

Top Runners in Rockland County

Girls

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 December 2nd

(Final week)

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

2013 Rockland County Runner Of The Year

(1) Kelly Hayes (PR) SR

Weeks in top 25: 10/12(NC), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Erin Jaskot (Tappan Zee), Emily Auld (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 Brooke Madry (Nanuet), 10/1 W3 (5K) DNR (Nyack),

9/7/13	Rob Breen Invit (5K)	19:07.2		S.I., NY
9/21/13	Briarwood Invit (5K)	19:02.49		Philadelphia, PA
9/28/13	Six Flags Wild Safari (5K)	18:12	(Varsity D, 1st)	Jackson, NJ
10/5/13	Fordham Invit	16:33.06		Van Cortlandt Park
10/8/13	League 4B (3m):	17:35.77	(1st)	Bear Mountain Park
10/12/13	Manhattan (2 1/2m):	15:03.7	(Varsity F, 1st)	Van Cortlandt Park
10/19/13	Coaches (5K):	19:17.41	(Varsity 2, 1st)	Bowdoin Park
10/24/13	Rockland County (3m):	17:47.45	(Varsity, 1st)	Bear Mountain Park
11/1/13	Sections: Class B (5K):	19:27.35	(Class B 2nd)	Bowdoin Park
11/9/13	State Meet: Class B (5K):	17:56.5	(Class B, 3rd)	Queensbury, NY
11/16/13	Federation Meet (5K):	20:03.90	(Varsity, 66th)	Bowdoin Park
11/30/13	NXN Regional's (5K):	19:50.8	(Varsity, 50th)	Bowdoin Park

Bear Mountain

(3m) **17:32.0** (2012)

2nd on the Rockland All Time List

16th on the Bear Mountain All Time List

Bowdin Park

(5K) **19:02.1** (2012)

Van Cortlandt Park

(2.5m) **14:40.6** (2012)

2nd on the Rockland All Time List

Sectional Meet

(5K) **19:27.35** Class B 2nd

State Meet (Queensbury, NY)

(5K) **17:56.5** Class B 3rd

THIS WAS A HARD ONE

Remember runner of the year is for the entire season.

Yes, Erin qualified for Nationals and Kelly did not run as well as Erin Jaskot in three of the last four races.

Kelly had better times at Bear Mountain, Van Cortlandt Park, and Queensbury. Bowdin Park belongs to Erin Jaskot. Plus Kelly beat Erin head to head in a Dual Meet, League's, County's, and State's.

Kelly help Pearl River win the League 4B, Section's (Class B), second in the County's, and second in the State's (Class B).

Erin Beat Kelly at the Coaches Invit., Section's, Federation's, and Regional's.

Top Class

Freshman - Rachel Ludwikowski (Suffern) **Sophomore** – Caitlin Hardnett (Tappan Zee)

Junior - Kate Zendel (Suffern)

Senior – Kelly Hayes (Pearl River)

(4) Rachel Ludwikowski (Suff) FR

Weeks in top 25: 10/12(4th), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),

9/17 (3m) W2 Marina Araujo (Clarkstown South), 9/24 (2.5m) W3 Jamie Lord (North Rockland),

10/8/13 League 4A (3m):	18:58.89	(Varsity, 2nd)	Bear Mountain Park
10/12/13 Manhattan (2.5m):	15:36.8	(Varsity D, 10th)	Van Cortland Park
10/24/13 Rockland County (3m):	18:06.34	(Varsity, 3rd)	Bear Mountain Park
11/1/13 Sections: Class A (5K):	19:35.45	(Class A, 5th)	Bowdoin Park
11/9/13 State Meet: Class A (5K):	18:10.2	(Class A, 15th)	Queensbury, NY
11/16/13 Federation Meet (5K):	18:46.00	(Varsity, 7th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	19:20.8	(Varsity, 19th)	Bowdoin Park

