

MEN'S CROSS COUNTRY

DAKOTA QUALIFIES TO THE STATE FINALS WITH A RUNNER UP FINISH TO ROMEO BY 8 POINTS. THIS IS THE 4TH TEAM TO QUALIFY TO THE FINALS AND FIRST SINCE 2016. THREE MEN EARNED ALL-REGION HONORS, CARTER FOX, SIMON DAVIS, AND COLTON HOWELL.

LEADING THE TEAM WAS CARTER FOX WITH A TIME OF 16:29 (3RD) AND SIMON DAVIS 16:53 (7TH). OLIVER DAVIS AND JOE KALETO LEAD THE JV RUNNERS TO A RUNNER UP FINISH!!

SEASON BEST TIMES WERE RUN BY IAN FLECHSIG AND BRADEN GARRISH ON THE MUDDY COURSE ON AN UNSEASONABLY HOT DAY.

WOMEN'S CROSS COUNTRY

DAKOTA PLACED 3RD AND QUALIFIED AS A TEAM TO THE STATE FINALS FOR THE 3RD CONSECUTIVE YEAR! THREE WOMEN EARNED ALL-REGION HONORS, JAYDEN HARBERTS, MARIAH BELMONT, AND LIDIA CLANCY.

LEADING THE TEAM WAS JAYDEN HARBERTS IN A TIME OF 18:31 (2ND) AND MARIAH BELMONT 19:44 (8TH). LEADING THE JV GIRLS WAS KAITLYN RIZZO AND JENNA BILLINGS. THE JV SQUAD PLACED 5TH.

SEASON BEST TIMES WERE RUN BY AMY NEUMANN ON THE SLOW AND MUDDY COURSE.

MEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MHSAA REGIONAL MEET

NOAH REDMAN-1 1



NOAH'S 23RD PLACE PERFORMANCE HELPED THE TEAM QUALIFY TO THE STATE FINALS. HE WAS WITHING 26 SECONDS OF HIS PERSONAL BEST TIME, THE CLOSEST OF ANY VARSITY RUNNER.

MEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MHSAA REGIONAL MEET

IAN FLECHSIG-1 1



IAN RAN A SEASON BEST TIME BY 39 SECONDS, IGNORING THE SLOPPY COURSE AND PLETHORA OF EXTRA RUNNERS ON THE COURSE.

MEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MHSAA REGIONAL MEET

LUKE KLOCHACK-1 1



LUKE RAN AN AGGRESSIVE RACE DESPITE THE MUDDY CONDITIONS AND THE NEED TO PASS LAPPED GIRLS IN THE RACE. HE WAS WITHING 53 SEC OF HIS SEASON BEST TIME!

WOMEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MHSAA REGIONAL MEET

RYANN SMITKA-10



RYANN RAN WITHIN 26 SECONDS OF HER PERSONAL BEST TIME. HER PERFORMANCE PLACED HER 25TH OVERALL AND HELPED THE TEAM QUALIFY TO THE STATE FINALS.

WOMEN'S XC

ATHLETE OF THE MEET

DAKOTA AT THE MHSAA REGIONAL MEET

AMY NEUMANN - 1 1



AMY RAN HER SEASON BEST TIME BY 22 SECONDS. SHE WAS ONLY ONE OF 3 DAKOTA RUNNERS TO DO SO ON THE MUDDY COURSE.