

▼ PREP CROSS COUNTRY

SLUH earns state meet bid; Chargers, Lancers to make trip

Junior Bills outrun MCC foes to bring home district title, head for Jeff City

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Chalk up another sectional crown for the St. Louis University High boys cross country team.

The Jr. Billikens won the Class 4 Sectional 2 title Saturday at Sioux Passage, beating out rivals DeSmet and CBC with a score of 41 points.

It was the seventh sectional title in 10 years for SLUH and coach Jim Linhares was pleased with his entire team's race.

"I'm just really happy with the way we ran Saturday," he said. "We had a game plan, executed it, and came out on top."

The first-place finish and trip to the state cross country meet has become old hat for the Jr. Billikens. Linhares knew coming into the race that his team had the luxury of doing some planning for the future.

"We came into the race with a real specific plan, with places we wanted to look for," he said. "You want to use this race to set yourself up for the state meet."

The conditions Saturday weren't exactly ideal for run-

ning, with the winds playing tricks on the runners.

"It was just beautiful out there as far as temperature, but the winds were tough," he said. "The course there makes a couple of loops, so about 50 percent of the time the kids were running directly into the wind."

Of the individual finishers for SLUH, Ben Murphy-Baum led them all with a second-place time of 16 minutes, 55 seconds, followed by Dan Meier at 17:14 and Alex Muntges at 17:21.

Linhares knew the race could be won if his team stayed in packs with Baum, Meier and Muntges leading the first charge.

"It's great to run in packs because you can really control a race that way," he said. "Those three guys are really special runners. They stay together and then if one guy feels like he can push ahead, he will. But for the most part, they stay together because that's how you win."

The second pack of SLUH runners, Matt Dirnbeck, Joe Carlson, Mike Jonagan and Drew Kaiser all finished within one minute of each other.

Now with a strong core of runners heading up state, it will be more of the same for the Jr. Billikens.

"We have some real experienced guys going to state," Linhares said. "When you have a strategy, it's a lot easier, but there's always a plan B. They all have the capability to run

SUBURBAN JOURNALS CROSS COUNTRY POLL			
Boys Teams (Last poll)		Pts.	
1. St. Louis U. High (1)	43	Girl Teams (Last poll)	Pts.
2. Parkway South (2)	39	1. Marquette (1)	42
3. DeSmet (7)	30	2. Eureka (T-2)	36
4. Fort Zumwalt South (6)	29	3. Lafayette (T-2)	35
5. O'Fallon (T-3)	26	4. Fort Zumwalt South (7)	29
6. Kirkwood (8)	25	5. O'Fallon (5)	25
7. CBC (*)	17	6. Washington (4)	21
8. Hazelwood West (5)	15	7. Francis Howell Central (9)	16
9. Eureka (9)	14	8. Pattonville (10)	13
10. Edwardsville (T-3)	12	6. Edwardsville (*)	12
Others receiving votes: St. Clair, Ladue, Herculaneum, Priority, St. Charles West.		8. St. Francis Borgia (*)	6
		Others receiving votes: St. Clair, Herculaneum, Francis Howell North, Rockwood Summit, Hazelwood Central.	

very well at state and we'll just have to see what state holds for us."

SLUH WASN'T the only team to send runners up to state this weekend.

Aaron Chambers of Mehlville and Brandon McCord of Oakville qualified for state out of the Class 4 Sectional 1 at Jefferson Barracks Saturday as well.

Also advancing out of Class 2 was Hancock senior Mike Niemeier earlier in the day at Jefferson Barracks.

Rounding out the south area's state-bound runners is Adam Bridwell of St. Mary's, who advanced out of the Sioux

Passage sectional as well.

Cor Jesu, Lutheran South advance

A happy Cor Jesu cross country team will make the trek to the Oak Hills Golf Center in Jefferson City this weekend.

The Chargers finished in third place at Saturday's Class 4 Sectional meet at Sioux Passage, qualifying for the state meet as a team.

"I think the meet went very well," Cor Jesu coach Adam MacDowell said. "It wasn't the easiest meet in the world with the wind, but it was a fantastic effort by our team."

Cor Jesu finished with a score 109, one point behind Hazelwood Central, but well off the pace set by Pattonville, which finished with a score of 56.

The pack behind Pattonville was a competitive one, with Nerinx Hall finishing just two points behind Cor Jesu and leaving Parkway Central on the outside looking in with a score of 112 for the day.

"It was pretty tight at the end," MacDowell said. "There were a lot of parents there supporting the team that knew a lot about cross country and how to score it, and they told me before the official results came out that we had made it, but I was still pretty nervous because so many teams were right there."

Sarah Graesser led the Cor Jesu charge with a time of 21 minutes, 50 seconds, just over a minute off the winning time of 20:33, set by Mary Goldkamp of McCluer North.

MacDowell couldn't have asked for a better runner to set the pace for his team Saturday.

"Sarah is a good No. 1 for us," he said. "She's just so confident and consistent. She goes out there and does her job and that's get a good finish for us to start."

A pack of Cor Jesu runners finished two minutes behind Graesser, which was one of the main reasons why the Chargers are heading to state as a team.

Alex Faulstich, Julie Monda

and Katie Horan all finished within 10 seconds of one another and MacDowell knows how hard it is to keep the pack mentality in a race this big.

"It's hard for anyone to accept having to hold back," he said. "You have to know how to not get caught up in the moment during that first mile. You have to be conservative and make sure that your team, not just you, has a good showing and that's humbling."

Kate Miller, Amanda Emmett and Leah Muntges are the other team members that will be running this coming weekend.

Notre Dame had a good showing at Sioux Passage as well Saturday, sending two runners to state.

Sandy Inman led the charge for Notre Dame, finishing with a time of 21:41, just over a minute off the pace set by Goldkamp.

Also qualifying for state for the Rebels was Maggie Buchmiller, who finished with a time of 22:39.

Lutheran South's girls cross country team will also be making the trip to state this weekend, placing second as the Class 3 district meet at Potosi.

Brianna Frigerio was the top runner for the Lancers on the day, finishing with a time of 21:29, while Michelle McQueen finished with a time of 22:40 and Stephanie Benz rounded out the top three for Lutheran South with a time of 24:07.