

2017 Beresford Cross Country Booklet

COACHING STAFF

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PHILOSOPHY

We feel being a Watchdog Runner is for anyone. Some kids run to achieve a new level of fitness, while others are out there to win a state championship. Some might be out to find some new friends, be a member of a team, or are simply curious about this crazy sport and want to give it a try. Whatever the case, XC is a sport for any kid willing to put in the time and effort to call themselves a distance runner. Distance runners come in all shapes and sizes and each of them will learn the commitment and dedication it takes to not only start a race, but finish one as well.

As a staff, we strive to fill these three basic needs we feel all kids have:

- 1. A Need to Belong**
- 2. A Need to Have a Purpose**
- 3. A Need to be Challenged!**

Beresford XC Pre-Season Information

Sports Physical

Every athlete entering the 7th-12th grades will need a yearly sports physical. These must be completed and turned into the high school office BEFORE the first day of practice. No Beresford student will be allowed to participate in practice or competitions before completing their sports physical. Even if an athlete does not have their physical, they are still required to attend practice, but cannot run with the team. They will have to complete their run on their own after the practice session has finished.

Cross Country Practice

The first practice is August 10, 2017 at 8:00 A.M. We will meet in the high school lobby for all practices. Most practices will last about 1 ½ hours, although some may be shorter or longer based on the workout and experience of the runner. All pre-season practices-before school starts-will be at 8:00 A.M. (Monday, August 21 practice will be at 7:00 A.M. due to Teacher In-Service.) Once school starts most practices will be after school from 3:30-5:00 P.M. If it is going to be very hot outside in the afternoon we will move practice to the morning, before school.

Running Shoes

All athletes need a newer pair of running shoes at the start of the XC season. If you are unsure of what type of shoe to purchase, I encourage you to stop into the Runner's Block at 57th and Louise in Sioux Falls or at the 605 Running Co. in downtown Sioux Falls. Also, you can ask an older teammate, coach, or another adult who runs for their suggestion on a good running shoe. If you do not have running shoes, please contact Coach Coy as he has some gently used shoes from former runners.

Racing Spikes: While spikes aren't a necessity in XC races, some runners choose to wear spikes made specifically for cross country running. Other runners wear racing flats which are lighter than normal training shoes but without the spikes found in racing spikes. If you purchase racing spikes, be sure they are designed specifically for XC races or distance races. Some runners simply race in their training shoes because they are the most comfortable in those. If you are not sure if you should purchase racing spikes or flats, please contact Coach Coy, Coach Coggins, or an upperclassman for advice.

Uniforms

Each runner will get a school-issued uniform free of charge that is only to be worn for meets. These uniforms are checked out to each athlete and need to be turned in at the end of the year to avoid a fine.

Other Gear

Other than your running shoes, racing spikes (optional), and the school-issued uniforms, you should be all set to train and race! The only other “gear” you will need is practice clothes. Wear shorts and a t-shirt on warm days, and always be prepared with long sleeves, stocking hats, and gloves on cooler October days. You will need to always be prepared for any type of weather. The only way we will not practice outside would be for lightning, so always have proper gear.

Road Rules

Running safety is our #1 practice concern during the season. All athletes will be required to follow these general **Road-Running-Rules** during all training runs this season:

1. Always run on the LEFT SIDE edge of the road.
2. When going over a hill, check behind you to make sure no cars are behind you, then move to the RIGHT SIDE of the road until you are over the hill.
3. Try to run in a single file line or in pairs on the far edge of the road.
4. Be alert and try not to run with music on. You need to be alert to oncoming traffic.
5. When you see a car, move completely off the road, alert your fellow runners by yelling “Car!”, and give the car a friendly wave.
6. Stay off lawns, the golf course, the railroad tracks, and private property.

Proper road-running etiquette is part of being a distance runner. Always be courteous, mature, and polite so we can continue our good reputation in the community.

Meet Days

On cross country meet days, students may be dismissed from school early to travel to the meet. If this is the case, students must inform their teachers and collect any assignments they will miss. All team members will ride the bus to each meet. We always encourage everyone to ride the bus home, however because of conflicts, travel convenience, or family preference, we do allow parents to sign-out their child ahead of time to ride home with them.

Purple Cards

The only way for a child to ride home after the meet with their parents, is by filling out a Purple Card before the meet. These cards are located in the HS office and a separate card needs to be turned in for each meet.

Meet Day Entries

Every athlete attends every meet and most athletes compete in every meet. Some varsity meets only allow 6 varsity runners, but all of the meets we attend allow for unlimited 7th-12th grade Junior Varsity or Junior High competitors (excluding the state XC meet). Some meets, have a JH division as well. Other meets, like the Union County Quad-Battle for the Ol' Canteen, are set-up to have every athlete run the varsity race. It is still up to the coach whether an athlete will run at a meet. Various reasons for not competing would be school eligibility, practice attendance, course difficulty, or physical fitness of the athlete. Unless you are academically ineligible, you still attend every XC meet, whether you race or not.

Scoring of a XC Meet

Beresford is a South Dakota "Class A" school. Class A schools score the top four finishers of the race while the 5th and 6th runners are called pushers. If you place 1st you get 1 point; if you place 7th you get 7 points and so on. If there is a tie between two teams, the tie is broken by the highest place of the first pusher.