(21) Caitlin Hartnett (TZ) SO

Weeks in top 25: 10/12(21st), 10/19(22ndD), 10/26(NC), 11/2(NC), 11/9(21stU), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Claire Brennan (Pearl River),

Emily Auld (Albertus Magnus), 9/17 (2.5m) W2 Kristen Carbone (Nanuet), 9/24 (2.5m)

W3 Louise Jones (Nyack),

10/8/13 League 4B (3m):	19:46.57	(Varsity, 16th)	Bear Mountain Park
10/12/13 Manhattan (2.5m):	16:37.0	(Varsity A, 31st)	Van Cortland Park
10/19/13 Coaches (5K):	21:17.21	(Varsity 1, 8th)	Bowdoin Park
10/24/13 Rockland County (3m):	19:24.71	(Varsity, 19th)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	20:56.21	(Class B, 19th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	DNR		Queensbury, NY
11/16/13 Federation Meet (5K):	DNR		Bowdoin Park
11/30/13 NXN Regional's (5K):	DNR		Bowdoin Park

(3) Kate Zendell (Suff) JR

Weeks in top 25: 10/12(2nd), 10/19(2nd D), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),

9/17 (3m) W2 Araujo (Clarkstown South), 9/24 (2.5m) W3 Lord (North Rockland),

10/8/13 League 4A (3m):	17:55.68	(Varsity, 1st)	Bear Mountain Park
10/12/13 Manhattan (2.5m):	15:24.3	(Varsity D, 6th)	Van Cortland Park
10/24/13 Rockland County (3m):	18:38.35	(Varsity, 6th)	Bear Mountain Park
11/1/13 Sections: Class A (5K):	19:02.57	(Class A, 2nd)	Bowdoin Park
11/9/13 State Meet: Class A (5K):	18:03.7	(Class A, 11th)	Queensbury, NY
11/16/13 Federation Meet (5K):	19:40.90	(Varsity, 36th)	Bowdoin Park/
11/30/13 NXN Regional's (5K):	18:48.9	(Varsity, 10th)	Bowdoin Park

(1) Kelly Hayes (PR) SR

Weeks in top 25: 10/12(NC), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Erin Jaskot (Tappan Zee), Emily Auld (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 Brooke Madry (Nanuet), 10/1 W3 (5K) DNR (Nyack),
9/7/13 Rob Breen Invit (5K) –19:07.2 S.I., NY / 9/21/13 Briarwood Invit (5K) – 19:02.49 Philadelphia, PA /
9/28/13 Six Flags Wild Safari (5K) – 18:12 (Varsity D, 1st) Jackson, NJ /
10/5/13 Fordham Invit – 16:33.06 Van Cortlandt Park /
10/8/13 League 4B (3m): - 17:35.77 (1st) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 15:03.7 (Varsity F, 1st) Van Cortlandt Park /
10/19/13 Coaches (5K): – 19:17.41 (Varsity 2, 1st) Bowdoin Park /
10/24/13 Rockland County (3m): – 17:47.45 (Varsity, 1st) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 19:27.35 (Class B 2nd) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 17:56.5 (Class B, 3rd) Queensbury, NY
11/16/13 Federation Meet (5K): - 20:03.90 (Varsity, 66th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 19:50.8 (Varsity, 50th) Bowdoin Park

(2) Erin Jaskot (TZ) SR

Weeks in top 25: 10/12(3rd), 10/19(2ndU), 10/26 (NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Catherine Rayward (Pearl River), Emily Auld (Albertus Magnus),
9/17 (2.5m) W2 Mary Kate O'Meara (Nanuet), 9/24 (2.5m) W3 Louise Jones (Nyack),
9/21/13 Queensbury Invit. (5K) – 18:56.42 Queensbury, NY /
9/28/13 Six Flags Wild Safari (5K) – 18:26 (Varsity C, 1st) Jackson, NJ /
10/5/13 NO MEET / 10/8/13 League 4B (3m): - 18:02.33 (2nd) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 15:22.7 (Varsity A, 3rd) Van Cortlandt Park /
10/19/13 Coaches (5K): – 19:15.70 (Varsity 1, 1st) Bowdoin Park /
10/24/13 Rockland County (3m): – 18:02.25 (Varsity, 2nd) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 18:53.13 (Class B 1st) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 18:09.7 (Class B, 6th) Queensbury, NY
11/16/13 Federation Meet (5K): - 19:02.60 (Varsity, 12th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 18:38.2 (Varsity, 5th) Bowdoin Park

