

# Beresford Watchdog Cross Country

*Week 4 Newsletter – September 12–September 18*

## This Week's Meet:

- **Thursday, September 15 – Charger SF Christian Invite at Yankton Trail Park in Sioux Falls**

## Charger SF Christian Meet Information

**Date:** Thursday, September 15, 2016      **Start Time:** 4:00 P.M.

**Location:** Yankton Trail Park (I-229 and Western)

**Dismiss** 2:15

**Bus Leaves:** 2:30 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)
- 6:45 P.M.    Arrive Back in Beresford

**Medals:**    Top 20 in all races; Plaque for Varsity Team Champions

**Entries:**    Unlimited in all races

**Teams:**    Beresford, Canton, Dell Rapids, EPJ, Flandreau Indian School, Hull–Western Christian, Hull–Trinity Christian, Madison, McCrossan HS, SF Lutheran, SF Christian, SW Christian, Tr–Valley, Tea Area, Vermillion, Unity Christian, and West Central

## This Week's Schedule at a Glance:

Monday, September 12 3:30–5:00 P.M. Practice

Tuesday, September 13 3:30–5:00 P.M. Practice

Wednesday, September 14 3:30–5:00 P.M. Practice

**Thursday, September 15 Charger SF Christian Invite 4:00 P.M.**

**Team Breakfast/Video 7:00–7:45 A.M. in Elementary Commons**

**Friday, September 16 6:30–7:30 A.M. Practice**

### LUVERNE BERESFORD-ONLY RESULTS

Place	VARSITY GIRLS 5K (52 Runners)	Final Time
1	11 Cait Savey	19:42
8	12 Kendra Schaap	21:05
11	12 Ashlynn Atwood	21:35
12	7 Anna Atwood	21:38
14	12 Caitlin Worth	22:01
15	8 Gabrielle Engbarth	22:06
19	9 Sabrina Swee	22:44
21	11 Hannah Ebert	22:51

**Team Standings: Beresford 42**, Luverne 51, Martin County West 89, Jackson City Central, 110, Heron Lake Okabena 116, St. James 126, Hendricks 172, Mt. Lake 174

Place	VARSITY BOYS 5K (54 Runners)	Final Time
2	10 Alec Atwood	17:23
5	11 Jake Limmer	18:16
6	12 Tim Peterson	18:26
18	11 Aitor Perez	19:01
26	10 Dallas Davis	19:30
29	10 Noah Hinrichs	19:38
38	12 Riley Twedt	20:40

**Team Standings: St. James 35, Beresford 50**, Martin County West 73, Luverne 86, Mt. Lake 99, Maccray/Renville County West 178

Place	JV GIRLS 4K (56 Runners)	Final Time
11	11 Tianna Schlup	18:55
18	10 Faith Weiland	20:32
27	10 Emma Hepner	21:16
36	9 Danielle Larsen	22:38
45	11 Brooke Larsen	24:25
46	11 Sophie Seivert	24:26
47	12 Grace Boone	24:28

**Team Standings: Luverne 21, Dell Rapids 55, Southwest Christian 70, Beresford 114**, Martin County West 132, Mt. Lake 160

Place	JV BOYS 4K ( 54 Runners)	Final Time
9	9 Kellyn March	15:58
11	11 Hayden Brewers	16:02
15	11 Trystan Olbertson	16:08
25	12 Brandon O'Connell	17:19
26	9 Caleb Weiland	17:20
34	9 Tristan Fischer	17:45
37	12 Kolton Kribell	18:04
43	9 Austin Tjaden	19:18
45	9 Jackson Heiberger	20:03
46	12 Carter Johnke	20:06
47	12 Nick Pack	20:07
48	11 Brian Klarenbeek	20:58

**Team Standings:** Martin County West 56, St. James 67, Dell Rapids 70, Beresford 84, Heron Lake Okabena 89, Luverne 115

