

**Dresden Meet @ The Adult Learning Center****Tuesday, 8/15/23**

The girls and boy's cross-country teams opened their season at the Adult Learning Center in Dresden, TN. Fifteen schools were represented with a total of 71 girl runners and 93 boy runners.

In the girls' race, seasoned runner Kinlee Carver led the Lady Chargers. Carver's 25:56 time earned her a 19th place finish and a medal. Following with solid race times were Akeela'H Young (27:14) and Macey Dawson (28:02). Our newest Charger and runner, Lauron Middlebrook, completed her first race with an awesome time.

On the boys' side, Covington High School senior Dalton Travis was Covington's top finisher, running the three-mile course in 19:22. That time landed Travis 7th in a field of almost 100 boy runners and a medal for his finish. Trailing closely was newcomer, Konner Bradshaw with an impressive time of 21:27. Rounding off the top five team finishers were Trey Narcisse (22:40), Conner Leland (23:15), and Cameron Hall (24:12). Other great finishers, Drake Simpson (24:23) and Elijah Nason (25:31) blazed the trail. Our team welcomed our newest freshman runners, Tanner Craig, and Jack Channell who both ran great times.

The boys' team placed 5th overall out of the 15 schools represented. Both teams will scrimmage in Munford at Nancy Lane Park tomorrow. The next meet will be in Lexington on next Tuesday, August 22nd.

Dresden XC Meet Dresden, TN**8/15/2023**

Girls	Place	Mile 1	Mile 2	Finish	Boys	Place	Mile 1	Mile 2	Finish
Kinlee Carver*	19	7:10	16:05	25:56	Dalton Travis*	7th	5:35	12:09	19:22
Akeela'H Young	27	7:27	17:03	27:14	Konner Bradshaw	30	6:45	13:58	21:27
Macey Dawson	29	7:48	17:41	28:02	Trey Narcisse	41	6:47	14:45	22:40
Lauron Middlebrooks		9:40	----	----	Conner Leland	49	6:48	15:00	23:15
Cira Russell		----	----	----	Cameron Hall	56	6:46	15:04	24:11
					Drake Simpson	59	7:26	15:58	24:23
					Elijah Nason	65	7:27	16:15	25:31
					Tanner Craig	85	8:05	19:00	30:43
					Jack Channell	92	9:11	21:07	33:19
					Ty Waddell		----	----	----
* denotes medal					* denotes medal				
71 Girls					93 Boys				



COVINGTON HIGH SCHOOL

"Home of the Chargers"

Munford @ Nancy Lane

Thursday, 8/17/23

The girls and boys' cross-country teams traveled to Munford to race at Nancy Lane Park yesterday.

The Lady Chargers were led by Kinlee Carver (28:18) followed by Akeela'H Young (31:23), newcomer Reese Reinhart, Lauron Middlebrooks, and Ciara Russell.

Dalton Travis led the boy's team finishing 3rd overall with a time of 19:50. Konner Bradshaw followed closely with a 4th place finish and a time of 21:12. Tre Narcisse 5th place (22:35). Cameron Hall (23:48), and Elijah Nason (25:52) rounded off the Chargers top five finishers. Following were Drake Simpson (25:54), Tanner White and Jack Channell.

The next race will be Tuesday, August 22 in Lexington.



COVINGTON HIGH SCHOOL

"Home of the Chargers"

Hardin County H.S. Cross Country Meet

Tuesday, August 29, 2023

Prior to the Hardin Co. Cross Country Invitation, Covington's cross-country teams embarked on an educational excursion along the Tennessee river. During this outing, they conducted assessments of erosions and watched the majestic flight of eagles.

Hardin County has a unique course being that it has an almost half-mile hill to climb the first portion of the race. T-shirts were given to the top 20 finishers who survived "the hill". Medals were given to the top 15 runners.

The Lady Chargers earned several medals and t-shirts. Kinlee Carver led the way and secured a 17th place finish with a time of 26:57 in a field of 77 runners. Akeela'H Young (28:07) finished in 20th place.

Dalton Travis led the Charger men with an impressive 3rd place finish in a field of 133 boy runners, receiving a medal and t-shirt for his efforts. He was closely followed by Konner Bradshaw (21:11 PR), Trey Narcisse and Cameron Hall ran season bests, (22:02 and 22:27, respectively. Following closely were Conner Leland with a time of 23:54, Elijah Nason (27:00), and Tanner Craig (29:21 PR).

