



**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**

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

(1) Daniel Shephard (NR) SR

Weeks in top 25: Pre Season - 9/6 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. /1st	15:39.80	Bear Mountain Park, NY
9/14/19	_____	---	---	---	_____
9/21/19	Suffern Invitational	3M	V.C/1st	15:49.20	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.A/4th	16:20.00	Jackson, NJ
10/4/19	Scarsdale Invitational	3M	V./2nd	15:15.70	Croton Harmon, NY

(2) Jack Balk (SUFF) SR

Weeks in top 25: Pre Season - 9/,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	V. /3rd	16:08.30	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Sr/2nd	17:16.14	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/1st	16:03.00	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/3rd	17:07.30	Utica, NY
10/5/19	_____	---	---	---	_____

(3) Bryan Onody (NR) SR

Weeks in top 25: Pre Season - 9/6 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. /	16:17.40	Bear Mountain Park, NY
9/14/19	-----	---	---	---	-----
9/21/19	Suffern Invitational	3M	V.C/2nd	15:59.80	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.A/2nd	16:16.00	Jackson, NJ
10/5/19	Scarsdale Invitational	3M	V./3rd	15:17.30	Croton Harmon, NY

(4) Cliff Carty (PR) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19					
9/14/19	Big Purple XC Wave	5K	V.2/ 55th	17:54.70	Warwick, NY
9/21/19	Suffern Invitational	3M	V.B/5th	16:22.70	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/5th	17:47.90	White Plains, NY
10/4/19	League 2A Championships	3M	V./1st	16:23.84	Bear Mountain, NY

(5) Oisín Selby (PR) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9//19			V. /		
9/14/19	Big Purple XC Wave	5K	V.2/10th	16:33.80	Warwick, NY
9/21/19	Suffern Invitational	3M	V.B/6th	16:23.70	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/1st	17:05.40	White Plains, NY
10/4/19	League 2A Championships	3M	V./2nd	16:27.15	Bear Mountain, NY

(6) Travis Delaney (SUFF) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	V. /4th	16:14.8	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Jr/3rd	17:34.27	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/7th	16:32.70	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/4th	17:14.10	Utica, NY
10/5/19	_____	---	_____	_____	_____

(7) Kieran Dudek (CS) SOPH

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. /9th	16:57.3	Bear Mountain Park, NY
9/14/19	Big Purple Wave	5K	V.1/14th	16:49.10	Warwick, NY
9/21/19	Suffern Invitational	3M	Soph./1st	16:40.80	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/3rd	17:17.70	White Plains, NY
10/5/19	_____	---	_____	_____	_____

(8) John Fontanez (NAN) SOPH

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Somers Big Red Invitational	5K	V. / 4th	17:29.30	Lincolndale, NY
9/14/19	Big Purple XC Wave	5K	V.1/ 14th	16:49.10	Warwick, NY
9/21/19	Suffern Invitational	3M	V.C/7th	16:42.20	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.D/5th	16:59.00	Jackson, NJ
10/4/19	League 2A Championships	3M	V./3rd	16:31.46	Bear Mountain, NY

(9) Scott Brophy (NR) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V./11th	17:08.4	Bear Mountain Park, NY
9/14/19	_____	—	_____	_____	_____
9/21/19	Suffern Invitational	3M	V.C/10th	16:46.20	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.A/18th	16:57.00	Jackson, NJ
10/5/19	Scarsdale Invitational	3M	V./17th	16:17.50	Croton Harmon, NY

(10) Matthew Audi (SUFF) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	V./11th	16:49.4	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	_____	_____	_____
9/21/19	Suffern Invitational	3M	V.A/11th	16:54.10	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/11th	17:54.50	Utica, NY
10/5/19	_____	—	_____	_____	_____

(1 1) Jack Gulak (NR) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V./12th	17:13.8	Bear Mountain Park, NY
9/14/19	_____	—	_____	_____	_____
9/21/19	Suffern Invitational	3M	V.C/16th	16:56.30	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.A/12th	16:48.00	Jackson, NJ
10/4/19	Scarsdale Invitational	3M	V./13th	16:03.30	Croton Harmon, NY

