



Will Sheets

Covington Catholic High School

One of Northern Kentucky's finest runners in both cross country and track is Covington Catholic senior Will Sheets, a multi-sport state champion.

Will won a Kentucky Class 3A state championship in cross country his sophomore year, in 15:28, setting a school record and a new Bourbon County cross country course record. He was Covington Catholic's first-ever individual cross country state champion. For his effort, he was named Gatorade Kentucky Cross Country Runner of the Year, Northern Kentucky Co-Runner of the Year and was a finalist for the Greater Cincinnati High School Sports' Awards Cross Country of the Year award.

As a junior, Will missed nearly the entire cross country season after suffering a hip injury in the team's second meet of the year. But, he returned and finished third individually in the Kentucky High School Athletic Association Class 2A cross-country meet, helping the Colonels win a team state title.

He has started strong this year, too, winning the Moeller Primetime Cross Country Invitational.

During the summer, Will placed 11th in a field of 260 high school runners from nine states at the Nike Southeast Regional Championships in Cary, N.C. He was the top finisher from Kentucky and recorded a personal-best time of 14 minutes, 58 seconds on the 5,000-meter course.

In track, his sophomore year, at the 2023 Class 3A regional track & field championships, he was regional champion in the 3200 run in 9:26.00 and finished third as a member of the 4x800 relay team in 8:11.24. It was his second straight regional championship in the 3200 run. Then, at the 2023 Class 3A Kentucky state track and field championships he was state champ in the 3200 in 9:16.81 and was a member of the state champion 4x800 relay team, which set a school record in 7:52.14. At last year's 2024 Kentucky Class 2A track & field championships, he was state runner-up in the 1600 run in 4:20.26 and state runner-up in the 3200 run in 9:31.04. He also was on the third-place 4x800 relay team that finished in 8:12.54, helping the team win an overall state title.

NAME: Will Sheets
GRADUATING YEAR: 2025
SCHOOL: Covington Catholic H.S.
SPORT: Cross Country-Track
HEIGHT: 6'2"-175 lbs.
PARENTS: Nathan & Lexi
INFLUENCE: Nate Mountain
GOAL: Graduate top 15% in college class

"Will is thoughtful, detail-oriented, and not afraid to aim very, very high!"

- Jeremy Mosher, Varsity Cross Country Coach

September 3, 2024