

Menomonee Falls Coach's Classic - August 23, 2018
Weather - 80 low humidity no wind and sun.

	Team	Points			
1	Germantown	32		Congratulations to our medalists!	
2	Indian Trail	60		Josh Truchon 1st soph	
3	Brook Central	91		Matt Kees 6th soph	
4	HALE	94		Liam Kelley 6th jr.	
5	Waukesha West	116		Brad Glisczinski 7th sr.	
6	Pulaski	126		Cole Konczal 7th frosh	
7	Menomonee Falls	194		Richard Eastham 10th frosh	
8	Wauwatosa East	247			

Team Rank	Athlete	1 Mile split	Avg. Pace	Final time	
1	Joshua Truchon	5:19	5:27	16:53.70	*
2	Liam Kelley	5:32	5:39	17:33.00	*
3	Brad Glisczinski	5:25	6:01	18:38.83	#
4	Ethan Fisher	5:50	6:06	18:56.85	#
5	Matthew Kees	5:49	6:17	19:28.44	#
6	Brennan Kompas	6:00	6:40	20:42.30	#
7	Kenny Parliament	6:05	6:41	20:43.44	#
8	Cole Konczal	5:58	6:44	20:54.93	*
9	Richard Eastham	6:01	6:48	21:04.98	*
10	Joey Elliott	6:13	6:50	21:12.33	#
11	Ian Hoffman	6:15	6:52	21:18.53	#
12	Nick Burgess	6:17	6:53	21:20.86	#
13	Cole Orlovski	6:34	7:16	22:33.02	*
14	Frank Bevsek	6:15	7:18	22:33.97	*
15	Tristan Sawyer	6:40	7:18	22:39.04	#
16	Sam Walder	6:12	7:20	22:45.94	*
17	Jack Hutter	7:06	7:27	23:06.13	*
18	Collin Raschka	6:53	7:47	24:08.00	*
19	Jordan Pope	7:06	7:50	24:17.93	*
20	Gavin Graham	6:53	7:55	24:32.72	*
21	Robert Petrovick	7:15	8:13	25:30.06	*
22	Chase Witty	8:23	9:31	29:33.13	*
23	Ryan Bergeman	8:52	11:24	35:22.16	*

Did not run (Ethan O, David, Ty, Joseph)

#Season Best

*Personal Best

Leighton Betz Invitational Meet Results

Weather : Sunny and mid 70's, wet course

Varsity		JV	
Team	Points	Team	Points
Arrowhead	51	Arrowhead	28
Pewaukee	104	Tosa East	71
Muskego	115	Muskego	102
Nicolet	130	Slinger	121
King	144	King	141
Tosa East #10	159	Pewaukee	165
Slinger #17	174	Appleton East	167
HALE	177	Nicolet	225
Appleton East	194	HALE	228
West Bend East	227	Westosha Central	294
Waukesha West	251	West Bend East	310
Westosha Central	260	Waukesha West	325
Whitnall	387	Whitnall	424

Congrats to our medal winners!
 Josh Truchon 8th place, Liam Kelley 20th place

Goals!
 Get our 4 and 5 scorers higher!
 Keep moving all guys up

Team Rank	Athlete	1 Mile split (est.)	Avg. Pace	Final time	
1	Joshua Truchon	5:19	5:29	16:59.72	
2	Liam Kelley	5:18	5:40	17:36.23	
3	Brad Glisczinski	5:20	5:51	18:08.02	#
4	Ethan Fisher	5:45	6:10	19:07.25	
5	Matthew Kees	5:49	6:18	19:32.65	
6	Cole Konczal	5:52	6:21	19:41.98	*
7	Kenny Parliament	6:02	6:46	20:59.75	
8	Frank Bevsek	-	6:47	21:02.85	*
9	Ethan Osowski	5:46	6:48	21:06.60	#
10	Richard Eastham	5:56	6:48	21:07.29	
11	Joey Elliott	6:07	6:52	21:17.34	
12	Nick Burgess	-	6:52	21:19.85	#
13	Tristan Sawyer	-	7:00	21:42.79	#
14	Cole Orłowski	-	7:04	21:56.08	*
15	Jack Hutter		7:06	22:02.11	*
16	Joseph Hertel		7:06	22:02.35	*
17	Collin Raschka		7:15	22:29.50	*
18	Ian Hoffman		7:28	23:11.10	
19	Sam Walder		7:32	23:22.54	
20	Gavin Graham		7:50	24:20.25	*
21	Robert Petrovick		8:05	25:04.77	*
22	David Martinez		8:18	25:45.19	*
23	Ryan Bergeman		8:57	27:47.00	*
24	Chase Witty		9:02	28:00.91	*

