

| First Capital Invitational Team Results |                        |    |    |     |     |     |   |   |       |
|-----------------------------------------|------------------------|----|----|-----|-----|-----|---|---|-------|
| McNair Park Sept. 2, 2005               |                        |    |    |     |     |     |   |   |       |
| Varsity                                 |                        |    |    |     |     |     |   |   |       |
| Place                                   | Team                   | 1  | 2  | 3   | 4   | 5   | 6 | 7 | Total |
| 1                                       | Fort Zumwalt South     | 3  | 4  | 8   | 9   | 16  |   |   | 40    |
| 2                                       | Parkway South          | 1  | 7  | 15  | 30  | 35  |   |   | 88    |
| 3                                       | SLUH                   | 5  | 13 | 26  | 28  | 33  |   |   | 105   |
| 4                                       | DeSmet                 | 12 | 23 | 29  | 40  | 49  |   |   | 153   |
| 5                                       | Columbia Hickman       | 17 | 18 | 32  | 39  | 55  |   |   | 161   |
| 6                                       | Francis Howell North   | 10 | 41 | 43  | 46  | 52  |   |   | 192   |
| 7                                       | Chaminade              | 6  | 22 | 48  | 59  | 93  |   |   | 228   |
| 8                                       | Hazelwood West         | 2  | 38 | 53  | 67  | 70  |   |   | 230   |
| 9                                       | Francis Howell         | 14 | 36 | 58  | 62  | 64  |   |   | 234   |
| 10                                      | Lafayette              | 21 | 31 | 45  | 84  | 87  |   |   | 268   |
| 11                                      | Francis Howell Central | 25 | 34 | 69  | 78  | 89  |   |   | 295   |
| 12                                      | Fort Zumwalt West      | 56 | 66 | 81  | 82  | 90  |   |   | 375   |
| 13                                      | Parkway North          | 51 | 60 | 83  | 88  | 94  |   |   | 376   |
| 14                                      | Hazelwood Central      | 65 | 91 | 96  | 99  | 105 |   |   | 456   |
|                                         | Pattonville            | 11 | 20 | 37  | 50  | -   |   |   | NTS   |
|                                         | Ritenour               | -  | -  | 106 | 108 | -   |   |   | NTS   |

## FIRST BAD NEWS

WE DID GET BEAT

WE MADE SOME MISTAKES ( TOO FAST FIRST MILE )  
NO COHERENT PACK

WE LOST PLACES IN 3RD MILE

|                    |                      |
|--------------------|----------------------|
| MB 3-5             | RHOADS 5-30-31       |
| KAISER 12-13       | LANDER 36-33         |
| VIOX 14-26         | BONNER 38-42         |
| DAVID 17-19        | SCHMIOT 46- <u>5</u> |
| BANET 20-28        | EMERY 54- <u>5</u>   |
| KUJO 21- <u>46</u> | MURPHY 55- <u>5</u>  |
| LAWLESS 22-57      | PURCELL 62- <u>5</u> |

## PERSPECTIVE

- LAST YEAR'S MATCHUP (SLUT IN RUNAWAY) VERY CLOSE
- ZUMWALT & SOUTH ARE VERY GOOD TEAMS P.S. 5 ZUMWALT 5  
SLUT 2
- ~~THE~~ <sup>SOME</sup> RUNNERS IN TOP 14 ~~ARE~~ NOT 100% BUT STAYED TOUGH
- WE HAD 5 RUNNERS IN BLUE WHO ARE GREEN
- WE ARE IN A "PRE-COMPETITIVE" TRAINING MODE  
STILL BROADENING OUR AEROBICS, WORKING MECHANICS
- WE HAVE

## GOOD NEWS

- ✓ P.R.'s ✓
- ✓ TOP 14
- ✓ CLIFF & KUJO