(3) Kate Zendell (Suff) JR

Weeks in top 25: 10/12(2nd), 10/19(2ndD), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),
9/17 (3m) W2 Araujo (Clarkstown South), 9/24 (2.5m) W3 Lord (North Rockland),
9/7/13 Wizard Invit (5K) – DNR Washingtonville NY /
9/21/13 Suffern Invit (3m): - 17:34.03 Bear Mountain Park /
9/28/13 Bowdoin Park Classic – 18:53.16 Bowdoin Park /
10/4/13 Paul Short (5K) – Extreme Heat (Cancelled) Lehigh University, Pa /
10/8/13 League 4A (3m): - 17:55.68 (1st) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 15:24.3 (Varsity D, 6th) Van Cortlandt Park /
10/19/13 NO MEET / 10/24/13 Rockland County (3m): – 18:38.35 (Varsity, 6th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 19:02.57 (Class A, 2nd) Bowdoin Park /
11/9/13 State Meet: Class A (5K): – 18:03.7 (Class A, 11th) Queensbury, NY
11/16/13 Federation Meet (5K): - 19:40.90 (Varsity, 36th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 18:48.9 (Varsity, 10th) Bowdoin Park

(4) Rachel Ludwikowski (Suff) FR

Weeks in top 25: 10/12(4th), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),

9/17 (3m) W2 Marina Araujo (Clarkstown South), 9/24 (2.5m) W3 Jamie Lord (North Rockland),

9/7/13 Wizard Invt (Fresh 1.5m) – 8:26.99 Washingtonville NY /

9/21/13 Suffern Invt (3m): - 18:02.10 Bear Mountain Park /

9/28/13 Bowdoin Park Classic – 19:13.35 Bowdoin Park /

10/4/13 Paul Short (5K) – Extreme Heat (Cancelled) Lehigh University, Pa /

10/8/13 League 4A (3m): - 18:58.89 (2nd) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 15:36.8 (Varsity D, 10th) Van Cortland Park /

10/19/13 NO MEET / 10/24/13 Rockland County (3m): – 18:06.34 (Varsity, 3rd) Bear Mountain Park /

11/1/13 Sections: Class A (5K): - 19:35.45 (Class A, 5th) Bowdoin Park /

11/9/13 State Meet: Class A (5K): – 18:10.2 (Class A, 15th) Queensbury, NY

11/16/13 Federation Meet (5K): - 18:46.00 (Varsity, 7th) Bowdoin Park /

11/30/13 NXN Regional's (5K): - 19:20.8 (Varsity, 19th) Bowdoin Park

(5) Catherine Rayward (PR) JR

Weeks in top 25: 10/12(5th), 10/19(NC), 10/26 (6thD), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(5thU)

Dual Meet Results (She Beat): 9/10 (5K) W1 Kassid Ayres (Tappan Zee), Emily Auld (Albertus Magnus),

9/17 W2 No Meet, 9/24 (5K) W3 MaryKate O'Meara (Nanuet), 10/1 W3 (5K) DNR (Nyack),

9/7/13 Rob Breen Invt (5K) –19:51.7 S.I., NY / 9/21/13 Briarwood Invt (5K) – 20:22.89 Philadelphia, PA /

9/28/13 Six Flags Wild Safari (5K) – 19:18 Jackson, NJ /

10/5/13 Fordham Invt – DNR Van Cortlandt Park /

10/8/13 League 4B (3m): - 18:54.19 (5th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 15:57.3 (Varsity F, 9th) Van Cortland Park /

