



**CROSS
COUNTRY**

**IN ROCKLAND COUNTY
BOYS**

Dual meet Results are used, plus:

Manhattan, Leagues, Coaches, Counties, Sections, States, Federations, National's
& Other Invitational's

We can only go by the results I have received. You can always send your results in.

**(Top 25 Runners)
WEEK OF 11/10**

NC - No Change, U - Up, D - Down, HM - Honorable Mention, NL - Not Listed

(1) Ryan Guerci (NAN) SR

Weeks in top 25: Pre Season - 1st, 10/6 NC, 10/18 NC, 10/23 NC, 10/27 NC, 11/4 NC, 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Somers Big Red Invitational	5K	V. /1st	16:53.60	Lincolndale, NY
9/15/18	Suffern Invitational	3M	V. /2nd	15:44.70	Bear Mountain Park, NY
9/22/18	Bob Pratt Invitational	5K	V.1A/1st	16:25.81	Sunken Meadow Park, LI, NY
9/29/18	Wild Safari Invitational	5K	-----	-----	Six Flags, Jackson, NJ
10/6/18	Brewster Bear Invitational	5K	V.2/1st	15:20.00	Brewster, NY
10/9/18	League Meet 2A	3M	V./1st	16:16.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/1st	12:32.10	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/2nd	16:25.10	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./1st	15:34.25	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/1st	17:09.70	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/3rd	15:58.80	Sunken Meadows Park, NY

(2) Daniel Shephard (NR) SR

Weeks in top 25: Pre Season - 2nd, 10/6 NC, 10/18 NC, 10/23 NC, 10/27 NC, 11/4 NC, 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V. / 7th	16:37.60	Bear Mountain Park, NY
9/15/18					
9/22/18					
9/29/19	Wild Safari Invitational	5K	V.A/1st	16:09.00	Six Flags, Jackson, NJ
10/6/18	Brewster Bear Invitational	5K	V.2/3rd	15:30.30	Brewster, NY
10/13/18	Suffolk Officials Invitational	5K	V.1A/2nd	16:32.70	Sunken Meadow Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.1/1st	16:27.30	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./2nd	15:43.35	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/2nd	17:11.20	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/17th	16:30.90	Sunken Meadows Park, NY

(3) Jack Reynolds (PR) SR

Weeks in top 25: **Pre Season - 3rd**, 10/6 D, 10/18 NC, 10/23 D (5th), 10/27 U (5th),
11/4 U (4th), 11/17 U (3rd),
Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V. /3rd	16:47.60	Bear Mountain Park, NY
9/15/18	Jim Smith XC Invitational	5K	V. /4th	17:35.74	Sunken Meadow Park
9/22/18					
9/29/18	Garret Invitational	5K			Woodland Park, NJ
10/6/18					
10/9/18	League Meet 2A	3M	V./4th	16:53.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/30th	13:34.50	Van Cortlandt, Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/5th	17:15.10	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./3rd	16:05.89	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/3rd	17:31.80	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/18th	17:01.00	Sunken Meadows Park, NY

(4) Patrick McCann (PR) SR

Weeks in top 25: **Pre Season - 4th**, 10/6 U, 10/8 D (3rd), 10/23 D (4th), 10/27 D (4th),
11/4 NC, 11/17 U (5th),
Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V. /1st	16:23.40	Bear Mountain Park, NY
9/15/18	Jim Smith XC Invitational	5K	V. /3rd	17:29.85	Sunken Meadow Park
9/22/18					
9/29/18	Garret Invitational	5K	V.B/1st	16:52.00	Woodland Park, NJ
10/6/18					
10/9/18	League Meet 2A	3M	V./5th	17:01.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/24th	13:29.60	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/8th	17:27.10	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./4th	16:12.12	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/3rd	17:40.90	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/25th	17:11.70	Sunken Meadows Park, NY

