

# Brenden Allen

## Career Honors

Team Captain: 2021

All Conference HM: 2021

Letterwinner: 2019-21

Trojan Award: 2021

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	3	709	761	93%	5	801	1054	76%	10:17	<b>26</b>	3	~	43 O	9*	3	~
Junior	1	115	119	97%	~	~	~	~	~	~	~	~	~	~	1	~
Sophomore	7	2597	2909	89%	1	21	68	31%	10:50	24	5	~	40 R	~	3	~
Freshman	6	1901	2138	89%	1	32	71	45%	10:48	9	3	~	39 R	~	4	~

Bolded Results are Varsity

Career	17	5322	5927	90%	7	854	1193	72%	Victory Shoes		6176	11	0
--------	----	------	------	-----	---	-----	------	-----	---------------	--	------	----	---



# Jake Boston

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Junior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	7	1923	2339	82%	~	~	~	~	10:53	59	28	~	109 R	~	1	~
Freshman	6	1003	1479	68%	~	~	~	~	11:39	92	42	~	183 R	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>13</b>	<b>2926</b>	<b>3818</b>	<b>77%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>		<b>2926</b>		<b>1</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	--	-------------	--	----------	----------



# Dane Bruce

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	2	242	444	55%	~	~	~	~	12:09	~	~	~	~	~	~	~
Junior	2	185	359	52%	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	6	971	1786	54%	~	~	~	~	13:05	152	68	~	~	~	~	~
Freshman	5	634	1192	53%	~	~	~	~	12:32	109	90	~	~	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>15</b>	<b>2032</b>	<b>3781</b>	<b>54%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>2032</b>	<b>0</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------



# Owen Devins

## Career Honors

Letterwinner: 2021

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1423	1580	90%	1	218	352	62%	10:34	15	20	~	94 O	~	4	~
Junior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>6</b>	<b>1423</b>	<b>1580</b>	<b>90%</b>	<b>1</b>	<b>218</b>	<b>352</b>	<b>62%</b>	<b>Victory Shoes</b>		<b>1641</b>	<b>4</b>	<b>0</b>
---------------	----------	-------------	-------------	------------	----------	------------	------------	------------	----------------------	--	-------------	----------	----------

After being away from cross country for a few years, it was great to reconnect with the coaches and a lot of my friends. This year allowed me to to work hard and set new PR's. I enjoyed meeting new friends and had a great time with them at practice and at the meets. I am thankful for the coaches, my teammates and the opportunity to be apart of this team again. -Owen



# Nick Cichoski

## Career Honors

Team Captain: 2021

Academic All-State: 2021

All-Conference: 2020-21

All-Section: 2021

Letterwinner: 2019-21

High Point Man: 2020

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	9	1222	1767	69%	9:40	<b>13</b>	<b>11</b>	<b>74</b>	<b>71</b>	<b>272</b>	4	~
Junior	~	~	~	~	6	509	623	82%	~	<b>17</b>	<b>27</b>	<b>35</b>	~	~	4	~
Sophomore	8	1960	2205	89%	~	~	~	~	10:48	6	4	~	69 R	~	4	~
Freshman	7	1801	2378	76%	~	~	~	~	10:49	25	26	~	151 R	~	3	~

Bolded Results are Varsity

Career	15	3761	4583	82%	15	1731	2390	72%	Victory Shoes		5492	15	0
--------	----	------	------	-----	----	------	------	-----	---------------	--	------	----	---





# Kaleb Feia

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	4	859	978	88%	~	~	~	~	11:14	41	28	~	~	~	~	~
Junior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	6	1362	1786	76%	~	~	~	~	~	60	40	~	166 R	~	~	~
Freshman	7	1761	2378	74%	~	~	~	~	11:27	33	34	~	130 R	~	~	~

**Bolded Results are Varsity**

<i>Career</i>	<i>17</i>	<i>3982</i>	<i>5142</i>	<i>77%</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>~</i>	<i>Victory Shoes</i>		<i>3982</i>	<i>0</i>	<i>0</i>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	--	-------------	----------	----------



# Alex Foss

## Career Honors

Team Captain: 2021

Academic All-State: 2021

All-Conference: 2021

All-Section: 2021

Letterwinner: 2019-21

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	8	1152	1575	73%	9:49	6	7	39	~	285	5	~
Junior	1	237	240	99%	3	212	297	71%	10:04	25	~	~	~	~	2	~
Sophomore	8	1958	2205	89%	~	~	~	~	10:44	69	19	~	33 R	~	4	~
Freshman	4	1317	1528	86%	1	6	71	8%	10:27	85	~	~	~	~	2	~

