

## 2020 PANTHER CROSS COUNTRY

The 2020 cross country season saw a decrease of 1 in the total number of participants, with both the boys and girls fielding full teams. 34 athletes in grades 7-12 participated. The breakdown was 25 girls (no change from 2019) and 9 boys (a decrease of 1 from 2019). There was 1 senior girl (Braelynn Oppen) and 1 senior boy (Robert Dibble). This was the 6th year of our co-op with Benson County(2 girl participants) and the 11th year with TGU - Towner(no participants).

The teams participated in 12 meets. The varsity girls won all 12 meets. The girls were Region Champion for the 11th time and State Champion for the 3rd time. Repeat State Champion for the 1st time. This is the 19th time the girls have finished in the top five at State. The varsity boys did not win a meet and finished in the top five as a team 7 times. The boys were 7th Place at Region and 14th Place at State. This was the 16th year in a row that we have had a top 5 team finisher on either the girls or boys side. The girls and boys teams received the Team Scholar Award given by the North Dakota High School Activities Association.

The girls placed 6 runners on the All-Region team for the first time (Brooklyn Bartsch - Champion - second year, Amelia Shepard - 5th - second year, Quinn Neppel - 11th - fifth year, Ella Jacobson - 12th - first year, Hannah Senechal - 14th - first year, and Sara Schmaltz - 19th - first year) and 3 All-State runners (Brooklyn Bartsch - 3rd - third year, Hannah Senechal - 13th - first year, and Quinn Neppel - 19th - fourth year). The boys had 1 All-Region runner (Austin Dibble - 8th - first year) and 1 All-State runner (Austin Dibble - 19th - first year). This was the 16th year in a row that we have had an All-State runner on either the girls or boys team.

There were no elementary practices and no elementary race this year because of COVID-19 concerns.

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.....	Brooklyn Bartsch (Freshman)	Austin Dibble (Sophomore)
Most Dedicated .....	Mikaylee Livedalen (Sophomore)	Robert Dibble (Senior) Austin Dibble (Sophomore)
Most Improved.....	Hannah Senechal (7th Grade)	Jenner Johnson (8th Grade)

### LETTER WINNERS

<u>Girls</u>	<u>Boys</u>
Braelynn Oppen - Senior - Student Manager (2 years)	Robert Dibble - Senior (3 years)
Mya Geisinger - Junior (2 years)	Ridley Odden - Junior (4 years)
Quinn Neppel - Junior (5 years)	Austin Dibble - Sophomore (3 years)
Rylie Suchor - Junior (5 years)	Andrew Duchscher - Sophomore (1 year)
Kendyl Hager - Sophomore (4 years)	Kristian Fritz - Sophomore (2 years)
Mikaylee Livedalen - Sophomore (3 years)	Connor Klein - Freshman (2 years)
Joey Wolf - Sophomore (2 years)	Jenner Johnson - 8th Grade (1 year)
Brooklyn Bartsch - Freshman (3 years)	Maddex Kirchofner - 8th Grade (1 year)
Ella Jacobson - Freshman (2 years)	Wyatt Oppen - 8th Grade (1 year)
Haley Mayer - Freshman (1 year)	
Sophie Oppen - Freshman (1 year)	
Amelia Shepard - Freshman (2 years)	
Kinsey Arnston - 8th Grade (1 year)	
Ashlyn Dibble - 8th Grade (2 years)	
Jaclyn Duchscher - 8th Grade (1 year)	
Jaelyn Lunde - 7th Grade (1 year)	
Sara Schmaltz - 7th Grade (1 year)	
Hannah Senechal - 7th Grade (1 year)	

Non-Lettering Participant - Brooklyn Hager, Rylah Hager, Mya McNeff, Jesse Wolf - 8th Grade  
Reese Gullickson, Quinn Walker, Ava Wurgler - 7th Grade