

2016 NIKE CROSS NATIONALS BOYS PREVIEW: AN ILLINOIS VIEW - DYESTAT ILLINOIS



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We have seen how strong the Illinois Boys runners have been this 2016 cross country season. We could get a greater idea of how good this group really is when they step to the line Saturday at Portland's Glendoveer Golf Course.

Neuqua Valley is one of the team favorites in what could be one of the tightest team races in NXN history. The Wildcats have looked strong throughout the season capturing the 3A State title with a tight pack. This team is good enough to leave the course Saturday with the national title. Downers Grove North also has the talent to fight for a place on the podium if they just run the pack style race that has brought them good fortune this fall. There are some national types

that are writing Mahomet-Seymour off heading into this meet. The Bulldogs still qualified even though one of their top runners Gabe Pommier ran sick at state and NXR. If he is healthy, we can expect this team to finish in the top ten.

I am excited to see how the individual race turns out especially with the group of individuals that we have running from this state. **Danny Kilrea, Dylan Jacobs,** and **Jack Aho** are running with extreme confidence heading into Saturday. Kilrea is the NXR Midwest Champ. Jacobs won the Foot Locker Midwest title last Saturday. Along with Aho, we should see three Illinois runners in the top ten. They could finish close to the top five if things work out just right.

Here is a look of how I see it on Saturday.

Teams

1 – Naperville Neuqua Valley IL

Hornet-Red Devil Inv	J.McEaney	J.Mollway	Z.Kinne	J.Jett	R.Kennedy
1 - 36	15:05	15:19 -14	15:22 -17	15:23 -18	15:37 -32
Richard Spring Inv	J.Mollway	J.Jett	J.McEaney	Z.Kinne	M.Milostan
1 - 65	14:59	15:02 -3	15:04 -5	15:12 -13	15:21 -22
Peoria Inv	Z.Kinne	J. Hayhurst	R.Kennedy	T.Bombacino	R.Alvarez
4 - 202	14:50	15:14 -24	15:33 -43	15:36 -46	15:49 -59
Locktoberfest	J.McEaney	J.Jett	J.Mollway	A.Johnson	E.McVittie
1 - 122	16:02	16:24 -22	16:36 -34	17:08 -66	17:28 -86
Naperville Twilight	J.McEaney	J.Jett	J.Mollway	Z.Kinne	M.Milostan
1 - 24	14:49	14:55 -6	15:00 -11	15:01 -12	15:01 -12
DVC	J.McEaney	Z.Kinne	J.Jett	M.Milostan	S.Anderson
1 - 16	14:51	14:59 -8	15:00 -9	15:04 -13	15:17 -26
3A Batavia Regional	M.Milostan	Z.Kinne	J.Mollway	R.Kennedy	T.Bomnacino
1 - 24	14:50	14:51 -1	15:11 -21	15:11 -21	15:17 -27
3A W Aurora Sectional	J.Jett	M.Milostan	J.Mollway	S.Anderson	J.Hayhurst
1 - 25	15:12	15:19 -7	15:20 -8	15:30 -18	15:36 -24
IHSA 3A State	J.Jett	Z.Kinne	J.McEaney	M.Milostan	J.Mollway
1 - 83	14:33	14:41 -8	14:46 -13	14:47 -14	14:55 -22
NXR Midwest Reg	J.Jett	Z.Kinne	J.McEaney	S.Anderson	M.Milostan
1 - 88	15:24	15:29 -5	15:30 -6	15:37 -13	15:41 -17

Preview – The Illinois 3A State champs and the Midwest Regional champs live and die off of pack running. Their best split of the year was at the Naperville Twilight meet when they had all 7 runners within 16 seconds of each other. Ignore their conference, regional, and sectional splits. They were given no race instructions by their coach. They just ran. The 17 second split that they had at the Midwest Region is an indication of how good of a team they are. **Jackson Jett, Zach Kinne,** and **Jake McEaney** were within 6 seconds of each other in Terre Haute. **Scott Anderson** and **Matt Milostan** were another 7 to 10 seconds back. The key for this team is getting out in position the first mile and then attack. The Wildcats did not do that last year and they finished way back. Don't expect that to happen this year. Neuqua will also have to get all 7 runners in before American Fork puts their fourth runner across the line. If they just run their race, this team could leave Portland with the national championship.

2 – American Fork UT

Viking Inv	Ca.Clinger	M.Johns	P.Parker	Cr.Clinger	D.Brems
1 - 23	14:43	14:45 -2	14:48 -5	15:59 -76	16:01 -78
Nebo Inv	Ca.Clinger	M.Johns	P.Parker	Cr.Clinger	D.Brems
1 - 35	14:57	15:02 -5	15:14 -17	16:10 -73	16:19 -82
UHSAA Region 4	Ca.Clinger	M.Johns	P.Parker	Cr.Clinger	D.Brems
1 - 31	14:33	14:38 -5	14:52 -19	15:40 -67	15:56 -83
UHSAA 5A State	Ca.Clinger	M.Johns	P.Parker	Cr.Clinger	D.Brems

1 - 42	14:42	14:49 -7	15:00 -18	15:47 -65	16:10 -88
UHSTCA Pre - FL	Ca.Clinger	M.Johns	P.Parker	Cr.Clinger	B.Carson
1 - 39	15:16	15:27 -11	15:32 -16	16:32 -76	16:53 -97
NXR Southwest Reg	Ca.Clinger	M.Johns	P.Parker	Cr.Clinger	D.Brems
1 - 121	14:53	15:07 -14	15:12 -19	16:02 -69	16:47 -114

Preview – The Caveman have the fire power up front led by 2015 national champion **Casey Clinger. McKay Johns** and **Patrick Parker** were within 19 seconds of Clinger at the Southwest Region going 1-2-3. I do not see this happening in this meet. They will need to get these first three runners in the first ten team places. The big watch point for American Fork is the gap between the front runners and the other two scorers. The gap at their state meet was 47 seconds from the three to **Carson Clinger**. That split was 50 seconds at the Southwest Region. The key is to watch how many teams that are in the hunt for the title get their top 5 runners in before the younger Clinger crosses the line. Sophomore **Dalton Brems** was 23 seconds behind Clinger at state. It grew to 45 seconds in their regional race. A split on 5 of under 114 seconds, like at regionals, could kill this team. This team will be tough to beat if their split on 5 is between 82 to 85 seconds.

