

2018 PANTHER CROSS COUNTRY

The 2018 cross country season saw an increase of 6 in the total number of participants, with both the boys and girls fielding full teams. 35 athletes in grades 7-12 participated. The breakdown was 26 girls (an increase of 10 from 2017) and 9 boys (a decrease of 4 from 2017). There were 4 senior girls (Karsyn Hager, Emily Salwey, Amber Schmaltz, and Anni Stier) and 1 senior boy (Riley Zachmeier). This was the 4th year of our co-op with Benson County and the 9th year with TGU - Towner.

The teams participated in 12 meets. The varsity girls won 5 meets and finished in the top five as a team 10 times. The girls were Runner-Up at Region for the 10th time and Runner-Up at State for the 2nd time. This is the 17th 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 6 times. The boys were 3rd Place at Region for the 6th time and 6th Place at State. This was the 14th year in a row that we have had a top 5 team finisher on either the girls or boys side. The girls team received the Team Scholar Award given by the North Dakota High School Activities Association.

The girls placed 2 runners on the All-Region team (Quinn Nepl - 4th - third year, Mykell Heidlebaugh - 18th - second year) and 2 All-State runners (Quinn Nepl - 6th - second year, Brooklyn Bartsch - 19th - first year). The boys had 2 All-Region runners (Riley Zachmeier - 5th - third year, Kadin Nepl - 9th - fourth year) and 1 All-State runner (Riley Zachmeier - 11th - third year). This was the 14th year in a row that we have had an All-State runner on either the girls or boys team.

An elementary race was run for the 19th year. The race was run on Wednesday, October 17 at 5:00 pm at the Rugby Golf Club. 48 girls and 49 boys from the Rugby participated in the elementary race of 1600 meters. Hannah Senechal won the girls race. Rylan Tofte won the boys race. Coach Bartsch, Coach Blikre and Coach Nelson held elementary practices for the Rugby runners for about a month before their race.

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

AWARDS

	<u>Girls</u>	<u>Boys</u>
Most Valuable.....	Quinn Nepl (Freshman)	Riley Zachmeier (Senior)
Most Dedicated	Karsyn Hager (Senior)	Riley Zachmeier (Senior) Robert Dibble (Sophomore)
Most Improved.....	Kendyl Hager (8th Grade) Brooklyn Bartsch (7th Grade)	Austin Dibble (8th Grade)

LETTER WINNERS

<u>Girls</u>	<u>Boys</u>
Karsyn Hager - Senior (4 years)	Riley Zachmeier - Senior (4 years)
Emily Salwey - Senior (3 years)	Kadin Nepl - Junior (4 years)
Amber Schmaltz - Senior (1 year)	Trenton Sanford - Junior (3 years)
Anni Stier - Senior (2 years)	Dawson Schepp - Junior (5 years)
Jenna Wangler - Senior - Student Manager (2 years)	Robert Dibble - Sophomore (1 year)
Kristina Brossart - Junior (4 years)	Malachi Dosch - Sophomore (2 years)
Ellie Duchscherer - Junior (5 years)	Ridley Odden - Freshman (2 years)
Taylor Nelson - Junior - Student Manager (1 year)	Austin Dibble - 8th Grade (1 year)
Lauren Casavant - Sophomore (1 year)	
Anna Clements - Sophomore (4 years)	
Elli Kuntz - Sophomore (1 year)	
Braelynn Oppen - Sophomore (3 years)	
Keely Arnston - Freshman (2 years)	
Quinn Nepl - Freshman (3 years)	
Rylie Suchor - Freshman (3 years)	
Kendyl Hager - 8th Grade (2 years)	
Mykell Heidlebaugh - 8th Grade (2 years)	
Mikaylee Livedalen - 8th Grade (1 year)	
Megan Schmaltz - 8th Grade (1 year)	
Brooklyn Bartsch - 7th Grade (1 year)	
Paige Jones - 7th Grade (1 year)	

Non-Lettering Participant - Annie Risovi - 8th Grade, Joey Wolf - 8th Grade, Trista Hamilton - 7th Grade, Ella Jacobson - 7th Grade, Haley Mayer - 7th Grade, Sophie Oppen - 7th Grade, Connor Klein - 7th Grade