Place	JH GIRLS 2 Mile ( 44 Runners)	Final Time
1	8 Laura Bogue	14:12
8	8 Kamrynn Sveeggen	15:20
14	7 Sarah Sveeggen	15:50
31	8 Abigail Zanter	16:47
33	7 Lucy Farley	17:15
36	8 Ashleigh Colford	17:34

**Team Standings:** Southwest Christian 31, Beresford 59, Mt. Lake 61, Dell Rapids 68

Place	JH BOYS 2 Mile (40 Runners)	Final Time
6	8 Josh Limmer	13:28
12	7 Gage Lyle	13:51
20	8 Cody Klungseth	14:32
23	7 Nathaniel O'Hara	14:42
25	7 Kalub Bickett	15:02
34	7 Billy Roelke	16:25
36	7 Spencer Upton	16:37
40	7 Chase Lyle	23:01

**Team Standings:** Mt. Lake 44, Beresford 51, Jackson City Central 51, Luverne 64

**Coaches Comments:** We finished the grueling portion of our schedule as we competed in three meets in eight days. Now we are back to a more normal schedule with one meet per week until the end of the season. Although the past eight days were tough and challenging for the team, I was very impressed with the way we competed. We have faced some great competition and have come away with several team and individual championships. Our team always competes hard and that is all we can ask as a coaching staff. The early season training and race experience will definitely pay off as the big meets approach.

We have three regular season meets left before Conference, Regions, and State. We call this portion of the season our “Battle Season.” Kids will begin to reap the benefits of their summer and early season training and will start to feel more fit and race faster. We will continue to push the runners ahead of us as we strive towards our end of the year goals.

It is going to be a great few weeks of racing for the Beresford Watchdogs!

### **Beresford XC Wins at Garretson**

**By: Matt Coy**

The Beresford boy’s and girl’s varsity squads won team and individual championships at the Jesse James Invitation cross country meet, held Tuesday, September 6 at the River Ridge golf course in Garretson.

Cait Savey and Alec Atwood were the front runners in their respective races and both cruised to 1<sup>st</sup> place finishes on the tough and hilly 5K course.

Atwood took control early in the the boy’s race and never looked back, winning in 17:11. He was the race leader from start to finish and already had a 30 second cushion at the midway point.

Jake Limmer and Tim Peterson both had head-turning races as the two pressed their way through the field to finish in 2<sup>nd</sup> and 3<sup>rd</sup> place. Limmer (17:45) and Peterson (18:00) both ran personal bests as they secured the 1-3 sweep.

Aitor Perez had a fast final mile and placed 12<sup>th</sup> overall in 18:52 to give the boys a team score of 16. Lennox was second with 32 points and Madison finished 3<sup>rd</sup> with 68. Riley Twedt was the final medalist in 30<sup>th</sup> place and Noah Hinrichs rounded out the boy's varsity team in 42<sup>nd</sup> place.

Savey pushed the pace early in the girl's varsity race with a quick first mile that was too much for the rest of the field to match. She finished in 1<sup>st</sup> place with a strong time of 19:43.

Kendra Schaap moved from 8<sup>th</sup> place after the first of two course loops, to finish in 3<sup>rd</sup> overall in a time of 20:23. Ashlynn Atwood had another strong race finishing in 21:23, which was good enough for 12<sup>th</sup> place.

Anna Atwood helped the team as the 4<sup>th</sup> runner in her first varsity race as she finished with a meet medal in 14<sup>th</sup> place with a time of 21:36.

All eight of the varsity girls earned a top-30 meet medal: Caitlin Worth (17<sup>th</sup> 22:17), Sabrina Swee (23<sup>rd</sup> 22:42), Gabrielle Engbarth (24<sup>th</sup> 22:46), and Hannah Ebert (25<sup>th</sup> 22:52).

Matthew Hoffman helped the JV boys win their division by one point over Lennox 31-32. Hoffman covered the 4K course in 15:37. Also medaling for the JV boys were Hayden Brewers (4<sup>th</sup> 15:37), Trystan Olbertson (10<sup>th</sup> 16:06), and Kellyn March (16<sup>th</sup> 16:12).

