

# XC: Two firsts showcase “best ever” depth

**Brandon Thornberry**  
Reporter

The St. Louis U. High cross country team continued its historic place at both the Fox Warrior Invitational (held at Parkway Central High School) and the Rim Rock Invitational (held in Lawrence, Kan.) this past week.

On Friday, Sept. 26, the SLUH cross country team split up: the team’s top fourteen runners left after school to travel to Lawrence, while the remainder of the team made its way to Parkway Central.

Despite being the third seven on the team, SLUH’s varsity was ready to maintain SLUH’s stranglehold on St. Louis cross country.

Led by junior Emmett Cookson and sophomore Riley Konzen, the varsity showed they were a contender for first place by asserting themselves into the front of the race from the gun. Through the first two miles the varsity looked strong, battling with Lafayette.

In the last mile, the Jr. Bills began to pull away from Lafayette and continue to widen the gap all the way to the finish. The team won first place finish by 16 points over Lafayette. All seven of the varsity runners received medals, and freshman Nathan Rubbelke took 25th, the last medal in the race.

“The squad really stepped up,” said assistant coach Tom Flanagan. “Right from the gun, the team took charge.”

Led by junior Ted Varty’s second place

finish, the JV squad won, taking six of the top ten places. Sophomore Joe Meier, who placed second in the B/C race, led the squad to an impressive victory over strong area teams. The entire freshmen and sophomore squad showed tremendous depth, taking ten of the twenty medals.

Head coach Jim Linhares had one word to describe JV’s performance: “overwhelming.”

Meanwhile, out west, SLUH’s top fourteen arrived in Lawrence, Kan. Friday night to get ready for their race the following morning.

The temperature spiked to the mid-to-upper 80s for the varsity race. Despite the heat, the top seven were ready to compete and defend last year’s victory at Rim Rock. The team was very strong in the first mile, but as the race progressed, the Jr. Bills’ pack began to separate as a result of the heat.

However, determined to finish strong, SLUH pushed all the way to the finish and captured first place by 80 points over fellow Missourians from Liberty.

“I know a lot of us would have liked to have a better race, but we still came out and performed strong,” said Cookson.

In the JV race, SLUH formed a nice pack at the front. As the race progressed, SLUH held strong and captured more and more places at the finish. JV took first place and seven of the top ten places.

PHOTO COURTESY OF TRACY ROLLINS



Flatter than a pancake? SLUH XC tests out the two-dimensional terrain in Lawrence, Kan. at the Rim Rock Inv. last Saturday.

For the weekend, SLUH used every one of its runners in the two varsity races, the two junior varsity races, and the B/C race, a total of five competitions, and won first place in every race. It was truly a historic weekend.

“I believe it is the single best testimony to the depth of talent on this team,” said Linhares. “It’s the best we have ever had in the history of SLUH cross country.”

Junior Emmett Cookson, who led the varsity to their victory at Fox, also witnessed both the victories at Rim Rock on Saturday morning.

“Winning all five competitions is a really impressive accomplishment,” said Cookson. “It’s neat to be a part of.”

The SLUH cross country team continues on its history-making path today at the Ron Jorgenson Memorial Invitational at Blackburn Park in Webster Groves. Varsity races at 4 p.m.

## Swimming continues steady flow of state qualifiers

**Pat Nugent**  
Reporter

The St. Louis U. High swimming and diving team placed third in the DeSmet Invitational last Saturday at the St. Peter’s Rec Plex and triumphed over Fort Zumwalt West yesterday at Forest Park Community College.

Despite only medaling twice in the DeSmet Invitational, the Jr. Bills pulled out 308 points and placed third in the eight team-meet behind Kickapoo (325.5 points) and Rockhurst, the Kansas City team favored to win the State Championships (675 points.)

The Jr. Bills’ two medals came from senior captain Matt Hohenberger, who placed

third in the 100-yard breaststroke and swam a time of 1:05.81 to qualify for State, and senior captain Mick Dell’Orco, who placed third in the diving competition.

“The depth of the team once again came to the forefront ... we were missing Will Derdeyn, who definitely would have medaled at least once, and we were able to step up anyway,” said senior captain Nick Debandt.

“I think our relays did really well, and helped contribute to our placement,” said junior Rob Golterman.

The Jammers’ bills defended their home turf by defeating Fort Zumwalt West 118-68. Two more Spitzbills qualified for State:

sophomore Michael Hagerty pummeled the cut in the 200 freestyle with a time of 1:54.25, and senior diver Ryan Berger twirled and flipped his way to a state-qualifying score of 221.45.

Several other swimmers swam repeat State times or performed personal bests. Senior Tyler Connor swam the 100 backstroke in an impressive time of 1:06.29, and junior George Staley finished the lengthy 500 freestyle in 5:40.22.

Freshman Tom Seiff noted that the divers “dove excellently.” The divers outperformed their Zumwalt competitors and continued to show their dominance as a squad. At Zum

see **WORLD, 10**