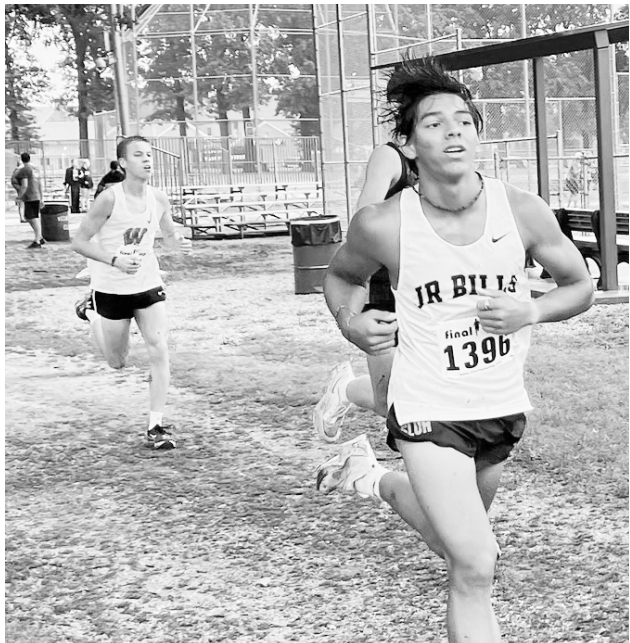


# Cross Country battles through rainy conditons, takes strong second in first varsity race



Wyatt Seal running at Granite City meet. photo |Brian Gilmore

LUCAS RAMMACHER AND  
BRENDAN JONES  
REPORTERS

The St. Louis U. High cross country team showcased its depth at the second meet of the season in Granite City this past weekend. Granite City marked a tremendous season-opening invitational for the entire program. The varsity team took second out of 43 teams, scoring 73 points to first place's 42, making an outstanding debut for the squad. The team had a gap from the first and final scoring runner of only 25 seconds reaching Porter's goal and closing an extra 5 seconds compared to last year's varsity five.

The meet started with the varsity race. The course was muddy and torn from an earlier rain but the weather stayed cool; perfect weather for 32 runners ready to grab new PR's.

"We had set up the expectation. We just wanted to see where we were at. And so that's what we did," said cross country head coach Joe Porter. "We feel like we're in a nice spot. But we know that we can get better and it was a nice first race and a good experience."

The varsity team had an average time of 15:50 for the three-mile course (16:21 for the 5K conversion). The pack was headed by senior captain Tim Greiner's 15:36, good for

ninth place. Greiner was followed by senior Nolan Meara (15:48; 14th), senior Wyatt Seal (15:49; 15th), senior Carter Lowe (15:53; 18th), and senior Lucas Rammacher (16:01; 23rd) to round out the scoring five. Junior Charlie "fast as Wingo" Murray finished in 26th with a time of 16:07 and senior Will Riggan rounded out the squad finishing 37th by way of a 16:35 three mile.

"I felt great with the varsity squad," said Lowe. "Looking around and seeing the guys even before we started racing, I felt like we had a really good team with the ability to stay tight and pack up near the front. I'm looking forward to what we can do throughout the season."

In the freshman and sophomore race, the underclassmen continued their dominant racing, putting five runners in the top ten to win the race by 50 points. Freshman Jaden Elgin led the team to the win with his second race of the season and yet another first place finish. Elgin set a SLUH freshman record again after his first outstanding performance for SLUH at O'Fallon, running a 16:06.

"I felt ready to go to Granite City," said Elgin. "I made the mistake of going out too fast at O'Fallon so I took it easy this time in the first mile and then I picked the opponents off which led to a good race at

the end."

After Elgin, sophomore Gus Talleur finished in sixth with a time of 16:23 followed by a strong pack of sophomores in George Donahue (16:37), Gavin Smith (16:37), and Alex Bendana (16:39), bringing the scoring five all within the top 10 overall finishes. Rick Jones ran 17:10, PRing for the second time in three days for 21st overall and Ethan Bognar who ran 17:50 for 33rd place.

