

# TOPSAIL HIGH SCHOOL



## PIRATES

### Cross Country

## 2020

# Topsail High School Cross Country 2020

## Basic Team Information

**Men's Head Coach:** Wayne Rogers

Email: wayne\_rogers@pender.k12.nc.us

**Women's Head Coach:** William Dorn

Email: william\_dorn@pender.k12.nc.us

Phone: (910) 444-1735

**Assistant Coach:** Jamie Franceschini

Practice Times: Monday-Friday 3:50-5:20 (Some Saturday Mornings)

Practice Meeting Place: THS Track

**Athletic Director:** Chuck Kornegay

Email: charles\_kornegay@pender.k12.nc.us

Phone: (910) 270-2755

**Remind Account:** [remind.com/join/topsailcc](https://remind.com/join/topsailcc)

**Team Website:** Found at [topsailathletics.com](https://topsailathletics.com)

## Basic Information about Cross Country

Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain. The course, typically 4–12 kilometers (2.5–7.5 mi) long, may include surfaces of grass and earth, pass through woodlands and open country, and include hills, flat ground and sometimes gravel road. It is both an individual and a team sport; runners are judged on individual times and a points-scoring method for teams. Both men and women of all ages compete in cross country, which usually takes place during autumn and winter, and can include weather conditions of rain, sleet, snow or hail, and a wide range of temperatures. (Wikipedia)

In high school, generally all cross country races are 5000 meters (5 kilometers or 3.1 miles), and all competitors will run the same race. Men and women will run separately and although we practice as one team, the men's and women's teams are considered separate. In order to determine the winning teams, the top five runners from each team will receive a score based on what place he/she finishes the race. For example the 1<sup>st</sup> place runner will receive 1 point, 2<sup>nd</sup>-2 points, 3<sup>rd</sup>-3 points, 4<sup>th</sup>-4 points, 5<sup>th</sup>-5 points, then those 5 places are added together and the team with the lowest score wins the meet.

# Topsail Cross Country Rules

1. Don't let your teammates down
2. Show respect towards yourself, teammates, coaches, captains officials, opponents, & fans
3. Abide by the team's Athlete expectations

## Topsail Cross Country Team Expectations

1. You will not be dismissed from the team because of athletic abilities
2. Personal performance is highly stressed. You are expected to give this sport 100% of your effort while you are participating. What place you finish in a race is not as important as how you ran the race. Improving on your times makes you a winner
3. Every team member is important!
4. Your team rank at the end of last year means nothing this year! You must earn your rank on this year's team. If a younger, less experienced runner is beating you, you better work harder.

**Attendance:** When it comes to attendance, we as coaches believe it would be unfair to allow athletes who do not show up for practice to compete over athletes that are at practice. Therefore, the standard will be any unexcused absence in the week prior to a meet and the athlete will lose his/her spot to the next runner in terms of rank. We understand that these are trying times and that difficulties arise, especially with athletes not being in school every day. Therefore it is imperative that athletes communicate with us coaches, in advance, any time they will be absent from practice. Athletes should contact us directly, and not send word through another athlete. This year, we will also not take any athletes to meets if they are unable to run the full 5K without stopping or walking.

### **Excused Tardies/Absences**

- Tutoring-Must still come to practice with a note from teacher stating when you finished
- Doctor's appointment
- Illness/injury
- Family emergency

### **Unexcused Tardies/Absences**

- Anything not listed as excused, such as:
- Not feeling like practicing
- Hair appointments
- Club meetings
- Work
- Couldn't get a ride/had to babysit
- Too much homework
- Family vacations
- Inability to tell time
- Not having clothes/shoes will not be an excuse

## **Punctuality**

We show respect for our fellow teammates' and coaches' time by showing up on time.

- Practice begins at 3:50
  - Athletes are expected to be dressed and ready to practice, on the track ready to warm up at 3:50
  - At 4:00 athletes are expected to begin warmups without being told
  - Tardies will not be tolerated
  - You will not wait until the last minute to get ready for practice. If you want time to socialize before practice, get ready & then socialize
- Practice ends at 5:20
- Athletes are expected to stay until the end of practice
- The day before a meet, the coaches will let you know what time to release from class and what time to be on the bus
- DO NOT BE THE LAST ATHLETE TO REPORT TO PRACTICE OR THE BUS-There may be consequences

## **Hydration**

1. You must drink water throughout the day. This is very important to help prevent serious problems at practice and meets
2. You will limit/cut out soft drinks, and stick with water and sports drinks (Mostly water)
3. No orange juice or milk before practice/meets. It will come back up!