Notes!
 Gained on tons on guys! No fear of front.
 Get that next pack! Practice w/ purpose!
 Solid improvement, embrace each day you'll crush it.
 Consistent practice w/ purpose, moves ya up!
 Confidence on race day, get out with big dogs
 Keep confidence and wanting more!
 Train with purpose and moving up!
 Keep learning and pushing yourself! Way to be 8th guy!
 Out hot first 600, will smooth out this week!
 Out hot first 600, will smooth out this week!
 Will hit a big one soon, keep grindin'
 Keep bringing that effort you did this week, big time races ahead!
 Getting back to fitness, grind/find groove
 Train w/ Richard and Cole and Frank
 Keep moving up Jack! No limit.
 More aggressive this week, train up by Cole's
 Better! Train up with Frank and Cole
 Battled sickness, will get better!
 Battled, keep up great efforts!
 Get after it way earlier! Don't wait this week
 Moving the right way, finished strong!
 No walking! first race down!
 No walking! Nice improvement
 No walking! Use that finish stride in the race!!

DNR: Brennan Kompas, Ty Greene, Jordan Pope

Challenging course, times are irrelevant, competing was important!!
 EVERY PLACE MATTERS! 3 points behind Slinger! JV 3 points behind Nicolet.
 Please improve on cooldowns, get out after race. Be LOUD for teammates!!!!!!
 Young guys will learn to find pace, out aggressive but find a groove! Will practice

Rocket Invitational, September 8th, 2018
Weather: 70 and nice

Varsity Teams			JV Teams		
1	Wiscosnin Lutheran (#3 D2)	87	1	Sun Prarie	31
2	Tosa East	89	2	Wisconsin Lutheran	44
3	Brookfield Central	111	3	Muskego	68
4	Sun Prarie (#14)	114	4	Brookfield Central	146
5	HALE	128	5	Tosa East	158
6	Kenosha Bradford (#20)	143	6	HALE	160
7	Reagan	195	7	Ronald Reagan	209
8	Oshkosh West	219	8	Oshkosh West	210
9	Racine Case	220	9	Kenosha Tremper	299
10	South Milwaukee (5th state last year)	241	10	Racine Case	337
11	Oak Creek	284	11	Lake County Luthe	359
12	Kenosha Tremper	291	12	Oak Creek	359
13	Wauwatosa West	294	13	Wauwatosa West	373
14	Racine Horlick	321	14	Carmen South	379
15	Lake County Lutheran	Inc.	15	Racine Horlick	424
16	Racine Lutheran	Inc.	16	Kenosha Bradford	434

Team Rank	Athlete	Average Pace	Time		
1	Joshua Truchon	5:22	16:39.45	*	You'll keep gaining strength to beat that front pack! nice run!
2	Liam Kelley	5:36	17:21.40	*	Way to stick your nose into first! Nice week of practice keep it up now!
3	Brad Glisczinski	5:40	17:34.46	#	Looked so relax out fast, built ton of strength this week! gona be fun fall
4	Ethan Fisher	6:04	18:48.27	#	Back in the 18's, purpose and energy you'll be in 17's!
5	Matthew Kees	6:05	18:52.27	*	Keep progressing and 17's on the near horizon
6	Cole Orlowski	6:18	19:33.83	*	Way to race today! Lot more time to drop this year, stay on it in practice/meets!
7	Cole Konczal	6:19	19:36.56	*	First varsity race down! Keep working toward big goals
8	Brennan Kompas	6:20	19:40.01	#	Ready to fly this weekend at parkside!
9	Kenny Parliament	6:26	19:58.14	#	Way to gut out the finish FOR THE TEAM! get you rollin in 18's now
10	Frank Bevsek	6:35	20:26.75	*	Another PR, keep progressing and working hard!
11	Ethan Osowski	6:40	20:41.27	#	Battle through, especially in chute! for the team!
12	Joseph Hertel	6:44	20:54.33	*	Make goal who you want to run with, your last mile was insane, can make all 3!
13	Joey Elliott	6:45	20:56.77	#	Headed the right direction, pick up easy run paces to help ya move up
14	Nick Burgess	6:46	21:00.40	#	Nice race here. More confidence and determination!
15	Ian Hoffman	6:55	21:28.25		Consistency training get you back under 20!
16	Jack Hutter	6:56	21:30.33	*	Keep progressing, nice pr! Embrace each day
17	Collin Raschka	6:59	21:41.15	*	Gain confidence through challenging yourself in practice and meets. nice pr
18	Tristan Sawyer	7:03	21:52.18		Helped a lot of guys, keep battling and working
19	Sam Walder	7:06	22:00.69	*	Little less sporadic this weekend and focus on progressing
20	Gavin Graham	7:26	23:04.80	*	keep opening up and challenging yourself in practices!
21	Jordan Pope	7:37	23:38.07	*	Starting to like the competition, go out aggressive this weekend
22	Robert Petrovick	7:47	24:10.62	*	Nice pr, keep working hard!
23	David Martinez	8:22	25:57.03		Big drop coming this weekend!
24	Chase Witty	8:33	26:33.58	*	Nice pr, challenging yourself more and more, bigger drop to come!
25	Ryan Bergeman	9:24	29:10.93		Battled nicely today, looking forward to continued improvement ahead!
26	Ty Greene	13:44	42:38.72	*	First ever 5k run or race! Now we know we can run and can practice well!

