# **MEN'S CROSS COUNTRY 2019-20 RECAPS**

### **Cross Country NJCAA National Meet at University of New Mexico**

November 9, 2019 @ 11:00 am - 5:00 pm

Final

Muskegon Community College sent Ben Schmidt (Fremont HS) to compete at the NJCAA National Championship in Alburquerque, NM this past weekend. He went out hard and put himself in a position to be All American. Unfortunately, the pace paid its toll and Ben fell back in the middle of the race. But, being the competitor and talented distance runner he is, he fought back hard in the last part of the race to finish160th out of 343 competitors (27:49).

# Men's Cross Country-MCCAA Championship & NJCAA Region XII at LCC October 26, 2019 @ TBD

Final

The Men's team finished 7th out of the 12 JUCO colleges in the NJCAA Great Lakes Region Saturday. The Jayhawks were led by Ben Schmidt (Fremont HS) who finished in 8th (27:36) which earned him All-Region and All-Conference Honors. Also scoring for the Jayhawks with a season best was Zach Ostoin (Reeths-Puffer HS), followed closely by Parker Reynolds (North Muskegon HS). Caleb Borns (Grand Haven HS) and Simon Johnson (Fruitport HS) were the other Jayhawks to score. Caleb finished with a personal best and Simon finished with a season best. The team concluded the season running almost 7 minutes faster in their total team time from the beginning of the season.

#### Men's Cross Country-Oakland CC & Jayhawk Invitational

October 11, 2019 @ TBD

Final

The Jayhawk Cross-Country teams split up and competed in two separate meets on Friday.

For the men Trevor Matson (LaSalle HS) and Aaron Blackwell (Big Rapids HS) also raced well in Oakland with personal best times on a challenging course.

Staying back in Muskegon to compete at University Park Golf Course, the Jayhawks raced to a 7<sup>th</sup> place (men's) finish on a wet and soggy course. Leading the men with a 31<sup>st</sup> place finish in 27:45 was Ben Schmidt (Fremont HS) followed by Parker Reynolds (North Muskegon HS) in a PR 28:49. Rounding out the scoring were Zach Ostoin (Reeths-Puffer HS), Caleb Borns (Grand Haven HS), and Simon Johnson (Fruitport HS).

Next on the schedule for the Jayhawks will be the Region XII & MCCAA Championship at Grand Woods Park in Lansing, MI on 10/26 in Lansing.

#### Men's Cross Country at Lansing Invitational at LCC

October 4, 2019 @ TBD

Cross Country competes at LCC Invitational

The Muskegon Community College Cross-Country Teams competed this weekend at the Lansing CC Invitational. The men's team dropped nearly 4 minutes off of their team time for the season but fell a few spots in the Junior College standings. With over 26 teams competing the men finished 17th and 8th out of the 13 Junior Colleges. Leading the way with a season best times was Zach Ostoin (28:57, Reeths-Puffer HS) followed closely by Mitchell Moore (29:09 Reeths-Puffer HS). Also racing with a season best time was Parker Reynolds (29:34, North Muskegon HS). Finishing up the scoring for the Jayhawks was Caleb Borns (Grand Haven HS) in his debut college race and Simon Johnson (Fruitport HS).

#### Men's Cross Country-Knight-Raider Invitational at GRCC

September 20, 2019 @ 10:30 am - 5:00 pm

Final

The Muskegon Community College Men's Cross Country team competed in the Knight-Raider Invitation hosted by Grand Rapids Community College.

The men's team finished 12th overall out of the 26 teams competing and 2nd of the Juco teams. The top runner for the Jayhawks was Ben Schmidt (Fremont HS) with a 27:26, good for 25th overall. Following Ben was Zach Ostoin (Reeths-Puffer HS), Parker Reynolds (North Muskegon HS), Mitchell Moore (Reeths-Puffer HS), and Simon Johnson (Fruitport HS).

The next race for the Jayhawks will be on Friday, 10/4 at Grand Woods Park hosted by Lansing Community College.

## Men's Cross Country-Knight Invitational at Calvin University

September 7, 2019 @ 10:00 am - 5:00 pm

Jayhawks compete well at the Knight Invitational at Calvin College

Muskegon Community College took the short trip to Grand Rapids to compete in the Calvin University Knight Invitational.

The team opted to stay in the larger division to challenge itself. There were some strong performances on the men's team, however they were unable to post a team score because they didn't finish five runners. Leading the way with a very impressive 8k was Ben Schmidt (Fremont HS) who finished his first 8k in 27:08. Other finishers for the Jayhawk included Zach Ostoin (Reeths-Puffer HS), Parker Reynolds (North Muskegon HS), and Simon Johnson (Fruitport HS).

Next on the schedule for the Jayhawks is the Knight-Raider Invite at Riverside Park in Grand Rapids on Friday, 9/20.

#### Men's Cross Country-Jeff Drenth Memorial at CMU

August 30, 2019 @ TBD

Jayhawk Men open the season with 4th place finish

The Muskegon Community College men's cross country team opened its season at Central Michigan University's Jeff Drenth Memorial finishing fourth behind MSU, CMU, and Alma.

The men's team was lead by Ben Schmidt (Fremont HS) with a 17th overall finish followed closely by Zach Ostoin (Reeths-Puffer HS) who came across in 21st. Also scoring were Mitchell Moore (Reeths-Puffer HS), Parker Reynolds (North Muskegon HS), and Simon Johnson (Fruitport HS).

Next on the schedule the Jayhawks will travel to Calvin College this Saturday 9/7 for The Calvin Knight Invite @ Gainey Athletic Field GR.