

PLANO HIGH SCHOOL CROSS COUNTRY RESULTS
BUREAU VALLEY INVITE SAT. SEPT 18TH 2010

	1 MILE SPLIT/PL.	2 MILE SPLIT/PL.	3 MILE SPLIT/PL.	IMPROVED AVG.
Brandon *SPR	5:19 S/F:40	11:18 5:59	17:07/19 5:49	5:42
Adam	5:21 S/F:48	11:30 6:09	17:24/28 5:54	5:48
Max	5:51 S/F:24	12:06 6:15	18:16/75 6:10	6:05
Mike	5:50 S/F:36	12:16 6:26	18:37/90 6:21	6:12
DeBolt	5:57 S/F:31	12:25 6:28	18:38/91 6:13	6:13
Luke	6:11 S/F:30	12:52 6:41	18:58/104 6:06	6:19
Fonz *SPR	6:22 S/F:48	13:32 7:10	20:29/150 6:57	6:50
Karson *SPR	6:16 S/F:55	13:27 7:11	20:22/28 6:55	6:47
Lizy	6:29 S/F:1:05	14:03 7:34	21:25/55 7:22	7:08
Johnson *SPR	?	?	22:32/21	
Marshal *LPR	?	?	22:44/27	
Droysen *LPR	?	?	23:12/31	
Jose *LPR	?	?	23:24/32	
Sam *SPR	?	?	23:32/35	

Varsity Boys	Girls	Open
199	209	75

Team Results **10 of 26 full Teams, 36 schools**

1 Marquette	87
2 Rock Falls	105
3 Bureau Valley	110
4 Sterling Newman	198
6 AC	210
7 Hall	224
9 Princeton	273
10 Erie	275
10 Plano	275 (Miller, Morello, Morello, Miller, DeBolt, Romano, Macias)

"Johnson, If you go out hard, keep your damn position, if you got out slow, move up during the race, if you go out and fall behind, work harder in practice and regardless of how you want to race compete in the damn race."

-Jamie Palmer Plano Cross Country Coach 2001