**8/5 2 Mile Team Time Trial**

**Boys (Time Trial)**

1. Ethan Saravanja 11:19
2. Atticus Corn 11:27
3. Matthew Ellison 12:17
4. Zane Stokes 12:19
5. Cohen Zertuche 12:52
6. Xavier Steele 12:53
7. Connor Smith 12:56
8. Ollie Corn 12:57
9. Zach Staley 12:58
10. Caleb McDaniel 12:59
11. Daniel Gaddis 13:03
12. Jasiah Whitfield 13:16
13. Adondre Holloway 13:21
14. Mohamed Jallow 13:23
15. Michael Boyle 14:00
16. Ben McDaniel 14:30
17. Cameron Corley 14:31
18. Ivan Vargas 14:53
19. Andrew Jacobson 16:04
20. Lucas Rines 16:17
21. Evan Pengelly 16:46
22. Ethan Lunger 16:47
23. Brandon Crew 17:32
24. Josh Infinger 17:33
25. Malachi Rushing 17:49
26. Michael Mitchell 18:01
27. Ethan Hammock 19:48
28. Brayden Zertuche 20:22

**Girls (Time Trial)**

1. Dresden Jolly 15:49
2. Sarah Howell 15:57
3. Xitlali Ramirez 16:42
4. Laine Burson 16:49
5. Noelle Banna 18:25
6. JC Clackum 19:42
7. France Pimentel 20:02
8. Kylee Lapier 20:58
9. Ava Saravanja 21:02
10. Tyler Preston 22:58
11. Lily Gamel 24:31
12. Faith Gathoni 24:56
13. Kalia Rand 25:43
14. Jeylin Zuniga 25:53

**Top Improvements 2022-2023**

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| --- | --- |
| Boys | Girls |
| 1. Jasiah Whitfield 6:22
 | 1. Laine Burson 3:05 |
| 1. Mohamed Jallow 4:34
 | 2. JC Clackum 1:38 |
| 1. Cameron Corley 3:19
 | 3. Lily Gamel 1:28 |

Time Trial Thoughts:

1. Solid performances and tons of improvements from the returning runners.
2. All the coaches thought there was a much better competitiveness than last year at the time trial. Every race we need to see this and this will lead to fast times. Focus on racing not times!
3. Very proud of all the new runners jumping in and doing their best for the time trial with less than a week of training!
4. Boys are STILL YOUNG! ZERO seniors on the team, so we will only get better!
5. I’ve never had a pack fighting for top 7 as close as we had today. 31 seconds separated 5th to 14th place. Run together this year, there is strength in numbers.
6. Girls are still young, so don’t limit yourself, go after your goals and set the tone for this season! Top 10 – Seniors: 2, Juniors: 4, Sophomores: 2, Freshmen: 2
7. Do not walk while in a race, you must push yourself! Normally most can keep going physically, it is your mentality that tells you that you can’t. Don’t listen to the negative, trust you can make it.
8. Course was 63m longer than last year, so top boys take off about 15 seconds, 20 minute runners take off about 25 seconds.