3 – Brentwood TN

Chickasaw Falls Inv	B.Hasty	T.Vroon	S.Thompson	J.Vroon	Q.Heithcock
1 - 31	15:30	15:30	15:34 -4	15:34 -4	16:34 -64
Great American XC Fest	B.Hasty	T.Vroon	J.Vroon	S.Thompson	M.Reynolds
2 - 119	14:32	14:57 -25	15:26 -54	15:30 -58	16:44 -132
MSCAA 3A Champs	B.Hasty	T.Vroon	J.Vroon	S.Thompson	R.Bashir
1 - 40	15:51	15:56 -5	16:09 -18	17:06 -75	17:13 -82
TSSAA AAA 6A Region	T.Vroon	B.Hasty	S.Thompson	J.Vroon	A.Cate
1 - 18	15:26	15:26	16:05 -39	16:07 -41	16:44 -78
TSSAA AAA State	B.Hasty	T.Vroon	J.Vroon	S.Thompson	R.Bashir
1 - 29	15:09	15:10 -1	15:53 -44	16:03 -54	16:33 -84
NXR Southeast Region	B.Hasty	T.Vroon	S.Thompson	J.Vroon	R.Bashir
1 - 66	14:54	15:20 -26	15:30 -36	15:37 -43	16:18 -84

Preview – Another team that is capable of winning the national championship especially the way they have been running the past month. Their only setback was when they finished second to St. Xavier KY at the Great American XC Festival when they had a 132 second split on their top 5. They avenged that loss to St. X last week when they scored only 66 points with an 84 second 5 runner split. **Brodey Hasty** is the front runner for the Bruins and should be among the top ten runners overall on Saturday. There was only a 17 second split from second runner **Taylor Vroon** and fourth runner **Jackson Vroon** in that race. The Bruins are similar to American Fork. Hasty should be close to Clinger. To have a chance, it is getting Jackson Vroon in before American Fork's third runner. The split between the first four and their fifth runner **Ryan Bashir** needs to be within 31 seconds with an overall split of 75 seconds. That could put Brentwood in position to be on the podium and a chance to win the national championship.

4 – Bozeman MT

Mountain West Classic	C.Equall	L.McComas	D.Hamilton	O.Clark	R.Collins
1 - 62	14:58	15:28 -30	15:33 -35	15:37 -39	15:53 -55
Sunfair Inv	C.Equall	O.Clark	D.Hamilton	L.McComas	R.Collins
1 - 11	15:11	15:45 -34	15:48 -37	15:51 -40	15:57 -46
Helena 7 of 7	C.Equall	O.Clark	R.Collins	L.McComas	D.Hamilton
	14:55	15:21 -26	15:34 -39	15:36 -41	15:44 -49
MHSA AA State	C.Equall	D.Hamilton	R.Collins	L.McComas	S.Rosenzweig
1 - 30	14:40	15:00 -20	15:11 -31	15:18 -38	16:03 -83
NXR Northwest Reg	C.Equall	D.Hamilton	R.Collins	L.McComas	O.Clark
1 - 76	15:18	15:40 -22	16:02 -44	16:11 -53	16:16 -58

Preview – Just like their girls team, this is a team of mystery as they have not really faced national type competition

during the season. The Hawks showed their strength with an easy win at the Northwest Regional. **Chase Equall** has the potential to finish among the top five team runners in this race. The pack behind Equall has been on an average of 21 seconds back. They will need that kind of split on Saturday. The split on their top five was at 58 seconds in the Northwest Regional. It will need to be at 54 seconds to challenge for a top three finish. The team does have the potential to win if they can get that kind of a 5 man split.

5 – Temecula Great Oak CA

Woodbridge Inv	J.Korgan	S.Fountain	C.Carvajal	A.Ruiz	J.Eipp
3 - 154	14:40	14:53 -13	15:00 -20	15:03 -23	15:06 -26
Stanford Inv	J.Korgan	C.Carvajal	J.Eipp	R.Shields	T.Tickner
1 - 90	15:09	15:10 -1	15:31 -22	15:48 -39	15:53 -44
Clovis Inv	J.Korgan	C.Carvajal	S.Fountain	T.Tickner	J.Eipp
1 - 57	15:32	15:37 -5	15:41 -9	15:47 -15	15:49 -17
Mt. Sac Inv	J.Korgan	C.Carvajal	J.Eipp	S.Fountain	R.Shields
1 - 54	15:11	15:14 -3	15:21 -10	15:24 -13	15:33 -22
Southwestern League	S.Fountain	A.Ruiz	T.Tickner	G.Abbes	R.Shields
1 - 20	15:43	15:48 -5	15:55 -12	16:01 -18	16:09 -26
CIF - SS D1 Finals	S.Fountain	C.Carvajal	J.Korgan	G.Korby	J.Eipp
1 - 62	14:52	14:54 -2	14:58 -6	15:10 -18	15:13 -21
CIF D1 State	S.Fountain	J.Korgan	C.Carvajal	J.Eipp	G.Korby
1 - 66	15:20	15:30 -10	15:36 -16	15:48 -28	15:56 -36

Preview – There was not much expected from the Wolfpack of the beginning of the year as they only had 1 runner back from last year’s national championship team. Three months later, here they are back in Portland with the potential of winning their second straight national championship. Last year’s seventh man **Solomon Fountain** has stepped forward as the team’s #1 runner who could be among the top 20 team runners in this meet. Great Oak’s split on their top 5 was up to 36 seconds at last week’s state meet. In their wins at the Clovis Invitational and the Mt. Sac Invitational, they had a split near 20 seconds on the scorers. That kind of split could put this team towards the front. Great Oak’s pack is similar to that of Neuqua Valley. It could come down to a match race in winning the individual battles in the top 5 between the 2 schools.

