

2010 PANTHER CROSS COUNTRY

The 2010 cross country season saw a decrease of 6 in the total number of participants, with both the boys and girls fielding full teams. Twenty-eight athletes in grades 7-12 participated. The breakdown was 14 girls (no change from 2009) and 14 boys (a decrease of 6 from 2009). There was one senior girl (Crystal Hovland) and four senior boys (Eric Kuntz, Tyler Larson, Garrett Thompson, and Wyatt Thompson).

The teams participated in 13 meets. The varsity girls won 4 meets and finished in the top five as a team 11 times. The girls were Region Champion for the first time since 2005 and for the ninth time in school history, and State Champion for the first time in school history. This is the first time since 2006 they finished in the top five at State and the eleventh time in school history. The varsity boys won 5 meets and finished in the top five as a team 12 times. The boys were Region Champion for the third consecutive year and for the third time in school history, and State Runner-Up for the second time in school history and the second time in the last three years. This is the sixth year in a row that the boys team has finished in the top 5 at State and the eighth time in school history.

The girls placed five runners on the All-Region team (Chandra Yankton - runner-up - 3rd year, Sydney Kraft - 5th - 4th year, Lauren Christenson - 7th - 1st year, Crystal Hovland - 16th - 4th year, Shanaya Fred - 18th - 1st year) and five runners on the All-State team (Chandra Yankton - runner-up - 3rd year, Sydney Kraft - 6th - 4th year - first girl in Rugby school history to be all-state 4 times, Lauren Christenson - 12th - 1st year, Crystal Hovland - 15th - 1st year, Shanaya Fred - 20th - 1st year). The boys had five All-Region runners (Erik Wangler - 3rd - 3rd year, Garrett Thompson - 5th - 3rd year, Kyle Volk - 6th - 4th year, Andrew Hershey - 9th - 1st year, Wyatt Thompson - 12th - 2nd year) and three runners on the All-State team (Erik Wangler - 5th - 3rd year, Garrett Thompson - 6th - 1st year, Kyle Volk - 14th - 3rd year). Garrett Thompson was chosen as one of the East Region nominees for the State Outstanding Senior Cross Country Athlete of the Year award. This is the first year in school history that both the boys and girls were Region Champion and the highest combined finish at the state meet (Girls - Champion, Boys - Runner-Up).

An elementary race was run at the 17th Annual Rugby Booster Club Invitational for the 12th straight year. 17 girls and 13 boys from Rugby participated in the elementary race of 1600 meters which was open to all the schools that attended the meet. A total of 58 girls and 51 boys ran in the races. Brooke Radomski was the top Rugby elementary girl finishing in 20th place. Jaden Hamilton was the top Rugby elementary boy finishing in 15th place.

Head Coach Bill Jansen

AWARDS

	<u>Girls</u>	<u>Boys</u>
Most Valuable.....	Chandra Yankton (Freshman)	Garrett Thompson (Senior) Erik Wangler (Junior)
Most Dedicated	Crystal Hovland (Senior) Sydney Kraft (Junior)	Garrett Thompson (Senior) Erik Wangler (Junior) Andrew Hershey (Junior)
Most Improved.....	Camille Klein (8th Grade) Lauren Christenson (7th Grade)	Taylor DeMers (Junior) Andrew Hershey (Junior)

LETTER WINNERS

<u>Girls</u>	<u>Boys</u>
Crystal Hovland - Senior (6 years)	Eric Kuntz - Senior (4 years)
Paxton Klein - Junior (2 years)	Tyler Larson - Senior (3 years)
Sydney Kraft - Junior (4 years)	Garrett Thompson - Senior (5 years)
Aubrey Hovland - Sophomore (3 years)	Wyatt Thompson - Senior (5 years)
Shanaya Fred - Freshman (1 year)	Taylor DeMers - Junior (3 years)
Cassandra Jaeger - Freshman (1 year)	Andrew Hershey - Junior (3 years)
Kayla Voeller - Freshman (2 years)	Kyle Volk - Junior (5 years)
Chandra Yankton - Freshman (1 year)	Erik Wangler - Junior (4 years)
Allison Foster - 8th Grade (1 year)	Kyle Halvorson - Sophomore (3 years)
McKenzie Johnson - 8th Grade (1 year)	Xylan Fly - Freshman (1 year)
Camille Klein - 8th Grade (1 year)	Chris Hamilton - Freshman (2 years)
Alexis Thompson - 8th Grade (1 year)	Tanner Bernhardt - 8th Grade (2 years)
Lauren Christenson - 7th Grade (1 year)	

Non-Lettering Participants - Canya Fly - 8th Grade
Nolan Hovland - 8th Grade
Noah Kraft - 8th Grade