

# MINOT DAILY NEWS - Local Sports

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## Sports Briefs

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MSU men and women continue to shave time

YANKTON, S.D. - The Minot State University men's and women's cross country team each cut time off its total overall time as the Beavers ran solid races at the Mount Marty College Invite here Saturday.

"This was a good confidence booster," MSU head coach Stu Melby said. "Every meet we are looking to keep dropping time. They are performing (both the men and the women). We are trying to stay healthy and get better before conference."

The Beavers' Breyette Schall continued her stellar freshman season as she finished 10th overall with a time of 19 minutes, 7 seconds to pace the women's team to a 216 overall score and eighth place. Cassie Sayler came in 52nd with a 20:23 and Lauren Dietrich was 60th with a 20:29.

"Of our top five girls, three of them set personal bests and the other two had season bests," Melby said. "Brey finished with a PR by 31 seconds, Mirelys (Pizarro) was by 31 seconds, Cassie 26 seconds, Amanda (Towle) was 41 second season best. It was our best team time and everyone is doing real well."

The men were paced by Brandon Velasquez, who finished 28th with a 26:49. The Beavers next three, Cory Meza (38th, 27:13, Ryan Perry (70th, 28:17) and Leon Medina (80th, 28:50) were just over a minute apart.

"It was the same way with the men, we had three of five with personal bests," Melby said. "We are getting out there and fighting for places. Guys were passing people with 100, 200, 400 meters to go."

While the season and personal bests were a good sign, Melby also pointed to the Beavers' times this season compared to last.

"Compared to last year at this meet, the guys ran 7:40 faster as a team and the girls were 3:32 faster," Melby said. "We are way ahead of last year."