(1 2) Remy Moreno (CS) SOPH

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9//19			V./		
9/14/19	Big Purple XC Wave	5K	V.2/ 13th	16:49.70	Warwick, NY
9/21/19	Suffern Invitational	3M	Soph./2nd	16:56.40	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/4th	17:40.90	White Plains, NY
10/5/19	_____	—	_____	_____	_____

(13) Aidan O'Connell (SUFF) 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
9/7/19	Washingtonville Invitational	3M	V. /13th	16:55.9	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Sr/9th	18:25.95	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/13th	17:05.20	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/7th	17:34.80	Utica, NY
10/5/19	_____	---	_____	_____	_____

(14) Brendan Strey (SUFF) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	V. /17th	17:14.3	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Sr/10th	18:26.53	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/14th	17:06.60	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/29th	18:57.30	Utica, NY
10/5/19	_____	---	_____	_____	_____

(15) Jack McCluskey (SUFF) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M			Washingtonville, NY
9/14/19	Jim Smith Invitational	5K			Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	JV.A/2nd	17:12.00	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/14th	17:59.80	Utica, NY
10/5/19	_____	---	_____	_____	_____

(16) Alex Chamak (CN) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19					
9/14/19					
9/21/19	Suffern Invitational	3M	V.A/20th	17:14.50	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/7th	17:55.20	White Plains, NY
10/4/19	Scarsdale Invitational	3M	V./34th	16:39.70	Croton Harmon, NY

(17) Ryan McDonagh (NAN) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Somers Big Red Invitational	5K	V. /		Lincolndale, NY
9/14/19	Big Purple XC Wave	5K	V.1/ 26th	17:19.60	Warwick, NY
9/21/19	Suffern Invitational	3M	V.C/18th	17:16.00	Bear Mountain, NY
9/28/19					
10/4/19	League 2A Championships	3M	V./5th	16:52.01	Bear Mountain, NY

(18) Kyle McGovern (CN) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19					
9/14/19					
9/21/19	Suffern Invitational	3M	V.A/22nd	17:17.20	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/42nd	20:22.30	White Plains, NY
10/5/19	Scarsdale Invitational	3M	V./49th	17:00.30	Croton Harmon, NY

(19) Jack Dowd (PR) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9//19			V. /		
9/14/19	Big Purple XC Wave	5K	V.2/ 25th	17:14.10	Warwick, NY
9/21/19	Suffern Invitational	3M	V.B/26th	17:23.80	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/8th	18:01.20	White Plains, NY
10/4/19	League 2A Championships	3M	V./4th	16:39.84	Bear Mountain, NY

(20) Ryan Brady (PR) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9//19			V. /		
9/14/19	Big Purple XC Wave	5K	V.2/ 53rd	17:51.30	Warwick, NY
9/21/19	Suffern Invitational	3M	V.B/28th	17:35.60	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/9th	18:13.20	White Plains, NY
10/5/19	League 2A Championships	3M	V./9th	17:20.35	Bear Mountain, NY

(21) Ryan Giardina (SUFF) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	V./25th	17:31.4	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Sr/15th	18:39.12	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/30th	17:39.00	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/17th	18:10.60	Utica, NY
10/5/19	_____	---	---	---	_____

(22) Andrew Kolesar (NR) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Red Raider Run				Bear Mountain Park, NY
9/14/19	_____				_____
9/21/19	Suffern Invitational				Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.A/58th	17:46.00	Jackson, NJ
10/4/19	Scarsdale Invitational	3M	V./47th	16:58.00	Croton Harmon, NY

(23) Ephraim Luba (NY) SOPH

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Red Raider Run	3M	V./36th	18:31.30	Bear Mountain Park, NY
9/14/19					
9/21/19	Suffern Invitational	3M	V.C/28th	17:48.30	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/12th	18:30.10	White Plains, NY
10/4/19	League 2A Championships	3M	V./8th	17:18.66	Bear Mountain, NY