(5) Travis Delaney (SUFF) SOPH

Weeks in top 25: **Pre Season - 10th**, 10/6 U, 10/18 U (4th), 10/23 NC, 10/27 NC,
11/4 D (3rd), 11/17 D (3rd),
Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Washingtonville Invitational	5K	V. /2nd	16:32.05	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V.A/8th	16:36.00	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V.D2/6th	16:41.49	Goddard Park, Rhode Island
9/29/18	Wild Safari Invitational	5K	V.A/4th	16:53.00	Six Flags, Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V./22nd	17:47.39	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.E/15th	13:24.00	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/5th	17:20.30	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./5th	16:16.70	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/2nd	17:38.80	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/53rd	17:18.80	Sunken Meadows Park, NY

(6) Bryan Onody (NR) SR

Weeks in top 25: **Pre Season - 19th**, 10/6 U, 10/18 NC, 10/23 U (11th), 10/27 U (10th),
11/4 U (9th), 11/17 NC,
Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V. / 6th	17:08.10	Bear Mountain Park, NY
9/15/18					
9/22/18					
9/29/18	Wild Safari Invitational	5K	V.A/7th	17:10.00	Six Flags, Jackson, NJ
10/6/18	Brewster Bear Invitational	5K	V.2/16th	16:43.70	Brewster, NY
10/13/18	Suffolk Officials Invitational	5K	V.1A/16th	17:48.52	Sunken Meadow Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.1/9th	17:34.00	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./7th	16:37.75	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/12th	18:14.40	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(7) Oisín Selby (PR) SOPH

Weeks in top 25: **Pre Season - Not Listed**, 10/6, 10/18 U (NL), 10/23 (NL), 10/27 U (NL),
11/4 U (8th), 11/17 NC,
Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	JV./3rd	17:43.70	Bear Mountain Park, NY
9/15/18	Suffern Invitational	5K	Soph/5th	18:33.12	Sunken Meadow Park, NY
9/22/18					
9/29/18	Fred Gressler XC Run	5K	Var. B/16th	18:07.00	Woodland Park, NJ
10/6/18					
10/9/18	Manhattan Invitational	3M	V./11th	17:30.00	Bear Mountain Park, NY
10/13/18	Section 1 Coaches Invitational	4K	V.C/58th	13:57.70	Van Cortlandt Park, NY
10/20/18	Rockland County Championships	5K	V.2/17th	17:51.10	Bowden Park, NY
10/25/18	Section 1 State Qualifier	3M	V./6th	16:34.33	Bear Mountain Park, NY
11/3/18	NY State Championships	5K	V.B/10th	18:19.80	Bowden Park, NY
11/10/18		5K	V.B/50th	17:40.30	Sunken Meadows Park, NY

(8) Brian Mahoney (PR) SR

Weeks in top 25: **Pre Season - 5th**, 10/6 D, 10/18 D (6th), 10/23 D (7th), 10/27 D (7th),
11/4 U (10th), 11/17 NC,
Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V./4th	16:50.50	Bear Mountain Park, NY
9/15/18	Jim Smith Invitational	5K	V. /12th	18:22.32	Sunken Meadow Park, NY
9/22/18					
9/29/18	Garret Invitational	5K	V.B/3rd	17:01.00	Woodland Park, NJ
10/6/18					
10/9/18	League Meet 2A	3M	V./12th	17:33.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/26th	13:31.20	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/21st	17:58.40	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./14th	16:47.76	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/4th	17:42.70	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/55th	17:46.70	Sunken Meadows Park, NY

(9) Shawn Kuriakose (CN) SR

Weeks in top 25: Pre Season - 6th, 10/6 U (9th), 10/18 NC, 10/23 D (8th), 10/27 D (9th),
11/4 U (11th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V./5th	17:01.80	Bear Mountain Park, NY
9/15/18	Jim Smith XC Invitational	3M	V. C /13th	17:25.80	Bear Mountain Park, NY
9/22/18					
9/29/18	Garret Invitational	5K	V./5th	17:48.70	White Plains, NY
10/5/18		5K	V./15th	17:32.79	Sunken Meadows Park, NY
10/13/18	League Meet 2A	4K	V./82nd	13:49.80	Van Cortlandt Park, NY
10/20/18	Manhattan Invitational	5K	V.2/28th	18:11.10	Bowden Park, NY
10/25/18	Section 1 Coaches Invitational	3M	V./10th	16:44.16	Bear Mountain Park, NY
11/3/18	Rockland County Championships	5K	V.A/22nd	18:31.40	Bowden Park, NY
11/10/18	Section 1 State Qualifier NY State Championships	5K			Sunken Meadows Park, NY