10/19/13 Coaches (5K): – 20:08.33 (Varsity 2, 7th) Bowdoin Park /

10/24/13 Rockland County (3m): – 18:50.64 (Varsity, 13th) Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 20:00.20 (Class B 9th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): – 19:10.3 (Class B, 49th) Queensbury, NY

11/16/13 Federation Meet (5K): - 19:57.90 (Varsity, 59th) Bowdoin Park /

11/30/13 NXN Regional's (5K): - 19:53.2 (Varsity, 52nd) Bowdoin Park

(6) Mary Katie O'Meara (Nan) SR

Weeks in top 25: 10/12(6th), 10/19(NC), 10/26 (5thU), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(6thD)

Dual Meet Results (She Beat): 9/10 (5K) W1 Celia Hutchins (Nyack), 9/17 (2.5m),

W2 Cassidy Ayres (Tappan Zee), 9/24 (5K) W3 Erin Clinton (Pearl River),

9/21/13 Suffern Invt (3m): - 18:49.51 Bear Mountain Park /

9/28/13 Herrmann XC Invt (5K) – 20:03.5 Utica, NY /

10/5/13 NO MEET / 10/8/13 League 4B (3m): - 19:12.12 (9th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 15:34.2 (Varsity E, 8th) Van Cortland Park /

10/19/13 Coaches (5K): – 19:30.21 (Varsity 3, 2nd) Bowdoin Park /

10/24/13 Rockland County (3m): – 18:22.59 (Varsity, 4th) Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 19:47.14 (Class B 5th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): – 18:33.4 (Class B, 15th) Queensbury, NY /

11/16/13 Federation Meet (5K): - 20:06.40 (Varsity, 69th) Bowdoin Park /

11/30/13 NXN Regional's (5K): - DNR Bowdoin Park

(7) Ailish Durcan (PR) FR

Weeks in top 25: 10/12(9th), 10/19(NC), 10/26(NC), 11/2(8thU), 11/9(NC), 11/17(NC), 12/2(7thU)

Dual Meet Results (She Beat): 9/10 (5K) W1 Kassid Ayres (Tappan Zee), Emily Auld (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 Kristen Carbone (Nanuet), 10/1 W4 (5K) DNR (Nyack),
9/7/13 Rob Breen Invit (Fresh 1.5m) – 9:09.5 S.I., NY / 9/21/13 Briarwood Invit (5K) – 20:46.54 Philadelphia
9/28/13 Six Flags Wild Safari (5K) – 19:44 Jackson, NJ /
10/5/13 Fordham Invit – 20:46.54 Van Cortlandt Park /
10/8/13 League 4B (3m): - 19:03.29 (7th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 15:53.1 (Varsity F, 7th) Van Cortlandt Park /
10/19/13 Coaches (Fresh 2500m): – 11:16.74 (Fresh 1, 1st) Bowdoin Park /
10/24/13 Rockland County (3m): – 18:46.00 (Varsity, 10th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 20:12.96 (Class B, 11th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 18:55.5 (Class B, 31st) Queensbury, NY
11/16/13 Federation Meet (5K): - 19:55.70 (Varsity, 55th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 19:49.8 (Varsity, 49th) Bowdoin Park

(8) Emma Haley (PR) SR

Weeks in top 25: 10/12(8th), 10/19(NC), 10/26(NC), 11/2(7thU), 11/9(NC), 11/17(NC), 12/2(8thD)