DNR Richard Eastham

Lowest Top 3 score in the meet!
Lot of guys around our 4-10 spot now, keep pushing each other! Let's do something great!
Keep positive and fun environment in practice, what do you want to achieve?

Angel Invitational 2018 Results - September 15th, 2018 Conditions: Sunny and warm, 80. Dry week compared to prior weeks!

Varsity Teams			JV Teams		
1	Kenosha Bradford (beat last week)	138	1	Mukwonago	40
2	Milwaukee King	152	2	Aquinas	114
3	Waukesha North	157	3	Milwaukee King	121
4	Mukwonago	157	4	Brookfield Central	137
5	Aquinas	193	5	Menomonee Falls	138
6	Brookfield Central	207	6	Kettle Moraine	208
7	Menomonee Falls	208	7	Westosha Central	213
8	KM	321	8	HALE	242
9	Port Washington	355	9	Cedar Grove Belgium	248
10	HALE	368	10	Union Grove	271
11	Westosha Central	372	11	Waukesha South	336
12	Champaign Centennial	382	12	Lake County Lutheran	365
13	Cedar Grove Belgium	386	13	Champaign IL	370
14	Kenosha St. Joseph	395	14	Kenosha Bradford	376
15	Union Grove	398	15	Waukesha North	398
16	Oak Creek	401	16	Oak Creek	435
17	Lake County Lutheran	433	17	Port Washington	450
18	Waukesha South	434	18	New Berlin Eisenhower	461
19	Living World Lutheran	463	19	Palmyra-Eagle	551
20	Burlington	480	20	Racine Horlick	590
21	Kettle Moraine Lutheran	506	21	Kenosha St. Joseph	611
22	Whitewater	534	22	Pius	649
23	Pius	549	23	Whitewater	688
24	New Berlin Eisenhower	565	24	Milwaukee Lutheran	709
25	Brookfield Academy	602	25	Kettle Moraine Lutheran	750
26	Racine Horlick	611	26	Burlington	771
27	The Prarie School	725	27	The Prarie School	800
28	Palmyra-Eagle	825	28	St. Thomas Moore	912
29	Martin Luther	844	29	Brookfield Academy	inc
30	University Lake School	900	30	Catholic Central	inc
31	River Grove IL	929	31	River Prep	inc
32	St. Thomas Moore	983	32	Kenosha Christian Life	inc
33	Racine Lutheran	991	33	Living World Lutheran	inc
34	South Milwaukee	inc	34	Marin Luther	inc
35	Catholic Central	inc	35	Racine Lutheran	inc
36	Gillett	inc	36	Racine St. Catherine's	inc
37	Kenosha Christian Life	inc	37	South Milwaukee	inc

Team Rank	Athlete	1 mile est.	2 mile est.	Average Pace	Time
1	Joshua Truchon	5:34	5:21	5:26	16:52.1
2	Brad Glisczinski	5:34	5:47	5:51	18:07.9
3	Matthew Kees	5:53	6:31	6:14	19:20.6
4	Cole Konczal	5:53	6:33	6:16	19:25.1
5	Cole Orłowski	5:53	6:31	6:20	19:38.4
6	Ethan Osowski	6:10	6:30	6:23	19:46.6
7	Ethan Fisher	6:18	6:41	6:33	20:17.2
8	Brennan Kompas	6:10	6:39	6:35	20:24.1
9	Joey Elliott			6:37	20:30.1
10	Joseph Hertel			6:38	20:33.3
11	Frank Bevek			6:41	20:43.4
12	Nick Burgess			6:48	21:04.4
13	Collin Raschka			6:48	21:06.5
14	Jack Hutter			6:50	21:10.3
15	Kenny Parliament			7:07	22:05.8
16	Sam Walder			7:10	22:13.7
17	Tristan Sawyer			7:28	23:08.5
18	Jordan Pope			7:49	24:15.3
19	Gavin Graham			7:56	24:37.8
20	Robert Petrovick			8:01	24:51.4
21	Chase Witty			8:29	26:18.5
22	Ryan Bergeman			8:58	27:49.3