(10) Brian Curtis (TZ) SR

Weeks in top 25: Pre Season - 13th, 10/6 U, 10/18 U (7th), 10/23 U (7th), 10/27 NC,
11/4 D (6th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	CHSAA Practice Meet	4K	V. /3rd	14:12.93	Van Cortlandt Park, NY
9/15/18	Suffern Invitational	3M	V. B/19th	17:01.50	Bear Mountain Park, NY
9/22/18					
9/29/18	Paul Short Run	5K	V. W/20th	16:59.00	Bethlehem, PA.
10/5/18	St. Anthony's Invitational	5K	V./18th	17:43.48	Sunken Meadows Park, NY
10/9/18	League Meet 2A	3M	V./6th	17:06.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/43rd	13:42.80	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.1/12th	17:39.60	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./12th	16:45.29	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/13th	18:32.50	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(1 1) Patrick Castellamo (TZ) SR

Weeks in top 25: Pre Season - 8th, 10/6 NC, 10/18 D (8th), 10/23 U (8th), 10/27 (8th), 11/4 D (7th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	CHSAA Practice Meet	4K	V. /1st	14:06.83	Van Cortlandt Park, NY
9/15/18	Suffern Invitational	3M	V. B /24th	17:16.40	Bear Mountain Park, NY
9/22/18					
9/29/18	Paul Short Run	5K	V.W/35th	17:20.00	Bethlehem, PA.
10/5/18	St. Anthony's Invitational	5K	V./27th	17:57.05	Sunken Meadows Park, NY
10/9/18	League Meet 2A	3M	V./7th	17:14.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/53rd	13:53.60	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.1/13th	17:44.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./8th	16:41.52	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/15th	18:35.90	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(1 2) Hugh Durcan (PR) SR

Weeks in top 25: Pre Season - 9th, 10/6 D, 10/18 NC, 10/23 U (12th), 10/27 D (11th), 11/4 NC, 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	JV/1st	17:21.10	Bear Mountain Park, NY
9/15/18	Jim Smith XC Invitational				
9/22/18					
9/29/18	Garret Invitational	5K	V.B/4th	17:12.00	Woodland Park, NJ
10/6/18					
10/9/18	League Meet 2A	3M	V./2nd	16:45.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/71st	14:07.60	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/12th	17:44.00	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./13th	16:47.01	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/16th	18:37.30	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/58th	17:50.10	Sunken Meadows Park, NY

(13) Jack Balk (SUFF) SR

Weeks in top 25: **Pre Season - 11th**, 10/6 U, 10/18 NC, 10/23 D (10th), 10/27 D (12th),
11/4 U (14th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Washingtonville Invitational	5K	V. / 35th	18:31.27	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V. A/ 20th	17:16.30	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V.D2/127th	18:41.93	Goddard Park, Rhode Island
9/29/18	Wild Safari Invitational	5K	V.A/9th	17:16.00	Six Flags, Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V./20th	17:46.50	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.E/77th	14:33.40	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/21st	18:06.90	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./17th	17:02.77	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/13th	18:14.80	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(14) Aidan O'Connell (SUFF) JR

Weeks in top 25: **Pre Season - Not Listed**, 10/6 U, 10/18 U (18th), 10/23 D (15th),
10/27 U (16th), 11/4 U (15th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	NO MEET	---	-----	-----	-----
9/15/18	Suffern Invitational	3M	V.A /34th	17:36.10	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V.D2/69th	17:59.34	Goddard Park, Rhode Island
9/29/18	Wild Safari Invitational	5K	V.A/22nd	17:34.00	Six Flags, Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V./88th	18:40.71	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.E/44th	14:03.20	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/23rd	18:10.10	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./19th	17:04.30	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/27th	18:40.30	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(15) Cliff Carty (PR) SOPH

