



MCS 2010 Cross Country Schedule

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Saturday	8/28/10	Liberty / Lincoln / GW Christian	SIUE	8:45
Thursday	9/9/10	Alton Invitational	Gordon Moore Park	4:15
Tuesday	9/14/10	Linc./ Lib./ OF/ Est.Louis/ Cah.	SIUE	4:00
Monday	9/20/10	St. Mary's Invitational Centralia	Foundation Park	4:00
Saturday	9/25/10	St. Theresa's Invitational Salem	Memorial Park	9:00
Saturday	10/2/10	Benton Invitational	Benton City Park	10:00
Thursday	10/7/10	Triad Jamboree Invitational	Troy City Park	4:00
Tuesday	10/12/10	Highland Invitational	Highland H.S.	4:30
Saturday	10/16/10	SIJHSAA State Championships	Salem Memorial Park	10:00

**Many people don't see opportunities because
 they are often disguised as work dressed in overalls!
 Thomas Edison**

MCS 2010 Cross Country Team Awards

Prediction Run

Luke Cox
Addie Moore

Rookie of the Year

Luke Foreman
Kiera West

Most Improved

Luke Cox
Becca Starrett

School Record Holders

Luke Cox
Addie Moore
Becca Starrett

Lion Award — Leadership, MCS Spirit, Christ Likeness, Eff./Per.

Casey Foreman
Alana Moore

Most Valuable Runner (MVR) — Most frequently # 1 runner

Luke Cox
Becca Starrett

Ephesians 4:2-3 (Unity in the Body of Christ) 2 Be completely humble and gentle; be patient, bearing with one another in love. **3** Make every effort to keep the unity of the Spirit through the bond of peace. (We must be careful not to focus too much on ourselves, but on God! Your special ability may seem small or large, but they are yours to use in God's service.)

MCS 2010 Cross Country Roster

Cameron Ahlvers	8 th Grade
Andrew Karraker	8 th Grade
Rebecca Starrett	8 th Grade
Alana Moore	7 th Grade
Michael Cushing	6 th Grade
Casey Foreman	6 th Grade
Addie Moore	6 th Grade
Kevin Cushing	5 th Grade
Breanna Mills	5 th Grade
Alyssa Wright	5 th Grade
Tanner Bullard	4 th Grade
Kiera West	4 th Grade
Jimmy Whitaker	4 th Grade
Luke Cox	3 rd Grade
Luke Foreman	3 rd Grade
Xander Valdez	3 rd Grade

W.E.

It's not about Winning,
It's about a Winning Effort!

Date: 8/27/10

Race: MCS vs. Liberty & Lincoln @ SIUE

Course Length: 2.0 Miles

Team Scores: Non Scoring Meet

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Kevin Cushing	7:02	14:58	None for
2 nd Man Michael Cushing	7:02	15:04	Non-Scoring
3 rd Man Xander Valdez	6:47	15:13	Meet
4 th Man Jimmy Whitaker	7:23	15:27	
5 th Man Tanner Bullard	9:18	21:24	
6 th Man Luke Foreman	10:55	21:29	
7 th Man Cameron Ahlvers	7:27	1 mile race	
8 th Man Seth Long	9:33	1 mile race	
9 th Man Luke Cox	Illness	Did not run	
10 th Man Case Foreman	Illness	Did not run	
11 th Man			
12 th Man			
1 st Lady Becca Starrett	7:26	14:40	
2 nd Lady Addie Moore	7:36	14:54	
3 rd Lady Alana Moore	7:26	15:08	
4 th Lady Breanna Mills	9:40	19:36	
5 th Lady Alyssa Wright	9:59	19:36	
6 th Lady Kiera West	11:54	1 mile race	
7 th Lady			

Date: 9/9/10

Race: Alton Invitational

Course Length: 2 Miles (3200 mtrs) **Team Scores:** MCS- NS
(Non Scoring)