Nice progression run! Building strength for future meets.
 Back at it healthier rest of season, good time to get sick
 Clean up 2/3 miles this week, stay aggressive under 6 for all
 Don't fall next week. :) 18s on the way!
 Clean up miles 2 and 3, can be in 18's this week. Keep up work!
 Nice race, back on track, consistent efforts each day
 Had solid training will pay off, keep consistency and effort and trust
 Keep grindin' and pounding the stone, consistent efforts will be your reward through ups and downs
 Awesome race! Keep up the good work!
 Making progress! Will have you out aggressive Saturday!
 Solid effort, big day coming this weekend for you!
 Consistent, that's for sure! Go after a big one Saturday!
 Improvement is a good thing, keep confidence growing!
 Nice pr! Keep dropping, 19's will happen with good work!
 Getting over bad flu this week, bounce back coming.
 Fast course coming Saturday, nice solid week of work run fast!
 Keep running up in practice will make a difference!
 Liked the finish, more aggression in middle now!
 Get ya healthy this week
 Get ya a good healthy week, nice finish last 500 meters!
 PR streak!
 Close to PR! Nice bounce back.

DNR Liam Kelley, Richard Eastham, David Martinez, Ian Hoffman, Ty Greene

Notes Let's get healthy this week! Love where we are at and progressing towards. Trust your daily consistency, we are going to fly 2nd half
 Some young guys moving up! Sub 20 gets you on all time freshman list, keep climbing. 2 so far, who is next?
 Liam ran 20:57 here as a freshman
 Josh, first top 10 at this meet for Hale since 2014
 Team finished 18th last year

Oshkosh Lourdes Results, September 22, 2018 - Lake Breeze Golf Course

Weather: Sunny and 60

Varsity Team Results			Junior Varsity Team Results		
Place	Team	Points	Place	Team	Points
1	Whitefish Bay (#13 D1)	109	1	Whitefish Bay	33
2	Verona Area	152	2	Verona Area	42
3	West Bend West	164	3	Marquette	101
4	Marquette	200	4	Freedom	102
5	Burlington Illinois	211	5	West Bend West	203
6	Hortonville	235	6	Oshkosh West	215
7	HALE	273	7	HALE	224
8	Freedom (#6 D2)	283	8	Little Chute	236
9	Rosholt (#2 D3)	295	9	Burlington IL	240
10	Deerfield (#15 D2)	380	10	Hortonville	263
11	Wautoma	390	11	DC Everest	324
12	DC Everest	397	12	Wautoma	334
13	Kohler (#8 D3)	417	13	Deerfield	388
14	Winneconne	438	14	Winneconne	391
15	New London	471	15	Fox Valley Lutheran	393
16	Pulaski	480	16	Cedar Grove Belgium	399
17	Oshkosh West	495	17	Appleton West	482
18	Athens (#12 D3)	508	18	Pulaski	526
19	Fox Valley Lutheran	553	19	New Berlin West	558
20	North Fon Du Lac	574	20	Marathon	618
21	Cedar Grove Belgium (#10 D3)	600	21	Xavier	675
22	Marathon	616	22	North Fon Du Lac	684
23	Little Chute	635	23	Chilton	700
24	Ashwaubenon	637	24	Kohler	704
25	New Berlin West	660	25	St. Mary's Springs	770
26	Peshigo	666	26	Laconia	784
27	Clinton	745	27	Ashwaubenon	789
28	Appleton West	754			
29	St. Mary's Springs	780			
30	Lourdes Academy	780			
31	Xavier	789			
32	Living World Lutheran	807			
33	Marinette	833			
34	Sheboygan Falls	947			
35	Laconia	956			
36	Oostburg	991			
37	Kenosha Christian Life	1021			
38	Albany	1034			
39	Dodgeand	1041			
40	Valley Christian	1063			
41	Menasha	1090			
42	Johnson Creek	1225			