Making Varsity

At the Conference, Region, and State meets, only six runners can run varsity. The coaching staff will look at head-to-head races, team placing, race times, and current fitness of each runner when selecting the varsity squad. Even if you don't make the conference or region varsity team, you always have a chance to make the team for the next race. We use a 7th-12th grade approach when selecting our varsity team and any eligible runner has an opportunity to run on the varsity team.

Qualifying for the State XC Meet

In South Dakota, there are 55 “Class A” schools divided into 5 different regions, and Beresford falls into Region 3A. The Region 3A meet is the qualifying meet for South Dakota State XC meet. Six runners are allowed to run on the varsity team at the region meet. All runners not selected for the top six will run in the JV divisions.

Individual Qualifying: The Top 20 individual finishers will automatically qualify for the state meet.

Team Qualifying: The Top 3 Teams will automatically qualify for the state meet.

Teams may select alternate runners for the state meet if they qualify a full team.

Region 3A Teams

Beresford, Bon Homme, Canton, Dakota Valley, Elk Point-Jefferson, Ethan/Parkston, Lennox, Parker, Tea Area, Vermillion, Wagner

Big East Teams

Baltic, Beresford, Chester, Flandreau, Garretson, Howard, McCook Central/Montrose, Parker, Sioux Valley

Lettering Policy

In order to letter in cross country, an athlete must finish the season in good standing with the team and coaches, and meet one of the following:

- A. Finish in the Top Six on the Varsity Team at Any Meet During the Season
- B. Win a Sub-Varsity Race at the Conference or Region Meet
- C. Qualify for the State Meet as a Competitor or Alternate
- D. Be a Senior who has Participated for Two or More Years in Cross Country

EXPECTATIONS of a WATCHDOG RUNNER

Be Here - Attending practice is the most important thing you can do for both your development as a runner and the development of the TEAM. The first unexcused absence will be discussed with the coach, athlete and parents. Continued unexcused absences will lead to missed meets, or dismissal from the team.

Be on Time - Put your running clothes on when school gets out and meet in the lobby for practice. Put your running shoes on in the lobby. If we have a morning practice at 6:30 A.M., plan to be at the school by 6:15 A.M. so you are ready to run by 6:30 A.M.

Dress accordingly for every practice and meet. The only way a meet is cancelled is due to lightning or if the course is too wet to race on. We run in rain, wind, sleet and snow. Always bring more clothing than you think you will need to meets. Be prepared at every practice to run outside. We train inside only on rare occasions (extreme heat or lightning.)

Be Positive - Attitude is everything in XC. Show up to practice with a great attitude and lift up a teammate who may be having a bad day.

Always Give Your Best Effort. Whether at practice, at a meet, or in school, you should always give your best all the time. If you know you gave your best effort, you will never be disappointed.

Be an EXCELLENT teammate. Cheer on every teammate at meets. Encourage teammates during practice. Regardless of a teammate's time in a race, respect the sport and know that every runner struggles through fatigue and pain.

Put the TEAM first. XC is a TEAM sport, make sure that your actions and decisions reflect that. Follow all academic and training policies and put the team first in all decisions you make this season. Show respect on the roads and when in the community.

Show up, run hard, train smart, and be a great teammate.

EXPECTATIONS of a WATCHDOG PARENT

DURING THE SEASON

Pasta Feeds: We have a tradition of doing pasta feeds, breakfast, and packing sack lunches during the season. Please contact Coach Coggins for information on signing up to help.

Snack Donations: If cooking for 50+ kids is not your thing, you can donate snacks for meets, powerades for meets, or freezies or fruit for after practice.

Plate/Napkins/Cups Donations: We are always in need of Plates, Napkins, and Cups for our pasta feeds and practices. We have enough forks and spoons for this season.

Nutrition: Please read through Mary Auch's "Fueling for Cross Country" article that she prepared for our Beresford runners a few years ago. Fueling these runners' bodies with the right foods and liquids can be crucial to their success and enjoyment of the sport.

Rest: Encourage your runner to get plenty of sleep each night. We need good rest so our bodies can adapt and refuel for each day of training.

BEFORE THE RACE

Pre-Meet Strategy: Avoid engaging in too much conversation with the runners the closer we get to race time. Simply be positive and encouraging to them. The coaches and captains have already gone over the team's race strategy for the meet.

The Start Line: The start line area is off limits to parents. At the region and state meets, no parents are allowed in the start chute area, so we want to get in the habit of following these rules the entire season. We instruct the runners to use the start chute area to do their final warm-ups and get focused on their upcoming race.

Team Camp Area: This is a meeting place for runners, parents, and fans. By all means visit with the team here before and after races. We will have our Beresford XC sign and some flags this year to easily find the Beresford team camp. We will have our tarp, water jug, coolers, and snacks here as well.

Put Your Runner First: Let your runner indicate to you what level of contact they want from you. For example, they may want you near the finish or near the mile mark during the race. They may have a

key word or phrase they want you to say during the race. Let them know you are here for them and want them to do their best.

DURING THE RACE

Be Positive: The number one thing to remember during a race is to be positive. Saying something negative will never improve a runner's performance. If you are frustrated with your runner, keep it to yourself. You are here for them, not the other way around.