\*Junior year is the Covid season

Bolded Results are Varsity

Career	13	3512	3973	88%	12	1370	1943	71%	Victory Shoes	4882	13	0
--------	----	------	------	-----	----	------	------	-----	---------------	------	----	---

Six years is a long time in someone's life. Yet the past six have gone by much quicker than I could have ever expected. I joined the Wayzata Cross Country team as a small little 7thgrader who was pressured to join by my older brother Andrew. "I'm just going to do the summer clinic for basketball training", I said thinking I was going to be the next Michal Jordan or something. It's humorous looking back at that, not knowing what I got myself into. Overall, I am grateful for what this program has given me, and what it has taught me also. This sport has a lot of highs and lows. Navigating your way through those lows is what shapes you not only as a runner, but also as a person, and makes those highs even more enjoyable. One message I have to younger athletes reading this would be to embrace your moments. There are some pretty amazing things that can happen throughout the years, whether it be a good race or a fun run, embrace it. Believe it or not, it's going to be over before you know it. It has been a blessing to watch the team transform over the years I've been here. Being a part of something special in my final years, and creating the bonds and friendships I have made is something that I will never forget. -- Alex Foss



# Ethan Hanold

## Career Honors

Team Captain: 2021

Letterwinner: 2019-21

All-Conference HM: 2021

Trojan Award: 2021

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	1	240	240	100%	6	608	1011	60%	10:57	<b>22</b>	~	<b>48</b>	<b>82</b>	<b>232</b>	2	1
Junior	~	~	~	~	2	91	164	55%	10:06	~	~	~	~	~	1	~
Sophomore	4	1588	1806	88%	3	329	462	71%	10:57	<b>43</b>	1	~	37 O	~	2	1
Freshman	4	871	1118	78%	1	31	71	44%	10:51	26	36	~	178 R	~	1	~

**Bolded Results are Varsity**

<i>Career</i>	<b>9</b>	<b>2699</b>	<b>3164</b>	<b>85%</b>	<b>12</b>	<b>1059</b>	<b>1708</b>	<b>62%</b>	<i>Victory Shoes</i>	<b>3758</b>	<b>6</b>	<b>2</b>
---------------	----------	-------------	-------------	------------	-----------	-------------	-------------	------------	----------------------	-------------	----------	----------





# Victor Heinze

## Career Honors

Team Captain: 2021

Letterwinner: 2021

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1342	1472	91%	1	100	171	58%	10:50	5	17	~	96 O	~	5	~
Junior	2	260	359	72%	~	~	~	~	11:23	~	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>8</b>	<b>1602</b>	<b>1831</b>	<b>87%</b>	<b>1</b>	<b>100</b>	<b>171</b>	<b>58%</b>	<b>Victory Shoes</b>		<b>1702</b>	<b>5</b>	<b>0</b>
---------------	----------	-------------	-------------	------------	----------	------------	------------	------------	----------------------	--	-------------	----------	----------



# Noah Kaster

## Career Honors

Team Captain: 2021

Letterwinner: 2019-2021

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	1	147	154	95%	3	450	533	84%	10:02	<b>28</b>	8	~	~	~	1	~
Junior	1	239	240	100%	3	236	297	79%	10:16	<b>31</b>	~	~	~	~	3	~
Sophomore	6	1178	1265	93%	1	16	68	24%	10:28	26	15	~	39 R	~	4	~
Freshman	7	1925	2378	81%	~	~	~	~	10:57	37	13	~	140 R	~	4	~

**Bolded Results are Varsity**

<b>Career</b>	<b>15</b>	<b>3489</b>	<b>4037</b>	<b>86%</b>	<b>7</b>	<b>702</b>	<b>898</b>	<b>78%</b>	<b>Victory Shoes</b>	<b>4191</b>	<b>12</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	------------	------------	------------	----------------------	-------------	-----------	----------



# Pranav Madasamy

## Career Honors

Letterwinner: 2019, 2021

Team Captain: 2021

Most Improved: Career

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	5	1045	1094	96%	1	77	171	45%	10:39	3	4	~	42 O	~	4	~
Junior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	8	2527	3094	82%	~	~	~	~	10:55	13	12	~	35 R	~	3	~
Freshman	4	581	953	61%	~	~	~	~	~	95	121	~	~	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>17</b>	<b>4153</b>	<b>5141</b>	<b>81%</b>	<b>1</b>	<b>77</b>	<b>171</b>	<b>45%</b>	<b>Victory Shoes</b>		<b>4230</b>		<b>7</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	-----------	------------	------------	----------------------	--	-------------	--	----------	----------