Team Rank	Place	Athlete	Mile 1 Est.	Mile 2 Est.	2 mile total es	Average Pace	Finish	
1	4	Joshua Truchon	5:13	5:12	10:25	5:13	16:14.94	*
2	13	Liam Kelley	5:06	5:29	10:35	5:22	16:41.99	*
3	54	Brad Glisczinski	5:23	5:37	11:00	5:38	17:30.89	#
4	85	Ethan Fisher	5:42	5:44	11:26	5:46	17:56.62	*
5	117	Matthew Kees	5:43	5:59	11:42	5:55	18:23.47	*
6	17 (JV)	Cole Konczal	5:37	6:16	11:53	5:59	18:36.43	*
7	148	Brennan Kompas	5:46	6:05	11:51	6:01	18:44.00	*
8	41	Joseph Hertel	6:07	6:08	12:15	6:08	19:05.93	*
9	55	Kenny Parliament	6:00	6:30	12:30	6:11	19:14.10	#
10	57	Cole Orlowski	5:37	6:35	12:12	6:14	19:24.94	*
11	58	Frank Bevek	5:51	6:19	12:10	6:15	19:25.15	*
12	85	Joey Elliott	6:02	6:28	12:30	6:21	19:44.78	#
13	87	Nick Burgess	6:03	6:27	12:30	6:21	19:45.49	*
14	109	Collin Raschka	6:22	6:35	12:57	6:27	20:03.37	*
15	112	Ethan Osowski	6:01	6:38	12:39	6:27	20:03.97	*
16	125	Richard Eastham			12:56	6:29	20:10.73	*
17	162	Tristan Sawyer	6:18	6:48	13:06	6:39	20:41.12	#
18	163	Jack Hutter	6:29	6:48	13:17	6:39	20:42.13	*
19	164	Sam Walder	6:28	6:48	13:17	6:39	20:42.13	*
20	292	Jordan Pope	6:59	7:30	14:29	7:11	22:19.73	*
21	309	Gavin Graham	7:08 est.	7:24	14:32	7:16	22:35.03	*
22	349	Robert Petrovick			14:52	7:31	23:23.32	*
23	354	David Martinez	7:11 est.	7:21	14:32	7:33	23:29.55	*
24	372	Chase Wittly	7:38	7:41	15:19	7:43	24:00.53	*
25	416	Ryan Bergeman	7:40	7:53	15:33	8:32	26:31.11	*

DNR Ty Greene, Ian Hoffman, Chris Clarke * = PR
= Season Best

Last year, JV 17th out of 29
Varsity 21 out of 37 in 2016, 2nd guy was 18:23
24 points behind Marquette in Large Division only results
Congratulations Josh Truchon for tying the ALL TIME SOPHOMORE 5k RECORD! (From 1991, Tim Drankus), also moves to tie for 6th fastest on all time list (dated back to 1981)
5th top 10 performance this season for Josh, competing is always more important than times!
Congratulations Liam Kelley first time sub 17, moves to 10th fastest all time Junior List!
Congratulations to first time Barriers (Ethan Fisher under 18, Cole K/Brennan K under 19, Joseph/Nick/Frank under 20)
Results are fun, being together and enjoying each day is what matters. Keep bringing purpose and no limits to anything you do!
EMPHASIS ON TEAM AND BEING THERE FOR EACH OTHER. You guys decide where we take this progression!!

Wisconsin Lutheran Viking Invitational -Mccarty Park			October 4th, 2018			Weather: 60, sunny. Slightly wet/soft course		
Varsity Team			JV Team					
1	Marquette	72	1	Marquette	49			
2	Wisconsin Lutheran	81	2	Verona Area	59			
3	Middleton	144	3	K Indian Trail	66			
4	Kenosha Indian Trail	150	4	Middleton	104			
5	Menomonee Falls	170	5	Mukwonago	155			
6	Tosa East	189	6	Sun Prairie	156			
7	Verona Area	226	7	Wisco Lutheran	164			
8	HALE	233	8	Tosa East	230			
9	Catholic Memorial	253	9	HALE	267			
10	Watertown	259	10	Men. Falls	278			
11	Kenosha Bradford	292	11	Oconomowoc	280			
12	Sun Prairie	318	12	Brook Central	290			
13	Mukwonago	325	13	Luther Prep	434			
14	Watertown Luther	334	14	Watertown	478			
15	Brook Central	380	15	Eisenhower	486			
16	Baraboo	382	16	Kenosha Bradford	507			
17	Eisenhower	400	17	Cath Memorial	518			
18	Oconomowoc	439	18	Pius	525			
19	Pius	530	19	Baraboo	553			
20	St. John's	622	20	St. John's	605			
21	Bradley Tech	684	21	Bradley Tech	682			

Team Rank	Place	Athlete	1 mile est.	2 mile est.	Pace	5k	
1	1	Joshua Truchon	4:59	10:16	5:11	16:04.41	*
2	12	Liam Kelley	5:05	10:45	5:29	17:00.56	
3	31	Brad Glisczinski	5:11	10:54	5:37	17:26.17	#
4	88	Matthew Kees	5:32	11:29	5:57	18:26.54	
5	16(JV)	Cole Konczal	5:41	11:35	5:57	18:28.93	*
6	106	Brennan Kompas	5:42	11:51	6:03	18:45.00	
7	111	Ethan Fisher	5:36	11:48	6:05	18:51.23	
8	59	Ethan Osowski	5:57	12:06	6:14	19:18.93	*
9	66	Cole Orlovski			6:15	19:24.99	
10	78	Joseph Hertel		12:21	6:19	19:37.28	
11	81	Kenny Parliament		12:40	6:20	19:38.34	
12	88	Frank Bevesk	5:57	12:11	6:21	19:42.59	
13	122	Collin Raschka		12:44	6:29	20:07.60	
14	128	Tristan Sawyer		12:25	6:30	20:09.96	#
15	130	Richard Eastham		13:00	6:31	20:12.25	
16	131	Nick Burgess		13:30	6:31	20:12.62	
17	135	Jack Hutter		12:45	6:31	20:13.89	*
18	142	Joey Elliott		12:40	6:32	20:17.26	
19	244	Sam Walder		13:20	6:58	21:38.47	
20	262	Jordan Pope		13:40	7:02	21:50.43	*
21	319	Gavin Graham		14:16	7:21	22:48.03	
22	351	Chase Witty		13:47	7:36	23:34.84	*
23	362	Jaylon Alexander		14:40	7:56	24:37.51	*
24	376	Ryan Bergeman		15:30	8:24	26:05.84	*

