



**CROSS  
COUNTRY**

**IN ROCKLAND COUNTY  
BOYS**

**2020 Top Runners  
in Each Class**

(Senior, Junior, Sophomore, Freshman)

**Sites everybody has run this year.**

(Milton, NY, Dual Meets)

# ROCKLAND COUNTY

# 2020

# Senoir

# Runner of The Year

## (1) Travis Delaney (SUFF) SR

Date	Meet	Dist.	Race/Place	Time	Place
10/13/20	Dual Meet (TZ, Nanuet, Suffern)	2.5	2nd	13:19.8	Suffern HS, NY
10/17/20	Milton Invite #1	5K	V1. 2nd	16:31.9	Milton, NY
10/20/20	Dual Meet (NR, CN, Suffern)	2.5	1st	13:22.3	Suffern HS, NY
10/24/20	Milton Invite #2	5K	V1. 1st	16:46.0	Milton, NY
10/27/20	Dual Meet (NY, PR, SUFF)	3M	_____	_____	Pearl River MS, NY
10/31/20	Section 1 League Championships	5K	_____	_____	Milton, NY
11/3/20	Dual Meet (CS, AM, SUFF)	5K	_____	_____	Clarkstown South HS, NY
11/7/20	Milton Invite #3	5K	_____	_____	Milton, NY
11/14/20	Milton Invite #4	5K	_____	_____	Milton, NY
11/22/20	Section One Regionals	5K	V. 2nd	16:08.6	Milton, NY
11/28/20	Northeast XC Championships	5K	U.S. 15th	17:16.5	Montgomery, NY

### Milton, NY (3.1 Miles)

**Milton Invite #1**

**(2nd) 13:31.9**

**Section League Championships 3.1 Miles**

**Did Not Run**

**Section Regionals 3.1 Miles**

**(2nd) 16:08.6**

## (2) Cliff Carty (PR) SR

### Best Times This Year.

Milton, NY		16:10.40	PR	Section One Regional
Dual Meet	5K			
Dual Meet	3M	18:30.00	PR	Pearl River, NY

## (3) Oisin Selby (PR) SR

### Best Times This Year.

Milton, NY		16:13.00	PR	Section One Regional
Dual Meet	5K			
Dual Meet	3M	18:28.60	PR	Pearl River, NY

## (4) Jack Gulak (NR) SR

### Best Times This Year.

Milton, NY		16:34.60	PR	Section One Regional
Dual Meet	5K	16:58.00	PR	Nyack, Ny
Dual Meet	2.5 m			

## (5) Jack Dowd (PR) SR

### Best Times This Year.

Milton, NY		16:37.00	PR	Section One Regional
Dual Meet	5K			
Dual Meet	3M	18:29.00	PR	Pearl River, NY

# **(6) James Polisen** (AM) SR

## Best Times This Year.

Milton, NY		16:42.80	PR	Section One Regional
Dual Meet	5K	18:05.00	PR	Nanuet, NY
Dual Meet	2.5 m	14:38.00	PR	Tappan Zee, NY

# **(7) Ryan Brady** (PR) SR

## Best Times This Year.

Milton, NY		16:44.60	PR	Section One Regional
Dual Meet	5K			
Dual Meet	3M	18:29.30	PR	Pearl River, NY

# **(8) Ryan McDonagh** (NAN) SR

## Best Times This Year.

Milton, NY		16:50.30	PR	Section One Regional
Dual Meet	5K	17:47.00	PR	Nanuet, NY
Dual Meet	2.5 m	13:27.50	PR	Suffen, NY

# **(9) Jack McCluskey** (SUFF) SR

## Best Times This Year.

Milton, NY		17:01.10	PR	Section One Regional
Dual Meet	5K			
Dual Meet	2.5 m	14:04.40	PR	Suffern, NY

# **(10) Dylan McMorrow (TZ) SR**

## **Best Times This Year.**

**Milton, NY**  
**Dual Meet 5K**  
**Dual Meet 2.5 m**

**17:15.10 PR**  
**17:37.00 PR**  
**14:26.00 PR**

**Section One Regional**  
**Nyack, NY**  
**Tappan Zee, NY**

