

PAL Cross Country Course Records:

The PAL uses two different courses during the Fall cross country season. Two of the practice meets are typically scheduled at Granite Regional Park on a 1.25 mile course. The other practice and championship meet is scheduled for Jesuit High School on a 1.5 mile course. The established records include both Girls and Boys with designated level; Varsity or JV(Championship Jesuit Course only).

Any questions about these records, please contact Gerry Lane; laneg@jhssac.org

PAL Cross Country Course Records:

Granite Park (All Levels 1.25 Miles)

Girls Record

<u>Student</u>	<u>School</u>	<u>Time</u>
Fiona O'Keefe	SJEvangelist	7:04 (2011)

Boys Record

<u>Student</u>	<u>School</u>	<u>Time</u>
Tyrstan Martin	St. Elizabeth AS	7:05 (2008)
Evan Cross	Sacramento Country Day	7:04 (2011) *
		(* Adjusted Course)

Jesuit High School Course (1.5 Miles)

Girls Varsity Record

<u>Student</u>	<u>School</u>	<u>Time</u>
Fiona O'Keefe	SJ Evangelist	8:20 (2011)

Girls JV Record

Fiona O'Keefe	SJ Evangelist	8:51.1 (2009)
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Boys Varsity Record

Trystan Martin	St. Elizabeth AS	8:04.9 (2009)
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Boys JV Record

Trystan Martin	St. Elizabeth AS	8:50 (2007)
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