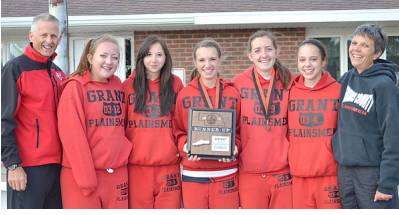


Girls cross country team headed to state



By Tim Linscott

Managing Editor

With several outstanding performances by female runners from Perkins County at the district meet, the girls cross country team will be in Kearney on Friday (Oct. 25) for the state meet.

Sophomore Emily Kemling finished sixth overall (21:14) and senior Courtney Lyon was 10th (22:19) at the district meet in Bayard on Oct. 17.

PCS head cross country coach Paula Wurst said, "Emily and Courtney had solid times because they and the rest of the girls train hard every night. If you work hard at practice, you perform well at the meets."

The team finished runner-up and all female runners will head to state. The team had 49 team points and Dundy County-Stratton won the district title with 40 team points.

Kendra Hoffert finished in 23rd place while Korey Lake was 38th. Lake improved her time by over two and a half minutes and Hoffert ran a personal best at Bayard.

Cutting minutes off of times and setting personal records have been beneficial to the PCS girls' squad.

"This is why we are district runner-up and why we are going to state," Wurst said. "I am super proud of the girls. We talked on Wednesday about everyone making a difference; everyone has to try to beat as many people as possible to lower the team score. This is true for the fifth runner, because they can break a tie, as well as the first runner. Everyone matters."

Jakelynn Broeder was 46th overall.

Ninety of the girls at the starting line of the state competition were district medalists, ensuring that the PCS runners will have to be at the top of their game when running in Kearney.

"It is intensely competitive. My hope is that they will run well and improve their times from the September meet at Kearney. I don't put hype and expectations on them; you can't carry stress and run well," Wurst said.

This is the fourth year in a row for the girls heading to state with the last three being as district runner-up.

Top runner for the boys was Matthew Sestak, placing 41st overall, while teammate Coy Aerni was 45th. Dylan Barry came in 53rd, Sam Rowley was 58th, Tyler Thelander was 59th. Finishing 61st was Shane Ourada.

The state cross country meet is Friday, Oct. 25 with the Class D girls running at 2 p.m. at the Kearney Country Club.