6 – Downers Grove North IL

Leavey Inv	A.Danner	R.Birkmeier	J.Ridderhoff	N.Chudzik	A.Marek
1 - 26	15:35	15:45 -10	15:46 -11	15:48 -13	15:52 -17
FTTF - 3A	A.Danner	J.Ridderhoff	A.Marek	M.Moravec	N.Chudzik
1 - 66	15:25	15:26 -1	15:31 -6	15:39 -14	15:44 -19
Naperville Twilight	M.Moravec	N.Chudzik	J.Ridderhoff	A.Danner	S.McCool
2 - 55	15:02	15:06 -4	15:11 -9	15:12 -10	15:17 -15
WSC-Silver	A.Danner	J.Ridderhoff	A.Marek	N.Chudzik	M.Moravec
1 - 48	15:17	15:22 -5	15:31 -14	15:33 -16	15:34 -17
3A Lockport Reg	A.Danner	J.Ridderhoff	M.Moravec	R.Birkmeier	N.Chudzik
1 - 17	15:51	15:59 -8	16:14 -13	16:14 -13	16:24 -23
3A Marist Sec	A.Danner	J.Ridderhoff	M.Moravec	R.Birkmeier	A.Marek
1 - 54	15:06	15:07 -1	15:17 -11	15:27 -21	15:30 -24
IHSA 3A State	A.Danner	J.Ridderhoff	M.Moravec	A.Marek	R.Birkmeier
2 - 116	14:37	14:39 -2	14:53 -16	15:00 -23	15:00 -23
NXR Midwest Reg	A.Danner	J.Ridderhoff	R.Birkmeier	A.Marek	M.Moravec
2 - 136	15:26	15:31 -5	15:47 -21	15:47 -21	15:49 -23

Preview – The Trojans were a team at the beginning of the year that was not in the national spotlight. A second place finish in the Illinois 3A State Meet as well as second at the Midwest Region shows that this team is capable of getting on the podium on Saturday. This team is similar to Neuqua Valley with a tight pack. The two teams met at the Naperville Twilight Meet where the Trojans finished second. This team has been consistent with their scoring spread

being near 23 to 24 seconds. I would expect more of the same in this meet. **Alec Danner** has been the top runner for the team most of the year with **Jacob Ridderhoff** within seconds of him. That needs to continue in this meet. The pack behind these two stays within seconds of each other. The key is staying within 12 seconds of their front runners. I would not count this team out of being in the top 5. They could finish higher than that.

7 – Lincroft Christian Brothers Academy NJ

Bowdoin Classic (Var 1)	B.Hill	P.Kilcooley	G.Anzalone	R.Miele	J.Boyle
1 - 31	16:17	16:39 -22	16:46 -29	16:49 -32	16:55 -38
Manhattan Inv	B.Hill	G.Anzalone	K.Kane	R.Gardner	R.Miele
1 - 202	12:42	13:02 -20	13:21 -39	13:24 -42	13:29 -47
Shore County Champs	B.Hill	G.Anzalone	P.Kilcooley	J.Boyle	C.Trigani
1 - 35	15:19	15:26 -7	15:27 -8	15:28 -9	15:28 -9
NJSIAA Non-Public A	G.Anzalone	B.Hill	P.Kilcooley	R.Miele	C.Trigani
1 - 34	16:18	16:18	16:22 -4	16:24 -6	16:40 -22
NJ Meet of Champs	G.Anzalone	B.Hill	M.Cavallaro	J.Boyle	R.Miele
3 - 109	16:11	16:24 -13	16:38 -27	16:49 -38	16:59 -48
NXR Northeast Region	G.Anzalone	P.Kilcooley	M.Cavallaro	R.Miele	C.Trigani
1 - 122	16:12	16:13 -1	16:31 -19	16:47 -35	16:50 -38

Preview – This field is so deep. It would not surprise me if the Colts are among the top 3 teams. **Genaro Anzalone** has stepped up to be the team’s top runner in the final meets of this year. A big plus for the team is if they have **Brian Hill** close to Anzalone in this race. Hill has been one of the team’s top runners this season. Hill was 55 seconds behind Anzalone as the team’s sixth runner. The team won despite that last week with a 38 second split on their scorers. Sophomore **Pat Kilcooley** as stepped in closer to the front. Their key is having their five normal scorers running good and within 32 seconds of each other. If Anzalone and/or Hill can be among the first 25 team scorers, we could see Christian Brothers Academy on the podium.

8 – Conroe The Woodlands TX

Region III Preview	N.Wells	W.Hunsdale	G.Hoffpaur	D.Baker	E.Mercado
1 - 15	15:33	15:34 -1	15:37 -4	15:39 -6	15:56 -23
Kingwood Andy Wells Inv (3.0)	W.Hunsdale	N.Wells	G.Hoffpaur	D.Baker	E.Mercado
1 - 24	14:36	14:53 -17	15:06 -30	15:07 -31	15:15 -39
Brenham Hillacious Inv	N.Wells	W.Hunsdale	G.Hoffpaur	E.Mercado	J.Raiford
1 - 17	15:42	15:48 -6	16:04 -22	16:10 -28	16:31 -49
Nike South Inv	N.Wells	W.Hunsdale	G.Hoffpaur	D.Baker	E.Mercado
1 - 27	15:30	15:32 -2	16:00 -30	16:03 -33	16:10 -40
UIL 6A District 12	W.Hunsdale	N.Wells	G.Hoffpaur	D.Baker	E.Mercado
1 - 31	15:00	15:02 -2	15:21 -21	15:25 -25	15:37 -37
UIL 6A Region 2	W.Hunsdale	N.Wells	G.Hoffpaur	D.Baker	E.Mercado
1 - 41	15:13	15:41 -28	15:43 -30	15:44 -31	16:14 -61
UIL 6A State	W.Hunsdale	G.Hoffpaur	N.Wells	D.Baker	J.Raiford
1 - 51	14:57	15:11 -14	15:15 -18	15:35 -38	15:51 -54
NXR South Reg	N.Wells	G.Hoffpaur	D.Baker	E.Mercado	R.Raiford
3 - 124	15:33	15:48 -15	16:06 -33	16:37 -64	16:41 -68

Preview – The Highlanders had to wait until last Saturday to find out if they would be in this field as an “at-large” team. The Texas 6A team champs finished third in the South Regional without their top runner **William Hunsdale** who was pulled just before the start due to an illness. He ran last Saturday at the Foot Locker South Regional where he finished 39 seconds behind teammate **Noah Wells**. The two have been the front runners for the team all year. The addition of junior **Gavin Hoffpaur** in the front group has been a plus for this team. Hunsdale and Wells should be in the top 30 team runners if Hunsdale is back at 100%. Hoffpaur within 15 seconds of whoever the #1 runner is for the team makes this team a tough team to beat. What could hurt is the split on five which was 54

seconds at the state meet and 68 seconds in the regional race without Hunsdale. A split of under 50 seconds gets this team into the top 5.

