

Beresford Watchdog Cross Country

Week 3 Newsletter - September 5-September 10

This Week's Meets:

- **Tuesday, September 6 - Jesse James Invite at the River Ridge Golf Course, Garretson, SD**
- **Saturday, September 10 - Bruce Gluf Classic at the Luverne, MN High School Complex**

Garretson Meet Information

Date: Tuesday, September 6, 2016

Start Time: 4:00 P.M.

Location: River Ridge Golf Course (Near Palisades State Park Entrance)

Dismiss 1:30 P.M. for Team Picture Retake (1st team pic did not turn out but the individual pics are all great.)

Bus Leaves: 2:00 P.M.

Schedule and Distances:

4:00 P.M. Varsity Girls 5K

4:30 P.M. Varsity Boys 5K

5:00 P.M. JV Girls 4K (All runners not on varsity)

5:30 P.M. JV Boys 4K (All runners not on varsity)

7:00 P.M. Arrive Back in Beresford

Medals: Top 30 in Varsity and Top 20 in JV races

Teams: Baltic, Beresford, Chester Area, Colman-Egan, Dell Rapids, Deubrook Area, Dells St. Mary, Elkton-Lake Benton, Flandreau, Flandreau Indian, Garretson, Lennox, Madison, McCook Central/Montrose, Sioux Valley, Tri-Valley

Luverne Meet Information

Date: Saturday, September 10, 2016

Start Time: 9:30 A.M.

Location: Luverne, MN High School Complex

Bus Leaves: 7:00 A.M.

Schedule and Distances:

9:30 A.M. JH Girls 2 Mile
9:50 A.M. JH Boys 2 Mile
10:10 A.M. Varsity Girls 5K
10:50 A.M. Varsity Boys 5K
11:20 A.M. JV Girls 4K
11:50 A.M. JV Boys 4K
12:30 P.M. Awards Ceremony
2:30 P.M. Arrive Back in Beresford

Awards: T-Shirts for the Top 15 in Each Race

Teams: Beresford, Algona, Douglas, MACCRAY/RCW, SC North, SWMC/Edgerton, HL-O, West Lyon, Worthington, Dell rapids, MLA, MCW, Luverne

Lunch: Packed Lunches for after the meet provided by: Engbarth, O'Connell, Swee, Lyle, Larsen. Coolers can be dropped off at the school before 7:00 A.M. There is ice available at the school. We wont be stopping after the meet.

This Week's Schedule at a Glance:

Monday, September 5 6:00-7:00 P.M. Practice

Tuesday, September 6 Jesse James Invite 4:00 P.M.

Wednesday, September 7 3:30-5:00 P.M. Practice

Thursday, September 8 3:30-5:00 P.M. Practice

Friday, September 9 3:30-5:00 P.M. Practice (No Pasta Feed)

Saturday, September 10 Luverne Saturday Showdown

Augie Twilight Results – September 2, 2016
Augie Twilight Beresford Only Results

Place	VARSDITY GIRLS 2 Mile (160 Runners)	Final Time
19 th	11 Cait Savey	11:28.96
46 th	12 Kendra Schaap	12:11.44
59 th	12 Ashlynn Atwood	12:22.96
95 th	12 Caitlin Worth	12:52.88
103 rd	9 Sabrina Swee	12:59.54
115 th	11 Hannah Ebert	13:20.19

Team Standings: SF Lincoln 64, Marshall 85, Aberdeen Central 152, SF O’Gorman 156, Brandon Valley 186, Hillsboro 213, SC East 217, Bishop Heelan 217, **Beresford 269**, Hill City 285, SF Roosevelt 291, Yankton 309, Pierre 318, Madison 340, Custer 386, York 388, May-Port CG 410, SC North 415, Crofton 464, Martin County West 470

Place	VARSDITY BOYS 3 Mile (177 Runners)	Final Time
28 th	10 Alec Atwood	15:57.35
55 th	12 Tim Peterson	16:41.32
59 th	11 Jake Limmer	16:47.87
104 th	10 Noah Hinrichs	17:40.32
108 th	10 Dallas Davis	17:42.16
131 st	11 Aitor Perez	18:02.70
160 th	12 Riley Twedt	19:00.14

Team Standings: SF Lincoln 42, SF Christian 82, SF Roosevelt 93, Custer 163, West Central 170, Aberdeen Central 202, SC North 229, SF O’Gorman 253, Bishop Heelan 258, Hillsboro 284, Beresford 295, Harrisburg 305, Brookings 321, Brandon Valley 365, Yankton 417, Martin County West 419, Hot Springs 434, Crofton 438, Madison 499, SC East 500