**Nutrition tips:** Eat a healthy breakfast AND lunch every day. You will be withheld from participation if you are not fueling your body. More tips on healthy eating can be found on pages 9-10.

**Sleep:** We will get 8 hours minimum of sleep! That is when your body recovers from workouts

**Icing:** Ice your legs every day after practice and meets. Start icing before you start to feel aches, pains, or injuries.

## **Etiquette and safety on our long practice runs**

Safety is our top priority and we will help each other adhere to the following rules:

1. Always run facing traffic, never with oncoming cars at your back. You must see the cars before they get to you.
2. Slide to the left as far as possible (Single file if necessary) to allow cars to safely pass by you. We will not bunch up on the road and make cars go around us.
3. Running with your cell phone is allowed, however, you cannot run with earphones or music so loud that you cannot hear your surroundings.
4. We are guests running in our neighboring communities and we will do nothing that will embarrass ourselves, our team, our school, or our families.

## **COVID Protocols for Practices**

1. All athletes and coaches must have their temperature taken and answer questions about COVID symptoms before every practice.
2. Athletes that answer yes to any of the screening questions or have a fever above 99.9 F must leave practice and cannot return until they have been evaluated by a doctor. There are forms that must be completed by doctors to be able to return to athletics that we will email if they are needed.
3. All athletes and coaches must keep their masks on, covering their mouth and nose unless they are actively running.
4. Everyone at practice must maintain 6 ft of distance from all others, at all times.
5. Athletes will be divided into "Pods" of 5-10 athletes for all times when they are not running. Athletes must stay at least 20 ft away from all other pods.
6. No sharing of personal items or physical contact at any time
7. Wash hands or use hand sanitizer frequently.
8. Any athlete with a fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea should not attend until cleared by a doctor as being Covid-19 negative and symptom free or being declared ready to return by a doctor
9. Athletes must provide their own water for practice, Coaches will only provide water at the halfway mark on our course. Athletes must bring at least 32 Ounces of water to practice and will not be allowed to run if they do not.
10. Carpooling among athletes that do not live in the same household is heavily discouraged
11. All other health/safety guidelines for running Cross Country will still be in place

## **Leadership**

Selected captains have the special responsibility to lead stretching groups, manage groups for workouts, and pass along coaching instructions to team members. When coaches are not present, captains speak for them in terms of instructions or discipline. However, all athletes have the responsibility to demonstrate leadership in their own way, especially by their example of hard work. Ultimately, the team succeeds or fails based upon how much each runner claims for him/herself the habits and attitudes of a champion. To be eligible to be selected captain, you must complete an online captain's course that Coach Dorn will send to you. Captains will be required to arrive to practice early and stay late.

## Team Uniforms

Uniforms will be issued before the date of the first meet. They are your responsibility to keep and maintain. If your uniform is lost or damaged, you need to inform your head coach immediately.

**All uniforms must be turned in THE NEXT SCHOOL DAY after your last meet.** If you do not return your uniform or if it is turned in damaged, you will be charged to replace it.

At meets, you must wear your school issued or approved uniform and follow all rules regarding uniforms.

1. The competitor's uniform shall be worn as intended by the manufacturer, meaning you cannot tie knots, roll the waist band, add anything to the uniform, etc.
2. Each competitor shall wear shoes
3. The top must be tucked into the bottom
4. Unadorned (meaning no design on them) bobby pins, barrettes, hair clips no longer than 2 inches, or hair ties may be used to control a competitor's hair
5. Competitor's may wear jewelry, but as a team we will not allow large pieces of jewelry that could be dangerous
6. Headgear (hats, bandanas, visors, sweat bands, etc.) is not allowed
7. Removing any part of the team uniform, excluding shoes, while in the area of competition is illegal
8. You are allowed to wear tights/compression shorts/t-shirts/long sleeve shirts under the uniform, but as a team, the only colors allowed are solid black.
9. Watches are encouraged but GPS watches are not allowed in competition
10. Do not leave your uniform behind and forget about it. Athletes who leave their uniforms behind (on the bus or team site) will not run in the next meet.

**Breaking these rules can lead to you being disqualified from events and possibly the meet.**

## Meets

You will show good sportsmanship at all of our meets. This includes congratulating fellow competitors on their run. This not only reflects well on you as an athlete, but it also reflects well on our team and school.