Tianna Schlup and Faith Weiland were Beresford's two medalists in the girl's 4K race. Schlup finished 12<sup>th</sup> in 19:16 and Weiland was 19<sup>th</sup> in 19:34. The JV girl's place 6<sup>th</sup> overall.

## **Girls 1<sup>st</sup>, Boys 2<sup>nd</sup> at Luverne**

**By: Matt Coy**

The Watchdogs traveled to Luverne, MN to take part in the Bruce Gluf Classic XC meet held on Saturday, September 10. Beresford had a strong showing in a meet featuring six races, a challenging course, and many new opponents for the Watchdogs.

For the second time in a week, the girl's varsity cross country team placed first overall, and Cait Savey was again the race winner, as she covered the taxing 5K loop in 19:42.

Savey and her teammates showed their depth, with all of the varsity girls placing in the top 21 in the field of 52.

The lady Watchdogs scored 42 team points, as they edged a very good Luverne team by nine points.

Girl's Varsity Finishes: Cait Savey (1<sup>st</sup> 19:42), Kendra Schaap (8<sup>th</sup> 21:05), Ashlynn Atwood (11<sup>th</sup> 21:35), Anna Atwood (12<sup>th</sup> 21:38), Caitlin Worth (14<sup>th</sup> 22:01), Gabrielle Engbarth (15<sup>th</sup> 22:06), Sabrina Swee (19<sup>th</sup> 22:44), and Hannah Ebert (21<sup>st</sup> 22:51).

Alec Atwood, Jake Limmer, and Tim Peterson led the boy's varsity team to a runner-up finish as all three placed in the top six.

The boys could not catch eventual team champion St. James, missing out of the team title by 15 points, 35-50.

Boy's Varsity Finishers: Alec Atwood (2<sup>nd</sup> 17:23), Jake Limmer (5<sup>th</sup> 18:16), Tim Peterson (6<sup>th</sup> 18:26), Aitor Perez (18<sup>th</sup> 19:01), Dallas Davis (26<sup>th</sup> 19:30), Noah Hinrichs (29<sup>th</sup> 19:38), and Riley Twedt (38<sup>th</sup> 20:40).

The JV girls were again led by Tianna Schlup as she was the lone medalists with her 11<sup>th</sup> place time of 18:55 on the 4K course. The JV girls placed 4<sup>th</sup> as a team.

The JV boys also placed 4<sup>th</sup> in the team standings and were guided by three top-15 finishes: Kellyn March (9<sup>th</sup> 15:58), Hayden Brewers (11<sup>th</sup> 16:02), and Trystan Olbertson (15<sup>th</sup> 16:08).

In the JH girl's race, Laura Bogue won the individual gold medal as she powered up the final hill and sprinted to the finish with a time of 14:12 in the 3200 race. Also medaling for the runner-up JH girl's team were: Kamrynn Sveeggen (8<sup>th</sup> 15:20) and Sarah Sveeggen (14<sup>th</sup> 15:50).

Josh Limmer and Gage Lyle powered the JH boys team to a runner-up finish in their race. Limmer placed 6<sup>th</sup> in 13:28, while Lyle finished in 12<sup>th</sup> with a time of 13:51.

The Luverne meet featured 12 teams from Minnesota, Iowa and South Dakota.