Finally, in the open division race, the team lost in a tie breaker to Rockbridge as both teams scored 28 points with their scoring five, but Rockbridge was able to get their sixth runner in before SLUH could. The scoring five was led by senior captain Brendan Jones who ran 16:43 to win the race followed by Charlie Gray in third place and Anthony Zangara in fourth. Senior captain Nick Purschke (17:45 for 9th place and a well deserved PR) and Noah Evers (17:53; 11th).

Better yet in the open race, the brotherhood was on full display as all members of the team cheered on freshmen Isaac Aguayo and Alex Juan, both of whom had massive PR's of 3:50 and 4:07. This remarkable show of talent has the team's morale at near-atmospheric levels heading into Saturday's Forest Park XC Festival, a meet that this year will bring 168 top level teams and 2286 runners from across five states. This year, after a great showcase of depth, SLUH will run two-eight man varsity teams in the highest race division. Varsity will compete at 10:40 a.m., JV at 1:10 p.m., and the freshmen at 2:05 p.m.

"I think that it's great for our guys who have the chance to run varsity in the top division and kind of show that we're a deep team, but we want to show it off to the rest of the state," said Porter. "We also want to give as many guys as we can, the racing experience you need to be successful at the end of the season."

# STORIED FOOTBALL TRADITION: SLUH VS. CBC RIVALRY 100 YEARS

- 1925 - SLUH 6-0
- 1926 - CBC 7-0
- 1927 - SLUH 12-3
- 1928 - SLUH 6-0
- 1929 - SLUH 12-0
- 1930 - CBC 12-7
- 1931 - CBC 19-6
- 1932 - SLUH 12-0
- 1933 - TIED 0-0
- 1934 - CBC 7-0
- 1935 - CBC 19-0
- 1936 - CBC 37-0
- 1937 - SLUH 7-0
- 1938 - CBC 14-7
- 1939 - SLUH 13-7
- 1940 - TIED 7-7
- 1941 - SLUH 6-0
- 1942 - SLUH 27-0
- 1943 - CBC 7-6
- 1944 - DID NOT PLAY
- 1945 - SLUH 46-0
- 1946 - SLUH 21-6
- 1947 - SLUH 27-13
- 1948 - SLUH 6-0
- 1949 - SLUH 21-13
- 1950 - SLUH 26-14
- 1951 - SLUH 28-0
- 1952 - SLUH 12-6
- 1953 - SLUH 13-0
- 1954 - DID NOT PLAY
- 1955 - SLUH 27-9
- 1956 - CBC 12-0
- 1957 - CBC 18-12
- 1958 - SLUH 14-9
- 1959 - SLUH 33-7
- 1960 - SLUH 7-6
- 1961 - CBC 12-8
- 1962 - CBC 7-6
- 1963 - CBC 7-0
- 1964 - SLUH 28-0
- 1965 - SLUH 7-0
- 1966 - CBC 33-6
- 1967 - CBC 17-6
- 1968 - SLUH 19-12
- 1969 - SLUH 24-7
- 1970 - SLUH 14-13
- 1971 - SLUH 24-0
- 1972 - SLUH 14-11
- 1973 - SLUH 7-3
- 1974 - SLUH 25-12
- 1975 - SLUH 15-0
- 1976 - SLUH 23-0
- 1977 - CBC 14-0
- 1978 - SLUH 30-8
- 1979 - SLUH 18-7
- 1980 - SLUH 27-6
- 1981 - SLUH 14-12