### **Transportation:**

1. Speakers are not allowed on the bus, headphones only
2. You may ride home with your parents/guardians from meets. Parents must sign you out and athletes must say bye to the coaches before leaving
3. See below for more information regarding COVID protocols and transportation

### **Invitational Running Standards:** Invitationals are typically on Saturdays

1. Female athletes must run a 5K race under 28:20 to be considered for any Saturday invitational
2. Male athletes must run a 5K race under 22:30 to be considered for any Saturday invitational

### **COVID Protocols for Meets:**

1. Who runs at meets will be determined by current team rank and attendance at practice
2. There will be two levels on the team based strictly on team rank: Varsity (Top 7, sometimes Top 9) and JV (8<sup>th</sup> and higher). Some meets will be Varsity only, some will be JV only, and some will be Varsity and JV. At meets with 4 total schools, we will only be allowed to run 7 runners per race, at meets with 3 schools we can run 9 and at meets with 2 schools we can run 14. At the end of the packet there is a schedule that tells which athletes will run each meet by rank. We will try our best to have every athlete run at least 3-4 meets, however nothing can be certain in this season.
3. These restrictions will apply only to regular season meets--Conference, Regional, and State Championships will be run by our Top 7 Varsity runners only. Again, any athlete can make the Varsity team if his/her times are in the top 7.
4. At meets with both JV and Varsity competing. NCHSAA rules state that we must clear the facility of all non-competing runners before the next race can start. Unfortunately, this means that our athletes won't really be able to be spectators for their teammates.
5. Parents are encouraged to provide transportation for their athletes this year and take them home when they finish running. We will of course provide buses for all athletes but if parents provide transportation, it will help with social distancing. We will send out surveys using Google Forms before each meet, to find out if athletes will need to ride the bus or if they will ride with parents. Be on the lookout for those.
6. Parents must fill out the "Transportation in a Privately Owned Vehicle Permission Form" to be allowed to provide transportation for their children to meets. (When COVID restrictions end, athletes will be required to ride the bus to meets)
7. Athletes that do not have transportation will have to wait on the bus, socially distanced and with masks on, until it is their turn to run and after they finish running. The point of this is to make sure athletes have as little contact as possible with students from other schools.
8. All coaches, officials, athletes not currently competing and spectators must wear cloth masks that cover the mouth and nose at all times during the meet.
9. Spectators must maintain at least 6 ft of distance from others at all times. We are going to ask that our fans keep more distance than that from people not in your household as this will set a good example and help make sure that fans are allowed at meets. We don't want pictures of our meets that make it seem as if we are not following guidelines.
10. Host schools are allowed to place additional restrictions on spectators, we will release those as we get them.
11. Host schools are allowed to designate meets as "no spectator meets" if they believe social distancing will be too difficult.
12. The start/finish areas are designated "no spectator" zones, please watch those from afar. This year, only athletes and coaches will be allowed in the team tent area.

## Health and Injuries

Avoiding injury starts with sticking to healthy habits: drinking plenty of water, eating healthy foods, getting adequate rest, replacing shoes often, following coaches' instructions on rest and recovery, conscientious stretching and good hygiene. During the school year, good diet and sleep habits can be hard to maintain. Realistically, sacrifices have to be made if you are to succeed. Eliminating fast foods, soda and empty calories, getting ahead of your school work to avoid last minute stress, and choosing to give up some social activities when you know you need rest or time to study are some of the sacrifices good athletes make to protect their health.

Minor injuries and aches and pains are an inescapable part of running. When a runner develops something beyond the level of a normal ache or pain, he/she should let either Coach Dorn or Coach Rogers know. Athletes are not automatically excused from practice or their daily commitment to the team because of a suspected injury. You need to report to practice either way for evaluation.

**The Difference between *Stamina* vs. *Endurance***-People use these words without much thought when talking about athletics and many think they are the same. This could not be further from the truth. *Stamina* is how far an athlete can go before performance suffers. *Endurance* refers to how long an athlete can endure pain and still give his/her best effort. Cross Country is an *Endurance* sport and the winner is usually whoever can take the most pain. *Endurance* is built by putting in miles, and choosing to endure pain rather than hiding from it. As you build your endurance, your stamina will increase as well, and it will take running faster and farther before you tire.

