

# Cross Country opens Thursday at Sugar Hills

By Tom Betz  
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The Cowboys and Cowgirls will field full teams for the opening meet at 4 p.m on Thursday at Sugar Hills Golf Course, and the coach is pleased with the efforts shown so far in practice.

Friday night the cross country runners had a 20 minute run in between the two halves of the football scrimmage running around the track for 14 laps.

Coach Ben Foust said it has been a few years since the girls have had enough runners to field a team, but with seven or possibly eight out he feels they will be able to field the team.

To have a team time at a cross country meet each school can have seven runners with the times counting for the top five.

Steven Buller will lead the Cowboys team, and on Friday finished the 14 laps in under 20 minutes.

Ace Arteaga is another addition to the team, and Foust feels he will be a good spark.

Foust said Buller and Arteaga both did some running over the summer, and said several of the boys and girls have been in the weight room working out.

Foust said the cross country team will run at a lot of the same places they have in past years and will make a second trip to Ellsworth. He said the Ellsworth trip last year gave them a chance to run on a tough course and against some of the toughest competition.

He feels the boys and girls will do well in the season, and is ready for it to start at home on Thursday.

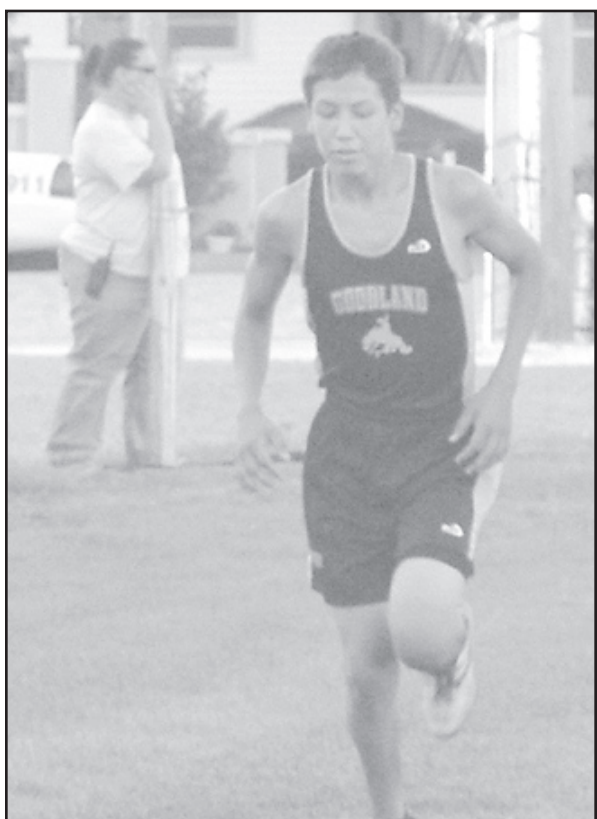
The cross country season will have the teams on the road for the rest of the season with the first stop Sept. 11, in Tribune; second on Sept. 14 at Leoti; third on Sept. 20 at Ulysses; fourth on Sept. 28 at Oberlin; fifth on Oct. 5 at Ellsworth; sixth on Oct. 9 at Lakin. The Great Western Activity Conference tournament will be on Oct. 16 at Hugoton.

Regional cross country will be on Oct. 23, and state on Oct. 30.



Goodland Cross Country teams ready for start at scrimmage on Friday. Former Cross Country Coach Don Smith (bottom left) fired the starters gun. Cowboy Steven Buller (below center) finishes the 14 laps in under 20 minutes. Ace Arteaga (bottom right) was close behind Buller.

Photos by Tom Betz/The Goodland Star-News



# Cowgirls golf team to open season on Thursday at Hugoton

The Cowgirls golf team open their season at 2 p.m. on Thursday at Hugoton, and Coach Connie Livengood thinks the team is doing a great job.

“We are going to be rebuilding this year,” she said, “and I am looking forward to the challenge and the girls who are out for golf are too.

“I am enjoying this years team. They are a great group.”

The girls who are out this year include Jacquelynn Gulley, Sam Galden, Katelyn Coon, Michaela Garrett, Cortney Cowan, Trace Waugh, Carly McCracken, Brooke

Lockhart, Elizabeth Wellman, Megan Siruta, Jordan Knitig and Miranda Hernandez.

“If these girls keep on working at the pace they have been and keep learning all about the game, this team will surprise a lot of other teams,” she said. “I am pleased with the progress each girl has made.

“I know Thursday will be the first time some of the girls will be playing a varsity tournament and they are a little apprehensive about it, but if they go to play the course like they have been playing our course, they will do fine.”

Livengood said she is ready for them to

have a tournament to know what it is like to compete against different courses and players.

“They will know what they have to work on to better their score each tournament,” she said.

All of the girls will get to play at Goodland on Tuesday, but on Thursday at Hugoton only 6 varsity players and 2 junior varsity girls will get to play.

“The new Great Western Activity Conference really has no bearing on our schedule,” Livengood said. “We will be playing the same schedule we have played for the last

couple of years.

“The exciting part of the schedule is we get to host the first league tournament for girls golf on Oct. 4. We are really excited to be hosting it and by that time, we will know how we add up to other teams and what it will take at the regionals to qualify for state.

“This team will be and are a good team. It is a great bunch of girls to work with.”

The Cowgirls will be at home beginning at 2 p.m. on Tuesday. The junior varsity will travel to Ulysses for a tournament at 2 p.m. on Sept. 14. Varsity golf will start at 2 p.m.

on Sept. 20 in Colby and part of the team will be in Russell for a tournament. The team will start at 2 p.m. on Sept. 23 at Holcomb. The first league meet will be at 9 a.m. on Sept. 29 at Ulysses. The second league tournament will be at 8:30 a.m. on Oct. 2 at Lakin. The league tournament will be at noon on Oct. 7 at Sugar Hills Golf Course. The final league tournament will begin at noon on Oct. 11 at Syracuse.

The regional tournament will be on Oct. 11, and state on Oct. 18.

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