9 – Plymouth Wayzata MN

Columbus Catholic Inv	K.Hussein	M.Tollander	J.Gilbertson	L.Jama	B.Buysse
1 - 20	16:09	16:30 -21	16:31 -22	16:41 -32	16:48 -39
Roy Griak Inv	K.Hussein	G.Meskele	G.Price	B.Buysse	M.Tollander
1 - 91	16:22	17:13 -51	17:13 -51	17:14 -52	17:16 -54
Willmar Inv	K.Hussein	G.Price	L.Jama	J.Gilbertson	B.Buysse
1 - 28	15:51	16:25 -34	16:34 -43	16:36 -45	16:42 -51
Lake Conf Chmps	K.Hussein	L.Jima	G.Matthews	J.Gilbertson	G.Price
1 - 38	16:02	16:19 -17	16:24 -22	16:26 -24	16:30 -28
MSHSL 6AA Sec	K.Hussein	G.Price	G.Meskele	L.Jama	J.Gilbertson
1 - 32	15:33	16:03 -30	16:04 -31	16:04 -32	16:05 -33
MSHSL AA State	K.Hussein	L.Jima	G.Price	G.Matthews	J.Gilbertson
1 - 38	15:41	16:12 -31	16:20 -39	16:21 -40	16:21 -40
NXR Heartland Reg	K.Hussein	G.Meskele	L.Jama	G.Price	J.Gilbertson
1 - 94	15:05	15:43 -38	15:51 -46	15:52 -47	15:54 -49

Preview – The Trojans make a return trip to Portland after losing the majority of their scorers from last year’s NXN qualifying team. It is just a testament of how well and deep this program is. **Khalid Hussein** has been their top runner all year. He could be among the top 10 team runners in this race. What makes Wayzata go is the pack behind Hussein. The split was only nine seconds on the scorers behind Hussein in their state race and 11 seconds in the Heartland Regional race. This pack should remain tight on Saturday. The gap between Hussein and the group has been near 30 seconds most of the year. It was up to 38 seconds in the regional race. A split on 5 at or under 42 seconds with the group near 30 seconds of Hussein could get this team near the top 5.

10 – Liverpool NY

Chittenango Inv (Var 1)	T.Brownlow	S.Schulz	J.Hickmott	C.McLaughlin	J.Blowers
2 - 63	16:01	16:06 -5	17:00 -59	17:53 -112	18:25 -144
McDaniel-Baxter Inv (Var 9)	T.Brownlow	S.Schulz	J.Hickmott	E.Videman	J.Blowers
1 - 58	15:52	15:55 -3	16:33 -41	17:28 -96	17:48 -116
McQuaid Inv	S.Schulz	T.Brownlow	J.Hickmott	E.Videman	G.Sekhon
4 - 135	14:53	15:02 -9	15:21 -28	16:06 -73	16:41 -108
Manhattan Inv	S.Schulz	T.Brownlow	J.Hickmott	E.Videman	N.Reeves
10 - 299	12:25	12:43 -18	12:44 -19	13:45 -80	14:25 -120
NYSPPHSAA Section 3	S.Schulz	T.Brownlow	J.Hickmott	E.Videman	C.McLaughlin
1 - 35	15:49	15:57 -8	15:58 -9	16:57 -68	17:25 -96
NYSPPHSAA Class A State	T.Brownlow	S.Schulz	J.Hickmott	E.Videman	D.Newbern
3 - 80	15:27	15:32 -5	15:45 -18	16:49 -82	17:10 -103
NXR New York Region	T.Brownlow	S.Schulz	J.Hickmott	E.Videman	D.Newbern
2 - 145	15:42	15:46 -4	16:14 -32	17:04 -82	17:58 -136

Preview – This team was somewhat of a surprise last week when they finished second at the New York Regional after finishing third in the New York State Meet. This team could be among the top ten teams but many things need to happen for that finish to occur. **Ty Brownlow** and **Stevie Schultz** have been the team’s top runners all year. Both runners could be among the top 10 team runners. A key for success is for third runner Joshua Hickmott be within 18 seconds of these two runners. A concern is the gap between the three and fourth runner **Emil Videman**. He has been 82 seconds behind the Liverpool front runners the last two meets. That needs to come down to 65 seconds at least. The team had a 5 man split at 136 seconds last week. That also needs to come down if this team wants to contend for a top 10 or maybe a top 5 finish.

11 – Mahomet-Seymour IL

Charleston	A.Walmer	R.Fortune	B.Craw	R.Hodge	G.Pommier
1 - 15	15:31	15:52 -21	15:52 -21	15:52 -21	15:52 -21
Lee Halberg Inv	A.Walmer	G.Pommier	R.Fortune	M.Powell	R.Hodge
1 - 23	15:38	15:59 -21	15:59 -21	15:59 -21	15:59 -21
Richard Spring	A.Walmer	R.Fortune	R.Hodge	M.Powell	B.Butcher
2 - 118	15:05	15:17 -12	15:22 -17	15:25 -20	15:25 -20
East Peoria	A.Walmer	G.Pommier	R.Fortune	R.Hodge	B.Butcher
1 - 15	15:22	15:27 -5	15:35 -13	15:35 -13	15:38 -16
Metamora	A.Walmer	G.Pommier	R.Hodge	R.Fortune	B.Craw
1 - 20	14:41	14:48 -7	14:48 -7	14:55 -14	14:55 -14
Corn Belt	G.Pommier	R.Fortune	A.Walmer	B.Butcher	R.Hodge
1 - 17	14:47	14:49 -2	14:49 -2	14:56 -9	14:58 -11
2A Normal Univ Reg	B.Butcher	G.Pommier	R.Fortune	E.Burge	B.Keeble
1 - 39	15:03	15:06 -3	15:15 -12	15:36 -23	15:52 -39
2A Metamora Sec	A.Walmer	M.Powell	R.Hodge	B.Craw	E.Burge
1 - 41	14:55	15:17 -21	15:17 -21	15:19 -23	15:39 -43
IHSA 2A State	A.Walmer	R.Fortune	M.Powell	R.Hodge	B.Butcher
1 - 58	14:40	14:54 -14	14:59 -19	15:00 -20	15:03 -23
NXR Midwest Reg	A.Walmer	M.Powell	R.Hodge	R.Fortune	B.Craw
3 - 168	15:31	15:39 -8	15:49 -18	15:50 -19	16:01 -30