Be Active: Don't be afraid to run around and cheer. You can run around the course and get the best seats in the house. Cheer on everyone from Beresford and be encouraging to runners from other teams as well. We have a unique sport where the runners and fans really pull for one another, even at big races.

Don't worry about sounding and looking foolish, as long as you are being positive. It's amazing how runners remember the smallest words of encouragement during a race.

AFTER THE RACE

Allow the coaches first chance to talk to the runners. Continue to be positive after every race, even if it wasn't your runner's best performance.

Let your runner know how proud, impressed, and inspired you are, because regardless of time or place every runner should inspire you.

Find out from your runner what they want from you. Most kids just want parents to be supportive and nothing else. Others may appreciate help with analyzing their race when they get home.

Stick around to watch all of the Beresford runners. Attendance is often not great at XC meets. Every extra fan cheering can make the race a much more enjoyable experience.

REMEMBER, NO RUNNER STEPS TO THE STARTING LINE HOPING TO DO LESS THAN THEIR BEST.

EMPHASIS ON TEAM

One of our main goals of the cross country program is to really stress the importance of being a valuable member of a team. Our runners all develop individual goals for the season, but we also focus on team-building goals and activities as well. We want to ensure each individual is an integral part of our team.

Servant Leadership: Our seniors have been patiently watching and learning from the upperclassmen over the years and will be looked on as leaders of the 2017 team. We have an amazing senior class who will build on our strong tradition of “Team and Family” this year. They will organize activities, plan pre and post season outings, create team T-shirts, and lead by example the entire year.

At a coaching clinic this summer, head coach Luke VanderLeest from Sioux Falls Christian commented that in cross country we can fill these three basic needs that all kids have:

- 1. A Need to Belong**
- 2. A Need to Have a Purpose**
- 3. A Need to be Challenged**

I could not agree more with this theory and feel it is what we are trying to accomplish with being a part of the Beresford cross country team.

We want kids to leave the Beresford XC program with increased:

- Self-Confidence
- Personal Discipline
- Character
- Dedication
- Fitness
- Competitiveness
- Friends

BERESFORD WATCHDOG XC PHILOSOPHY

Welcome to the great sport of cross country! My name is Matt Coy and this is my 9th year as the head cross country coach in Beresford. Coach Dawn Coggins is in her 5th year as a cross country assistant coach and is a vital member to our team's success. We both absolutely love our jobs as coaches of this great sport.

BEING A WATCHDOG RUNNER

Being a Watchdog Runner is for anyone. Some kids run to achieve a new level of fitness, while others are out there to win a state championship. Some might be on the team to find some new friends or are simply curious about this crazy sport and want to give it a try. Whatever the case, XC is a sport for anyone. There is no single body type for a XC runner, and no specific age when you are at your best. Distance runners come in all shapes and sizes and each of them know the commitment and dedication it takes to not only start a race, but finish one as well.

Distance runners are a fraternity all their own. It takes a lot of guts to run a 5K or a 4K. Whether you run a race in 16:00 or 30:00 minutes, your teammates and opponents know the feeling of pain and struggle that each runner feels during a race. You will be tired, you will reach physical exhaustion, you might collapse at the finish line, and you will likely puke at some time during this season. But you will also attain a level of athletic accomplishment rarely reached by many athletes. You will understand the meaning of a "team." Some of the best friends you will ever meet will be members of your own XC team. As a member of the Beresford XC team, you will be a part of a great family of runners and be respected by every one of your teammates.

COACHING PHILOSOPHY

My basic coaching philosophy still comes from my dad when he coached me in Little League baseball. He left one lasting impression on me about coaching: Kids just want to know you care about them. He was the best coach I have ever had. I never remember a bad experience from my days as a young baseball player, and I thank my dad for a great experience. He got me interested in being a coach. The basics I learned from my dad are the core of my general coaching philosophy today: "Kids don't care how much you know until they know how much you care."

BERESFORD XC PHILOSOPHY

Our distance training philosophy is nothing we have created on our own. The training we do in Beresford is put together from reading old and new training literature, learning from past seasons, and simply talking to many successful coaches in the area. If a program is successful year in and year out, we want to know what they are doing. If something we have done in the past worked, we will try to do that again. If something didn't work, we won't repeat our mistakes. Simply put, each

year we are working out a plan that is best for our athletes and our training conditions here in Beresford.

SUCCESS IN RUNNING

There are no shortcuts to success in distance running, and it is definitely not a secret that accumulating many miles throughout the entire year will make you better. Take a look at some of the area's successful programs and you will see a single common trait: Their runners put in a lot of miles. If you want to take your running to the next level, miles need to be logged not just during the season, but in the winter, spring, and summer months as well.

We strongly encourage participation in other sports during the year. Participating in a winter sport such as basketball or wrestling, can help develop other muscles important to running. It is also a great way to take a break from running, while still staying in competitive shape. Joining the track and field team is obviously highly encouraged as we get to continue our distance training and also experiment with different running and field events. The summer should be a time to start laying the foundation for your upcoming cross country season. Participation in summer activities is again highly encouraged. Summer running should be easy, relaxed and not too strenuous. Carefully manage your summer schedule to include training runs in the morning or evening 3-6 days per week.

