

ROCKLAND COUNTY

2019

Freshman

Runner of The Year

(1) Eduardo Nava (NR) FR

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Red Raider Run	1.xM	F. /2nd	10:34.00	Bear Mountain Park, NY
9/14/19		—	—	—	—
9/21/19	Suffern Invitational	1.xM	V.C/1st	10:17.00	Bear Mountain, NY
9/28/19	Six Flag Invitational	3200	V.A/4th	10:42.00	Jackson, NJ
10/4/19	Scarsdale Invitational	3M	V./2nd	17:41.20	Croton Harmon, NY
10/12/19	Manhattan Invitational	2.5	V.C/2nd	14:39.30	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/1st	18:09.50	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./1st	17:32.80	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/1st	18:42.50	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/4th	16:47.60	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./195th	18:20.90	Bowdoin Park, NY

Bear Mountain (3 Miles)

Suffern Invit. 1.xM

10:17.00

Rockland County Championships

17:32.80

Bowdoin Park (5K)

Section One Coaches

18:09.50

Section One Championships

1842.50

Van Cortlandt Park (2.5M)

Manhattan Invit.

14:39.30

State Meet (2.8m)

16:47.60

(2) Mason Mayer (SUF) FR

Best Times This Year.

Bear Mountain State Park		17:14.20	PR	Suffern Invitational
Van Cortlandt Park	(2000m)	6:16.10	PR	Manhattan Invitational
Bowdoin State Park		18:15.00	PR	Section One Coaches

(3) Max Alves (PR) FR

Best Times This Year.

Bear Mountain State Park		17:49.50	PR	League Meet
Van Cortlandt Park		14:56.70	PR	Manhattan Invitational
Bowdoin State Park		18:55.30	PR	Section One Championships

(4) Giuseppe Colella (NR) FR

Best Times This Year.

Bear Mountain State Park		18:26.30	PR	Rockland County Championships
Van Cortlandt Park		15:02.50	PR	Manhattan Invitational
Bowdoin State Park		19:02.30	PR	Section One Coaches

(5) Ryan Paradine (PR) FR

Best Times This Year.

Bear Mountain State Park		18:05.60	PR	League Meet
Van Cortlandt Park	(2000m)	6:29.90	PR	Manhattan Invitational
Bowdoin State Park		19:44.90	PR	Section One Championships

(6) Lucas Roy (NY) FR

Best Times This Year.

Bear Mountain State Park	18:22.00	PR	Rockland County Championships
Van Cortlandt Park	15:53.30	PR	Manhattan Invitational
Bowdoin State Park	19:47.30	PR	Section One Coaches

(7) Harrison Balk (SUF) FR

Best Times This Year.

Bear Mountain State Park	18:44.60	PR	Rockland County Championships
Van Cortlandt Park (2000m)	6:57.80	PR	Manhattan Invitational
Bowdoin State Park	19:34.80	PR	Section One Championships

(8) Tyler Cooper (SUF) FR

Best Times This Year.

Bear Mountain State Park	18:52.90	PR	Rockland County Championships
Van Cortlandt Park (2000m)	6:56.50	PR	Manhattan Invitational
Bowdoin State Park	19:47.80	PR	Section One Championships

(9) Dylan Marzan (NY) FR

Best Times This Year.

Bear Mountain State Park	18:46.30	PR	Rockland County Championships
Van Cortlandt Park	16:18.90	PR	Manhattan Invitational
Bowdoin State Park	20:05.70	PR	Section One Championships

(10) Cooper Mitchell (SUF) FR

Best Times This Year.

Bear Mountain State Park		18:57.70	PR	Rockland County Championships
Van Cortlandt Park	(2000m)	6:45.40	PR	Manhattan Invitational
Bowdoin State Park		19:59.20	PR	Section One Championships