Preview – I put this team towards the top ten maybe more than people expected. The Bulldogs have been a surprise to people during this dream season including a dominating win at the Illinois 2A state meet. They did that along with finishing third at the Midwest Regional without a healthy **Gabe Pommier**. The senior was one of the team's top runners throughout the season. He was sick but still ran in the last two meets where he fell back out of a scoring position. If he is 100% healthy heading into this meet, it just makes this team that much tougher. They did put 6 runners under 15 minutes for 3 miles in their conference race. They have the fore power to race with the top teams in this meet. The team averaged a 26 second split on their top five the last two meets. With Pommier up front, that split lowered to 15 to 20 seconds. **Andrew Walmer** and Pommier (if healthy) could be among the top 30 team scorers in this race. If that split stays under 22 seconds on 5, this team could be the surprise of the meet.

12 – Dana Point Dana Hills CA

Viking Inv (UT)	J.Landgraf	J.Turner	B.Hough	T.Wilfert	S.Fuller
4 - 103	15:53	16:15 -22	16:29 -36	16:48 -55	16:58 -65
Dana Hills Inv	J.Landgraf	J.Turner	B.Hough	H.Stein	E.Wagenseller
1 - 64	14:33	14:51 -18	14:53 -20	15:22 -49	15:24 -51
Clovis Inv	J.Landgraf	T.Wilfert	B.Hough	E.Wagenseller	C.Denker
3 - 117	15:14	15:44 -30	15:50 -36	15:50 -36	16:15 -61
Orange County Champs	J.Landgraf	T.Wilfert	B.Hough	E.Wagenseller	H.Stein
1 - 52	14:53	15:07 -14	15:11 -18	15:18 -25	15:27 -34
Riverside Inv	J.Landgraf	B.Hough	T.Wilfert	E.Wagenseller	H.Stein
2 - 76	15:19	15:19	15:21 -2	15:51 -32	15:52 -33
South Coast League Finals	J.Landgraf	T.Wilfert	B.Hough	E.Wagenseller	S.Fuller
1 - 40	14:32	14:49 -17	14:50 -18	15:19 -47	15:27 -55
CIF - SS D1 Finals	J.Landgraf	B.Hough	T.Wilfert	E.Wagenseller	S.Fuller
2 - 102	14:50	14:58 -8	15:02 -12	15:20 -30	15:21 -31
CIF D1 State	J.Landgraf	B.Hough	T.Wilfert	E.Wagenseller	C.Denker
2 - 102	15:30	15:31 -1	15:46 -16	16:03 -33	16:06 -36

Preview – A team that surprised many last year after they finished third at NXN. Do we see the same type of surprise this weekend? **Jack Landgraf** has been the team's top runner all year. It will be a help if **Brandon Hough** is close to

Landgraf as he was in last week's state race. Both runners could be among the top 30 team runners. The split for the team last week was at 36 seconds on their scorers. It will need to be around 30 seconds if this team has hopes of finishing among the top 10 teams.

13 – Westport Staples CT

Stratton Brook Inv	Z.Ahmad	B.Seiple	S.Green	B.MacCordy	C.Myers
1 - 28	16:47	17:09 -22	17:11 -24	17:56 -69	18:03 -76
Bowdoin Classic (Var 2)	S.Green	B.Seiple	B.Landowne	C.Myers	B.MacCordy
6 - 154	16:47	16:54 -7	17:06 -19	17:44 -57	18:11 -84
CIAC LL State	Z.Ahmad	S.Green	B.Seiple	B.Landowne	C.Myers
1 - 46	15:49	16:23 -34	16:24 -35	16:28 -39	16:50 -61
CIAC State Open	Z.Ahmad	S.Green	B.Seiple	B.Landowne	C.Myers
1 - 61	15:46	16:22 -36	16:23 -37	16:28 -42	16:44 -58
New England Champs	Z.Ahmad	B.Seiple	B.Landowne	S.Green	C.Myers
1 - 72	15:30	15:56 -26	16:05 -35	16:07 -37	16:17 -47
NXR Northeast Region	Z.Ahmad	B.Seiple	S.Green	B.Landowne	C.Myers
2 - 132	16:02	16:27 -25	16:40 -38	16:46 -44	16:51 -49

Preview – A team that could be near the top 10 in this meet. The Wreckers finished second at the Northeast Regional after winning the Connecticut Open and New England Championship titles. **Zakeer Ahmad** has been the top runner for the team most of the year. He could be among the top 15 team finishers on Saturday. The gap between Ahmad and second runner **Ben Seiple** needs to stay near 25 seconds. The split from Seiple to their fifth runner **Christian Myers** needs to be at 20 seconds or faster for this team to challenge for a top 10 finish.

