

Men's XC 2021

Meet	Venue	Date	Varsity result (Avg. time)	Top two finishers
First-Day-of-Practice Time Trial	Bever Park	August 9th	N/A	John Lorenz, Lucas McCarley
Linn-Mar Invitational	Oak Ridge M.S.	September 4th	5th of 6 teams (19:15)	John Lorenz, Lucas McCarley
Cedar Rapids Invite	Seminole Valley	September 9th	13th of 15 teams (18:37)	John Lorenz, Lucas McCarley
Rich Engel Classic	Birdsall Park, Cedar Falls	September 16th	17th of 21 teams (19:38)	John Lorenz, Kriene Schneidermann
Eastern Iowa Classic	Seminole Valley	September 23rd	5th of 8 teams (18:13)	John Lorenz, Kriene Schneidermann
West Invite	Iowa City Kickers	September 28th	6th of 9 teams (19:44)	Kriene Schneidermann, John Lorenz
Steve Johnson Invite	Wartburg College, Waverly	October 2nd	10th of 24 teams (18:17)	John Lorenz, Lucas McCarley
MVC Super Meet	Irv Warren Golf Course, Waterloo	October 7th	15th of 15 teams (18:29)	John Lorenz, Kriene Schneidermann
Divisional Meet	Birdsall Park, Cedar Falls	October 14th	7th of 7 teams (19:44)*	John Lorenz, Kriene Schneidermann
State Qualifying Meet	Seminole Valley	October 20th	8th of 9 teams (18:15)	John Lorenz, Kriene Schneidermann

Summary: The Warrior Men's Cross Country team kicked off their 2021 campaign on August 9th with the annual First-Day-of-Practice time trial, running three loops, or 2.4 miles, around Bever Park. Top finishers junior John Lorenz and senior co-captain Lucas McCarley formed the core of the Warriors' varsity squad the rest of the season along with senior co-captain Cameron Smeby, sophomores Kriene Schneidermann and Kyle Reisinger, and freshmen Lucas Burkamper and Louis Dew. While Wash may not have sent anyone to the State Meet in Fort Dodge this fall, they made steady progress over nine meets--all 5K, or 3.1 miles--beginning September 4th at Linn-Mar and continuing through the State Qualifying Meet on October 20th at Seminole Valley in Cedar Rapids. Competing in a conference that included 4 of the eventual top 10 teams in 4A cross country in Iowa, the 20-man squad battled all season in meets and trained hard in practices. As usual, the team's workouts included everything from 400 repeats on the track (as many as 24 for the varsity guys) in mid September to the annual 13.1-mile Xavier run (with Blizzards waiting for the finishers), completed in early October this year. And as a result, every returning athlete achieved a new personal record (PR) this fall. Based on their solid performances and time improvements, John Lorenz and Kriene Schneidermann were named Honorable Mention All-Metro runners for 2021, while the following athletes received awards at the end-of-season banquet: John Lorenz (Most Valuable Runner); Cameron Smeby (Lewi Manirumva Award for Perseverance and Excellence); Lucas Burkamper (Rookie of the Year Award); Lucas McCarley (Ed Luebe Award for Leadership); and Finn DeBoom (Dr. Ralph Plagman Four-Year Achievement Award).

*Ran all freshmen and sophomores (including K. Schneidermann, who placed 4th overall) in 9/10 race, where we finished 6th of 8 teams