### **Difference between Pain, Sore, Hurt, & Injured**

**Pain**-Running and working out is painful. When you run or workout, your muscles may feel on fire and you'll get cramps in your side. These are normal, push through them.

**Sore**-Result of working out. When you work out, you put tiny tears in your muscles and as they repair, they grow back stronger. Proper warm ups/cool downs, easy running, good nutrition, and ice will help soreness go away. It is fine to run while sore. If you are sore, you need to ice the affected area for 15 minutes every 2 hours.

**Hurt**-Injury due to something outside of running injuries. This can be a twisted ankle, bump on the knee, or a concussion. These injuries need to be evaluated on a case by case basis to determine if running is appropriate. With concussions, a doctor must clear you before returning to running. With most other cases of being hurt, a general rule is that if the injury does not affect your running form, it is probably OK to run.

**Injured**-These are overuse injuries caused by running (usually with bad form). These need to be evaluated on a case by case basis as well. Proper warm ups/cool downs, good nutrition, running with good form, and plenty of sleep at night will prevent these types of injuries. Also, avoid overworking and running the exact same course all the time. If you get a running injury, RICE (Rest, Ice, Compression, Elevation) is the key to curing most of them.



## Living a Healthy Athletic Lifestyle

- \_\_\_ Never skip breakfast-It is absolutely the most important meal of the day for athletes
- \_\_\_ Never skip lunch or supper-Food is what gives you the energy to compete and work out and helps your muscles recover and grow back stronger
- \_\_\_ Bring a healthy snack to eat immediately after practice-this will help your muscles recover from your workout
- \_\_\_ Eat dinner within 2½ hours of practice ending-will help your muscles recover
- \_\_\_ Drink at least 32 ounces of water before practice & meets and bring your water bottle to practice and at least 64 ounces total during the day
- \_\_\_ Eat meat, soy, dairy, nuts, rice & beans together, beans and corn together for protein-your muscles are made of protein
- \_\_\_ Eat grains (potatoes, pasta, bread, corn, rice) for complex carbohydrates-give you energy
- \_\_\_ Eat lots of fruits and vegetables-Vitamins and minerals to keep your body working properly
- \_\_\_ Eat red meat (beef, pork, venison, etc.) 3-4 times per week-for iron, which is the part of your blood that carries oxygen
- \_\_\_ Get your iron levels checked at the doctor's office (especially if you are a female athlete)-they can tell you if you need an iron supplement, don't take one without a doctor's order
- \_\_\_ Make sure you are getting calcium either from dairy or other sources and getting sunlight for Vitamin D-calcium makes your bones strong to prevent injury and your body can't process calcium without Vitamin D
- \_\_\_ Get Vitamin C from citrus fruits, sweet or hot peppers, and tomatoes-Vitamin C helps your immune system prevent illness
- \_\_\_ If cleared by your doctor or parent, take a multivitamin to supplement the vitamins and minerals you might be missing in your diet
- \_\_\_ Avoid caffeine-it messes up your sleep schedule and can cause dehydration
- \_\_\_ Limit or avoid empty calories-these are junk foods that fill you up or taste good but don't give you any nutrients that your body needs, these are usually the cause of unwanted weight gain and health problems down the road
- \_\_\_ Limit fried food (hard to digest), simple sugars (sugar gives you short bursts of energy, which is not good for athletes who need constant energy, too much of it can also lead to diabetes), Trans Fats & Saturated Fats (Trans fats are the ones that can lead to heart disease and diabetes, too many saturated fats are not good for you)
- \_\_\_ Don't worry too much about unsaturated fats, your body needs a certain amount of fat and fat does not directly cause weight gain
- \_\_\_ NEVER use tobacco, e-cigarettes, alcohol, and illicit drugs-these are all detrimental to your training and will jeopardize your place on the team

\_\_\_Go to bed at the same time each night and wake up at the same time each morning-will help you develop good sleep habits & deep sleep at night is when your muscles recover

\_\_\_Sleep 8-9 hours per night-during deep sleep at night is when your muscles recover, naps don't do a lot for muscle recovery

\_\_\_Don't take naps or drink caffeine after 3 pm-messes up your sleep schedule

\_\_\_Don't take naps that last longer than 90 minutes-messes up sleep schedule

\_\_\_Avoid looking at phone, computer, or TV screens in the hour before going to bed-the blue light from those screens can make it hard to fall asleep