The team will return to action on September 2nd at the Memphis Twilight.

Hardin County H.S. XC Meet @ Horse Creek Wildlife Refuge, Savannah, TN

Tuesday, 8/29/23

Girls					Boys				
Place	Mile 1	Mile 2	Finish		Place	Mile 1	Mile 2	Finish	
Kinlee Carver	17	----	----	26:57	Dalton Travis*	3	----	----	18:09
Akeela'H Young	20	----	----	28:07	Konner Bradshaw	32	----	----	21:11 PR
					Trey Narcisse	48	----	----	22:03 SB
					Cameron Hall	50	----	----	22:27 SB
					Conner Leland	63	----	----	23:54
					Elijah Nason	94	----	----	27:00
					Tanner Craig	110	----	----	29:21
80 Girls					115 Boys				
* denotes medal					* denotes medal ** denotes team trophy ! = received t-shirt				

Top 20 Runners = T-shirt "I survived the hill." Top 15 Runners = Medals
17 Teams Competed Hosted by Hardin Co. High School, Savannah, TN
Course Info: appr. 1/2 mile hill near beginning of the race.



COVINGTON HIGH SCHOOL

"Home of the Chargers"

Memphis Twilight Cross Country Classic

Saturday, September 2, 2023

Covington's cross-country teams recently showcased their talent at the Auto City Twilight XC Classic in Memphis. The event, hosted at the Mike Rose soccer complex, featured both the men's and women's teams in intense races under the evening sky. What makes the Memphis Twilight special is its broad participation. Teams from seven states, including Alabama, Louisiana, Kentucky, Mississippi, Arkansas, Missouri, and Texas, competed alongside local Tennessee schools. The diverse mix of middle school, high school and college athletes undoubtedly makes this event as big as it is. The varsity women's 5K race started at 8:00 p.m., followed by the men's team at 8:45 p.m. The challenging course included loops around the complex and a thrilling finish in the 6000-seat Mike Rose stadium.

Out of 326 girl runners, Kinlee Carver finished in 189th place with a time of 24:20 followed by Akeela'H Young with a strong finish (25:42).

On the men's side, Dalton Travis finished at 140th place out of 469 runners with a fast time of 18:19. Konner Bradshaw blazed the course with an impressive 20:39 finish. Following so close were Cameron Hall (21:38), Conner Leland (22:40) and Elijah Nason (23:25). Covington boys' team finished 53rd out of 61 teams.

One other pretty cool part of Twilight was being able to stick around for the later races to watch some former high school athletes who have come with their new college team to run the courses as college athletes. The Chargers were so proud to meet up with San'Darius Coleman, representing Bethel to watch him complete in the collegiate men's four-mile course with a time of 22:14.

The future looks promising for the Covington's cross-country program as they continue to strive for greatness.

The next meet will be Thursday, September 7th at the Ag Center in Milan, TN.

Memphis Twilight Cross Country Classic

Saturday, 9/2/2023

Boys	Place	Mile 1	Mile 2	Finish
Dalton Travis	140	5:38	11:45	18:19
Konner Bradshaw	332	6:36	13:30	20:39 PR
Cameron Hall	383	6:40	14:01	21:38
Conner Leland	421	6:40	14:33	22:40
Elijah Nason	440	6:59	14:54	23:25
Boys: 469 Runners, 53 of 61 Teams				
Girls	Place	Mile 1	Mile 2	Finish
Kinlee Carver	189	7:01	15:17	24:20
Akeela'H Young	246	7:29	15:50	25:42
Girls: 326 Runners				



COVINGTON HIGH SCHOOL

"Home of the Chargers"

Milan High School XC Meet

Thursday, September 7, 2023

Milan High School hosted an intense cross-country meet at the West TN Ag Center with 34 schools. A total of 115 girl runners and 186 boy runners gave their all.

Kinlee Carver led the Lady Chargers securing 14th place out of 115 girl runners with a time of 23:49 (SB) and earning a medal for her efforts. Akeelah'H Young followed closely at 26:36. Lauron Middlebrooks and Ciara Russell both achieved personal records.

For the Charger men, Dalton Travis led the pack with an impressive time of 19:14 followed by Konner Bradshaw (20:39 PR). Cameron Hall (21:37 SB) and Conner Leland (21:51 SB) both hit seasonal bests. Elijah Nason finished in 24:04. Tanner Craig set a personal record of 26:19.