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Luke Cox	7:33	15:06	12 th Open Race
2 nd Man Kevin Cushing	7:33	15:32	14 th Open Race
3 rd Man Michael Cushing	7:50	15:32	27 th Open Race
4 th Man Cameron Ahlvers	7:51	15:40	33 rd Open Race
5 th Man Xander Valdez	8:20	16:21	? Open Race
6 th Man Casey Foreman	9:10	18:16	? Open Race
7 th Man Luke Foreman	9:30	18:52	? Open Race
8 th Man Seth Long	10:26	1 mile race	
9 th Man Tanner Bullard	10:56	1 mile race	
10 th Man Jimmy Whitaker	Did not run due to injury; sore muscle		
11 th Man			
12 th Man			
1 st Lady Becca Starrett	7:44	14:59	14 th Varsity
2 nd Lady Addie Moore	7:50	15:05	17 th Varsity
3 rd Lady Alana Moore	7:56	15:50	37 th Varsity
4 th Lady Breanna Mills	9:26	18:37	? Open Race
5 th Lady Alyssa Wright	9:30	19:06	? Open Race
6 th Lady Kiera West	Did not race		
7 th Lady			

Date:9/14/10

Race: MCS vs. Lincoln, Liberty, O’F,
Cahokia & East St. Louis

Course Length: Miles

Team Scores: Listed Below

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Luke Cox	6:40	14:03	33
2 nd Man Michael Cushing	6:47	14:24	35
3 rd Man Kevin Cushing	6:47	14:24	36
4 th Man Xander Valdez	7:23	15:26	46
5 th Man Cameron Ahlvers	7:39	15:42	51
6 th Man Jimmy Whitaker	8:02	15:58	54
7 th Man Casey Foreman	8:30	17:50	77
8 th Man Tanner Bullard	8:40	18:13	81
9 th Man Luke Foreman	8:38	18:26	84
10 th Man Seth Long	9:16	20:16	89
11 th Man			
12 th Man			
1 st Lady Becca Starrett	6:32	13:44	6
2 nd Lady Addie Moore	6:40	13:54	9
3 rd Lady Alana Moore	6:39	14:03	11
4 th Lady Breanna Mills	8:25	18:00	44
5 th Lady Alyssa Wright	8:58	18:53	54
6 th Lady Kiera West	9:57	22:02	73
7 th Lady			

Boys Team Scores

1	Liberty	32
2	Lincoln	42
3	Fulton	61
4	Cahokia	155
5	MCS	201

Girls		Team Scores
1	Liberty	37
2	Lincoln	43
Tie 3	MCS	124
Tie 4	Fulton	124
5	Cahokia	175

Date: 9/20/10

Race: MCS vs. St. Mary's Centralia Inv.

Course Length: 1.25 Girls & 1.8 Boys **Team Scores:** None Avail.

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Michael Cushing	7:17	9:19 (1.25miles)	12 th JV
2 nd Man Andrew Karraker	7:37	9:49 (1.25miles)	15 th Open
3 rd Man Kevin Cushing	7:44	9:57 (1.25miles)	31 st JV
4 th Man Luke Cox	7:49	10:07 (1.25 miles)	35 th JV
5 th Man Xander Valdez	8:07	10:22 (1.25 miles)	48 th JV
6 th Man Jimmy Whitaker	8:32	10:38 (1.25miles)	56 th JV
7 th Man Casey Foreman	8:54	11:27 (1.25 miles)	86 th JV
8 th Man Luke Foreman	9:16	11:51 (1.25 miles)	93 rd JV
9 th Man Tanner Bullard	9:13	12:00 (1.25miles)	84 th Open
10 th Man Cameron Ahlvers	8:05	16:45 (1.8 miles)	116 th Vars.
11 th Man Seth Long	9:59	12:59 (1.25miles)	108 th Open
12 th Man			
1 st Lady Becca Starrett	7:14	13:40 (1.8miles)	7 th Vars.
2 nd Lady Addie Moore	7:12	9:17 (1.25 miles)	1 st JV
3 rd Lady Alana Moore	7:48	15:47 (1.8 miles)	48 th Vars.
4 th Lady Breanna Mills	9:28	12:11 (1.25 miles)	56 th JV
5 th Lady Alyssa Wright	10:46	13:33 (1.25 miles)	76 th JV
6 th Lady Kiera West	10:46	13:34 (1.25 miles)	77 th JV
7 th Lady			

Date: 9/25/10

Race: MCS vs. St. Theresa @ Salem Inv.