Weeks in top 25: **Pre Season - Not Listed**, 10/6, 10/18 U (NL), 10/23 U (16th),
10/27 D (15th), 11/4 D (17th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V./7th	17:13.20	Bear Mountain Park, NY
9/15/18	Jim Smith Invitational	5K	Soph/6th	18:38.47	Sunken Meadow Park, NY
9/22/18					
9/29/18	Garret Invitational	5K	Var. B/6th	17:17.00	Woodland Park, NJ
10/6/18					
10/9/18	League Meet 2A	3M	V./3rd	16:48.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/86th	14:22.60	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/16th	17:48.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./27th	17:25.82	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/22nd	18:48.60	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/90th	18:23.20	Sunken Meadows Park, NY

(16) Liam Hehir (TZ) SR

Weeks in top 25: **Pre Season - 20th**, 10/6 U, 10/18 NC, 10/23 NC, 10/27 U (17th),
11/4 NC, 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	CHSAA Practice Meet	4K	V. /4th	14:30.16	Van Cortlandt Park, NY
9/15/18	Suffern Invitational	3M	V. B /28th	17:28.90	Bear Mountain Park, NY
9/22/18					
9/29/18	Paul Short Run	5K	V./163rd	18:51.00	Bethlehem, PA.
10/5/18	St. Anthony's Invitational	5K	V./38th	18:05.84	Sunken Meadows Park, NY
10/9/18	League Meet 2A	3M	V./8th	17:15.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/83rd	14:18.70	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.1/17th	17:52.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./9th	16:43.71	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/23rd	18:50.30	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(17) Daniel Petti (PR) SR

Weeks in top 25: Pre Season - 14th, 10/6 U, 10/18 NC, 10/23 NC, 10/27 NC,
11/4 D (13th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Red Raider Run	3M	V. / 9th	17:19.90	Bear Mountain Park, NY
9/15/18	Jim Smith XC Invitational	5K	V. / 17th	18:47.70	Sunken Meadow Park
9/22/18					
9/29/18	Garret Invitational	5K	V.B/10th	17:48.00	Woodland Park, NJ
10/6/18					
10/9/18	League Meet 2A	3M	V./10th	17:18.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/77th	14:12.60	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/31st	18:19.50	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./11th	16:44.84	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/30th	18:56.80	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/69th	17:55.40	Sunken Meadows Park, NY

(18) Henry Blanker (TZ) SR

Weeks in top 25: Pre Season - Not Listed, 10/6 U, 10/18 U (22nd), 10/23 U (21st),
10/27 NC, 11/4 NC, 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	CHSAA Practice Meet	4K	V. / 6th	14:59.40	Van Cortlandt Park, NY
9/15/18	Suffern Invitational	3M	V.B/ 42nd	18:01.40	Bear Mountain Park, NY
9/22/18					
9/29/18	Paul Short Run	5K	V./47th	17:31.00	Bethlehem, PA.
10/5/18	St. Anthony's Invitational	5K	V./59th	18:22.66	Sunken Meadows Park, NY
10/9/18	League Meet 2A	3M	V./9th	17:17.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/88th	14:26.20	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.1/19th	17:58.70	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./15th	16:55.01	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/34th	19:04.40	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(19) Derek Wishner (NY) SR

Weeks in top 25: **Pre Season - Not Listed**, 10/6, 10/18, 10/23 NL,
10/27 D (21st), 11/4 U (23rd), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18					
9/15/18					
9/22/18					
9/29/18	Fred Gressler XC Run	5K	V./4th	17:48.30	White Plains, NY
10/6/18	Brewster Bear Invitational	5K			Brewster, NY
10/9/18	League 2A	3M	V./14th	17:39.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.E/135th	14:39.10	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/19th	18:13.40	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./18th	17:03.07	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/17th	18:38.00	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(20) Scott Brophy (NR) SR

Weeks in top 25: **Pre Season - Not Listed**, 10/6, 10/18 D (21st), 10/23 U (22nd),
10/27 D (19th), 11/4 NC, 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V./8th	17:18.90	Bear Mountain Park, NY
9/15/18					
9/22/18					
9/29/18	Wild Safari Invitational	5K	Var.A/40th	18:04.00	Six Flags, Jackson, NJ
10/6/18	Brewster Bear Invitational	5K	V.2/28th	16:56.70	Brewster, NY
10/13/18	Suffolk Officials Invitational	5K	V.1A/25th	18:05.94	Sunken Meadow Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.1/16th	17:49.80	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./20th	17:05.81	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/32nd	18:49.20	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(21) Brendan Strey (SUFF) JR