Strength Training is a VERY important part of our training. Along with daily runs and workouts, our training also includes daily strength training exercises that we feel are crucial to the success and health of every runner. We do many different full body circuits focusing on leg strength, abdominals, hip mobility, and upper body strength. We want to build our runners into athletes who are stronger, faster, and less apt to get injured. When mileage is not paired up with strength training, we are not training to be our best.

We would rather our athletes be 20% under-trained than 1% over-trained. Over-training leads to injuries, decreased times, and burning-out. We want runners feeling fresh and confident going into big races. We also want to leave each workout in practice feeling like we could have done a little bit more. Save that little extra for the next race. Currently, there are no medals or awards given to athletes who finish first in workouts (and there never will be.)

Training is a phase-by-phase process. Each phase of our training is preparing our bodies for the next phase of training. We prepare our base in the summer by accumulating miles, begin specific workouts during the season, and taper at the end of the year for the big meets. During each phase off training, we introduce a new stress to the body (workout), and let our bodies adapt to that stress. When our bodies adapt, we get better. By following this simple stress-rest-adaptation-stress module, we hope to get faster. And our final goal is simple: By the end of the season we want to be running our fastest.

Our goal in training is to be able to do these three things in a cross country race:

1. We want to be able to run at our goal pace for the entire race distance.
2. If the pace quickens at some point during the race, we want our bodies to be able to respond to that pace and stay with the pack.
3. We want to be able to outkick runners at the end of a race.

WHEN WE AREN'T RUNNING

A typical training day may include 20-60 minutes of actual running, plus 15-20 minutes of strength training. That leaves a lot of time where a distance runner is not training. We feel these five things are essential for all distance runners to do when they aren't running.

1. Eat Healthy and drink plenty of water
2. Get plenty of sleep (8-10 hours a night)
3. Make academics a priority
4. Research some training articles, check results, or watch some races on the internet
5. Enjoy time with friends and family

2017 Cross Country Meet Information

(Race schedules subject to change. Most of these are taken from the 2016 season, but will give an idea of what to expect in 2017. Detailed meet information and entries will be sent out before each meet.)

Beresford Kickoff Meet

Date: Friday, August 25, 2017 Start Time: 10:00 A.M.

Location: The Bridges Golf Course – Beresford, SD

Schedule: 10:00 A.M. Varsity Girls 5K
 10:25 A.M. Varsity Boys 5K
 10:55 A.M. Junior Varsity Girls 4K
 11:10 A.M. Junior Varsity Boys 4K
 11:35 A.M. Junior High Girls 3K
 12:00 P.M. Junior High Boys 3K
 12:15 P.M. Awards Ceremony

Augustana Twilight

Date: Friday, September 1, 2017 Start Time: 6:00 P.M.

Location: Yankton Trail Park – Sioux Falls, SD

Schedule: 6:00 P.M. JV Girls 5K
 6:40 P.M. JV Boys 5K
 7:20 P.M. Varsity Girls 5K
 8:00 P.M. Varsity Boys 5K
 8:30 P.M. College Women 5K
 9:00 P.M. College Men 4 Mile

Jesse James Invite

Date: Tuesday, September 5, 2017 Start Time: 4:00 P.M.

Location: River Ridge Golf Course – Garretson, SD

Schedule: 4:00 P.M. Girls 5K
 4:25 P.M. Boys 5K
 4:50 P.M. JV Girls 4K
 5:15 P.M. JV Boys 4K

Cardinal Saturday Showdown

Date: Saturday, September 9, 2017 Start Time: 9:30 A.M.

Location: Luverne High School Complex – Luverne, MN

Schedule: 9:30 A.M. Junior High Girls 2 Mile
9:50 A.M. Junior High Boys 2 Mile
10:10 A.M. Varsity Girls 5K
10:50 A.M. Varsity Boys 5K
11:20 A.M. Junior Varsity Girls 4K
11:50 A.M. Junior Varsity Boys 4K
12:30 P.M. Awards Ceremony

Sioux Falls Christian Charger Invite

Date: Thursday, September 14, 2017 Start Time: 4:00 P.M.

Location: Yankton Trail Park – Sioux Falls, SD

Schedule: 4:00 P.M. Varsity Girls 5K
4:30 P.M. Varsity Boys 5K
5:00 P.M. Junior Varsity Girls 4K
5:30 P.M. Junior Varsity Boys 4K
5:55 P.M. Junior High Girls 3K
6:15 P.M. Junior High Boys 3K

Union Co. Quad – Battle of the Ol' Canteen

Date: Thursday, September 21, 2017 Start Time: 4:15 P.M.

Location: The Pointe Golf Course – Elk Point, SD

Schedule: 4:15 P.M. Varsity Girls 5K
4:45 P.M. Varsity Boys 5K
5:20 P.M. Awards Ceremony

Lennox Oriole Invite

Date: Friday, September 29, 2017 Start Time: 4:00 P.M.

Location: Lenkota Golf Course – Lennox, SD

Schedule: 4:00 P.M. Varsity Boys 5K
4:25 P.M. Varsity Girls 5K
4:55 P.M. Junior Varsity Boys 4K
5:20 P.M. Junior Varsity Girls 4K
5:45 P.M. Junior High Boys 3K
6:05 P.M. Junior High Girls 3K

Big East Conference

Date: Thursday, October 5, 2017 Start Time: 4:00 P.M.