Next up, the teams face their next challenge on Tuesday, September 13 at Huntingdon High School. Expect more thrilling performances from these dedicated runners.

Milan High School Thursday, 9/7/2023

Girls	Place	Mile 1	Mile 2	Finish	PR
Kinlee Carver*	14	7:00	15:00	23:49	22:50 PR
Akeelah'H Young	----	7:44	16:55	26:36	25:42 PR
Lauron Middlebrooks	----	9:16 PR	19:00	----	
Ciara Russell	----	10:07 PR	21:45	----	

Girls: 34 Schools Represented, 115 Runners

*** -- Denotes Medal**

Boys	Place	Mile 1	Mile 2	Finish	PR
Dalton Travis		5:40	12:02	19:14	17:26 PR
Konner Bradshaw		6:22	13:38	20:48	20:39 PR
Cameron Hall		6:44	13:53	21:37 SB	19:50 PR
Conner Leland		6:49	13:53	21:57 SB	21:43 PR
Elijah Nason		7:02	15:00	24:07	22:55 PR
Tanner Craig		7:47	16:44	26:19	26:19 PR

Boys: 34 Schools Represented, 186 Runners

*** -- Denotes Medal**



COVINGTON HIGH SCHOOL

"Home of the Chargers"

Huntingdon @ Kelley Sports Complex

Tuesday, 9/12/23

The recent cross country meet at the Kelley Sports Complex in Huntingdon, TN was a showcase of our teams' outstanding talent and determination. With 29 schools participating, a total of 280 runners took the course. There were 118 girls and 162 boys.

Kinlee Carver led the team with a standout performance for the girls' team with an impressive 14th-place finish in a field of 118 with a season best of 23:47. Carver earned a medal for her efforts. Akeela'H Young, who celebrated her birthday also finished with a respectable time of 26:07. Several team members achieved personal bests, Reese Reinhardt, Lauron Middlebrooks and Ciara Russell all left their mark on the course. The team showcased their strength as a unit with a 6th place overall finish.

On the boys' side, Dalton Travis led the team with a commendable 12th-place finish in a field of 162 athletes with a time of 18:44. Following closely behind was Konner Bradshaw, securing a 22nd-place finish with a personal record of 19:57. Trey Narcisse and Cameron Hall both notched season bests of 20:38 and 20:49, respectively. Rounding off the team was Connor Leland (22:25) and Elijah Nason, (23:32). Tanner Craig and Jack Channel recorded personal bests. The team finished 5th place overall.

The next challenge awaits them in C-town at the Covington Sportsplex next Thursday, September 21st. The girls will run at 4:30 p.m. and boys run at 5:10 p.m.



Trinity Christian Academy, Jackson, TN

Tuesday, September 26, 2023

Covington High School's cross-country teams excelled at the recent Trinity Christian Academy cross country meet.

In a field comprising 126 talented runners, Kinlee Carver emerged as the leading lady Charger, clocking in at 24:46, followed by Akeela'H Young (27:11), Lauron Middlebrooks (30:56) who set a person record, and Ciara Russell (33:14).

On the boys' side, Dalton Travis stole the spotlight for the boys' team, dominating the course with an impressive time of 17:37. Travis finished 9th overall in a field of 196 runners, earning a well-deserved medal in recognition of his outstanding achievement. Konner Bradshaw's impressive finish resulted in another personal record at 19:37. The team's depth was further highlighted by Conner Leland's (22:08) strong finish, Tanner Craig's (25:31) personal best, and Jack Channell's time of 32:53.

Next up is the Frank Horton Classic at Shelby Farms on Saturday, where both teams aim to build on their recent successes.

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COVINGTON HIGH SCHOOL

"Home of the Chargers"

2023 Frank Horton Invitational

Saturday, September 29, 2023

CHS X-Country teams traveled to Shelby Farms Park in Memphis, TN to race the 35th Annual Frank Horton "Night" Classic. It was a great night for racing.

The girls' race started at 8:00 pm. The top runner for the girls was Kinlee Carver 22:56 (SB), Akeela'H Young 23:43 (PR), and Ciara Russell 30:04 (PR).

