

## Swedes make strides towards improving

Written by Austin Benson

Thursday, 19 September 2013 14:14 -

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The Gothenburg cross country team continues to stride in the direction of becoming a really good team.

That's what head coach Steve Reeves said.

The Swedes competed at the Lexington Invite last Tuesday evening.

"Our kids performed very well on a challenging course," Reeves said. "There was a definite improvement in terms of bunching together and overall outcome."

The Swedes were definitely short numbered on the girls side with runners still recovering from the Cozad Invite.

Sophomore Sydney Gruber and Destiny McVay paced the Swedes finishing seventh and eighth, respectively.

Junior Amanda Kowaleski also medaled at the Lexington Invite finishing in 10th.

"We have a number of runners that on any given day could be our number one," Reeves said. "The girls have really worked on bunching up in practice and encouraging one another."

On the boys side, freshman Collin Hahn continues to run well finishing inside the top 10 again.

Hahn led the Swedes placing seventh with a time of 18:54.

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“He is probably competing at a level as good as any freshman has in Gothenburg,” Reeves said.

He said that junior Seth Eggleston also ran a good race, finishing just out of medal contention.

Reeves said that boys still need to work on bunching up earlier in the race, or figure out what time works best for them.

“Once our full team is competing together, we should have a nice group together,” Reeves said.

### SWEDE VARSITY GIRLS

7. Sydney Gruber 23:47

8. Destiny McVay 23:49

10. Amanda Kowalewski 24:19

Keely Lecher 25:11

Andie Geiken 26:32

### SWEDE JUNIOR HIGH

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### GIRLS RESULTS (1 MILE)

2. Kayla Weyers 10:15

5. Kaitlyn Kleinknecht 10:53

6. Natalie Kennicutt 11:04

9. Kori Kowaleski 11:53

12. Allison Nichols 12:02

Maggie Lafuze 12:28

Cheyenne McVay 13:01

Hannah Boyd 13:51

### SWEDE VARSITY BOYS

7. Collin Hahn 18:54

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Seth Eggleston 20:07

Bryan Martinez 20:42

Bryce Kowalewski 21:32

Mathiel Martinez 21:54

Joshua Elliot 22:47

Jacob Franzen 23:03

Tate Bartlett 24:48

Sam Lafuze 25:56

SWEDE JUNIOR HIGH

BOYS RESULTS (1 MILE)

3. Blake Riley 9:50

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4. Ryan Healey 10:04

6. Collin Brown 10:16

7. Tucker Bartlett 10:17

9. Brett Mazour 10:52

Kody Deepe 13:40

Blake Sucha 14:40

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