(24) Frankie McKiernan (PR) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

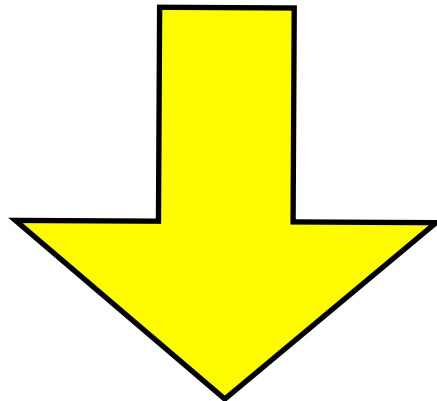
Date	Meet	Dist.	Race/Place	Time	Place
9//19					
9/14/19	Big Purple XC Wave	5K	V.2/ 55th	17:54.70	Warwick, NY
9/21/19	Suffern Invitational	3M	V.B/33rd	17:55.50	Bear Mountain, NY
9/28/19	Gressler XC Run	5K			White Plains, NY
10/4/19	League 2A Championships	3M	V./7th	17:18.21	Bear Mountain, NY

(25) James Polisen (AM) SOPH

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Somers Invitational (No Bus)	5K	_____	_____	Somers, NY
9/14/19	Regis Invitational	2.5	V.Jr./10th	14:48.40	Van Cortandt Park, NY
9/21/19	Suffern Invitational	3M	V.A/39th	17:56.00	Bear Mountain, NY
9/28/19	Brewster Invitational	5K	V.1/28th	17:29.20	Brewster, NY
	_____	---	_____	_____	_____



Honorable Mention

() Noah Loeb (SUFF) SR

Weeks in top 25: **Pre Season - 9/**

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19					
9/14/19					
9/21/19	Suffern Invitational	3M	JV.A/10th	18:22.60	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/13th	17:58.90	Utica, NY
10/5/19					

() Andrew Doyle (NR) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V./13th	17:14.9	Bear Mountain Park, NY
9/14/19	_____	---	---	---	_____
9/21/19	Suffern Invitational	3M	V.C/31st	18:05.40	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	---	---	_____
10/5/19	Scarsdale Invitational	3M	V./23rd	16:28.20	Croton Harmon, NY

() Ethan Lin (CS) SOPH

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V./29th	18:09.8	Bear Mountain Park, NY
9/14/19	Big Purple Wave	5K	---	---	Warwick, NY
9/21/19	Suffern Invitational	3M	Sph./14th	18:19.20	Bear Mountain, NY
9/28/19	_____	---	---	---	_____
10/5/19	_____	---	---	---	_____

Benjamin Gates (NY) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. /32nd	18:20.50	Bear Mountain Park, NY
9/14/19					
9/21/19	Suffern Invitational	3M	V.C/38th	18:34.00	Bear Mountain, NY
9/28/19	Gressler XC Run	5K			White Plains, NY
10/4/19	League 2A Championships	3M	V./19th	18:03.86	Bear Mountain, NY

Robert Royston (NY) SOPH

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. /39th	18:49.0	Bear Mountain Park, NY
9/14/19					
9/21/19	Suffern Invitational	3M	V.C/44th	18:43.90	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/22nd	19:03.20	White Plains, NY
10/4/19	League 2A Championships	3M	V./24th	18:22.36	Bear Mountain, NY

() Jesse McDonald (CN) JR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19					
9/14/19					
9/21/19	Suffern Invitational	3M	JV.A/14th	18:38.20	Bear Mountain, NY
9/28/19	Gressler XC Run	5K	V.1/18th	19:00.40	White Plains, NY
10/5/19	Scarsdale Invitational	3M	V./69th	17:28.10	Croton Harmon, NY

() Ryan McCarvill (PR) SR

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9//19			V. /		
9/14/19	Big Purple XC Wave	5K	V.2/ 54th	17:53.40	Warwick, NY
9/21/19	Suffern Invitational				
9/28/19	Gressler XC Run	5K	V.1/20th	19:01.40	White Plains, NY
10/4/19	League 2A Championships	3M	V./11th	17:35.37	Bear Mountain, NY