In the boys' race, Dalton Travis continues to lead the Charger men with a personal best of 17:20, followed by Konner Bradshaw 19:04 (PR). Trey Narcisse 19:58 (PR) Cameron Hall 20:05 (SB), Connor Leland 21:35 (PR), Elijah Nason 22:20 (PR), Tanner Craig 23:47 (PR) and Jack Channell with a PR.

Next meet will be October 3rd at Obion County Central for the Best of the West XC Invitational.

Frank Horton "Night" Classic

@ Shelby Farms Park

Saturday, 9/29/2023

Girls					Boys				
	Place	Mile 1	Mile 2	Finish		Place	Mile 1	Mile 2	Finish
Kinlee Carver	118	6:41	----	22:56 SB	Dalton Travis	60	5:28	----	17:20 PR
Akeela'H Young	143	7:02	----	23:43 PR	Konner Bradshaw	158	6:02	----	19:04 PR
Lauron Middlebrooks	----	----	----	----	Trey Narcisse	220	6:12	----	19:58 PR
Ciara Russell	244	8:50	----	30:04 PR	Cameron Hall	229	6:12	----	20:05
					Connor Leland	307	6:50	----	21:35 PR
					Elijah Nason	329	6:50	----	22:20
					Tanner Craig	353	7:17	----	23:47 PR
					Jack Channell	287	8:56	----	31:27
206 Girls 27 Teams				* denotes medal	378 Boys 31st of 48 Teams				* denotes medal ** denotes team trophy

Conditions: Night, cool
Two-lap course

Obion County High School

The Best of the West

Tuesday, October 3, 2023

Over twenty schools in West Tennessee gathered at Obion County Central HS yesterday for the Best of the West cross-country meet.

The Lady Chargers posted a respectable showing, finishing 5th place and the Charger men finished 5th

Kinlee Carver (24:55) was the first to cross the finish line for the Lady Chargers. Among 83 runners, Carver finished 17th and received a medal for her efforts. Akeela H Young (25:34) finished 21st. Following were Lauron Middlebrooks (32:52), Ciara Russell (35:02) and Reese Reinhardt (41:54).

On the men's side, Dalton Travis (18:32) received a medal by placing 8th in a field of 145. Rounding out the top five scorers were Konnor Bradshaw (20:31), Trey Narcisse (20:40), Cameron Hall (21:26) and Conner Leland (22:39). Following was Drake Simpson (23:43), Elijah Nason (24:55), Tanner Craig (26:50), and Jack Channell (33:21).

Best of luck next Tuesday at the Crockett County cross country meet.

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COVINGTON HIGH SCHOOL

"Home of the Chargers"

Crockett County XC Meet

Tuesday, October 10, 2023

During the fall break, our cross-country teams displayed their talent and determination at the Crockett Co. High School meet, where 20 schools gathered to compete.

The girls' team finished 3rd overall. In a field of 87 female runners, the Lady Chargers stood out with two outstanding performances that earned them medals and secured their spots in the top 15. Kinlee Carver finished 12th overall and Akeela'H Young not only achieved a personal record but also secured the 13th position with a time of 23:08. Following with impressive finishes and setting personal records were Macey Dawson (25:12 PR), Lauron Middlebrooks (27:14 PR), and Reese Reinhardt (27:49 PR). Ciara Russell rounded off the team with a time of 31:40.

Dalton Travis clinched a well-deserved 9th place finish in a field of 126. Contributing to the team's overall success were Trey Narcisse (20:28), Cameron Hall (20:35), Elijah Nason (22:24), Tanner Craig (24:41) and Jack Channell (32:25).

The next meet will be at Martin Westview tomorrow, 10/17/2023.

Crockett County Invitational Meet Tuesday, 10/10/2023

Girls					Boys				
	Place	Mile 1	Mile 2	Finish		Place	Mile 1	Mile 2	Finish
Kinlee Carver*	12	7:02	15:32	23:05	Dalton Travis*	7	5:30	11:48	18:19
Akeela'H Young*	13	7:14	15:54	23:08 PR	Trey Narcisse	23	6:22	13:22	20:28
Macey Dawson	24	9:00	17:02	25:12 PR	Cameron Hall	24	6:22	13:22	20:35
Lauron Middlebrooks	32	9:43	19:26	27:14 PR	Elijah Nason	44	7:00	14:40	22:24
Reese Reinhardt	35	9:47	19:26	27:49 PR	Tanner Craig	62	7:27	16:01	24:41
Ciara Russell	49	11:31	22:28	31:40	Jack Channell	90	9:43	21:04	32:25
60 Girls, Team 3rd Place ** 20 Schools, 5 Teams					92 Boys, Team 5th Place 20 Schools, 8 Teams				
*Note: Girls took wrong turn resulting in faster					* denotes medal ** denotes team trophy				

Conditions: Sunny, 2-lap course

20 Schools Top 15 Runners = Medals



COVINGTON HIGH SCHOOL

"Home of the Chargers"

Westview Cross Country Meet

Tuesday, October 17, 2023

Covington High's cross-country team ran in Martin, Tn at Westview High School on Tuesday, October 17, 2023.

