

## SHA Girls Cross Country Division 4 Four-peat State Champions

Congratulations to SHA's Girls Cross Country team who competed against 27 other teams and won the Division 4 Championship with 69 points last Saturday at Michigan International Speedway. Saugatuck was second with 82 points. This was a 4-peat performance for the girls (2015-16-17-18). Earning points for SHA were Desiree McConnell – 6<sup>th</sup>, Scout Nelson – 8<sup>th</sup>, Lauren MacDonald – 10<sup>th</sup>, Cammie McConnell -18<sup>th</sup> and Riley Hacker – 54<sup>th</sup>. Also running for SHA were Sara Peltier – 93<sup>rd</sup> and Michele Reinke – 145<sup>th</sup>. Top 30 are state qualifiers. Both Scout and Lauren earned All-State honors for a fourth time.



Girls Division 4 Champion

## Boys Cross Country Division 4 Finalist – Place 2nd

SHA boys finished 2<sup>nd</sup> with 102 points after winning it in 2017. Saugatuck took first with 62 points. Three SHA runners earned All-State honors via top-30 finishes. TJ Moore – 17<sup>th</sup>, Brock Lynch – 20<sup>th</sup> and Chase Nelson – 21<sup>st</sup>. Also earning points for SHA were Matthew Nowak – 33<sup>rd</sup> and Josh Lynch – 35<sup>th</sup>. Other runners included Xavier Addison – 79<sup>th</sup> and Luke Predum – 158<sup>th</sup>.

The teams are coached by Mark Zitzelsberger with assistance from Adam Grifka, Rob McConnell, and Luanne Nelson.



Boys Division 4 Finalist – 2<sup>nd</sup> place