14 – Bend Summit OR

Ash Creek XC Festival	T.Schoderbek	S.Kinkade	N.Sjogren	J.Ballantyne	C.Hammer
1 - 86	16:19	16:23 -4	16:32 -13	17:10 -51*	17:23 -64
Northwest Classic	S.Kinkade	N.Sjogren	J.Ballantyne	C.Hammer	C.Ford
5 - 128	16:05	16:09 -4	16:48 -43	17:19 -74	17:19 -74*
Nike Portland XC	S.Kinkade	T.Schoderbek	N.Sjogren	J.Ballantyne	S.Schoderbek
4 - 180	15:57	16:02 -5	16:06 -9	16:27 -30	17:04 -67
Oxford Classic	S.Kinkade	T.Schoderbek	N.Sjogren	J.Ballantyne	C.Hammer
2 - 48	16:31	16:36 -5	16:48 -17	17:10 -39	17:38 -67*
Juniper Preview	S.Kinkade	N.Sjogren	S.Schoderbek	C.Hammer	J.Ballantyne
1 - 23	16:28	16:30 -2	16:48 -20	16:52 -24	15:56 -28
George Fox XC Classic	T.Schoderbek	N.Sjogren	S.Kinkade	J.Ballantyne	C.Hammer
1 - 40	16:21	16:26 -5	16:34 -13	16:46 -25	16:52 -31
Intermountain Conf Champs	T.Schoderbek	N.Sjogren	S.Kinkade	J.Ballantyne	C.Hammer
1 - 19	15:41	15:42 -1	15:45 -4	16:03 -22	16:45 -64
OSAA 5A State	N.Sjogren	J.Ballantyne	T.Schoderbek	S.Kinkade	C.Hammer
2 - 41	15:46	16:00 -14	16:01 -15	16:03 -17	16:32 -46
NXR Northwest Reg	N.Sjogren	T.Schoderbek	S.Kinkade	J.Ballantyne	C.Hammer
2 - 98	15:51	15:56 -5	15:58 -7	16:04 -13	16:36 -45

Preview – The Storm stepped up after finishing second in their 5A State meet to finish second at the Northwest Regional. There was not much of a difference in their scorers spread at 46 / 45 seconds in the last two races. The big difference was that only 7 seconds separating **Niklas Sjogren, Thomas Schoderbek,** and **Scott Kinkade** up front. That will need to happen again in this meet. **Jett Ballantyne** was 13 seconds behind Sjogren in the regional race. It would be good for that kind of split happen again. A team spread of under 40 seconds could get Summit in the top 10 area.

15 – Louisville St. Xavier KY

Trinity Valkyre Inv 1 - 96	P.Schaefer 15:51	C.Reischel 15:58 -7	P.Dauenhauer 15:58 -7	G.Shiflet 16:02 -11	C.Marchal 16:02 -11
Palatine Inv (3.0) 2 - 143	P.Schaefer 15:03	G.Shiflet 15:21 -18	C.Marchal 15:21 -18	Z.Larkin 15:25 -22	R.Guenther 15:25 -22
Great American XC Fest 1 - 111	P.Schaefer 15:42	C.Marchal 15:46 -4	R.Guenther 15:51 -9	Z.Larkin 15:52 -10	E.Portaro 15:58 -16
Lexington Catholic Inv 1 - 23	P.Schaefer 15:37	C.Marchal 15:37	Z.Larkin 15:39 -2	R.Guenther 15:39 -2	G.Shiflet 15:44 -7
KHSAA AAA Region 3 1 - 24	C.Marchal 16:02	Z.Larkin 16:16 -14	T.Knepshield 16:26 -24	E.Portaro 16:44 -42	A.Edwards 16:47 -45
KHSAA AAA State 1 - 33	P.Schaefer 15:53	R.Guenther 15:58 -5	C.Marchal 16:04 -11	Z.Larkin 16:14 -21	G.Shiflet 16:23 -30
NXR Southeast Region 2 - 104	P.Schaefer 15:40	R.Guenther 15:41 -1	Z.Larkin 15:58 -18	C.Marchal 15:59 -19	G.Shiflet 16:03 -23

Preview – The name of the game for this team is how close the five runners can be to each other. They showed how good they were earlier in the year when they defeated highly rated Brentwood TN at the Great American XC Classic. They finished second behind Brentwood last week at the Southeast Regional. **Patrick Schaefer** has been the team's top runner most of the year. Their split on five last week was 23 seconds. It was only 16 seconds a month before at the Great American XC Festival. This team could be tough in the top ten. If they keep that sorer spread at 20 seconds or under along with moving the pack up 8 to 10 seconds a man, it would not surprise me to see them among the front runners.

16 – San Diego Cathedral Catholic CA

Woodbridge Inv 17 - 392	J.Martinez- dePinnillos 14:18	H.Tadeusiak 14:56 -38	D.Robinson 15:34 -76	M.Robinson 15:43 -85	M.Wilson 16:07 -109
MC Octoberfest 1 - 26	J.Martinez- dePinnillos 14:18	F.Waters 15:01 -43	H.Tadeusiak 15:13 -55	D.Robinson 15:49 -91	M.Robinson 16:02 -104
Mt Sac Inv (D3 Sweep) 6 - 174	J.Martinez- dePinnillos 14:37	H.Tadeusiak 15:46 -71	F.Waters 16:15 -100	M.Robinson 16:24 -109	D.Robinson 16:42 -127
Western League Champs 1 - 33	J.Martinez- dePinnillos 15:34	H.Tadeusiak 16:05 -31	M.Robinson 16:28 -54	M.Wilson 17:00 -86	D.Robinson 17:01 -87
CIF - SD D3 Finals 2 - 43	J.Martinez- dePinnillos 15:55	H.Tadeusiak 16:30 -35	F.Waters 17:08 -73	M.Robinson 17:09 -74	D.Robinson 17:21 -86
CIF D3 State 1 - 82	J.Martinez- dePinnillos 15:07	H.Tadeusiak 15:41 -34	F.Waters 15:51 -44	M.Robinson 15:52 -45	D.Robinson 16:05 -58

Preview – This was the biggest surprise team from last week's meet. Not too many people expected this team here especially with their early season resume. They finished seventeenth at the Woodbridge Invitational and 6th in the D3 race at the Mt. SAC Invitational. Even the second place finish in their section finals gave us no indication what they could do at state. They ran their best race of the year in winning the CIF D3 title as well as being the second best team in the state's power merge. A repeat of that state race could put them among the top 10. **Joaquim Martinez de Pinnillos** leads the team and could be among the top 10 team runners in this race. The key to their success was the 58 second split on their scorers at state. It had been in the 80's the two previous meets. A split under 60 seconds could push this team into the top 10. This time it will not be a surprise.