Dual Meet Results (She Beat): 9/10 (5K) W1 Caitlin Hartnett (Tappan Zee), Emily Auld (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 Kristen Carbone (Nanuet), 10/1 W4 (5K) DNR (Nyack),
9/7/13 Rob Breen Invit (5K) – 20:46.4 S.I., NY / 9/21/13 Briarwood Invit (5K) – 21:49.35 Philadelphia, PA /
9/28/13 Six Flags Wild Safari (5K) – 19:55 Jackson, NJ /
10/5/13 Fordham Invit – 16:33.58 Van Cortlandt Park /
10/8/13 League 4B (3m): - 18:38.65 (3rd) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:01.1 (Varsity F, 11th) Van Cortlandt Park /
10/19/13 Coaches (5K): – 20:49.96 (Varsity 2, 20th) Bowdoin Park /
10/24/13 Rockland County (3m): – 18:39.02 (Varsity, 7th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 20:09.06 (Class B, 10th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 19:14.9 (Class B, 55th) Queensbury, NY
11/16/13 Federation Meet (5K): - 20:24.50 (Varsity, 88th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 19:59.2 (Varsity, 55th) Bowdoin Park

(9) Anna Breton (Suff) JR

Weeks in top 25: 10/12(12th), 10/19(NC), 10/26(11thU), 11/2(10thU), 11/9(NC), 11/17(NC), 12/2(9thU)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),
9/17 (3m) W2 Marina Arajuo (Clarkstown South), 9/24 (2.5m) W3 DNR (North Rockland),
9/7/13 Wizard Invit (5K) – 20:04.14 Washingtonville NY /
9/21/13 Suffern Invit (3m): - 19:24.54 Bear Mountain Park /
9/28/13 Bowdoin Park Classic – 20:38.48 Bowdoin Park /
10/4/13 Paul Short (5K) – Extreme Heat (Cancelled) Lehigh University, Pa /
10/8/13 League 4A (3m): - 19:20.75 (3rd) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:01.5 (Varsity D, 15th) Van Cortlandt Park /
10/19/13 NO MEET / 10/24/13 Rockland County (3m): – 18:43.42 (Varsity, 9th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 20:44.30 (Class A, 13th) Bowdoin Park /
11/9/13 State Meet: Class A (5K): – 19:24.6 (Class A, 61st) Queensbury, NY
11/16/13 Federation Meet (5K): - 20:53.40 (Varsity, 126th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 22:33.8 (Varsity, 130th) Bowdoin Park

(10) Kamryn McIntosh (Suff) FR

Weeks in top 25: 10/12(15th), 10/19(NC), 10/26(10thU), 11/2(9thU), 11/9(NC), 11/17(NC), 12/2(10thD)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),

9/17 (3m) W2 Arajuo (Clarkstown South), 9/24 (2.5m) W3 Kailee Stephens (North Rockland),

9/7/13 Wizard Invit (5K) – 21:24.11 Washingtonville NY /

9/21/13 Suffern Invit (3m): - 19:00.21 Bear Mountain Park /

9/28/13 Bowdoin Park Classic – 20:39.80 Bowdoin Park /

10/4/13 Paul Short (5K) – Extreme Heat (Cancelled) Lehigh University, Pa /

10/8/13 League 4A (3m): - 19:36.45 (5th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 16:04.9 (Varsity D, 17th) Van Cortland Park /

10/19/13 NO MEET / 10/24/13 Rockland County (3m): – 18:34.33 (Varsity, 5th) Bear Mountain Park /

11/1/13 Sections: Class A (5K): - 20:27.10 (Class A, 10th) Bowdoin Park /

11/9/13 State Meet: Class A (5K): – 18:51.6 (Class A, 41st) Queensbury, NY

11/16/13 Federation Meet (5K): - 22:15.50 (Varsity, 203rd) Bowdoin Park /

11/30/13 NXN Regional's (5K): - 23:42.2 (Varsity, 136th) Bowdoin Park

(11) Alex Harris (NR) FR

Weeks in top 25: 10/12(18th), 10/19(NC), 10/26(13thU), 11/2(12thU), 11/9(11thU), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (3m) W1 Samantha Rokicsak (Clarkstown South),

9/17 (5K) W2 Emily Betts (Clarkstown North), 9/24 (2.5m) W3 Angelica Matwiejczuk (Suffern),

