

Lake Park
Cross Country

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Conference Champions!

The girls varsity team defended their 2010 conference title this past Saturday at the UpState 8 Valley Division meet. Once again Kaylee Flanagan led the way with a 1st place finish. Nicole Alfano stepped up in a big way to be the team's 5th runner! Brianne Murphy bounced back after an early fall to run 2nd for the team. Rachel and Ruth Garippo worked together to make up a lot of ground and finish 3rd and 4th for the team. The frosh/soph team saw Dominique Giraud run a great race and finish a very close overall 2nd. Danielle Falk and Courtney Helamn also ran strong races. In the Open race Venus Zepeda, Andrea Wojciechowski, Molly Dimpsey, Krystal Sotis, and Alexis Sotis led the team to a second place finish, 29 - 26 losing by only 3 points to N.V. The girls top 7 will be in action this Saturday at the IHSA Regional meet.

The boys varsity team captured 2nd place behind a tight pack of runners including Kevin Jorgensen, Dakota Morales, Eric Dade, Mike Strachan, and Jeremy Lozano. The Frosh/Soph team also captured 2nd place behind strong performances from Lucas Bracher, Andy Tomaka, Matt Miarka, Brian Bayer, and David Fitzgerald. The Open race saw good races from Gilberto Rodriguez and Collin McNamara and a 3rd place team finish. The team's strength is their overall depth. They will be counting on this depth to qualify them through the next two meets. The team's top 7 will be in action this Saturday at the IHSA Regional Meet.

The next 3 weeks...

This Saturday is the IHSA Regional meet where the top 7 teams, and the top 5 individuals not on advancing teams, advance to the IHSA Sectional Meet the following Saturday. At the Sectional meet the top 5 teams, and top 7 runners not on an advancing team, qualify for the IHSA State meet on Saturday November 5th at Detweiller Park in Peoria.



Building on Success



Team Depth...Team Unity

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