Location: The Bridges Golf Course – Beresford, SD

Schedule: 4:00 P.M. Varsity Girls 5K
 4:30 P.M. Varsity Boys 5K
 5:00 P.M. Junior Varsity Girls 4K
 5:30 P.M. Junior Varsity Boys 4K
 6:00 P.M. Awards Ceremony

Region 3A

Date: Thursday, October 12, 2017 Start Time: 3:00 P.M.

Location: The Bridges Golf Course – Beresford, SD

Schedule: 3:00 P.M. Varsity Girls 5K
 3:30 P.M. Varsity Boys 5K
 4:00 P.M. Junior Varsity Girls 4K
 4:30 P.M. Junior Varsity Boys 4K
 5:00 P.M. Awards Ceremony

State Cross Country Meet

Date: Saturday, October 21, 2017 Start Time: 12:00 P.M. (Mountain Time)

Location: Heart Ranch, Rapid City, SD

Schedule: 12:00 P.M. Class AA Girls 5K (Mountain Time)
 12:30 P.M. Class B Girls 5K (Mountain Time)
 1:00 P.M. Class A Girls 5K (Mountain Time)
 1:30 P.M. Class AA Boys 5K (Mountain Time)
 2:00 P.M. Class B Boys 5K (Mountain Time)
 2:30 P.M. Class A Boys 5K (Mountain Time)
 3:00 P.M. Awards Ceremony

2018 State Meet: Sioux Falls – Yankton Trail Park

2019 State Meet: Huron – Broadland Creek Golf Course

2016 Beresford-Only Results

Beresford XC Kickoff—August 26, at The Bridges Golf Course

Beresford Watchdog Results

Place	VARSITY GIRLS 5K (67 Runners)	Final Time
3 rd	11 Cait Savey	19:34.43 (Medalist)
9 th	12 Kendra Schaap	20:46.49 (Medalist)
17 th	12 Ashlynn Atwood	21:10.91 (Medalist)
26 th	12 Caitlin Worth	21:57.18
35 th	9 Sabrina Swee	22:28.13
47 th	11 Hannah Ebert	23:36.36

Team Standings: Ipswich 32, **Beresford 37**, SF Lincoln 57, SF Christian 70, Vermillion 72, Garretson 72, Luverne 86, McCook Central 141

Place	VARSITY BOYS 5K (89 Runners)	Final Time
10 th	10 Alec Atwood	17:41.23 (Medalist)
27 th	11 Jake Limmer	18:20.32
32 nd	12 Tim Peterson	18:36.98
49 th	10 Dallas Davis	19:31.65
60 th	11 Aitor Perez	19:55.64
67 th	12 Riley Twedt	20:08.45
68 th	10 Noah Hinrichs	20:15.94

Team Standings: SF Christian 18, Lennox 42, SF Lincoln 45, **Beresford 80**, Ethan/Parkston 93, Dakota Valley 101, Luverne 119, Vermillion 120, Irene/Wakonda 182

Place	JV GIRLS 4K (91 Runners)	Final Time
3 rd	8 Gabrielle Engbarth	17:21.39 (Meadlist)
20 th	10 Faith Weiland	19:36.64 (Medalist)
43 rd	10 Emma Hepner	20:38.43

70 th	9 Danielle Larsen	22:44.47
74 th	11 Brooke Larsen	23:12.73
80 th	11 Sophie Seivert	24:17.34
83 rd	12 Grace Boone	24:27.61
	8 Laura Bogue	DNS
	11 Tianna Schlup	DNF

Team Standings: Gayville-Volin 38, SF Lincoln 42, Freeman 65, **Beresford 88**, Lennox 97, Dell Rapids 99, Canton 104, Ipswich 105, Luverne 139, Viborg 152

Place	JV BOYS 4K (122 Runners)	Final Time
16 th	11 Hayden Brewers	15:56.01 (Medalist)
27 th	9 Kellyn March	16:22.53
37 th	9 Matthew Hoffman	16:35.72
51 st	11 Trystan Olbertson	17:03.41
64 th	12 Brandon O'Connell	17:31.73
69 th	9 Caleb Weiland	17:37.01
80 th	12 Kolton Kribell	17:58.60
94 th	9 Tristan Fischer	18:46.22
98 th	9 Noah Turner	19:03.64
99 th	9 Austin Tjaden	19:04.57
106 th	12 Carter Johnke	19:28.99
110 th	9 Jackson Heiberger	19:49.02
114 th	12 Nick Pack	20:01.44
119 th	11 Brian Klarenbeek	21:12.17

Team Standings: SF Lincoln 13, SF Christian 39, Lennox 76, Tea Area 83, Garretson 95, **Beresford 100**, Luverne 119, Baltic 128, Dakota Valley 130, Dell Rapids 144, McCook Central 208, Parker 235

Place	JH GIRLS 3K (72 Runners)	Final Time
2 nd	7 Anna Atwood	12:13.03 (Medalist)
27 th	8 Kamrynn Sveeggen	14:24.28
44 th	7 Lucy Farley	15:07.26
48 th	8 Abigail Zanter	15:14.19
54 th	7 Sarah Sveeggen	15:41.45
56 th	8 Ashleigh Colford	16:09.45

Team Standings: Luverne 13, Dell Rapids 51, Lennox 75, SF Christian 78, Canton 82, **Beresford 84**, Marion/Freeman Academy 88, Ipswich 151, Tea Area 159

