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FOR IMMEDIATE RELEASE

### **2019 LSAM State Cross Country Meet Wrap-Up**

This past weekend provided a great day of fellowship and competition from runners across the state as LSAM conducted the annual Lutheran State Cross Country Meet. This was the first year with the event at Camp Trinity in New Haven, Missouri hosted by Immanuel Lutheran School in Washington. The rain held off until the meet had been completed, and it proved to be a fantastic day for the 117 runners who competed in the boys and girls 3k state races.

The boys 3k state meet was first up and had a significant amount of anticipation surrounding it with last year's individual state champion, Keion Greive (Trinity, JC) back to defend his state title, along with last year's runner-up Mitchell Hardeman (CCLS), and last year's fourth-place winner Charlie Masa (Zion) back. The race consisted of 71 total runners. Those top 3 did not disappoint as Keion took home first for a second straight year with a time of 10:16.86. Charlie (10:51.57) came in second followed by Mitchell (11:03.30) in third. Rounding out the top five was Isaac Lind (Zion) in fourth with a time of 11:23.59 and in fifth his teammate Nathan Lindesmith (Zion) with a time of 11:39.40. The trend of defending titles on the boy's side also held true for the team scoring as the Zion boys took home the team state title for the fourth year in a row with 5 runners finishing in the top 15 and a team score of 34. Trinity, JC came in second with a score of 74 and Immanuel, St. Charles took home third place at 94 points edging out Child of God at 99. Complete team and individual results can be found on the Cross Country page of LSAM.org.

On the girls side for the 3k state meet there were a total of 46 runners who participated this year. While there was no chance of a potential repeat individual champion this year on the girl's side, there were six returning top 10 finishers from 2018 that were back to battle for this year's individual title. Ava Breuer, last year's fifth place finisher (Immanuel, St. Charles), took first place with a time of 12:01.35 in a race that saw ILS St. Charles have five top 10 finishers. Her teammates Genevive Wacker (12:36.98) and Ella Bredensteiner (12:44.77) finished third and fifth respectively. Reese Schelp (CCLS) came in second place with a time of 12:08.26 and Ali Raithel (Zion) finished fourth at 12:42.54 making up the top five. All five girls were top 10 finishers from the previous year. On the team side of things, Immanuel, St. Charles took home the title with on the backs of five top 10 finishers and another in the top 15 providing them with a team score of 24. Zion, last year's champion, came in second with a score of 55. They had three runners finish in the top 10. Third place in the team standings when to Christ Community (CCLS) with a total of 74 points. Complete team and individual results can be found on the Cross Country page of LSAM.org.

Overall, it was a fantastic day at Camp Trinity and the LSAM Board would like to congratulate all of the athletes who participated. The LSAM Board would also like to thank event director Dave Schoedel and the staff from Immanuel Washington who helped plan and put on a great event. This was LSAM's first meet at Camp Trinity and they look forward to working with Camp Trinity in the future. LSAM's next event will be the State Volleyball tournament that will take place in Concordia, November 8-10.

***"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters"***  
**Colossians 3:23**

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## **About the Lutheran Sports Association of Missouri**

The Lutheran Sports Association of Missouri (LSAM) is a non-profit organization that has been sponsoring annual Christian-based sports competitions for Missouri Lutheran Schools since 1999. LSAM currently sponsors 5 state-wide events that take place during different times throughout the school year. LSAM goal is to foster Christian education, fellowship and athletics. For more information, visit [www.lsam.org](http://www.lsam.org).

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