## Beresford All-Time Top 10 Lists

<b>Boys Varsity 5K</b>	<b>Time</b>	<b>Year</b>	<b>Course</b>	<b>Girls Varsity 5K</b>	<b>Time</b>	<b>Year</b>	<b>Course</b>
Tony Greene	16:45	2009	Beresford	Cait Savey	19:07	2015	Elk Point
Alec Atwood	16:47	2015	Elk Point	Ashlynn Atwood	19:09	2015	Elk Point
Hayden Palmer	16:59	2011	Lennox	<b>Kendra Schaap</b>	<b>20:23</b>	<b>2016</b>	<b>Garretson</b>
Scott Cooper	17:00	1985	Salem	Caitlin Worth	20:24	2015	SF-Yankton Trail
Greg Moore	17:06	1986	Salem	Grace Quartier	21:02	2015	SF-Yankton Trail
Peter Auch	17:08	2013	Lennox	Sabrina Swee	21:11	2015	Beresford
Riley Schaap	17:12	2013	Lennox	<b>Anna Atwood</b>	<b>21:36</b>	<b>2016</b>	<b>Garretson</b>
Michael Hoffman	17:15	2008	Lennox	Hannah Ebert	21:49	2015	Elk Point
Brad Fodness	17:36	1994	Beresford	<b>Gabrielle Engbarth</b>	<b>22:06</b>	<b>2016</b>	<b>Luverne</b>
Mike Erlandson	17:39	2013	Lennox	Katie Knutson	22:15	2015	SF-Yankton Trail
<b>Boys JV 4K</b>	<b>Time</b>	<b>Year</b>	<b>Course</b>	<b>Girls Varsity 4K</b>	<b>Time</b>	<b>Year</b>	<b>Course</b>
Alec Atwood	14:31	2013	Lennox	Ashlynn Atwood	14:57	2014	Lennox
Jake Limmer	14:33	2013	Lennox	Miranda Kobes	15:11	2006	Lennox
Riley Twedt	14:36	2013	Lennox	Laura Offerdahl	15:12	1988	Dells
Cole Homandberg	14:50	2013	Garretson	Cait Savey	15:15	2014	Lennox
Seth Weiland	14:53	2013	Lennox	Cori Bonte	15:15	2003	Lennox
Tim Peterson	14:55	2013	Lennox	Joni Strom	15:16	2004	Lennox
Peter Auch	14:58	2011	Lennox	Rylee Homandberg	15:22	2010	Lennox
Nick O'Connell	15:01	2012	Beresford	Alyson Johnsen	15:28	2009	Elk Point
Brent Beckstrom	15:03	2013	Elk Point	Jill Adams	15:32	1992	Mitchell
Mike Erlandson	15:12	2013	Augie	Lexy Johnsen	15:37	2010	Lennox
<b>Boys JV 3K</b>	<b>Time</b>	<b>Year</b>	<b>Course</b>	<b>Girls JV 3K</b>	<b>Time</b>	<b>Year</b>	<b>Course</b>
Kellyn March	10:26	2014	Lennox	Jill Adams	11:45	1995	Beresford
Alec Atwood	10:44	2013	Lennox	Laura Offerdahl	12:00	1990	Salem
Ricky Christensen	10:44	2000	Beresford	Ali Oswald	12:00	2006	Canton
Noah Hinrichs	10:52	2014	Lennox	Hailey Sveeggen	12:01	2008	Harrisburg
Jared Anderson	11:01	1991	Salem	Natalie Carda	12:08	1999	Canton
Ron Weber	11:03	1989	Salem	Sabrina Swee	12:11	2014	Lennox
Chris Hofer	11:05	1990	Salem	<b>Anna Atwood</b>	<b>12:13</b>	<b>2016</b>	<b>Beresford</b>
Danny Yost	11:25	1996	Beresford	Gabrielle Engbarth	12:15	2015	Lennox
Tim Peterson	11:26	2014	Beresford	Laura Bogue	12:17	2015	Lennox
Riley Twedt	11:28	2014	Beresford	Jessica Sorensen	12:27	1994	Beresford



## Luverne Course Top 10s

### Boys 5K

Name	Time	Year
<b>Alec Atwood</b>	<b>17:23</b>	<b>2016</b>
<b>Jake Limmer</b>	<b>18:16</b>	<b>2016</b>
<b>Tim Peterson</b>	<b>18:26</b>	<b>2016</b>
<b>Aitor Perez</b>	<b>19:01</b>	<b>2016</b>
Noah Hinrichs	19:24	2015
Dallas Davis	19:26	2015
Riley Twedt	19:41	2015
Cole Homandberg	20:11	2015