COMP#	JH BOYS 3K (82 Runners)	Final Time
28 th	8 Josh Limmer	12:54.47
47 th	8 Cody Klungseth	13:40.58
49 th	7 Gage Lyle	13:45.74
50 th	7 Kalub Bickett	13:50.02
66 th	7 Spencer Upton	14:33.60
74 th	7 Billy Roelke	15:23.39

Team Standings: SF Christian 13, Dell Rapids 57, Dakota Valley 67, Canton 72, **Beresford 77**, Tea Area 86, Luverne 91

Augie Twilight Results - September 2, 2016

Augie Twilight Beresford Only Results

Place	VARSITY 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 Satndings: 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	VARSITY 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

Jesse James Invite – Tues., Sept. 6 @ River Ridge Golf Course Garretson

Beresford Only Results

Place	GIRLS 5K (41 Runners)	Final Time
1	11 Cait Savey	19:43
3	12 Kendra Schaap	20:23
12	12 Ashlynn Atwood	21:23
14	7 Anna Atwood	21:36
17	12 Caitlin Worth	22:17
23	9 Sabrina Swee	22:42
24	8 Gabrielle Engbarth	22:46
25	11 Hannah Ebert	22:52

Team Standings: Beresford 18, Lennox 40, Garretson 40, Madison 49, Non-Scoring Teams: Deubrook, Flandreau, Lennox, DR St. Mary, Dell Rapids, Tri-Valley, Colman-Egan, Elkton-Lake Benton, Chester Area, McCook Central/Montrose

Place	VARSITY BOYS 5K (62 Runners)	Final Time
1	10 Alec Atwood	17:11
2	11 Jake Limmer	17:45
3	12 Tim Peterson	18:00
12	11 Aitor Perez	18:52
20	12 Riley Twedt	19:53
42	10 Noah Hinrichs	20:56

Team Standings: Beresford 16, Lennox 32, Madison 68, Garretson 82, Flandreau 91, Baltic 91, Sioux Valley 113, DR St. Mary 125, Flandreau Indian 173, Chester Area 177, Non-Scoring Teams: Elkton-Lake Benton, Dell Rapids, Tri-Valley

Place	JV GIRLS 4K (89 Runners)	Final Time
12	11 Tianna Schlup	19:16
19	10 Faith Weiland	19:34
37	7 Sarah Sveeggen	21:01
39	8 Abigail Zanter	21:08
50	9 Danielle Larsen	21:42
51	8 Ashleigh Colford	21:43
58	12 Grace Boone	21:57
60	7 Lucy Farley	22:09
62	10 Emma Hepner	22:11
63	11 Sophie Seivert	22:13

64	11 Brooke Larsen	22:16
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Team Standings: Dell Rapids 14, Flandreau 49, Madison 59, Tri-Valley 62, Lennox 80, **Beresford 90**, Garretson 114, Non-Scoring Teams: McCook Central/Montrose, Elkton-Lake Benton, Baltic, Deubrook Area, Flandreau Indian, Coman Egan

Place	JV BOYS 4K (126 Runners)	Final Time
2	9 Matthew Hoffman	15:14
4	11 Hayden Brewers	15:37
10	11 Trystan Olbertson	16:06
16	9 Kellyn March	16:12
27	8 Josh Limmer	16:42
40	12 Brandon O'Connell	17:12
51	9 Caleb Weiland	17:45
56	12 Kolton Kribell	18:03
58	9 Tristan Fischer	18:07
62	7 Gage Lyle	18:12
64	9 Noah Turner	18:14
76	8 Cody Klungseth	18:41
80	9 Austin Tjaden	18:50
81	12 Carter Johnke	18:53
84	12 Nick Pack	18:58
96	7 Kalub Bickett	19:40
101	9 Jackson Heiberger	20:00
106	7 Nathaniel O'Hara	20:17
111	11 Brian Klarenbeek	20:40
114	7 Billy Roelke	20:59

Team Standings: Beresford 31, Lennox 32, Elkton-Lake Benton 41, Dell Rapids 45, Flandreau 101, Sioux Valley 124, Flandreau Indian 133, Garretson 140, Non-Scoring Teams: Baltic, Tri-Valley, DR St. Mary, Colman Egan, Chester Area

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

UNION COUNTY QUAD BERESFORD-ONLY RESULTS

Place	VARSITY GIRLS 5K (33 Runners)	Final Time
1	11 Cait Savey	19:25
2	12 Kendra Schaap	20:47
3	12 Ashlynn Atwood	20:51
5	7 Anna Atwood	21:15
6	12 Caitlin Worth	21:37
7	9 Sabrina Swee	21:51
8	8 Gabrielle Engbarth	21:53
9	11 Hannah Ebert	22:11
10	8 Laura Bogue	22:12
20	11 Tianna Schlup	25:16
22	10 Emma Hepner	25:59
23	10 Faith Weiland	26:27
27	11 Brooke Larsen	28:47
28	8 Abigail Zanter	28:58
29	7 Lucy Farley	28:59
30	8 Ashleigh Colford	29:00
31	7 Sarah Sveeggen	29:01
32	11 Grace Boone	30:18
33	9 Danielle Larsen	30:19