Course Length: 1.2 Girls & 1.8 Boys **Team Scores:** *JV Boys 2nd Place*

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Luke Cox	6:42	8:01 (1.2 miles)	11 th JV
2 nd Man Michael Cushing	6:48	8:03 (1.2 miles)	14 th JV
3 rd Man Andrew Karraker	6:47	8:14 (1.2 miles)	13 th Open
4 th Man Kevin Cushing	6:56	8:19 (1.2 miles)	20 th JV
5 th Man Jimmy Whitaker	6:59	8:22 (1.2 miles)	23 rd JV
6 th Man Xander Valdez	7:21	8:48 (1.2 miles)	46 th JV
7 th Man Casey Foreman	7:41	9:03 (1.2 miles)	62 nd JV
8 th Man Luke Foreman	8:29	9:57 (1.2 miles)	106 th JV
9 th Man Tanner Bullard	9:15	11:01 (1.2 miles)	98 th Open
10 th Man			
11 th Man			
12 th Man			
1 st Lady Becca Starrett	6:35	12:04 (1.8 miles)	6 th Vars.
2 nd Lady Addie Moore	6:51	8:10 (1.2 miles)	2 nd JV
3 rd Lady Alana Moore	6:56	12:55 (1.8 miles)	17 th Vars.
4 th Lady Breanna Mills	7:54	9:33 (1.2 miles)	44 th JV
5 th Lady Alyssa Wright	8:27	10:02 (1.2 miles)	64 th JV
6 th Lady Kiera West	9:26	11:07 (1.2 miles)	92 nd JV
7 th Lady			

Date: 10/2/10

Race: MCS vs. Benton Invitational

Course Length: 1.2 Girls & 1.8 Boys **Team Scores:**

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Luke Cox	6:26	8:08 (1.2 miles)	10 th JV
2 nd Man Jimmy Whitaker	6:35	8:15 (1.2 miles)	13 th JV
3 rd Man Kevin Cushing	6:49	8:34 (1.2 miles)	22 nd JV
4 th Man Xander Valdez	7:19	9:02 (1.2 miles)	52 nd JV
5 th Man Casey Foreman	7:33	9:22 (1.2 miles)	70 th JV
6 th Man Cameron Ahlvers	7:46	13:15 (1.8 miles)	27 th Open
7 th Man Andrew Karraker	7:46	13:55 (1.8 miles)	28 th Open
8 th Man Luke Foreman	8:10	10:20 (1.2 miles)	105 th JV
9 th Man Michael Cushing	Did not run.		
10 th Man Tanner Bullard	Did not run.		
11 th Man			
12 th Man			
1 st Lady Becca Starrett	6:50	11:26 (1.8 miles)	9 th Vars.
2 nd Lady Addie Moore	6:38	8:07 (1.2 miles)	2 nd JV
3 rd Lady Alana Moore	7:21	12:22 (1.8 miles)	38 th Vars.
4 th Lady Alyssa Wright	8:24	10:28 (1.2 miles)	78 th JV
5 th Lady Kiera West	9:19	11:22 (1.2 miles)	101 st JV
6 th Lady Breanna Mills	Did not run.		
7 th Lady			

Date: 10/7/10

Race: MCS vs. Triad Jamboree

Course Length: 1.86 Miles

Team Scores:

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Luke Cox	6:39	11:55	32 nd Coed Vars. Red
2 nd Man Andrew Karraker	6:50	12:11	20 th Open
3 rd Man Michael Cushing	6:57	12:12	40 th Coed Vars. Red
4 th Man Kevin Cushing	6:58	12:39	56 th Coed Vars. Red
5 th Man Jimmy Whitaker	6:58	12:57	64 th Coed Vars. Red
6 th Man Casey Foreman	7:45	13:41	122 nd Open
7 th Man Xander Valdez	7:56	14:04	142 nd Open
8 th Man Luke Foreman	8:00	14:30	154 th Open
9 th Man Tanner Bullard	9:27	17:45	243 rd Open
10 th Man Cameron Ahlvers	Did not finish.		
11 th Man			
12 th Man			
1 st Lady Becca Starrett	6:19	11:05	11 th Coed Vars. Red
2 nd Lady Addie Moore	6:52	12:16	42 nd Coed Vars. Red
3 rd Lady Alana Moore	6:55	12:32	53 rd Coed Vars. Red
4 th Lady Alyssa Wright	8:52	17:27	241 st Open
5 th Lady Kiera West	10:30	17:56	246 th Open
6 th Lady Breanna Mills	Did not run.		
7 th Lady			

Triad Jamboree Red Race

School	Total Points
Waterloo	46
O'Fallon - Carriel	107
Triad	115
Cahokia	115
Centralia Jr. HS	116
O'Fallon-Fulton Jr. HS	132
Maryville Christian School	178
Liberty Middle School	183
Highland Middle School	208
Lincoln Middle School – Edwardsville	245
Good Shepherd	254
Collinsville Middle School	299

Date: 10/12/10

Race: MCS vs. Highland Invitational

Course Length: 1.8 Miles

Team Scores:

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Luke Cox	6:46	12:05	51 st Varsity
2 nd Man Michael Cushing	6:56	12:12	53 rd Varsity
3 rd Man Kevin Cushing	7:02	12:36	61 st Varsity
4 th Man Cameron Ahlvers	7:22	13:11	68 th Varsity
5 th Man Andrew Karraker	7:23	13:11	70 th Varsity
6 th Man Xander Valdez	7:30	13:12	71 st Varsity
7 th Man Jimmy Whitaker	7:53	13:17	?? Open
8 th Man Casey Foreman	7:55	14:06	78 th Varsity
9 th Man Luke Foreman	8:??	14:42	?? Open
10 th Man Tanner Bullard	8:??	14:44	?? Open
11 th Man			
12 th Man			
1 st Lady Becca Starrett	6:28	11:36	7 th Varsity
2 nd Lady Addie Moore	6:57	12:11	16 th Varsity
3 rd Lady Alana Moore	6:58	12:26	23 rd Varsity
4 th Lady Alyssa Wright	8:28	15:14	74 th Varsity
5 th Lady Kiera West	8:46	16:02	77 th Varsity
6 th Lady Breanna Mills	Did not run.		
7 th Lady			

Date: 10/16/10

Race: State Championships @ Salem

Course Length: 1.8-1.86 Miles **Team Scores:** See Attachment

<u>Team Position:</u>	<u>1 mile</u>	<u>Finish Time</u>	<u>Overall Place</u>
1 st Man Michael Cushing	6:47	12:51	53 rd Varsity
2 nd Man Luke Cox	6:46	13:03	57 th Varsity
3 rd Man Andrew Karraker	6:48	13:13	70 th Varsity
4 th Man Kevin Cushing	6:54	13:29	81 st Varsity
5 th Man Xander Valdez	7:11	13:40	96 th Varsity
6 th Man Casey Foreman	7:43	14:37	138 th Varsity
7 th Man Cameron Ahlvers	8:32	16:11	167 th Varsity
8 th Man			
9 th Man			
10 th Man			
11 th Man			
12 th Man			
1 st Lady Becca Starrett	6:29	12:30	4 th Varsity
2 nd Lady Addie Moore	6:53	13:08	13 th Varsity
3 rd Lady Alana Moore	6:56	13:26	26 th Varsity
4 th Lady			
5 th Lady			
6 th Lady			
7 th Lady			