9/21/13 NO MEET / 9/28/13 Red Raider Run (5K) – 20:06.70 Anthony Wayne Park, NY /

10/5/13 NO MEET / 10/8/13 League 4A (3m): - 19:33.53 (4th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 16:11.6 (Varsity F, 18th) Van Cortland Park /

10/19/13 Coaches (5K): – 19:59.94 (Varsity 4, 5th) Bowdoin Park /

10/24/13 Rockland County (3m): – 18:43.17 (Varsity, 8th) Bear Mountain Park /

11/1/13 Sections: Class A (5K): - 20:04.30 (Class A, 8th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park /

11/30/13 NXN Regional's (5K): - DNR Bowdoin Park

(12) Kassidy Ayres (TZ) JR

Weeks in top 25: 10/12(10th), 10/19(NC), 10/26(12th D), 11/2(11thU), 11/9(12thD), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Emma Haley (Pearl River),

Kaitlyn Harding (Pearl River), Emily Auld (Albertus Magnus),

9/17 (2.5m) W2 Brooke Madry (Nanuet), 9/24 (2.5m) W3 Louise Jones (Nyack),

9/21/13 Queensbury Invit (5K) – 19:40.35 Queensbury, NY /

9/28/13 Six Flags Wild Safari (5K) – 19:32 Jackson, NJ /

10/5/13 NO MEET / 10/8/13 League 4B (3m): - 18:58.74 (6th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 16:01.5 (Varsity A, 17th) Van Cortland Park /

10/19/13 Coaches (5K): – 20:41.82 (Varsity 1, 4th) Bowdoin Park /

10/24/13 Rockland County (3m): – 18:47.82 (Varsity, 11th) Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 20:35.51 (Class B, 16th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park /

11/30/13 NXN Regional's (5K): - DNR Bowdoin Park

(13) Jamie Lords (NR) SR

Weeks in top 25: 10/12(20th), 10/19(NC), 10/26(14thU), 11/2(13thU), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (3m) W1 Kara Santa Teresa (Clarkstown South),
9/17 (5K) W2 Emily Betts (Clarkstown North), 9/24 (2.5m) W3 Kamryn McIntosh (Suffern),
9/21/13 **NO MEET** / 9/28/13 Red Raider Run (5K) – 20:04.30 Anthony Wayne Park, NY /
10/5/13 **NO MEET** / 10/8/13 League 4A (3m): -19:47.18 (8th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:10.7 (Varsity F, 15th) Van Cortland Park /
10/19/13 Coaches (5K): – 20:14.40 (Varsity 4, 7th) Bowdoin Park /
10/24/13 Rockland County (3m): – 18:48.60 (Varsity, 12th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 20:17.06 (Class A, 9th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park /
11/30/13 NXN Regional's (5K): - DNR Bowdoin Park

(14) Kaitlyn Harding (PR) FR

Weeks in top 25: 10/12(11th), 10/19(NC), 10/26(16th D), 11/2(15thU), 11/9(14thU), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Caitlin Hartnett (Tappan Zee), Emily Auld (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 Kristen Carbone (Nanuet), 10/1 W3 (5K) Celia Hutchins (Nyack),
9/7/13 Rob Breen Invit (Fresh 1.5m) – 9:29.6 S.I., NY /
9/21/13 Briarwood Invit (5K) – 21:20.94 Philadelphia, PA /
9/28/13 Six Flags Wild Safari (5K) – 20:58 Jackson, NJ / 10/5/13 Fordham Invit – Van Cortlandt Park /
10/8/13 League 4B (3m): - 18:52.47 (4th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:12.4 (Varsity F, 20th) Van Cortland Park /
10/19/13 Coaches (Fresh 2500m): – 11:57.36 (Fresh 1, 3rd) Bowdoin Park /
10/24/13 Rockland County (3m): – 19:08.28 (Varsity, 15th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 20:22.54 (Class B, 13th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 19:18.0 (Class B, 58th) Queensbury, NY /
11/16/13 Federation Meet (5K): - 21:09.80 (Varsity, 144th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 20:26.9 (Varsity, 76th) Bowdoin Park /