Team Standings: Beresford 11, Alcester/Hudson 49, Elk Point-Jefferson 67, Dakota Valley 68

Place	VARSITY BOYS 5K (56 Runners)	Final Time
1	10 Alec Atwood	17:08
2	12 Tim Peterson	18:08
4	11 Jake Limmer	18:22
5	10 Noah Hinrichs	19:02

7	11 Aitor Perez	19:04
8	10 Dallas Davis	19:06
10	12 Riley Twedt	19:24
12	9 Matthew Hoffman	19:52
13	11 Hayden Brewers	20:01
14	9 Kellyn March	20:09
15	11 Trystan Olbertson	20:14
25	8 Josh Limmer	21:40
26	12 Brandon O'Connell	21:47
27	7 Gage Lyle	21:59
31	9 Tristan Fischer	23:13
32	9 Noah Turner	23:24
34	9 Austin Tjaden	23:37
35	8 Cody Klungseth	23:48
36	12 Kolton Kribell	24:13
37	9 Caleb Weiland	24:58
40	12 Nick Pack	25:12
41	7 Kalub Bickett	25:57
43	9 Jackson Heiberger	26:02
47	7 Spencer Upton	27:15
48	11 Brian Klarenbeek	27:37
50	7 nathaniel O'Hara	27:57
54	7 Billy Roelke	29:00
55	12 Carter Johnke	29:09

Team Standings: Beresford 12, Dakota Valley 37, Elk Point-Jefferson 66, Alcetsar/Hudson Inc.

LENNOX MEET (BERESFORD-ONLY RESULTS)

Place	VARSITY BOYS 5K (80 Runners)	Final Time
4 th	10 Alec Atwood	16:23
17 th	12 Tim Peterson	17:25
19 th	11 Jake Limmer	17:33
21 st	10 Noah Hinrichs	17:40
36 th	10 Dallas Davis	18:35
38 th	11 Aitor Perez	18:38
41 st	12 Riley Twedt	18:46

Team Standings: SF Christian 22, West Central 48, **Beresford 60**, Lennox 93, Redfield/Doland 99, Vermillion 107, Tea Area 115, Dakota Valley 124, Garretson 129, Dell Rapids 174, Canton 197, Elk Point-Jefferson 200

Place	VARSITY GIRLS 5K (66 Runners)	Final Time
1 st	11 Cait Savey	18:34
9 th	12 Kendra Schaap	20:07
11 th	7 Anna Atwood	20:13
14 th	12 Ashlynn Atwood	20:25
19 th	12 Caitlin Worth	20:42
21 st	8 Gabrielle Engbarth	21:00
24 th	9 Sabrina Swee	21:18
30 th	11 Hannah Ebert	21:47
31 st	8 Laura Bogue	21:48

Team Standings: **Beresford 35**, Vermillion 49, SF Christian 57, Redfield/Doland 71, Garretson 90, Dell Rapids 105, Lennox 108, West Central 117, Canton 117

Place	JV GIRLS 4K (56 Runners)	Final Time
15 th	10 Faith Weiland	18:35
17 th	11 Tianna Schlup	18:56
25 th	10 Emma Hepner	19:33
43 rd	9 Danielle Larsen	21:18
50 th	11 Sophie Seivert	22:10
51 st	12 Grace Boone	22:10

Team Standings: West Central 26, Freeman 45, Tea Area 50, Dell Rapids 65, **Beresford 76**, Canton 87, Lennox 88

Place	JV BOYS 4K (72 Runners)	Final Time
4 th	9 Matthew Hoffman	14:46
7 th	11 Hayden Brewers	14:57
11 th	11 Trystan Olbertson	15:23
14 th	9 Kellyn March	15:30
22 nd	12 Brandon O'Connell	16:00
30 th	9 Caleb Weiland	16:20
33 rd	12 Kolton Kribell	16:30
38 th	9 Tristan Fischer	16:39
50 th	9 Noah Turner	17:18
53 rd	9 Austin Tjaden	17:25
63 rd	12 Carter Johnke	18:23
64 th	12 Nick Pack	18:34
65 th	9 Jackson Heiberger	18:45
71 st	11 Brian Klarenbeek	20:03

Team Standings: SF Christian 18, **Beresford 36**, Tea Area 60, Lennox 61, West Central 66, Dell Rapids 84, Redfield/Doland 123

Place	JH BOYS 3K (43 Runners)	Final Time
8 th	8 Josh Limmer	11:30
16 th	7 Gage Lyle	11:57
29 th	8 Cody Klungseth	12:45
31 st	7 Kalub Bickett	12:58
35 th	7 Spencer Upton	14:03
38 th	7 Billy Roelke	14:22
43 rd	7 Chase Lyle	19:18

Team Standings: SF Christian 10, **Beresford 39**, Tea Area 46

Place	JH GIRLS 3K (21 Runners)	Final Time
12 th	8 Kamrynn Sveeggen	13:48
15 th	7 Sarah Sveeggen	14:33
17 th	8 Abigail Zanter	14:53
18 th	8 Ashleigh Colford	15:00

Team Standings: SF Christian 19, Lennox 35, Dell Rapids 35, **Beresford 56**

DAK XII MEET ENTRIES

Place	VARSITY GIRLS 5K (56 Runners)	Final Time
2 nd	11 Cait Savey	19:16
4 th	7 Anna Atwood	20:14
7 th	12 Kendra Schaap	20:18
13 th	12 Caitlin Worth	20:53
15 th	12 Ashlynn Atwood	21:02
17 th	8 Gabrielle Engbarth	21:14

