



**IN ROCKLAND COUNTY
GIRLS**

**2019 Top 10 Runners
in Each Class**

(Senior, Junior, Sophomore, Freshman, 8th Grade)

Three Sites everybody has run this year.
(Bear Mountain, Van Cortlandt, Bowdoin Park)

ROCKLAND COUNTY

2019

Sophomore

Runner of The Year

(1) Una Boylan (PR) SOPH

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19			V. /		
9/14/19	Briarwood Invitational	5K	V./2nd	19:48.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	V.A/2nd	19:23.49	Bethpage, NY
9/27/19	Florida Runners Invitational	5K	V./1st	19:36.10	Lakeland, Florida
10/4/19	League 2A Championships	3M	V./1st	18:57.81	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.F/3rd	15:28.70	Van Cortlandt Park, nY
10/19/19	Section 1 Coaches Invitational	5K	V.3/1st	19:38.50	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./4th	18:16.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/2nd	19:37.40	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/18th	17:49.30	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./36th	19:35.80	Bowdoin Park, NY

Bear Mountain (3 Miles)

League 2A Championships

18:57.81

Rockland County Championships

18:16,60

Bowdoin Park (5K)

Section One Coaches

19:38,50

Section One Championships

19:37.40

Van Cortlandt Park (2.5M)

Manhattan Invit.

15:28.70

State Meet (2.8m)

17:49.30

NY Federation Championships (5K)

19:35.80

(2) Brooke Hirsch (SUF) SO.

Best Times This Year.

Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park

19:16.80
16:00.80 PR
20:28.40

League Meet
Manhattan Invitational
Section One Coaches

(3) Jade Pazmino (TZ) SO.

Best Times This Year.

Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park

19:25.50 PR
16:44.60 PR
20:29.60 PR

Rockland County Championships
Manhattan Invitational
Nike XC New York Regionals

(4) Gia. Dellamedaglia (PR) SO.

Best Times This Year.

Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park

19:30.60 PR
16:43.00 PR
21:10.90 PR

Rockland County Championships
Manhattan Invitational
Nike XC New York Regionals

(5) Leyla Ventura (NR) SO.

Best Times This Year.

Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park

19:49.70 PR
20:31.80 PR

Rockland County Championships
Manhattan Invitational
Nike XC New York Regionals

(6) Maya Ascher (CN) SO.

Best Times This Year.

Bear Mountain State Park	20:23.40 PR	Rockland County Championships
Van Cortlandt Park	17:02.40 PR	Manhattan Invitational
Bowdoin State Park	21:31.60 PR	Section One Championships

(7) Meghan Majewski (TZ) SO.

Best Times This Year.

Bear Mountain State Park	20:36.50 PR	Rockland County Championships
Van Cortlandt Park	17:04.30 PR	Manhattan Invitational
Bowdoin State Park	21:48.40 PR	Section One Coaches

(8) Alexis Tomasello (TZ) SO.

Best Times This Year.

Bear Mountain State Park	20:51.60 PR	Rockland County Championships
Van Cortlandt Park	18:02.30 PR	Manhattan Invitational
Bowdoin State Park	22:46.10 PR	Section One Coaches

(9) Cara Fagelman (NR) SO.

Best Times This Year.

Bear Mountain State Park	20:44.90	Rockland County Championships
Van Cortlandt Park	17:23.60	Manhattan Invitational
Bowdoin State Park	21:38.10	Section One Championships

(10) Grace Gregory (AM) SO.

Best Times This Year.

Bear Mountain State Park

21:04.10 PR

Rockland County championships

Van Cortlandt Park

17:34.20 PR

Manhattan Invitational

Bowdoin State Park

22:56.80 PR

Section One Championships