(15) Erin Clinton (PR) 8th Grade

Weeks in top 25: 10/12(7th), 10/19(NC), 10/26(NC), 11/2(16thD), 11/9(NC), 11/17(NC), 12/2(15thU)

Dual Meet Results (She Beat): 9/10 (5K) W1 DNR (Tappan Zee), (Albertus Magnus), 9/17 W2 No Meet,
9/24 (5K) W3 Kristen Carbone (Nanuet), 10/1 W4 (5K) DNR (Nyack),
9/7/13 Rob Breen Invit (Fresh 1.5m) – 9:03.1 S.I., NY /
9/21/13 Briarwood Invit (5K) – DNR Philadelphia, PA /
9/28/13 Six Flags Wild Safari (5K) – 19:56 Jackson, NJ / 10/5/13 Fordham Invit – Van Cortlandt Park /
10/8/13 League 4B (3m): - 19:07.37 (8th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 15:43.6 (Varsity F, 5th) Van Cortland Park /
10/19/13 Coaches (5K): – 20:13.03 (Varsity 2, 8th) Bowdoin Park /
10/24/13 Rockland County (3m): – 19:39.80 (Varsity, 21st) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 20:47.87 (Class B 17th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 19:26.7 (Class B, 64th) Queensbury, NY
11/16/13 Federation Meet (5K): - 20:28.50 (Varsity, 94th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 20:22.1 (Varsity, 73rd) Bowdoin Park

(16) Elina Breton (Suff) JR

Weeks in top 25: 10/12(19th), 10/19(NC), 10/26(17thU), 11/2(NC), 11/9(NC), 11/17(16thU), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),
9/17 (3m) W2 Arajuo (Clarkstown South), 9/24 W3 Kailee Stephens (North Rockland),
9/7/13 Wizard Invit (5K) – 20:32.58 Washingtonville NY /
9/21/13 Suffern Invit (3m): - 19:42.48 Bear Mountain Park /
9/28/13 Bowdoin Park Classic – 20:52.52 Bowdoin Park /
10/4/13 Paul Short (5K) – **Extreme Heat (Cancelled)** Lehigh University, Pa /
10/8/13 League 4A (3m): - 19:39.99 (6th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:07.0 (Varsity D, 19th) Van Cortland Park /
10/19/13 **NO MEET** / 10/24/13 Rockland County (3m): – 19:17.50 (Varsity, 16th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 20:59.39 (Class A, 17th) Bowdoin Park /
11/9/13 State Meet: Class A (5K): – 19:37.6 (Class A, 71st) Queensbury, NY
11/16/13 Federation Meet (5K): - 20:23.60 (Varsity, 86th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 20:31.0 (Varsity, 79th) Bowdoin Park

(17) Deidre Rizzo (TZ) SR

Weeks in top 25: 10/12(17th), 10/19(16thU), 10/26(15thU), 11/2(14thU), 11/9(16thD), 11/17(17thD), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Emma Haley (Pearl River), Emily Auld (Albertus Magnus),
9/17 (2.5m) W2 Kristen Carbone (Nanuet), 9/24 (2.5m) W3 Louise Jones (Nyack),
9/21/13 Queensbury Invit. (5K) – 20:08.20 Queensbury, NY /
9/28/13 Six Flags Wild Safari (5K) – 20:09 Jackson, NJ /
10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - 19:31.02 (14th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:11.6 (Varsity A, 24th) Van Cortland Park /
10/19/13 Coaches (5K): – 20:51.48 (Varsity 1, 5th) Bowdoin Park /
10/24/13 Rockland County (3m): – 18:58.13 (Varsity, 14th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 20:24.52 (Class B, 15th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – **DNR** Queensbury, NY
11/16/13 Federation Meet (5K): - **DNR** Bowdoin Park /
11/30/13 NXN Regional's (5K): - **DNR** Bowdoin Park

