

Sam Houston State Region III Preview

Custer sets Course Record as Lady Spartans Dominate

September 8, 2018

The Cross Country teams from Houston and Austin with expectations of qualifying for state headed to Sam Houston State this weekend for The Region III Preview on the course that will host Regional Competition in October.

In the Girls Elite race, Katy Tompkins had all their runners sprint to the front on the gun, but they could not hold their early position for long. It was the Spartan show early and often with Grace Custer winning, Liv Hirst taking 2nd and Faye Gibb taking 3rd with large gaps in the field. Jana Mahlich was 5th and looked strong all day. Ella Gibb used her massive power to run down a number of competitors in the final quarter mile for an 18th place finish. Hope Sage was 20th. Also, in Elite varsity competition were Marlene Soto (76th), Ilaandra Crowley (77th), and Georgia Letchford (83rd). The Varsity Girls squad won in massive fashion with 29 points (see below on XC scoring). [Mile Split](#) interviewed with the squad after the win ([Link to interview](#)). They also posted a race [highlight video](#).

Grace Custer has called this course her favorite since her freshman season. Now she owns it, setting a new course record for High School competition on the hilly course in 18:53, despite having to race extra distance as one of the longer turn gates was inadvertently left open in the Elite Girls Race, making the course a bit long. She separated from the field at the 1-mile mark building a massive lead over everyone not wearing a Spartan.

In Elite Boys Competition Tyler Egger continues to show well, placing 26th in this Regional Preview. The Varsity Boys Squad finished 9th, with Francis Galdino gaining form (41st), Kamal Jalal (46th), Sam Hinojosa (58th), Carson Gentil (70th). Varsity boys [Highlight video](#).

In JV Action the team stretched out to a 5k distance from their typical 2-mile race. Erin Tompkins, Emily Mccollum and Alyssa Bommer showed the extra distance was not a problem as they picked through the field in the final half of the race to finish 10th, 12th and 14th. Also competing were Yomary Mata (21st), Cassie Flores (24th), Brook Luna (32nd), Calista Kumar (33rd), Ginna Avila (35th), Nahaleh Alisirat (39th), Abir Jalal (42nd), Valentina Chelala (46th), Neena Lester (50th), Zoe Hettman (54th) and Lulu Sawaf (60th). The JV Girls team placed 3rd. JV Girls [Highlights](#)

JV Boys took 5th with Eamanuel Galdino and Michelle Harper showing well in their first 5k for 18th and 24th position. Also running were Caleb Oliphant (34th), Davis Tobin (46th), Fernando Mejia (56th), Matt Gaiser (69th), Michael McDonald (78th), Camden Graham (80th), Addison Mitchell (93rd), Landen Reed (94th), and Uriel Moctezuma (100th) in the 146 competitor field. The JV boys team placed 5th. JV boys [Highlights](#)

XC Scoring

Ever wondered how a cross country race team score is computed? The score is figured by the placement of each team's top 5 runners. Each runner gets points for their place. The team

score is the sum of the places of the teams top 5 runners. For example, if a team's top runners finish in 1st, 2nd, 3rd, 5th, and 18th as the Stratford girls did Saturday, the team score would be 29 points. The team with the lowest score wins. Obviously, having front runners really helps the math. The critical part for a winning team is depth. If a team's 5th runner finishes 72nd, it is nearly impossible for the team to win, no matter how fast the first 4 are. When your 6th runner is beating other teams 3rd, 4th, and 5th runners, it adds 3 points to that other team's total. Your Lady Spartans are a particularly strong squad this season because they have both top front runners and team depth.

Next weekend the team will be at home for the SBISD Invitational at Nottingham Park on Saturday Morning. Some of the top Spartan runners will not race, training through next week to prepare for the hyper competitive Chili Pepper Festival at the University of Arkansas in two weeks.

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