

TRIM LINE

Three Years, Three Places

Despite facing unexpected illness and injury during the hot season, the girls cross country team dominated the regular season and returned to state for the third straight year, bringing home a third place finish.

The team opened the season with a victory at Grand Island Northwest, defeating five other competitive schools. They followed up with a runner-up finish at Boone Central before bouncing back to win the Platte River Rumble.

Junior **Leslie Medina** has run cross country for three years.

"I believe the meet that impacted the team's successful season was winning the Platte River Rumble because it was a big meet with a lot of schools and competition," **Medina** said.

From there, the momentum continued. The girls went on to win five consecutive meets. During this stretch, however, the team was forced to overcome a challenge of illnesses and injuries.

Senior **Mia Fehringer** has been a state competitor for the team for three years and battled a hip injury throughout the season.

"Running with an injury definitely made the season harder than it already was, but as the season progressed,

I looked at each race as an opportunity to run with some awesome people," **Fehringer** said.

The team won conference at Concordia then headed to Pierce for the district meet to qualify for state and returned district champions to secure their spot at Kearney once again.

Freshman **Garyn Ramaekers** ran with the varsity at state her first year.

"All of us have a love-hate relationship with this sport. We always say that we love cross country but not the running part. I think the best part of this team is the lessons you learn and the friendships you build," **Ramaekers** said.

The team had three runners place in the top twenty at state. Junior **Emilyn Kavan** secured a medal at 13th place, and senior **Hannah Heinrich** placed 17th overall.

Sophomore **Avery Heinrich** placed 16th at state, running a time of 20:03.

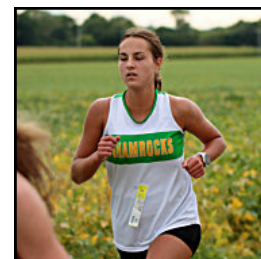
"I love these girls so much, and they were such a joy to run with," **Heinrich** said. "State did not go as well as we hoped, but it does not take anything away from the fun, laughs, and success we had throughout the rest of the season."



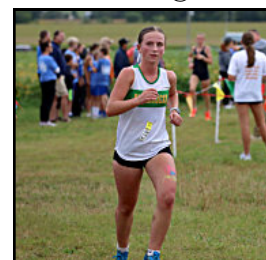
1. The girls cross country team celebrates their victory at Pierce after the district meet. They brought home a district champion plaque for the third year straight. 2. Junior **Leslie Medina** strides out at the beginning of the race of the Scotus Invitational. **Medina** has ran cross country for three years. 3. Freshman **Garyn Ramaekers** looks to pass other runners at Lutjelusche. **Ramaekers** placed 12th overall with a time of 22:25. 4. The team receives their award at the River Rumble holding the champion sign. In total, the girls won first as a team seven times this season.



Seniors



Mia Fehringer



Hannah Heinrich

Fall



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