Team Standings: Beresford 23, SF Christian 44, Vermillion 53, Lennox 83, Madison 89, West central 94, Dell Rapids 106, Canton 112, Tea Area 165

Place	VARSITY BOYS 5K (59 Runners)	Final Time
3 rd	10 Alec Atwood	16:19
13 th	12 Tim Peterson	17:36
16 th	10 Noah Hinrichs	17:50
18 th	11 Jake Limmer	17:57
27 th	11 Aitor Perez	18:38
29 th	10 Dallas Davis	18:40

Team Standings: SF Christian 28, West Central 37, **Beresford 50**, Lennox 60, Dakota Valley 99, Tea Area 107, Vermillion 128, Madison 140, Dell Rapids 158, Canton 186, EPJ 195

****JV and JH Races Cancelled Due to Lightning**

REGION 3A MEET (BERESFORD-ONLY RESULTS)

Place	VARSDITY BOYS 5K (50 Runners)	Final Time
2	10 Alec Atwood	16:26
12	12 Tim Peterson	17:23
22	10 Noah Hinrichs	17:45
23	11 Jake Limmer	17:53
29	10 Dallas Davis	18:10
34	11 Aitor Perez	18:38

Team Standings: SF Christian 15, Lennox 56, **Beresford 59**, Ethan/Parkston 65, Dakota Valley 83, Tea Area 95, Vermillion 110, Canton 143, Elk Point-Jefferson 158

Place	VARSDITY GIRLS 5K (50 Runners)	Final Time
2	11 Cait Savey	18:42
6	12 Kendra Schaap	19:55
9	7 Anna Atwood	20:10
16	12 Ashlynn Atwood	20:34
22	12 Caitlin Worth	20:55
23	8 Gabrielle Engbarth	21:04

Team Standings: Beresford 32, Vermillion 36, SF Christian 45, Ethan/Parkston 48, Lennox 82, Canton 96, Dakota Valley 121, Tea Area 136

Place	JV GIRLS 4K (54 Runners)	Final Time
1	9 Sabrina Swee	16:21
2	11 Hannah Ebert	16:23
3	8 Laura Bogue	16:48
8	10 Faith Weiland	17:48

13	11 Tianna Schlup	18:21
20	8 Kamrynn Sveeggen	18:58
24	7 Lucy Farley	19:25
34	8 Abigail Zanter	20:09
38	8 Asheigh Colford	20:20
40	11 Brooke Larsen	20:21
42	7 Sarah Sveeggen	20:41
45	11 Danielle Larsen	20:58
50	12 Grace Boone	22:05
52	11 Sophie Seivert	22:55

Team Standings: Beresford 14, SF Christian 22, Lennox 60, Canton 73, Vermillion 89

Place	JV BOYS 4K (72 Runners)	Final Time
4 th	9 Matthew Hoffman	14:46
7 th	11 Hayden Brewers	14:57
11 th	11 Trystan Olbertson	15:23
14 th	9 Kellyn March	15:30
22 nd	12 Brandon O'Connell	16:00
30 th	9 Caleb Weiland	16:20
33 rd	12 Kolton Kribell	16:30
38 th	9 Tristan Fischer	16:39
50 th	9 Noah Turner	17:18
53 rd	9 Austin Tjaden	17:25
63 rd	12 Carter Johnke	18:23
64 th	12 Nick Pack	18:34
65 th	9 Jackson Heiberger	18:45

71 st	11 Brian Klarenbeek	20:03
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Team Standings: SF Christian 18, **Beresford 36**, Tea Area 60, Lennox 61, West Central 66, Dell Rapids 84, Redfield/Doland 123

STATE A XC MEET (BERESFORD-ONLY RESULTS)

Place	VARSDITY BOYS 5K (132 Runners)	Final Time
12	10 Alec Atwood	17:27
29	10 Noah Hinrichs	18:07
43	12 Tim Peterson	18:29
59	11 Jake Limmer	18:47
70	10 Dallas Davis	18:58
99	11 Aitor Perez	19:53

Team Standings: SF Christian 42, West Cetral 63, Spearfish 68, Custer 70, STM 81, **Beresford 115**, Lennox 130, Miller 150, Todd County 161, Redfield/Doland 182, Stanley County 183, Webster Area 194, Aberdeen Roncalli 207, Garretson 218, Sioux Valley 253

Place	VARSDITY GIRLS 5K (127 Runners)	Final Time
5	11 Cait Savey	19:18
27	7 Anna Atwood	20:53
37	12 Kendra Schaap	21:14
59	12 Ashlynn Atwood	21:48
60	12 Caitlin Worth	21:49
64	8 Gabrielle Engbarth	21:57

Team Standings: Custer 62, STM 84, Hill City 88, SF Christian 102, **Beresford 107**, Winner 124, Vermillion 130, Todd County 162, Mt. Vernon/Plankington 170, Redfield/Doland 176, Milbank Area 182, Garretson 195, Falndreau 212, Aberdeen Roncalli 213, Madison 219, Chamberlain 220, Webster Area 237, West Centrl 301