\_\_\_Turn your phone on "Do not Disturb" before going to bed-if you are waking up for every notification, you aren't getting the deep sleep that your muscles and brain need

\_\_\_Never skip warm-ups or cool-downs-they are the most important part of the injury prevention that we do at practice

\_\_\_Use the rolling stick or foam roller after practice to massage sore muscles

\_\_\_Ice any sore muscles or injuries for 15 minutes every 2 hours-when you are injured or sore, there is swelling that causes pain and prevents healing, ice reduces the swelling and helps recovery

\_\_\_Practice good form while stretching, running, and performing exercises-bad and lazy form is the most common cause of overuse injuries

\_\_\_Avoid stress from school by staying ahead of your classwork and let Coach Dorn know if you are overly stressed-Mental stress can disrupt your sleep and muscle recovery so workouts can be adjusted to minimize stress

## **Important Rules to Remember for Cross Country Meets**

- You cannot move in the way of someone to block them from passing, this is interference & will result in disqualification
- You cannot intentionally make contact with another runner, & even unintentional contact can be called as interference
- You cannot receive assistance nor give assistance to another runner or it will result in disqualification (Includes: holding hands, helping someone who has fallen, having someone not in the race run alongside a runner)
- Athletes may help an injured runner without penalty as long as providing assistance does not help your own team—usually it's best to tell an adult who can provide aid, rather than trying to help an injured runner on your own
- You are allowed to receive water during a race
- If there are no qualified medical professionals around, you can give aid to an injured runner, however the best thing to do is keep running & tell a coach.
- You must wear the uniform correctly the entire time you are at the meet
- You cannot wear a GPS watch in meets
- You are not allowed to have electronics or headphones in the warm up or competition areas
- Stepping off course can result in disqualification
- You cannot false start (moving before the signal is given to begin the race)
- Taunting, profanity, unsportsmanlike behavior will result in disqualifications

## **Cross Country Varsity Letters**

1. To be awarded a Varsity Letter, a girl must break 24:00 twice and compete in at least 6 meets or be a member of the team for at least 2 years in a row and compete in at least 6 meets (meet requirement dropped for 2021 season).
2. To be awarded a Varsity Letter, a boy must break 19:30 twice and compete in at least 6 meets or be a member of the team for at least 2 years in a row and compete in at least 6 meets (meet requirement dropped for 2021 season).

## **Post Season: Championship Races**

1. Only 7 runners from each team will run the conference, regional, and state championship races. There will be one alternate chosen for each team. The alternate will go as far as the team goes.
2. The championship roster will be based on numerous factors including, but not limited to, meet goals for the team, the individual's attendance, effort, and current 5K running shape (an athlete should not have peaked for the season and is running slower than before)

## **What you Need for Cross Country**

- Running Shoes: At least one good pair of running shoes is essential for training & practice. When you go to buy shoes, go after a workout, and try on a bunch of different shoes & pick them based on comfort, not looks. Specialty running stores can take video of you running to get you the best shoe, or allow you to run on a treadmill in them to see if they're comfortable. Omega Sports & Fleet Feet in Wilmington offer these services. Basketball, tennis, or indoor soccer shoes will not work for cross country running.
- Water bottle: Get at least one water bottle that can be refilled & holds at least 20 ounces. Aim to drink at least 64 ounces per day, more if it's hot.
- Workout clothes: Make sure you check the weather each day to be prepared for practice
- Digital watch with stopwatch feature: These can be purchased for less than \$10 at Walmart
- Bag to carry your gear
- Spikes: Distance spikes are more flexible and have more heel padding than sprint spikes. They will help you perform at your best, but are optional for less experienced runners. We have replacement spikes for when yours get worn out
- GPS Watch: These are optional, but they will help you with pacing during practice & will keep a log of all your runs that we can use to track your progress

## **Milesplit**

**[nc.milesplit.com](http://nc.milesplit.com)**

All of our meet results will be posted to this website. You can also look up your personal stats & rankings. A lot of the milesplit features require a paid subscription, so if there's something you want to look up and you don't want to make a paid account, you can see me. You can create a free account and manage your own stats page on there as well.

