaugh - 7th Grade (1 year)           |                                       |

Non-Lettering Participant - Andrea Arnold - 8th Grade, Mikaylee Livedalen - 7th Grade  
Landon Rost - Junior, Erik Foster - 7th Grade