Weeks in top 25: Pre Season - 23rd, 10/6 , 10/18 , 10/23 NL,
10/27 D (23rd), 11/4 U (24th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Washingtonville Invitational	5K	V./17th	17:16.52	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V.A /36th	17:40.80	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V./64th	17:56.40	Goddard Park, Rhode Island
9/29/18	Wild Safari Invitational	5K	V.A/30th	17:49.00	Six Flags, Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V./80th	18:48.38	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.E/56th	14:11.70	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/27th	18:21.60	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./30th	17:30.15	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/20th	18:20.20	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(22) Wesley Collins (SUFF) SR

Weeks in top 25: Pre Season - 22nd, 10/6 U, 10/18 D (15th), 10/23 D (18th),
10/27 U (24th), 11/4 D (21st), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Washingtonville Invitational	5K	V. / 21st	17:27.62	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V.A /21st	17:16.80	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V.D2/75th	18:05.77	Goddard Park, Rhode Island
9/29/18	Wild Safari Invitational	5K	V.A/29th	17:47.00	Six Flags, Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V./40th	18:08.08	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.E/86th	14:42.00	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/33rd	18:27.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./16th	16:55.99	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/35th	18:51.60	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(23) Robert Mwangi (CS) SR

Weeks in top 25: **Pre Season - 17th**, 10/6 U, 10/18 NC, 10/23 NC, 10/27 D (14th),
11/4 D (19th), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V. / 11th	17:48.80	Bear Mountain Park, NY
9/15/18	Suffern Invitational	3M	V. B/ 26th	17:26.00	Bear Mountain Park, NY
9/22/18	NO MEET				
9/29/18	Fred Gressler XC Run	5K	V./27th	18:42.50	White Plains, NY
10/6/18	Brewster Bear Invitational	5K	V.1/27th	17:17.40	Brewster, NY
10/13/18	Manhattan Invitational	4K	V.D/86th	14:28.80	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/35th	18:28.60	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./22nd	17:18.68	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/46th	19:07.00	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

(24) T. Czerwinski (SUFF) SR

Weeks in top 25: **Pre Season - 18th**, 10/6 D, 10/18 U (NL), 10/23 U (24th),
10/27 D (20th), 11/4 D (22nd), 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Washingtonville Invitational	5K	V. / 16th	17:15.96	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V.A /42nd	17:52.10	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V.D2/58th	17:50.06	Goddard Park, Rhode Island
9/29/18	Wild Safari Invitational	5K	V.A/52nd	18:27.00	Six Flags, Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V./81st	18:36.64	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.E/39th	13:57.90	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/19th	18:03.60	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./33rd	17:43.13	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/44th	19:01.80	Bowden Park, NY
11/10/18	NY State Championships	5K			

(25) Josh Tyles (CS) SR

Weeks in top 25: **Pre Season - Not Listed**, 10/6 U, 10/18 NC, 10/23 D (23rd),
11/4 NC, 11/17 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V. / 21st	18:11.90	Bear Mountain Park, NY
9/15/18	Suffern Invitational	3M	V.B /61st	18:44.60	Bear Mountain Park, NY
9/22/18					
9/29/18	Fred Gressler XC Run	5K	V./31st	18:50.90	White Plains, NY
10/6/18	Brewster Bear Invitational	5K	V.1/43rd	17:39.80	Brewster, NY
10/13/18	Manhattan Invitational	4K	V.D/103rd	14:41.20	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/43rd	18:43.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./26th	17:23.37	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/79th	19:41.10	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

Drop From the List:

Week 1:

Owen Russell (Pearl River), Joseph LaBarbera (North Rockland),

Week 2:

Jimmy Hughes (Pearl River), Matthew Audi (Suffern), Kevin O'Leary (Albertus Magnus),

Week 3:

Matt Reichner (Suffern), James Polisena (Albertus Magnus),

Week 4:

Jack Feinberg (Tappan Zee),

Week 5:

No Drops

Week 6:

No Drops

