

HIGHLIGHTS! Windsor at North Bay League Cross Country Championships, Nov 9, 2024 Spring Lake Park, Santa Rosa

TEAM:

- **Windsor Varsity Girls, NBL-Oak 3rd place medals** (Emily Williams, Pia Sallee, Annaleigh Malsbary, Kendal Pell, Darla Jensen, Kiarah Tejeda) - matches the best ever Windsor placing in NBL-Oak division. Tie for 3rd broken by Kiarah Tejeda finishing ahead of Analy's #6 runner.
- **Windsor Varsity Boys, NBL-Oak 3rd place medals** (Xavier Surgeon, Michael Ervin, Corbin Post, Max McKinney, Tristan Moores, Luciano Molina, Isaiah Hernandez) - matches the best ever Windsor placing in NBL-Oak division.
- **Boys team time of 83:03 was a Windsor school record**, obliterating the previous best of 84:36 set in 2012

INDIVIDUALS

- **Xavier Surgeon** placed 2nd overall (out of 184 runners), matching the best ever individual Windsor place finish in NBL-Oak. His time of 15:38 was a **Windsor school record** and the 26th fastest ever by a Junior from any school in the 37 year history of the Spring Lake Championship Course.
- **Emily Williams** placed 8th overall (out of 117 runners) to lead the Jaguars. She was the fastest freshman girl among all 11 NBL schools participating in the meet. Her time of 19:23 tied her for 6th on the all-time WHS list.
- **Michael Ervin** placed 10th overall, and was the fastest freshman boy among the 11 participating NBL schools. His time of 16:24 was the 18th fastest by any freshman boy in the 37 year history of the Spring Lake Course. and 10th fastest ever on the Windsor all-time list.
- **All-League Medals** - 1st team, all-NBL: Xavier Surgeon; 2nd team, all-NBL: Emily Williams, Michael Ervin, Corbin Post; 3rd team, all-NBL: Pia Sallee, Max Emilio McKinney

IMPROVEMENTS! - 75% of our runners today **set their lifetime bests** on the Spring Lake Course – here's a summary of those that improved their times:

	Previous Best	New Best	Time Improvement	% Improvement	
Christian Torres	25:09	21:37	3:32	14.0%	
Sean Hanshew	20:43	19:12	1:31	7.3%	
Luciano Molina	19:05	18:04	1:01	5.3%	<i>7th fastest frosh boy, all NBL teams</i>
Xavier Surgeon	16:17	15:39	0:38	3.9%	<i>NBL 2nd place, school record, 26th fastest JR ever on course</i>
Michael Ervin	16:54	16:24	0:30	3.0%	<i>fastest frosh boy, all NBL teams, 10th WHS all-time, #18 frosh boy all-time</i>
Max McKinney	17:11	16:42	0:29	2.8%	<i>tie for 11th fastest WHS all-time</i>
Jefferson Nix	21:16	20:41	0:35	2.7%	
Arath Magdaleno	19:31	19:02	0:29	2.5%	
James Sinnott	20:23	20:05	0:18	1.5%	
Lillian Martin	25:32	24:04	1:28	5.7%	
Darla Jensen	23:14	22:06	1:08	4.9%	<i>7th fastest frosh girl, all NBL teams</i>
Annaleigh Malsbary	22:03	21:25	0:38	2.8%	<i>5th fastest frosh girl, all NBL teams</i>
Kiarah Tejeda	22:40	22:15	0:25	1.9%	<i>8th fastest frosh girl, all NBL teams</i>
Emily Williams	19:30	19:23	0:07	0.6%	<i>fastest frosh girl, all NBL teams, tie for 6th WHS all-time</i>
Lucy Ramos	25:45	25:38	0:07	0.5%	