## It's the course, of course: Lovejoy, McKinney North advance girls, boys to regional meet

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McKINNEY – Lovejoy and McKinney North left Myers Park Tuesday with the biggest haul of Class 5A Region II cross country qualifiers.

At the District 10-5A meet, both the Leopards and the Bulldogs managed to qualify their boys and girls programs for regionals with top-three finishes in the 5-kilometer race.

Lovejoy (first in boys, third in girls) and North (second in boys and girls) dominated the top of both leaderboards; Prosper's girls took first and Wylie's boys took third to round out the programs advancing to the next stage.

In the girls race, senior Chloe Tedder's first-place finish (19:08) helped the Lady Leopards distance themselves from McKinney (fourth) to advance.



10-5A XC MEET

Lovejoy and McKinney North's boys and girls cross country teams advanced from the District 10-5A meet at Myers Park Tuesday to the upcoming Region II meet.

"I think coming into a district meet, anything can happen," said Greg Christensen, Lovejoy head coach. "Our girls performed about where I thought they would. McKinney North and Prosper are really strong teams ... Chloe was really comfortable winning. She said she felt really good."

Finishing just behind Tedder was senior Carnley Graham (19:42), one of four Lady Eagles who finished inside the top 10 to help Prosper nab top team honors among 10-5A girls.

"It wasn't our best day," said Josh Allen, Prosper head coach. "I told Carnley to take it easy at the beginning, and she got a little bit too far back. I think she can run with [Tedder], but got a little bit too far back, and I told her that's my fault."

Rounding out the top five were Leslie Davis (19:59) from North, Prosper's Allie Taylor (20:05) and the Lady Bulldogs' Elise Schraer (20:09).

All five of the Lady Eagles' quintet finished inside the top 14, enabling Prosper to hold of North – which had all five runners land inside the top 15 – for the top overall spot in 10-5A.

"We had raced a couple of times against McKinney North and beaten them handily," Allen said, "but

they came out and took it to us today."

Prosper (36 team points), North (39), Lovejoy (66), McKinney (88) and Wylie East (133) rounded out the top five on what coaches throughout the day called one of the tougher courses to run in the area.

"It's a mentally draining course," Allen said. "You've got to stay in there the whole time. The girls had a good day and we had one guy get out, so that's good. You just never know on a course like this."

Lovejoy hosts its fall festival at Myers Park, giving both of its squads ample time to prepare their bodies of the rigors of the varying elevations of the landscape.

"It's huge for us to be able to come out here and host our meet," Christensen said. "This course is more difficult than what regionals or even state is. If you can get through this course, you're looking good moving forward."

On the boys side, Wylie East's Edwin Walker (16:40) just edged Lovejoy's Grant Tiff (16:42) for the top individual time. North's Rishi Doolabh (16:45) and a pair from Wylie were the top five finishers.

But it was the Leopards who distanced themselves from the pack with all five of their runners crossing the finish line inside the top 12. Noah Landguth (sixth, 16:58), William Wise (eighth, 17:05), Grant Ballard (10th, 17:16) and Sam Ruhala (12th, 17:24) helped Lovejoy earn gold.

"Our guys ... we didn't put a lot of emphasis on today," Christensen said. "We knew we could get through ... now we'll start reducing their workload and start tuning up for regionals and state, hopefully."

North did just enough to hold off Wylie for second place thanks to Doolabh and a ninth-place run from Cole Duncan (17:12), but both were comfortably ahead of McKinney when it came to qualification. Prosper was fifth, followed by East, Sherman and Denison.

Individual qualifiers included Walker and Prosper's Aaron Meraz.

Next up for those who advanced is the Region II meet on Nov. 1 at Lynn Creek Park in Grand Prairie. A flatter course than Myers Park, coaches like Christensen are expecting to alter their workload just a bit to adjust.

"We'll cut back," he said. "It's time to cut back on our volume a little bit ... and start focusing on the task at hand."