### Girls 5K

Name	Time	Year
<b>Cait Savey</b>	<b>19:42</b>	<b>2016</b>
Ahlynn Atwood	20:21	2015
<b>Kendra Schaap</b>	<b>21:05</b>	<b>2016</b>
Caitlin Worth	21:29	2015
<b>Anna Atwood</b>	<b>21:38</b>	<b>2016</b>
<b>Gabrielle Engbarth</b>	<b>22:06</b>	<b>2016</b>
Grace Quartier	22:10	2015
<b>Sabrina Swee</b>	<b>22:44</b>	<b>2016</b>
<b>Hannah Ebert</b>	<b>22:51</b>	<b>2016</b>
Katie Knutson	23:07	2015

### Boys 4K

Name	Time	Year
Nick Casperson	15:55	2015
<b>Kellyn March</b>	<b>15:58</b>	<b>2016</b>
<b>Hayden Brewers</b>	<b>16:02</b>	<b>2016</b>
<b>Trystan Olbertson</b>	<b>16:08</b>	<b>2016</b>
Brandon O'Connell	16:51	2015
Ty Haneke	17:19	2015
<b>Caleb Weiland</b>	<b>17:20</b>	<b>2016</b>
<b>Tristan Fischer</b>	<b>17:45</b>	<b>2016</b>
<b>Kolton Kribell</b>	<b>18:04</b>	<b>2016</b>
<b>Austin Tjaden</b>	<b>19:18</b>	<b>2016</b>

### Girls 4K

Name	Time	Year
<b>Tianna Schlup</b>	<b>18:55</b>	<b>2016</b>
Katie Mochel	19:03	2015
Emma Hepner	19:34	2015
Faith Weiland	20:16	2015
Katarina Fatherlos	22:25	2015
<b>Dani Larsen</b>	<b>22:38</b>	<b>2016</b>
Holly Van Gelder	22:54	2015
Victoria Weiland	23:51	2015
<b>Brooke Larsen</b>	<b>24:25</b>	<b>2016</b>
<b>Sophie Seivert</b>	<b>24:26</b>	<b>2016</b>

### Boys 2.8K

Name	Time	Year
Kellyn March	10:45	2015
Josh Limmer	11:32	2015
Tristan Fischer	11:35	2015
Matthew Hoffman	11:57	2015
Caleb Weiland	12:29	2015
Austin Tjaden	12:43	2015
Cody Klungseth	12:46	2015
Caleb Larson	13:12	2015
Hayden Wilson	13:16	2015

### Girls 2.8K

Name	Time	Year
Laura Bogue	12:08	2015
Gabrielle Engbarth	12:10	2015
Kamrynn Sveeggen	13:20	2015
Kayli Schaap	13:21	2015
Abigail Zanter	14:00	2015
Danielle Larsen	14:29	2015
Mandy Schroeder	15:22	2015

**Boys 2 Mile**

<b>Name</b>	<b>Time</b>	<b>Year</b>
<b>Joshh Limmer</b>	<b>13:28</b>	<b>2016</b>
<b>Gagey Lyel</b>	<b>13:51</b>	<b>2016</b>
<b>Cody Klungseth</b>	<b>14:32</b>	<b>2016</b>
<b>Nathaniel O'Hara</b>	<b>14:42</b>	<b>2016</b>
<b>Kalub Bickett</b>	<b>15:02</b>	<b>2016</b>
<b>Billy Roelke</b>	<b>16:25</b>	<b>2016</b>
<b>Spencer Upton</b>	<b>16:35</b>	<b>2016</b>
<b>Chase Lyle</b>	<b>23:01</b>	<b>2016</b>

**Girls 2 Mile**

<b>Name</b>	<b>Time</b>	<b>Year</b>
<b>Laura Bogue</b>	<b>14:12</b>	<b>2016</b>
<b>Kamrynn Sveeggen</b>	<b>15:20</b>	<b>2016</b>
<b>Sarah Sveeggen</b>	<b>15:50</b>	<b>2016</b>
<b>Abigail Zanter</b>	<b>16:47</b>	<b>2016</b>
<b>Lucy Farley</b>	<b>17:15</b>	<b>2016</b>
<b>Ashleigh Colford</b>	<b>17:34</b>	<b>2016</b>