17 – Southlake Carroll TX

Marcus I Inv	R.Brown	N.Fernandes	J.Arcila	C.Rutledge	C.Gardner
1 - 58	15:14	15:40 -26	15:56 -42	16:02 -48	16:20 -66
Woodbridge Inv	R.Brown	C.Gardner	N.Fernandes	C.Rutledge	G.Gabriel
6 - 247	14:11	14:57 -46	14:57 -46	15:20 -69	15:46 -95
Chile Pepper Festival	R.Brown	C.Gardner	N.Fernandes	C.Rutledge	E.Dunkel
1 - 130	14:41	15:34 -53	15:53 -72	16:05 -84	16:17 -96
UIL 6A District 5	R.Brown	C.Gardner	N.Fernandes	C.Rutledge	E.Dunkel
1 - 35	15:05	15:44 -39	15:58 -53	16:13 -68	16:33 -88
UIL 6A Region 1	R.Brown	N.Fernandes	C.Gardner	E.Dunkel	C.Rutledge
1 - 82	14:47	15:37 -50	15:42 -55	16:19 -92	16:21 -94
UIL 6A State	R.Brown	N.Fernandes	C.Gardner	E.Dunkel	E.Mortimer
2 - 123	14:56	15:20 -24	15:49 -53	16:04 -68	16:26 -90
NXR South Reg	R.Brown	C.Gardner	N.Fernandes	C.Rutledge	E.Dunkel
1 - 97	15:11	15:48 -37	15:59 -48	16:31 -80	16:32 -81

Preview – Another team to keep an eye on to be near the top 10. A finish of 15th or better could be more realistic. **Reed Brown** should be among the top 10 team runners in this race and could finish in the top 15 individually. The gap behind Brown at state was 24 seconds and 37 seconds in the South Regional race. The split on their scorers in the two races was at 90 seconds and 81 seconds. A spread of 74 seconds or better on their scorers on Saturday could place this team higher up in the standings.

18 – Springville UT

BYU Inv	G.Gardner	B.Garnica	H.Penrod	P.Young	C.Garnica
5 - 107	15:32	15:44 -12	16:21 -49	16:45 -73	17:05 -93
Murray Inv (2.95)	G.Gardner	B.Garnica	H.Penrod	A.Kreiger	P.Young
7 - 199	14:10	14:42 -32	14:54 -44	15:43 -93	15:48 -98
Bob Firman Inv	G.Gardner	B.Garnica	H.Penrod	C.Garnica	C.Paxton
4 - 186	15:29	15:47 -18	15:55 -26	16:45 -76	16:46 -77
UHSAA Region 8	G.Gardner	B.Garnica	H.Penrod	C.Garnica	P.Young
1 - 24	15:06	15:25 -19	15:28 -22	16:00 -54	16:16 -70
UHSAA 4A State	G.Gardner	B.Garnica	H.Penrod	C.Garnica	P.Young
3 - 80	15:04	15:16 -12	15:47 -43	16:08 -64	16:22 -78
NXR Southwest Reg	G.Gardner	B.Garnica	H.Penrod	C.Garnica	P.Young
3 - 195	15:48	15:49 -1	15:59 -11	16:23 -35	16:49 -61

Preview – If San Diego Cathedral Catholic was a surprise to make this field, then some people may think that Springville could be one as well. The Red Devils finished third in the Southwest Regional after finishing third in the Utah 4A state meet. Sophomore **Grant Gardner** has stepped up as the team's top runner during the year. He could be among the top 25 team runners. It was a plus that **Brandon Garnica** was within a second of Gardner in the regional race. He was 12 seconds back at state. A split of 15 seconds on the top 3 and under 55 seconds on the top 5 could get this team near the top 10 and definitely between 11th and 15th.

19 – Kaysville Davis UT

BYU Inv	J.Peters	J.Vaughn	B.Halverson	F.Williamson	S.Stromberg
1 - 61	15:35	15:47 -12	15:58 -23	16:06 -31	16:08 -33*
Murray Inv (2.95)	J.Peters	J.Vaughn	F.Williamson	M.Ward	C.Todd
1 - 86	14:17	14:23 -6	14:35 -18	14:44 -27	14:45 -28
Bob Firman Inv	J.Peters	M.Ward	J.Vaughn	S.Stromberg	D.Jaster
1 - 84	15:37	15:45 -8	15:47 -10	16:01 -24	16:04 -27*
UHSAA Region 2	J.Peters	S.Stromberg	M.Ward	J.Vaughn	C.Todd
1 - 20	15:13	15:23 -10	15:26 -13	15:27 -14	15:36 -23

UHSAA 5A State	M.Ward	C.Todd	S.Stromberg	D.Jaster	J.Vaughn
3 - 85	15:47	15:53 -6	15:58 -11	16:01 -14	16:08 -21
NXR Southwest Reg	C.Todd	J.Peters	M.Ward	S.Stromberg	B.Halverson
2 - 163	15:40	15:59 -19	16:07 -27	16:16 -36	16:19 -39

Preview – After finishing third in the Utah 5A State Meet, the Darts rebounded by finishing second in the Southwest Regional to earn a trip to Portland. **Josh Peters** was the team’s top runner most of the year. **Matt Ward** and **Camren Todd** stepped up as the first runner in their last two meets. A split of under 20 seconds on the three could push Davis up in the standings. Keeping their split under 34 seconds on their scorers would also be a big help.

20 – Fayetteville-Manlius NY

Chittenango Inv (Var 2)	P.Perry	B.Otis	G.Brennan	M.Tripp	J.Boltman
1 - 19	16:15	16:50 -35	16:53 -38	16:57 -42	17:04 -49
McDaniel-Baxter Inv (Var 7)	P.Perry	B.Otis	G.Brennan	M.Tripp	M.Perry
2 - 85	15:58	16:27 -29	16:34 -36	16:40 -42	17:09 -71
Manhattan Inv	P.Perry	B.Otis	J.Boltman	G.Brennan	M.Perry
3 - 237	12:26	13:17 -51	13:25 -59	13:28 -62	13:34 -68
NYSPPHSAA Section 3	P.Perry	B.Otis	J.Walters	J.Boltman	M.Perry
2 - 46	16:20	16:37 -17	16:40 -20	17:07 -47	17:12 -52
NXR New York Region	P.Perry	J.Walters	B.Otis	J.Boltman	M.Tripp
1 - 114	16:06	16:17 -11	16:41 -35	16:59 -53	17:19 -73

Preview – The Hornets did not make it to their state meet after finishing second in their state sectional meet. They responded by making it back to Portland for another year after winning the New York Regional. **Patrick Perry** and **Joe Walters** could be among the top 30 runners in this race. **Ben Otis** could be a key to get this team into the top 15 if he can stay with Perry and Walters. The split on their top 5 last week was 73 seconds. Under 50 seconds could be a big help for this team.