# Bernie Meyers

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	5	897	1500	60%	~	~	~	~	12:14	70	84	~	~	~	~	~
Junior	2	133	359	37%	~	~	~	~	12:40	~	~	~	~	~	~	~
Sophomore	7	880	2095	42%	~	~	~	~	13:19	158	77	~	263 R	~	~	~
Freshman	5	368	1193	31%	~	~	~	~	13:30	162	203	~	~	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>19</b>	<b>2278</b>	<b>5147</b>	<b>44%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>2278</b>	<b>0</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------





# Joey Moidl

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1161	1704	68%	~	~	~	~	12:02	82	49	~	~	~	~	~
Junior	2	203	359	57%	~	~	~	~	11:24	~	~	~	~	~	~	~
Sophomore	6	874	2030	43%	~	~	~	~	13:04	163	56	~	~	~	~	~
Freshman	5	642	1358	47%	~	~	~	~	12:28	103	96	~	222 R	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>19</b>	<b>2880</b>	<b>5451</b>	<b>53%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>2880</b>	<b>0</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------



# Cam Nagle

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	5	755	1218	62%	~	~	~	~	12:23	106	77	~	~	~	~	~
Junior	1	149	240	62%	~	~	~	~	11:40	~	~	~	~	~	~	~
Sophomore	7	724	2339	31%	~	~	~	~	13:10	157	64	~	239 R	~	~	~
Freshman	7	842	2378	35%	~	~	~	~	13:19	140	107	~	232 R	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>20</b>	<b>2470</b>	<b>6175</b>	<b>40%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>2470</b>	<b>0</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------



# Alec Olson

## Career Honors

Team Captain: 2021

Letterwinner: 2021

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1378	1472	94%	1	99	171	58%	10:45	6	7	~	74 O	~	5	~
Junior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Sophomore	7	1899	2339	81%	~	~	~	~	11:19	17	27	~	84 R	~	2	~
Freshman	5	912	1193	76%	~	~	~	~	12:14	51	44	~	~	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>18</b>	<b>4189</b>	<b>5004</b>	<b>84%</b>	<b>1</b>	<b>99</b>	<b>171</b>	<b>58%</b>	<b>Victory Shoes</b>	<b>4288</b>	<b>7</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	-----------	------------	------------	----------------------	-------------	----------	----------

I don't think words can properly describe how grateful I am to be able to have been a part of cross country. I remember my first day of practice in middle school, feeling absolutely exhausted at the end of a thirty minute run. It's amazing to think how far I have come since then. The great thing about our sport is that there is a place for everybody. It didn't matter how slow I was at the beginning. The coaches worked with every one of us to help us grow as athletes, and for that, I am truly thankful. It's no coincidence that Wayzata consistently has one of - if not the - deepest teams in the state. It's a testament to the hard work of the coaches as well as the dedication of everyone on the team. We all have others to push ourselves against, and this competition fuels enormous growth in our fitness every year.

That is what I am grateful for. I only raced on varsity once, and there were plenty of younger guys beating me every race. But I am thankful for the constant opportunity to grow and test myself. We all run for the team, but the only true competition we ever have is with ourselves. Cross country has been my favorite part of each fall, and although autumn will never be the same again, I am thankful for all the friends, memories, and the improvement I have made along the way.

Thanks. --Alec



# Vansh Sharma

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	963	1704	57%	~	~	~	~	~	122	74	~	~	~	~	~
Junior	2	64	359	18%	~	~	~	~	13:03	~	~	~	~	~	~	~
Sophomore	6	456	2030	22%	~	~	~	~	13:18	228	102	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>14</b>	<b>1483</b>	<b>4093</b>	<b>36%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>1483</b>	<b>0</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------





# Connor von Holdt

## Career Honors

Team Captain: 2021

Letterwinner: 2018-21

All-Conference: 2019, 2020 (HM)

High Point Man: 2019

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	2	358	408	88%	4	718	981	73%	10:01	~	2	~	50 O	~	3	~
Junior	~	~	~	~	6	431	623	69%	~	<b>22</b>	<b>31</b>	<b>92</b>	~	~	2	~
Sophomore	~	~	~	~	7	821	1253	66%	10:05	<b>18</b>	<b>25</b>	~	<b>200</b>	~	4	~
Freshman	5	1765	1930	91%	2	61	122	50%	10:29	<b>31</b>	2	~	23 R	~	3	~