DNR David Martinez, Ian Hoffman, Robert Petrovick, Ty Greene, Chris Clark

Notes

Consistency and loving the journey is what will drive our team's future!!!

Most consistent annual and summer guys have seen the biggest improvements!!!

There are no guarantees, but consistent/hard work is always the right decision!!!

Josh was 13th in the JV race last year with a 18:34!!

Brennan ran 53 seconds faster here than last year

Matthew ran 46 seconds faster here!

Liam didn't even run here, but was 19:21 at GMC last year

Brad improved 10 seconds, and we put 3 guys placed higher than our top guy last year!

Want all varsity scorers under 17:50!

Marquette 42 points through first 3 guys, Hale 44 points.

JV, solid packs, but can be up much higher!! Better pre race focus and out smart!

Would like all guys under 20, under 19 for top 12 guys

Last Hale individual to win here was in 2001. Adam Nelson (year before Mach was in high school!)

Greater Metro Conference Meet October 20th, 2018 Rotary Park, Menomonee Falls - Conditions 50 degrees and nice, ground was mostly firm

Varsity Race			JV Race		
Team	Points		Team	Points	
1	Germantown (#5)	47	1	Brookfield East	49
2	Sussex Hamilton (#8)	86	2	Marquette	53
3	Marquette	95	3	Germantown	66
4	Tosa East	111	4	Hamilton	76
5	Brook East (#11)	117	5	Tosa East	149
6	HALE	139	6	Brook Central	184
7	Brook Central	155	7	Men. Falls	192
8	Menomonee Falls	163	8	HALE	245
9	Wauwatosa West	233	9	Wauwatosa West	333

Congratulations to Joshua Truchon earning 1st team all conference with his 4th place finish!
Congratulations to Liam Kelley for earning 2nd team all conference with his 16th place finish!

Team Rank	Place	Athlete	1 mile est.	2 mile est.	pace	Time	Time at first race	Last Year
1	4	Joshua Truchon	5:01	10:15	5:10	16:00.41	* 16:53.70	17:45 Great group running with, awesome how you pushed it on them, henry beat you by 18 seconds in september
2	16	Liam Kelley	5:05	10:39	5:25	16:47.39	17:33.00	19:21 Solid effort, let's bring it this week in practice and meet again!
3	26	Brad Glisczinski	5:20	11:00	5:34	17:14.90	* 18:38.83	17:44 PR baby! Keep having a blast and being a great leader. last mile was awesome
4	45	Matthew Kees	5:24	11:15	5:41	17:38.91	* 19:28.44	19:13 Solid race! I'm excited to see you drop it even more this weekend!
5	51	Cole Konczal	5:28	11:25	5:50	18:05.09	* 20:54.93	Keep improving and running up! Know you can run up with Matthew!
6	62	Ethan Fisher	5:46	11:49	5:59	18:34	18:56.85	Latch on with Kees this week and go for a ride
7	65	Brennan Kompas	5:50	12:08	6:09	19:05	20:42.30	You are a huge part of this team, keep trusting your progression
8	42	Cole Orłowski			6:11	19:10	* 22:33.02	Embrace the sport, great opportunity for you ahead
9	66	Frank Bevesek			6:19	19:34	22:33.97	Out solid again, consistent work will pay off you'll be huge contributor for us here
10	67	Collin Raschka			6:19	19:36	* 24:08.00	Get out a bit more early, you moved up a ton, you could of ran another 2 miles it looked like :)
11	71	Ethan Osowski			6:20	19:37	dnr	More confidence in your ability and talk positive to yourself when it hurts
12	78	Joseph Hertel			6:23	19:48	dnr	Get healthy, trust a good one this Thursday! #Rocket
13	94	Kenny Parliament			6:28	20:02	20:43.44	Better efforts in practice and races, don't waste the gift!
14	98	Sam Walder			6:28	20:06	* 22:45.94	Much better this week Sam! Excited to see you progress with consistent work
15	112	Joey Elliott			6:33	20:18	21:12.33	Get out after it this Thursday, see what happens!
16	117	Jack Hutter			6:34	20:23	23:06.13	Push it earlier in race this week! Have fun moving up
17	121	Nick Burgess			6:36	20:28	21:20.86	Time to push past that consistent comfort zone, go for it this week
18	186	Gavin Graham			7:08	22:08	* 24:32.72	Keep bringing purpose, go after 21 or under this thursday! run with Jack
19	203	Robert Petrovick			7:19	22:40	* 25:30.06	Nice drop, great to see you racing again!!
20	208	David Martinez			7:25	23:00	* dnr	Nice run, way to push it a bit this week!
21	216	Jordan Pope			7:33	23:27	24:17.93	More confidence even if not feeling the best before, might as well be positive!
22	224	Chase Witty				23:50 est.	29:33.13	Get after groups and compete this week, 'look up' and go after guys
23	239	Ryan Bergeman				27:40 est.	35:22.16	Must "find a way" to not walk in races/practices. Finish strong on nice day this Thursday!