Place	JV GIRLS 2 Mile (223 Runners)	Final Time
9 th	7 Anna Atwood	12:40.84
12 th	8 Gabrielle Engbarth	12:53.05
83 rd	11 Tianna Schlup	14:36.33
116 th	8 Kamrynn Sveeggen	15:06.36
150 th	10 Emma Hepner	15:52.04
172 nd	7 Sarah Sveeggen	16:16.41
183 rd	8 Ashleigh Colford	16:46.90
200 th	9 Danielle Larsen	17:17.14
213 th	12 Grace Boone	18:17.13
214 th	11 Sophie Seivert	18:17.17

Team Standings: SF Lincoln 29, SF Roosevelt 93, Aberdeen Central 136, SC East 144, Pierre 168, Yankton 181, SF Christian 209, West Central 251, Brookings 252, Bishop Heelan 272, SF O’Gorman 296, **Beresford 303**, Marshall 362, Harrisburg 369, Martin County West 378, Brandon Valley 416, Tea Area 429, SC North 500, Madison 507

Place	JV BOYS 2 Mile (285 Runners)	Final Time
48 th	9 Matthew Hoffman	11:52.44
65 th	11 Hayden Brewers	12:07.87
91 st	9 Kellyn March	12:21.96
94 th	11 Trystan Olbertson	12:23.15
139 th	12 Brandon O'Connell	12:54.64
148 th	9 Tristan Fischer	13:01.19
157 th	8 Josh Limmer	13:08.24
170 th	12 Kolton Kribell	13:17.25
206 th	7 Gage Lyle	13:47.29
210 th	9 Austin Tjaden	13:49.23
212 th	8 Cody Klungseth	13:49.86
216 th	12 Carter Johnke	13:52.49
228 th	7 Kalub Bickett	14:09.35
231 st	9 Noah Turner	14:13.87
242 nd	12 Nick Pack	14:35.07
260 th	7 Spencer Upton	15:22.46
270 th	7 Billy Roelke	16:04.84

Team Standings: SF Lincoln 17, SF Roosevelt 93, SC North 107, SF Christian 116, Aberdeen Central 142, Bishop Heelan 216, Flandreau Indian School 236, Pierre 247, Yankton 277, **Beresford 306**, Brandon Valley 309, Harrisburg 323, West Central 335, York 362, Tea Area 368, SC East 401, Madison 468

Coaches Comments:

When we got back to Beresford Caoch Coggins and I looked at each other and agreed “That was a fun meet!” It is so rewarding to compete at a cross country meet that goes the extra mile to make it a great event for all of the runners. The course was fun and was very fan friendly for everyone. I enjoyed watching our kids cheer for everyone and seeing everyone happy, regardless of how they felt they raced. I think it was also a bonus for our team to watch the college teams prepare and race at the end of the meet. At the end of the night, **over 1,400 runners competed at the Augie Twilight!**

Once again I was very impressed with how we ran at the meet. If you look at the team standings, we placed ahead of a lot of Class AA schools in both the JV and Varsity divisions. The Watchdogs have been working very hard and it was exciting to see our hard work pay off in front of such a big crowd.

It is going to be a fun rest of the season as kids will start to see their times decrease as the season winds down. Be sure your runner keeps eating healthy and is always hydrated. We stress it all of the time, but hydration is important every day of the week, not just on meet days.

Beresford Republic Article

Watchdog Runners Race at Augie Twilight

By: Matt Coy

For the first time since the race debuted in 2011, the Watchdog cross country team raced in the Augie Twilight meet on Friday, September 2 at Yankton Trail Park in Sioux Falls.

Over 30 schools from several states took part in the highly competitive event, which featured four high school races and two college races under the soccer field lights.

Anna Atwood and Gabrielle Engbarth navigated their way through a field of 223 JV runners to place 9th (12:40) and 12th (12:53) in the two-mile race. Both runners casually moved towards the front of the race after the first mile, and positioned themselves near the front pack in the final half mile.

Atwood finished strong around the final turn to secure her top-10 finish. Engbarth held off several fast-closing runners as she ran a fast sub 13-minute race.

The very flat course featured a one-mile loop that winded its way through several soccer fields. The running boundaries were marked with small flags and glow sticks, and fans were treated to one of the more fan-friendly courses around.

