

# Cross Country

## Roster

### Girls

Chelsea Armstrong	10
Kaitlyn Brooks	11
Abigail Bunce	11
Lilly Burleson	11
Maeve Dahlen	12
Savannah Davis	10
Tesslyn Foster-Gordon	12
Kalea Galbreath	12
Keely Galbreath	9
Tyra Gordon	9
Lexie Hall	9
Arianah Hanke	12
Allie Harris	11
Kate Johns	10
Sandra Locke	10
Aramie Nydam	11
Kenzie Parsons	9
Jessica Ray	11
Richelle Rolfe	9
Jennifer Simons	10
Carson Violette	10



**Head Coach**  
Jim Settlemeyer

**Assistants**  
Joyce Settlemeyer  
Brian Vollmer-Buhl

### Boys

Ryan Barger, 12  
Alexander Clifton, 12  
Max Gause, 11  
Jeremy Hall, 11  
Connor Howard, 12  
Kevin Manuntag, 10  
Konnor Owens, 9  
Konrad Raum, 9  
Cody Smelser, 10  
Anthony Trujillo, 12  
Jayden Tucker, 12

## Schedule

Sep. 3 Umpqua Opener  
Sep. 12 Ultimook Race Cross Country Invitational  
Sep. 19 Three Course Challenge  
Sep. 23 Harrier's Challenge  
Sep. 26 Outlaw Invite  
Oct. 2 Oxford Classic  
Oct. 7 Grants Pass Invitational  
Oct. 10 George Fox XC Classic  
Oct. 14 Country Fair Classic  
Oct. 21 4A-5 Sky-Em League Championship  
Oct. 31 OSAA 4A State Championships

## Season Outlook

The cross country team started off its season by hosting the two-mile trial on Thursday. It was an excellent turn out with close to 100 runners competing. This year the Lions have more new-comers than returning runners. The team hopes to keep the same energy and positivity throughout the season.

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Matt Bjornn, ChFC

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