

**PLANO HIGH SCHOOL CROSS COUNTRY RESULTS**  
**WOODRUFF INVITATIONAL 9-11-10**

	<b>1 MILE SPLIT/PL.</b>	<b>2 MILE SPLIT/PL.</b>	<b>3 MILE SPLIT/PL.</b>	<b>IMPROVED AVG.</b>
Adam * <b>SPR</b>	5:20 S/F: 1:00	11:00 5:40	17:09/73 6:09	5:43
Max * <b>LPR</b>	5:36 S/F: 27	11:35 5:59	17:45/110 6:10	5:55
Mike M. * <b>SPR</b>	5:36 S/F: 25	11:40 6:04	18:01/123 6:23	6:00
DeBolt * <b>SPR</b>	5:40 S/F:	11:45 6:05	18:04/127 6:19	6:01
Luke	6:07 S/F: 40	12:40 6:33	19:22/198 6:42	6:27
Fonz * <b>SPR</b>	6:07 S/F: 1:10	13:15 7:08	20:41/236 7:26	6:54
Martin	7:38	?	WRONG TURN WHOOPS ☺	
Lizy * <b>SPR</b>	6:22 S/F: 56	13:40 7:18	20:49/64 7:09	6:57

**Total Runners Varsity**                      **2010 3-4**  
 Girls 26                      Boys 42

**Team Results**                                      **17 OF 39 Teams**

Marquette	190
A.C.	281
Byron	323
R.C.	329
Westmont	333
Winnebago	440
Latin	443
<b>PLANO</b>	<b>477</b>

1-5 split NA

*"Kids are different now, but as a coach you learn to adjust to that. My coaching theory is that it's not the workouts you give them. It's the relationship you have with your athletes. They don't care if you're an Olympic coach or a Rhodes scholar or a physiologist. They don't want to hear about it until they find out you care about them." - Joe Newton*