• PLYMOUTH: Head coach Paul Gase has five lettermen on both the boys and girls squads returning, as he begins his 10th year.

Tim Collins, a junior, returns as the Big Red's No. 1 runner, while senior Scott Howard, juniors Brandon Keirns and Chad Stumbo, and sophomore John Helms also return.

Freshman Chris McClintock has impressed Gase enough to be tabbed the team's No. 2 runner.

Holly Barnthouse and Marlo Reiderman are the two returning senior letterwinners on the girls squad. Juniors Amy Root and Ann Fazzini along with sophomore Andrea Knapp complete the list of lettermen.