DNR Chris Clark, Ty Greene, Tristan Sawyer, Ian Hoffman - hopefully all race Thursday!

Sorry did not get splits/times for JV. They may also be 3-5 seconds slower than what you actually ran! Chase/Ryan I estimated your times, the ones showing online are NOT correct
 20 PR's over last two meets, hitting stride at right time! Know we have our best coming these next two weeks!

Two, and nearly three, boys all conference this year in GMC!

Gained some confidence from beating some good teams, but it's about us and our race. Keep focusing on each day with each other

Cool to see improvement since first time we raced here. Biggest improvements from consistent off season guys and freshmen

Top 4 this year faster than top guy here last year

All guys keep being your best and motivating guys to improve, everyone on team helps move our scorers up!

	Now	Week 1
Team Avg.	19:41	21:25
Top 5 Avg.	17:08	18:41

South Milwaukee JV Meet October 18th, 2018 - Grant Park

Weather: Sunny and 55, course bit muddy but fair

Faster Race Rankings

1	Muskego	46
2	Mukwonago	59
3	Kenosha Indian Trail	76
4	Wisconsin Lutheran	76
5	Kenosha Tremper	134
6	Kettle Moraine	136
7	HALE	172
8	Westosha Central	244
9	Waukesha South	268
10	Oak Creek	291
11	University School	319
12	Racine Case	345
13	Wauwatosa West	377
14	St. Augustine Prep	inc.
15	West Allis Central	inc.

Fast Race Rankings

1	Mukwonago	55
2	Muskego	102
3	Eisenhower	106
4	Kenosha Bradford	124
5	HALE	142
6	Franklin	164
7	Tremper	186
8	Indian Trail	15
9	Horlick	216
10	Westosha Cent.	225
11	Waukesha N.	260
12	Kettle Moraine	294
13	Whitnall	341
14	St. Augustine	449
15	Tosa West	451
16	Oak Creek	Inc.
17	South Milwaukee	Inc.
18	Wauk South	Inc.
19	WAC	Inc.

Overall	Athlete	1mile	Pace	Time
33	Collin Raschka	5:51	6:07	19:00.7
35	Ethan Osowski	5:44	6:08	19:04.4
37	Joseph Hertel	5:54	6:09	19:09.9
38	Cole Orlowski	5:41	6:09	19:09.9
43	Kenny Parliament	5:57	6:12	19:17.5
6	Sam Walder	5:52	6:17	19:31.1
64	Frank Bevsek	5:52	6:23	19:51.9
71	Joey Elliott	5:58	6:25	19:56.5
21	Jack Hutter	6:07	6:27	20:01.0
22	Tristan Sawyer	5:57	6:27	20:02.3
23	Nick Burgess	5:58	6:27	20:02.8
86	Gavin Graham	6:38	7:00	21:45.9
74	Robert Petrovick	6:59	7:03	21:53.3
127	Ian Hoffman	6:32	7:15	22:33.1
130	Jordan Pope	6:29	7:17	22:39.7
145	Chase Witty	7:11	7:30	23:18.2
151	David Martinez	7:01	7:33	23:27.1
189	Ryan Bergeman	7:24	8:05	25:07.5
210	Ty Greene	8:18	10:30	32:37.6
	Chris Clark	9:37		DNF

2017 Results

Year	Name	1 Mile	5k
Fr.	Matthew Kees	5:57	19:01*
So.	Liam Kelley	5:46	19:04
Fr.	Kenny Parliament	5:57	19:07*
Fr.	Tristan Sawyer	5:51	19:34*
Fr.	Ethan Osowski	5:57	19:39*
So.	Joey Elliott	5:57	19:52
Fr.	Brennan Kompas	6:04	19:57
So.	Ian Hoffman	6:11	19:58
So.	Nick Burgess	6:12	20:43*

I realized I was writing the same note for everyone, so below are team notes. Will talk to you individually

Team Notes:

Was great to see the packs running and competing!!

Times are fun and somewhat useful, but don't judge your effort and performances off of them. I thought we competed very well here.