# Topsail Cross Country-Team History & Records

## Women's Team State Champions-2007

Women's Conference Champions  
2005, 2006, 2007, 2008, 2017

Men's Conference Champions  
2005, 2008, 2012

Women's Regional Champions  
2005, 2006, 2007, 2008, 2017

Men's Regional Champions  
2005, 2007, 2009

Women's Regional Runner-Up  
2009

Men's Regional Runner-Up  
2006, 2008, 2012, 2014, 2015

### Women's Team Place by Year

	<u>State</u>	<u>Reg</u>	<u>Conf</u>	
2019	9	2	4	<b>3A</b>
2018	18	4	5	<b>3A</b>
2017	11	1	1	<b>3A</b>
2016		11	6	<b>3A</b>
2015		10	5	<b>3A</b>
2014		8	6	<b>3A</b>
2013		12	5	<b>3A</b>
2012	14	3	4	<b>2A</b>
2011	16	4	4	<b>2A</b>
2010	8	3	3	<b>2A</b>
2009	6	2	2	<b>2A</b>
2008	5	1	1	<b>1A</b>
2007	1	1	1	<b>1A</b>
2006	3	1	1	<b>1A</b>
2005	7	1	1	<b>1A</b>
2004	9	4	2	<b>1A</b>
2003				<b>1A</b>
2002				<b>1A</b>

### Men's Team Place by Year

	<u>State</u>	<u>Reg</u>	<u>Conf</u>
2019	19	3	4
2018		8	6
2017		9	5
2016		5	5
2015	6	2	2
2014	11	2	2
2013		6	3
2012	9	2	1
2011		7	4
2010		5	4
2009	14	1	2
2008	11	2	1
2007	12	1	2
2006	10	2	2
2005	8	1	1
2004	11	5	2
2003		7	2
2002	11	5	3

### Fastest Team Average

Women-19:38.13

Men-17:12.17

MEC Championships 10/24/2019

MEC Championships 10/25/2015

Kaitlyn Obremski, Makayla Obremski,  
Bailey Wells, Emma Martin,  
Skylar Libretto, Emma Huff, Lauren Pagans

Trent Pyrtle, Chad Campbell,  
Domineck Diabase, Jackson Moore,  
Matt Estrada, Eddie Wolford, Noah Dansby

# Topsail Cross Country-Individual Records & History

## School 5K Records

Women-Kaitlyn Obremski-17:30.95	Men-Chad Campbell-16.13.87
3A East Regionals 11/2/2019-1st Place	Jungle Run 9/3/2016-8th Place
Boyd Lee Park, Winterville, NC	South View HS, Hope Mills, NC

## Individual Honors at the State Championships

**Zatha Lowen:** All State Honors all four years she ran Cross Country for Topsail. She won the state title in 2006 & 2007. She placed 6<sup>th</sup> in 2008 and 2<sup>nd</sup> in 2009.

**Kaitlyn Obremski:** All State Honors with a 5<sup>th</sup> place finish in 2019

**Deirdre Heide:** All State Honors with a 7<sup>th</sup> place finish in 1990

**Patrick Ward:** All State Honors with a 4<sup>th</sup> place finish in 2005

## State Championship Time Records

Top 10 Runners at Present Site: Ivey Redmon Park, Kernersville, NC (2010-Present)

Women's Team	Men's Team
1. Kaitlyn Obremski-18:13.34 (2019)	1. Brady Woods-17:09 (2012)
2. Makayla Obremski-18:46.85 (2019)	2. Chad Campbell-17:14 (2015)
3. Isabella Bufalini-19:45 (2017)	3. Hans Loewen-17:22 (2011)
4. Autumn Brown-20:22 (2010)	4. Trent Pyrtle-17:29.5 (2015)
5. Bailey Wells-20:39.79 (2019)	5. Christian Dickens-17:39 (2014)
6. Emma Martin-21:14.36 (2019)	6. Travis Souza-17:40.85 (2019)
7. Skylar Libretto-21:22 (2017)	7. Domenick Dibiase-17:54 (2012)
8. Dayna Rogers-21:31 (2010)	8. Jackson Moore-17:59 (2015)
9. Emma Huff-21:33.13 (2019)	9. Matt Estrada-18:31 (2015)
10. Kersten Parrella-21:35.8 (2017)	10. Connor Martinez-18:33 (2012)