21 – Edina MN

Pleasant Valley Spartan Clsc	P.Roos	Z.Miller	T.Schauerman	M.Manley	O.Smalley
1 - 45	16:08	16:13 -5	16:46 -38	16:53 -45	17:03 -55
Heartland Classic	P.Roos	Z.Miller	M.Manley	T.Schauerman	O.Smalley
2 - 108	15:00	15:20 -20	15:42 -42	15:46 -46	16:13 -73
Roy Griak Inv	P.Roos	M.Manley	T.Schauerman	L.LeFabvre	O.Smalley
6 - 258	16:36	17:27 -51	17:33 -57	17:59 -83	18:00 -84
Victoria Lions Inv	P.Roos	M.Manley	T.Schauerman	O.Smalley	L.LeFabvre
1 - 80	15:57	16:45 -48	17:07 -70	17:07 -70	17:24 -87
Lake Conf Chmps	P.Roos	O.Smalley	T.Schauerman	L.LeFabvre	M.Kuhs
2 - 68	15:42	16:31 -49	16:42 -60	17:09 -87	17:11 -89
MSHSL 6AA Sec	P.Roos	T.Schauerman	O.Smalley	M.Manley	Z.Miller
2 - 58	15:40	16:14 -34	16:14 -34	16:27 -47	16:36 -56
MSHSL AA State	P.Roos	Z.Miller	M.Manley	O.Smalley	T.Schauerman
2 - 91	15:36	16:22 -46	16:37 -61	16:41 -65	16:46 -70
NXR Heartland Reg	P.Roos	M.Manley	Z.Miller	O.Smalley	T.Schauerman
2 - 185	15:15	16:01 -46	16:07 -52	16:07 -52	16:21 -66

Preview – Edina’s second place finish in the Heartland Regional gets them a spot on the starting line on Saturday. **Patrick Roos** finished 11th last Saturday at the Foot Locker Midwest Regional. He could be one of the top 10 team runners in this race. The gap between Roos and the rest of Edina’s pack could hurt this team from finishing among the first fifteen teams. In their last two meets it was at 46 seconds with an overall split average of 68 seconds.

The split on the rest of the scorers of 20 seconds is good. That pack just needs to be within 30 seconds of Roos to move up in the standings.

22 – Conroe Woodlands College Park TX

Rim Rock XC Classic	A.Topini	B.Quigley	R.Kraus	Z.Williams	B.Pease
1 - 96	15:57	16:04 -7	16:21 -24	16:44 -47	16:52 -55
Nike South Inv	B.Quigley	A.Topini	R.Kraus	Z.Williams	B.Rowell
2 - 48	15:36	15:46 -10	15:47 -11	16:24 -48	16:29 -53
College Park Inv	B.Quigley	R.Kraus	A.Topini	Z.Williams	B.Pease
1 - 23	15:22	15:30 -8	15:37 -15	16:05 -43	16:17 -55
UIL 6A District 12	B.Quigley	A.Topini	R.Kraus	Z.Williams	B.Rowell
2 - 52	15:03	15:04 -1	15:32 -29	15:54 -51	16:04 -61
UIL 6A Region 2	B.Quigley	A.Topini	R.Kraus	Z.Williams	B.Rowell
2 - 76	15:32	15:57 -25	16:09 -37	16:28 -56	16:30 -58
UIL 6A State	B.Quigley	A.Topini	B.Swartley	B.Rowell	R.Kraus
9 - 241	15:53	16:12 -19	16:22 -29	16:23 -30	16:35 -42
NXR South Reg	A.Topini	B.Quigley	R.Kraus	Z.Williams	B.Swartley
2 - 111	15:36	15:37 -1	16:11 -35	16:23 -47	16:42 -66

Preview – Their second place finish at the South Regional could have been their best race of the season two weeks ago. It came after their ninth place finish in the Texas 6A State Meet which could have been their worst. The key is getting their pack closer to the front which they did in the regional race. Their split of 42 seconds was a season's best at state, but the pack was farther back. **Alessandro Topini** and **Bryce Quigley** were only separated by a second in the regional race and will need to duplicate that on Saturday. One of those runners will need to be among the top 35 team runners. The split on their scorers of 66 seconds is big and will hurt this squad. The Cavaliers will need a split of under 53 seconds with their third through fifth runners within 21 seconds of each other.

Individuals

Casey Clinger (American Fork UT) is the defending NXN Champion and has not been touched this season. He set an all-time course record at the Utah State Meet (14:42) for 3 miles in altitude which is extremely impressive. His will to win on this course could give him the advantage in this race.

David Principle Jr (LaSalle Academy RI) is the hot runner in the nation having set the course record last week at Bowdoin Park for the Northeast Regional race. His only blemish on his record this fall was a loss to **Brodey Hasty** (Brentwood TN) at the Great American XC Festival two months ago. Hasty looked impressive in winning the Southeast Region last week. He finished 7th a year ago and could be a factor up front in this race.

Finn Gessner (LaFollette WI) and **Seth Hirsch** (Millard West NE) ran great at the Heartland Regional with Gessner winning by less than a second. The two runners finished 8th and 9th a year ago. The runners were defeated last Saturday at the Foot Locker Midwest Regional by Illinois runners' **Dylan Jacobs** (Sandburg IL) and **Jack Aho** (Grayslake Central IL). Both runners are running with increased confidence and will be challenging up front in this race.

Don't forget about **Danny Kilrea** (Lyons Township IL) who could be the most improved runner in this field. The junior ran 14:51 to just miss **Futsum Zienasellassie's** course record at Lavern Gibson by 3 seconds. Kilrea finished ahead of both Jacobs and Aho in that race. It would not surprise me if he is among the leaders as we get to the final quarter mile of this race.