Cheer loud and be positive Saturday for our varsity. Keep building our family.

We have a nice team here to build around. Make a decision for yourself and more importantly as a TEAM on what kind of work and effort you are willing to put in.

Your efforts should be for the team, and you should have purpose with your annual training. Have fun and motivate others to be CONSISTENT.

The magical formula for building a strong team is simple. Care for each other, be willing to put in the work, and be purposeful and thankful each day.

Love the journey

Sectionals - October 20th, 2018 - Mitchell Park (Brookfield) **Weather: Very cold, 30's with wind gusts up to 40 mph - the tents blew away!**

Team Results		
1	Brookfield East	35
2	HALE	72
3	Greendale	85
4	Brookfield Central	89
5	Reagan	125
6	Tosa West	143
7	South Milwaukee (3rd at state in 2017)	147
8	WAC	248
9	Carmen	275
10	Bradley Tech	278

Team Rank	Place	Athlete	Time	
1	2	Joshua Truchon	16:15.9	Excellent race up front against another great competitor. Excellent season, let's have another one this week!
2	6	Liam Kelley	16:55.9	Out just a bit too hot Liam, out aggressive but settle in, let Josh be ahead, youll finish stronger and closer to him
3	14	Brad Glisczinski	17:20.1	Excellent race, putting 3 in top 15 was huge for us as a team!! Be out smart, find Liam Saturday and get in zone
4	21	Matthew Kees	17:30.5	Keep aggressiveness and right on Brad Saturday!
5	29	Cole Konczal	18:02.6	Better 'on task' in middle miles. Talk to yourself and be positive, great finish to help us that 3rd mile though!!
6	48	Brennan Kompas	19:03.8	Get after PR pace at Ridges this weekend! Smooth early, strong late
7	59	Ethan Fisher	20:16.0	Find your 'on task' thoughts this week, be vicious and run with Kees. No excuses and find a way, you can!

Congratulations TEAM on being there for each other!
 Seeing everyone celebrate was awesome!
 We beat very good teams to earn this spot
 Find a way! We are not finished, we are going to come in and compete well at State.
 We found a way to not let anything external bother us this week and all season

2018 WIAA State Meet - October 27th, 2018

Weather: 50 and cloudy after some rain. Not much wind, some muddy conditions in areas

1	Neenah	< didn't make it last year, 14th in 2015, 19th in 2011
2	Middleton	< ranked 11th in country coming into season. 15th in 2014, state champs in 2018
3	Germantown	< didn't make it last year, 12th in 2016, 18th in 2013
4	Madison West	
5	Stevens Point	
6	Oconomowoc	<first trip to state in 36 years
7	Hamilton	< 2nd straight trip to state after 40 years without one
8	Whitefish Bay	
9	Hudson	
10	Green Bay Preble	<20th in 2015
11	Slinger	<Right ahead of us at Betz
12	Sun Prairie	
13	Brookfield East	<18th in 2016, didn't make in 2017
14	Arrowhead	< won Betz by 53 points
15	West Bend West	
16	De Pere	
17	Eau Claire Memorial	
18	Muskego	
19	HALE	
20	Kenosha Indian Trail	<beat us by 80 at Viking

Athlete	Place at Mile	Place at 2 Mile	Finishing Pla	1 mile split	2 mile split	Last 1.1	Finish Time
Joshua Truchon	46	28	21	5:03	5:23	5:47	16:11.8
Liam Kelley	36	88	112	5:01	5:46	6:22	17:08.5
Brad Glisczinski	115	128	147	5:15	5:48	6:24	17:25.3
Matthew Kees				5:25	6:04	6:36	18:03.0
Cole Konczal				5:25	6:01	6:42	18:06.7
Ethan Fisher				5:29	6:01	7:06	18:34.2
Brennan Kompas				5:46	6:39	7:22	19:45.6

Notes

Our goal this year was to make it back
 Our progression as a team was awesome, and we hit our stride at the perfect time!
 We got so much better and finished as the 19th best team in Wisconsin!
 A state title and climb in rankings takes time, this was a great start now let's build off of it
 Expectations go up, but our objectives stay the same. Embrace each day and be a team
 Our program will go as far as you guys wish to take it with consistent and purposeful work
 It's easy to TALK about what you want, and much harder to actually DO WHAT IT TAKES
 Will we do what it takes?

Congratulations to senior Brad Glisczinski finishing his high school cross country career at the Ridges!!
 Congratulations to sophomore Joshua Truchon, taking 21st overall in 16:11 at his first state competition!
 Awesome experience for ALL of our boys returning next season
 Use this awesome TEAM season as fuel for a great winter and track season!
 Embrace the training and have fun pounding the stone
 I believe this team will continue to rise and achieve awesome things. Congratulations on an amazing 2018!