Bolded Results are Varsity

Career	7	2123	2338	91%	19	2031	2979	68%	Victory Shoes	4154	12	0
--------	---	------	------	-----	----	------	------	-----	---------------	------	----	---



# Jonathan Walker

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1596	1704	94%	~	~	~	~	11:04	27	24	~	~	~	3	~
Junior	2	263	359	73%	~	~	~	~	10:55	~	~	~	~	~	~	~
Sophomore	7	2046	2785	73%	~	~	~	~	11:27	123	41	~	~	~	~	~
Freshman	7	1397	2378	59%	~	~	~	~	11:28	97	124	~	196 R	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>22</b>	<b>5302</b>	<b>7226</b>	<b>73%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>Victory Shoes</b>	<b>5302</b>	<b>3</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------



# Connor Whealy

## Career Honors

Team Captain: 2021

Letterwinner: 2021

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	7	1613	1958	82%	~	~	~	~	11:01	21	33	~	185	~	1	~
Junior	1	78	119	66%	~	~	~	~	11:29	~	~	~	~	~	~	~
Sophomore	6	1419	2154	66%	~	~	~	~	10:59	66	53	~	204 R	~	~	~
Freshman	7	1461	2378	61%	~	~	~	~	11:45	136	37	~	171 R	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>21</b>	<b>4571</b>	<b>6609</b>	<b>69%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>4571</b>	<b>1</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------

Running cross country was barely a choice for me as I had to carry on the legacy my dad left for me. However, it would've been an easy decision if I had known what the next six years would look like. Between meeting new people every season, beating personal bests, and watching Kaster fall through the ice, running for Wayzata has been a great experience and has developed me physically and as a teammate and person. Although a tough race or workout will come around every once in a while, getting through the obstacles is completely worth it and will make you a much better runner for it. The friendships I made with people I would've otherwise never known made the experience that much better. I never believed the coaches at first when they said practice would be the highlight of a normal school day, but you don't realize how much fun you had until it's over.

Thanks. Connor Whealy



# Alex Williams

## Career Honors

Team Captain: 2021

Letterwinner: 2021

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1310	1716	76%	~	~	~	~	11:12	55	32	~	164 O	~	~	~
Junior	1	148	240	62%	~	~	~	~	11:07	~	~	~	~	~	~	~
Sophomore	8	2386	3094	77%	~	~	~	~	10:51	44	32	~	137 R	~	1	~
Freshman	7	1771	2378	74%	~	~	~	~	11:24	30	15	~	122 R	~	1	~

**Bolded Results are Varsity**

<b>Career</b>	<b>22</b>	<b>5615</b>	<b>7428</b>	<b>76%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>5615</b>	<b>2</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------





# Arthur Zheng

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	6	1477	1704	87%	~	~	~	~	11:33	54	38	~	~	~	1	~
Junior	2	213	359	59%	~	~	~	~	11:47	~	~	~	~	~	~	~
Sophomore	6	881	2030	43%	~	~	~	~	12:35	98	65	~	258 R	~	~	~
Freshman	4	522	1072	49%	~	~	~	~	12:59	127	122	~	~	~	~	~

**Bolded Results are Varsity**

<b>Career</b>	<b>18</b>	<b>3093</b>	<b>5165</b>	<b>60%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>	<b>Victory Shoes</b>	<b>3093</b>	<b>1</b>	<b>0</b>
---------------	-----------	-------------	-------------	------------	----------	----------	----------	----------	----------------------	-------------	----------	----------



# Matt Harries

## Career Honors

Letterwinner: 2018-20

All Conference HM: 2018

	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~	~
Junior	1	115	119	97%	~	~	~	~	~	~	~	~	~	~	1	~
Sophomore	2	441	498	89%	3	124	345	36%	~	~	3	~	56 O	~	1	~
Freshman	3	1476	1547	95%	2	44	78	56%	10:06	<b>27</b>	1	~	19 O	~	3	1

**Bolded Results are Varsity**

<i>Career</i>	<b>6</b>	<b>2032</b>	<b>2164</b>	<b>94%</b>	<b>5</b>	<b>168</b>	<b>423</b>	<b>40%</b>	<i>Victory Shoes</i>	<b>2200</b>	<b>5</b>	<b>1</b>
---------------	----------	-------------	-------------	------------	----------	------------	------------	------------	----------------------	-------------	----------	----------