Top 10 Runners at any Site

Women's Team	Men's Team
1. Kaitlyn Obremski-18:13.34 (2019)	1. Jeremy Lazito-17:08 (1995)
2. Makayla Obremski-18:46.85 (2019)	2. Brady Woods-17:09 (2012)
3. Zatha Loewen-19:22 (2006)	3. Chad Campbell-17:14 (2015)
4. Isabella Bufalini-19:45 (2017)	4. Hans Loewen-17:22 (2011)
5. Autumn Brown-20:22 (2010)	5. Trent Pyrtle-17:29.5 (2015)
6. Bailey Wells-20:39.79 (2019)	6. Patrick Ward-17:29.9 (2005)
7. Emma Martin-21:14.36 (2019)	7. Christian Dickens-17:39 (2014)
8. Brittany Zinser-21:17 (2006)	8. Travis Souza-17:40.85 (2019)
9. Deirdre Heide-21:18 (1990)	9. Kevin Higdon-17:51 (2009)
10. Skylar Libretto-21:22 (2017)	10. Domenick Dibiase-17:54 (2012)

McAlpine Park, Charlotte: Up to 2001, Tanglewood Park, Clemmons: 2002-09

## Head Coaches

2002-2008	Julie Capps
2009-2011	Roy Brandenburg
2011-2018	Wayne Rogers
2019-Present	Wayne Rogers-Men, Wil Dorn-Women

## THS Cross Country Schedule-2020

<b>Date</b>	<b>Schools Participating</b>	<b>Host/Location</b>
<b>19-Nov</b>	<b>Varsity Quad Meets [7 runners/school]</b>	
3:30 PM	North Brunswick, South Brunswick, Topsail, West Brunswick	Northwest Park
	Varsity (1-7)	
<b>21-Nov</b>	<b>JV Quad Meets [1-3 races - 7 runners/ school]</b>	
8:00 AM	North Brunswick, South Brunswick, Topsail, West Brunswick	Northwest Park
	JV (8-14)	
<b>25-Nov</b>	<b>Varsity/JV Quad Meets [3-4 races - 7 runners/school]</b>	
8:00 AM	Laney, North Brunswick, West Brunswick, Topsail	Olsen Park
	Varsity (1-7)/JV (15-21)	
<b>1-Dec</b>	<b>JV Dual Meets [14 runners/school]</b>	
3:30 PM	West Brunswick, Topsail	Topsail
	JV (10-23)	
<b>3-Dec</b>	<b>Varsity Dual/Tri Meets [9 or 14 runners/school]</b>	
3:30 PM	Hoggard, New Hanover, Topsail	Long Leaf Park
	Varsity (1-9)	
<b>9-Dec</b>	<b>JV Dual Meets [14 runners/school]</b>	
3:30 PM	Ashley, Topsail	Veterans Park
	JV (8-21)	
<b>12-Dec</b>	<b>Varsity/JV Tri Meets [1-2 races - 9 runners/school]</b>	
9:00 AM	New Hanover, North Brunswick, Topsail	Topsail
	Varsity (1-9)/JV (10-16, 22, 23)	
<b>19-Dec</b>	<b>Varsity/JV Quad Meets [1-2 races - 7 runners/school]</b>	
9:00 AM	Ashley, Hoggard, Laney, Topsail	Long Leaf Park
	Varsity (1-7), JV (8-14)	
<b>23-Dec</b>	<b>JV Dual/Tri Meets [2-3 races, 9 or 14 runners/school]</b>	
9:00 AM	Laney, New Hanover, Topsail	Olsen Park
	JV (15-23)	
<b>29-Dec</b>	<b>Varsity Brunswick County Championships [7 runners/team]</b>	North Brunswick
<b>TBD</b>	JV (17-23)	
<b>7-Jan 2:30 PM</b>	<b>MEC Championship - Varsity [7 runners/team]</b>	Long Leaf Park
<b>16-Jan</b>	NCHSAA 3A/4A Regionals	
<b>23-Jan</b>	NCHSAA 3A/4A State Championships	

## **Cross Country Meet Locations**

North Brunswick: Northwest Park  
1937 Andrew Jackson HWY NE  
Leland, NC 28451

Laney: Olsen Park  
5510 Olsen Park Ln  
Wilmington, NC 28405

Topsail: Kiwanis Park  
586 Sloop Point Loop Rd.  
Hampstead, NC 28443

Hoggard: Long Leaf Park  
314 Pine Grove Dr.  
Wilmington, NC 28409

Ashley: Veteran's Park  
835 Halyburton Memorial Pkwy  
Wilmington, NC 28412

Regionals: Boyd Lee Park  
5184 Corey Rd.  
Greenville, NC 28590

States: Ivey Redmon Sports Complex  
808 Beeson Rd.  
Kernersville, NC 27284