SLUH  
53

CBC  
44

2 TIES

- 1982 - CBC 7-0
- 1983 - SLUH 22-0
- 1984 - SLUH 17-7
- 1985 - SLUH 19-10
- 1986 - SLUH 14-3
- 1987 - CBC 41-0
- 1988 - SLUH 12-0
- 1989 - CBC 6-3
- 1990 - SLUH 30-20
- 1991 - SLUH 35-29
- 1992 - SLUH 34-6
- 1993 - SLUH 42-14
- 1994 - SLUH 14-0
- 1995 - CBC 18-12
- 1996 - SLUH 14-12
- 1997 - SLUH 47-7
- 1998 - SLUH 28-0
- 1998 - CBC 28-0
- 1999 - CBC 41-24
- 2000 - CBC 35-0
- 2001 - SLUH 35-10
- 2002 - CBC 41-10
- 2003 - CBC 41-10
- 2004 - SLUH 17-10
- 2005 - SLUH 26-7
- 2006 - CBC 42-7
- 2007 - CBC 31-17
- 2008 - CBC 31-29
- 2009 - CBC 30-23
- 2010 - CBC 42-35
- 2011 - CBC 34-7
- 2011 - CBC 66-28 (STATE)
- 2012 - CBC 51-7
- 2013 - CBC 31-6
- 2013 - CBC 42-14 (STATE)
- 2014 - CBC 49-16
- 2015 - CBC 56-22
- 2016 - CBC 48-21
- 2017 - CBC 55-7
- 2018 - CBC 59-14
- 2018 - CBC 63-0 (STATE)
- 2019 - CBC 45-14
- 2019 - CBC 27-14 (STATE)
- 2020 - DID NOT PLAY (COVID)
- 2021 - CBC 59-27
- 2021 - CBC 42-21
- 2022 - 100TH MEETING

- Compiled by Mr. Dick Wehner

# Athletics can now earn PE credit in new policy change

(continued from page 1)

-stand what we were trying to do and it accidentally created a really bizarre situation."

With this year's new rotating block schedule, PE was finally able to once again fit properly within the school's schedule rather than being thrown in with other classes. This came with a bonus to SLUH students of allowing them to count sports played throughout the year as credit for PE. However, there is a limit in that one sport will count for a single quarter of PE. Additionally, playing two or more sports does not have any effect on the PE curriculum as every student is

required to take at least one quarter's worth of physical education.

"What we did is we added up the numbers of hours spent in a traditional PE class versus the number of hours spent in an athletic season," said Foy. "It sort of worked out and made sense that we chose to award one quarter's worth of credit to a student who is an athlete since they already put many hours into their own sport."

The change of the PE credit requirements had many different effects on students depending on their activity levels as there is a difference between a sports team and a PE class. The benefit of a

PE as a class is to provide a space for students who otherwise do not play sports or who aren't as interested in athletics to have a chance to play and get physical activity while also providing space for guys to be able to bond with classmates, they would otherwise not have a chance to do, an aspect of PE that was lost in Covid.

Simultaneously, the PE credit change will also help out those students on the opposite spectrum, whose time is constantly filled by sports practices, games, and tournaments. These students already devote much of their time to bonding around physical play, the main purpose of PE as a

class. The new change essentially acknowledges that these athletes are getting physical activity without having to fill an extra class with PE. Instead, that time could be spent on academic work.

"I really like having a free period in between classes," said freshman Brady Vogt. "It's nice for me to be able to catch up with all of my homework and other stuff that I need to do since I am already busy with XC and other things after school."

The ramifications of the change are felt in the PE courses. Although PE will have more time to meet than it did the last couple years, the number of students regis-

tered in a PE course this year is at an all time low. This is mainly due to the fact that the change was implemented in a time when most students had already filled their PE obligations under the new requirements and that only freshmen are now required to fulfill this new obligation.

"The number of students in PE and weightlifting classes this year is at its lowest point," said Zarrick. "However, as each new class comes to SLUH we should see those numbers pick back up again because each year it will not just be the freshman of the previous year, but a new class as well. Then, we will return back to higher numbers."

Luckily, the new change in the curriculum will have no effect on what the Physical Education department will offer to students in the upcoming years. Students will still be able to enroll in a variety of classes including yoga, weightlifting, and cycling. Trips like the Katy Bike Trail will still be offered over the summer break.

"One of our emphases this year is to make sure our students are aware that we're still offering plenty of types of classes for students to take," said Physical Education and Health Department chair Gary Kornfled. "Basically, if there is an interest, we are going to offer it."