

2021 PANTHER CROSS COUNTRY

The 2021 cross country season saw an increase of 10 in the total number of participants, with both the boys and girls fielding full teams. 44 athletes in grades 7-12 participated and finished the season. The breakdown was 26 girls (increase of 1 from 2020) and 18 boys (increase of 9 from 2020). There were 2 senior girls (Quinn Nepl and Rylie Suchor) and 1 senior boy (Ridley Odden). This was the 7th year of our co-op with Benson County(4 girl and 2 boy participants) and the 12th year with TGU - Towner(1 boy participant).

The teams participated in 14 meets. The varsity girls won 10 meets and finished in the top 5 in all 14 meets. The girls were 3rd Place at Region and State Champion for the 4th time. Three-peat State Champion for the 1st time. This is the 20th time the girls have finished in the top 5 at State. The varsity boys won 2 meets and finished in the top 5 as a team 8 times. The boys were 7th Place at Region and 10th Place at State. This was the 17th 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 2 runners on the All-Region team (Brooklyn Bartsch - Champion - third year and Hannah Senechal - 8th - second year) and 3 on the All-State team (Amelia Shepard - Runner-Up - second year, Hannah Senechal - 8th - second year, and Brooklyn Bartsch - 13th - fourth year). The boys had 1 All-Region runner (Austin Dibble - 9th - second year) and 1 All-State runner (Austin Dibble - 18th - second year). This was the 17th year in a row that we have had an All-State runner on either the girls or boys team. Quinn Nepl was selected as a nominee for the State Outstanding Senior Athlete Award from the East Region.

An elementary race was run for the 21st year. The race was run on Wednesday, October 6 at 4 pm at the Rugby Golf Club. 40 girls and 61 boys from Rugby, Maddock, Leeds, and Towner participated in the elementary race of 1 mile. Thea Johnson won the girls race. Sawyer Brossart 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.....	Brooklyn Bartsch (Sophomore)	Austin Dibble (Junior)
Most Dedicated	Amelia Shepard (Sophomore)	Austin Dibble (Junior)
Most Improved.....	Evyn Jacobson (7th Grade)	Wyatt Oppen (Freshman)
Team Motivator	Quinn Nepl (Senior)	Ridley Odden (Senior) Andrew Duchscher (Junior) Kristian Fritz (Junior)

LETTER WINNERS

<u>Girls</u>	<u>Boys</u>
Quinn Nepl - Senior (6 years)	Ridley Odden - Senior (5 years)
Rylie Suchor - Senior (6 years)	Austin Dibble - Junior (4 years)
Kendyl Hager - Junior (5 years)	Andrew Duchscher - Junior (2 years)
Mikaylee Livedalen - Junior (4 years)	Kristian Fritz - Junior (3 years)
Tressa Arnston - Sophomore (1 year)	Connor Klein - Sophomore (3 years)
Brooklyn Bartsch - Sophomore (4 years)	Jenner Johnson - Freshman (2 years)
Haylee Jundt - Sophomore (1 year)	Maddex Kirchofner - Freshman (2 years)
Sophie Oppen - Sophomore (2 years)	Wyatt Oppen - Freshman (2 years)
Amelia Shepard - Sophomore (3 years)	Connor Ramsey - Freshman (1 year)
Kinsey Arnston - Freshman (2 years)	Jose Ortega - 8th Grade (1 year)
Ashlyn Dibble - Freshman (3 years)	Austin Duchscher - 7th Grade (1 year)
Jaclyn Duchscher - Freshman (2 years)	Brayden Green - 7th Grade (1 year)
Brooklyn Hager - Freshman (1 year)	
Rylah Hager - Freshman (1 year)	
Mya McNeff - Freshman (1 year)	
Jesse Wolf - Freshman (1 year)	
Jaelyn Lunde - 8th Grade (2 years)	
Hannah Senechal - 8th Grade (2 years)	
Ava Jacobson - 7th Grade (1 year)	
Evyn Jacobson - 7th Grade (1 year)	
Mauvlyn Kirchofner - 7th Grade (1 year)	
Keyara Lundstrom - 7th Grade (1 year)	

Non-Lettering Participants - Reese Gullickson, Sara Schmaltz, Ava Wurgler / Kale Deatherage, Damien Herman - 8th Grade
Livvy Johnson / Kiefer Fritz, Jaxon Heilman, Brayden Herman, Dane Whorley - 7th Grade