Also running in the girl's JV race were: Tianna Schlup 83rd, Emma Hepner 150th, Sarah Sveeggen 172nd, Ashleigh Colford 183rd, Danielle Larsen 200th, Grace Boone 213th, and Sophie Seivert 214th.

The JV girls placed 12th out of 19 scoring teams. A team must have at least five runners to have a full team.

In the JV boy's race, freshman Matthew Hoffman lead a strong charge of Watchdog runners to the finish line in their own 2-mile race. Hoffman started the race conservatively before making a huge move at the midway point to move up with the front pack.

Following Hoffman were Hayden Brewers, Kellyn March, Trystan Olbertson, and Brandon O'Connell as the top five runners for Beresford. (Full JV results were not yet available.)

Also running in the JV boy's race were Carter Johnke, Kolton Kribell, Nick Pack, Austin Tjaden, Noah Turner, Tristan Fischer, Cody Klungseth, Josh Limmer, Kalub Bickett, Gage Lyle, Billy Roelke, and Spencer Upton.

The varsity divisions were both loaded with individual talent, former state champions, and quality programs from South Dakota, Minnesota, Iowa and Nebraska .

In the varsity girl's race, the 2-mile race distance was a bit shorter than the 5K girl's are used to, but the Watchdog ladies still showed their strength.

Cait Savey snuck into the top-20 with her 19th place time of 11:28. Seniors Kendra Schapp (46th 12:11), Ashlynn Atwood (59th 12:22), and Caitlin Worth (95th 12:52) anchored the team in the middle of the pack with outstanding Twilight finishes.

Sabrina Swee was just outside the top 100 with her 103rd place time of 12:59, and Hannah Ebert crossed the line in 115th place with a solid time of 13:20.

The girl's squad placed 9th out of 20 full teams, and were the top Class A school in the field. 160 girls competed in the varsity race.

Alec Atwood broke the 16-minute barrier in the varsity boy's 3-mile race as the sun went down and the lights were cranked up. He ran extremely well in a field of 177 runners as he placed 28th in 15:57.

Tim Peterson and Jake Limmer ran side-by-side for much of the race as they encouraged each other to move past runners with each mile-long loop.

Peterson had a fast final 400 meters and placed 55th with a time of 16:41. Limmer was right on his heels in 16:47 which was good enough for 59th overall.

Another talented duo who raced together throughout the race were sophomores Noah Hinrichs and Dallas Davis. Hinrichs sprinted to a 104th place finish in 17:40, with Davis not far behind in 108th place in 17:41.

Junior foreign exchange student, Aitor Perez, continues to gain valuable racing experience as he ran a great race, placing 131st in 18:02. Senior Riley Twedt rounded out the varsity boy's team with a 160th place finish in 19:00.

The varsity boys placed 11th out of 20 qualifying teams.

The Augie Twilight was a top notch meet with a great atmosphere and amazing competition. We had a huge cheering section and the team always appreciates the great fan support.

The Watchdogs have a busy week ahead with the Jesse James Invite on Tuesday, September 6 in Garretson, and the Luverne Saturday Showdown on Saturday, September 10.

Garretson Course Top 10s

Boys 5K			Girls 4K		
Name	Time	Year	Name	Time	Year
Peter Auch	17:43	2013	Cait Savey	15:35	2015
Hayden Palmer	17:45	2011	Ashlynn Atwood	15:46	2015
Alec Atwood	17:47	2015	Rylee Homandberg	16:07	2011
Riley Schaap	17:54	2013	Shelby Bickett	16:32	2013
Mike Erlandson	17:56	2013	Alyson Johnsen	16:43	2011
Tim Peterson	18:16	2015	Caitlin Worth	16:45	2013
Nick O'Connell	18:43	2014	Lexy Johnsen	16:48	2011
Jake Limmer	18:45	2015	Hannah Ebert	16:55	2013
Thaine Sira	18:54	2011	Kendra Schaap	17:09	2015
Craig Fatherlos	18:58	2011	Julia Mochel	17:15	2014
Boys 4K					
Name	Time	Year			
Cole Homandberg	14:50	2013			
Tim Peterson	15:07	2013			
Riley Twedt	15:08	2013			
Seth Weiland	15:22	2013			
Dakota Galt	15:44	2013			
Nick O'Connell	15:48	2012			
Peter Auch	15:50	2011			
Noah Hinrichs	15:50	2015			
Brent Beckstrom	15:53	2012			
Mike Erlandson	15:54	2013			
Trent Lyle	15:54	2013			