Leading the charge for the Lady Chargers was Kinlee Carver crossing the line with an impressive time of 23:38. Akeelah Young closely followed, clocking 24:01. Macey Dawson (27:01), Lauron Middlebrook (28:10) and Ciara Russell (31:41) rounded out the team with strong finishes.

On the men's side, Dalton Travis emerged once again as the frontrunner for the Charger men with a remarkable time of 17:28, earning a medal for his 13th place performance. Rounding off the top five runners were Konnor Bradshaw (19:42), Trey Narcisse with a personal best of 19:57, Cameron Hall (20:03) and Drake Simpson's personal best 21:41. More runners with solid performances were Conner Leland (21:41) and Elijah Simpson running a personal best of 22:00. Tanner Craig (25:31) and Jack Channell (31:42) followed closely.

Holden Owen, the team's photographer, also ran a personal best for the 2-mile with a time of 22:03.

Looking ahead, the team is gearing up for their regional meet, scheduled to take place at Shelby Farms in Memphis next Thursday, October 26th.

Martin Westview XC Invitational Meet Tuesday, 10/17/2023

Girls					Boys				
Place	Mile 1	Mile 2	Finish		Place	Mile 1	Mile 2	Finish	
Kinlee Carver	22	7:14	15:06	23:28	Dalton Travis*	13	5:23	11:14	17:28
Akeelah Young	27	7:52	15:46	24:01	Konnor Bradshaw	52	6:32	13:05	19:42
Macey Dawson	61	8:39	18:51	27:01	Trey Narcisse	55	6:38	13:08	19:57 PB
Lauron Middlebrooks	71	9:31	18:55	28:10	Cameron Hall	58	6:38	13:08	20:03
Ciara Russell	101	10:12	21:56	31:41	Conner Leland	88	7:09	14:30	21:41 PB
					Drake Simpson	87	7:09	14:30	21:41 PB
					Elijah Nason	92	7:09	14:30	22:00 PB
					Tanner Craig	144	7:46	16:32	25:31
					Jack Channell	168	9:31	-----	31:42
123 Girls, 20 Schools 12 Teams, 8th Place					169 Boys, 20 Schools 16 Teams, 8th Place				
* denotes medal					** denotes medal				
					** denotes team trophy				

Conditions: Sunny, 1-lap course

Top 15 Runners = Medals

**COVINGTON HIGH SCHOOL***"Home of the Chargers"*

**Region 8 A-AA
Regional Meet @ Shelby Farms
Thursday, October 26, 2023**

The Covington High cross-country teams are on their way to the state championships in Hendersonville, TN next Friday, November 3 following an impressive showing at today's regional meet.

A total of eight boy teams and seven girl teams showed up at the meet. Both Covington teams were regional runners-up.

In a field of 47, leading the girl's team was Kinlee Carver (23:37) who clinched the regional runner-up title with an exceptional time of 24:01. Akeela'H Young (24:07) secured a commendable 3rd place overall finish. Macey Dawson (25:38), Lauron Middlebrook (27:54) and Reese Reinhardt (28:01) rounded out the team, all running personal bests today. Ciara Russell completes the Lady Chargers roster.

In a field of 70, Dalton Travis led the men with a remarkable 4th place overall finish with a time of 17:55. Konnor Bradshaw (19:49), Cameron Hall (20:20), Trey Narcisse (20:24), Conner Leland (21:50), Drake Simpson (22:11), and Elijah Nason's (23:05) collective team effort secured the qualification for the state championship.

Support the teams by giving a donation as they prepare for next week's state meet.

