LAKE BOYS CROSS COUNTRY – 2009/10

SENIORS	JUNIORS	SOPHOMORES	FRESHMEN
Zack Powell (3VL)	Steve Stanley (VL)	Nathan Adkins (PC)	Tyler Coutcher (VL)
Louis Szilagyi (3VL)		Riley Breese (2VL)	Drew Northcutt (VL)
		Nathan Scanlan (2VL)	Trevor Walsh (VL)

VARSITY RECORD
Head Coach: Ken Mysinger

Fremont Ross Inv.	**3rd**	**(12)**
SLL Jamboree 1	**4th**	**(7)**
Otsego Inv.	**3rd**	**(7)**
Tiffin Carnival Inv.	**18th**	**(48)**
SLL Jamboree 2	**3rd**	**(7)**
Lakota Inv.	**6th**	**(16)**
Cardinal Stritch Inv.	**9th**	**(21)**
Clay Inv.	**9th**	**(23)**
Fremont St. Joe	**4th**	**(7)**
SLL Meet	**5th**	**(7)**
District Meet	**2nd**	**(13)**
Regional Meet	**9th**	**(16)**
State Meet	**23rd**	**(Zack Powell)**

Captains: Zack Powell, Louis Szilagyi

MIP: _____ **MVP:** _____

SPECIAL HONORS & STATISTICS:

Riley Breese: SLL – Honorable Mention, Regional Qualifier
Zack Powell: SLL – All-Academic, Academic All-Ohio, SLL – 1st Team, SLL Champion, SLL Athlete of the Year, District – 1st Team, District Champion, Regional Meet – 9th Place, State Meet – 23rd Place, All-Ohio
Nathan Scanlan: SLL – Honorable Mention, Regional Qualifier
Louis Szilagyi: SLL – All-Academic, SLL – 1st Team, District – 1st Team (4th place), Regional Qualifier

TEAM HONORS:
District Runner-Up, Regional Qualifying Team

SCHOOL RECORDS:
Zack Powell: Best All-Time 5K Time – 16:03 (1st)
Louis Szilagyi: 9th Best All-Time 5K Time – 16:58