**Region 8 A-AA
XC Regional Meet
Memphis, TN @ Shelby Farms
Thursday, 10/26/2023**

Girls					Boys				
Place	Mile 1	Mile 2	Finish		Place	Mile 1	Mile 2	Finish	
Kinlee Carver *	2	6:46	14:36	23:37	Dalton Travis*	4	5:30	10:56	17:55
Akeela'H Young*	3	7:04	15:03	24:07	Konnor Bradshaw	12	6:08	12:09	19:49
Macey Dawson	8	7:39	16:06	25:38	Cameron Hall	14	6:15	12:30	20:20
Lauron Middlebrooks	16	8:20	17:33	27:54	Trey Narcisse	15	6:38	12:30	20:24
Reese Reinhardt	17	8:21	17:45	28:01	Conner Leland	31	6:55	13:59	21:50
					Drake Simpson	34	6:52	14:05	22:11
					Elijah Nason	45	6:55	14:16	23:05
47 Girls, 7 Teams Regional Runner-up					70 Boys, 8 Teams Regional Runner-up				
* denotes medal					** denotes medal *** denotes team trophy				

Conditions: Sunny, 2-lap course

Top 4 teams advance to state, top 5 individuals

Special thanks to CHS, CHS staff and the entire community for the unwavering support and generous donations.

Region 8 A-AA
XC State Championship Meet
Hendersonville, TN @ Ferry Sanders Park
Friday, 11/3/2023

Girls					Boys				
Place	Mile 1	Mile 2	Finish		Place	Mile 1	Mile 2	Finish	
Akeela Young	115	7:00	14:47	23:14	Dalton Travis	37	5:15	10:31	17:20.01 ru
Kinlee Carver	126	6:37	14:47	23:28	Konner Bradshaw	163	6:01	12:16	19:17
Macey Dawson	171	7:42	15:33	24:51 ru	Trey Narcisse	195	6:04	12:37	19:53 ru
Lauron Middlebrooks	216	8:29	17:40	27:03 ru	Cameron Hall	202	6:05	12:38	19:58
Reese Reinhardt	226	8:30	17:48	27:58	Drake Simpson	231	6:18	13:56	21:16 ru
					Elijah Nason	246	6:23	14:10	22:02 ru
249 Girls					259 Boys				
28th of 31 Teams					25th of 32 Teams				

* denotes medal
 ** denotes team trophy

Conditions: Sunny, 2-lap course

249 Girls, 28th of 31 Teams, 259 Boys 25th of 32 Teams



COVINGTON HIGH SCHOOL

"Home of the Chargers"

TSSAA A-AA State Meet
@ Sanders Ferry Park, Hendersonville, TN
Friday, 11/3/23

Covington High cross-country teams demonstrated their exceptional talent and determination at the state Cross Country Championships held at Sanders Ferry Park in Hendersonville, TN, on November 3. Both the boys and girls' teams, after a hiatus since 2018, returned to the state meet with outstanding performances.

Leading the charge was senior Dalton Travis, who made his second appearance at the state meet. Travis, who had previously participated as a freshman, set a personal record with a remarkable time of 17:20.01, securing the impressive rank of #37 in the state of Tennessee's A-AA division. This outstanding performance is a testament to Travis's dedication and hard work throughout his high school career.

Following closely on Travis's heels was fellow senior Konner Bradshaw, who clocked in with a commendable time of 19:17. Trey Narcisse finished the season on a high note with a personal best of 19:53, closely trailed by Cameron Hall's impressive time of 19:58. Drake Simpson, another senior, showcased his dedication with a personal best of 21:16, while Elijah Simpson, also a senior, crossed the finish line with a time of 22:02. Due to a scheduling conflict with the FFA National Conference, junior Conner Leland could not participate in the meet.

The Lady Chargers were led by senior standout Akeela'H Young, who ran a personal best of 23:14. Young's performance not only showcased her talent but also served as an inspiration to her teammates. Kinlee Carver followed closely with a commendable time of 23:58, while Macey Dawson set a personal record with an impressive time of 24:51. Lauron Middlebrook also achieved a personal best with a time of 27:03, and Reese Reinhart rounded out the girl's team with a personal record of 27:58.

A special salute to the seniors who have shown remarkable dedication and persistence throughout their high school careers. Akeela'H Young, Cameron Hall, Trey Narcisse, Elijah Nason, Drake Simpson, and Dalton Travis have been instrumental in the success of the Covington High cross-country teams. Their hard work, leadership, and passion for the sport have been truly commendable.