(18) Lauren Fernandez (Nan) SR

Weeks in top 25: 10/12(13th), 10/19(NC), 10/26(18th D), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Celia Hutchins (Nyack), 9/17 (2.5m) W2 Deidre Rizzo (Tappan Zee),
9/24 (5K) W3 **DNR** (Pearl River),
9/21/13 Suffern Invit (3m): - 19:25.73 Bear Mountain Park /
9/28/13 Herrmann XC Invit (5K) – 20:45.8 Utica, NY /
10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - 19:26.57 (11th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:06.5 (Varsity E, 21st) Van Cortland Park /
10/19/13 Coaches (5K): – 20:20.02 (Varsity 3, 8th) Bowdoin Park /
10/24/13 Rockland County (3m): – 19:23.01 (Varsity, 17th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 21:00.52 (Class B, 22nd) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – **DNR** Queensbury, NY /
11/16/13 Federation Meet (5K): - **DNR** Bowdoin Park /
11/30/13 NXN Regional's (5K): - **DNR** Bowdoin Park

(19) Brooke Madry (Nan) JR

Weeks in top 25: 10/12(16th), 10/19(NC), 10/26(20th D), 11/2(19thU), 11/9(20thD), 11/17(19thU), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Celia Hutchins (Nyack), 9/17 (2.5m) W2 Deidre Rizzo (Tappan Zee),
9/24 (5K) W3 Catherine Rayward (Pearl River), Erin Clinton (Pearl River),
9/21/13 Suffern Invit (3m): - **18:57.34** Bear Mountain Park /
9/28/13 Herrmann XC Invit (5K) - **20:20.9** Utica, NY /
10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - **19:29.71** (13th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): - **16:13.1** (Varsity E, 26th) Van Cortland Park /
10/19/13 Coaches (5K): - **19:56.32** (Varsity 3, 3rd) Bowdoin Park /
10/24/13 Rockland County (3m): - **19:24.64** (Varsity, 20th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **20:52.48** (Class B, 18th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): - **DNR** Queensbury, NY /
11/16/13 Federation Meet (5K): - **DNR** Bowdoin Park /
11/30/13 NXN Regional's (5K): - **DNR** Bowdoin Park

(20) Jesse McCarthy (PR) FR

Weeks in top 25: 10/12, 11/9(HM), 11/17(22ndU), 12/2(20thU)

Dual Meet Results (She Beat): 9/10 (5K) W1 Erin Van Dollen (Tappan Zee), Andrea Nardone (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 **DNR** (Nanuet), 10/1 W3 Celia Hutchins (Nyack),
9/7/13 Rob Breen Invit (5K) - **21:54.8** S.I., NY /
9/21/13 Briarwood Invit (Fresh 2400m) - **11:55.74** (Fresh 8th) Philadelphia, PA /
9/28/13 Six Flags Wild Safari (Fresh 3200m) - **13:11** (Fresh, 3rd) Jackson, NJ /
10/5/13 Fordham Invit (Fresh 2500m) - **10:13.95** (4th) Van Cortlandt Park /
10/8/13 League 4B (3m): - **19:23.32** (10th) Bear Mountain Park /
10/12/13 Manhattan (Fresh 1.25m): - **7:13.3** (Fresh A, 6th) Van Cortland Park /
10/19/13 Coaches (5K): - **20:43.70** (Varsity 2, 18th) Bowdoin Park /
10/24/13 Rockland County (3m): - **19:31.65** (JV, 1st) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **21:08.07** (JV, 1st) Bowdoin Park /
11/9/13 State Meet: Class B (5K): - **DNR** Queensbury, NY
11/16/13 Federation Meet (5K): - **21:04.10** (Varsity, 136th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - **20:25.1** (Varsity, 75th) Bowdoin Park

(21) Laura Cooper (PR) SR

Weeks in top 25: 10/12(14th), 10/19(NC), 10/26(19th D), 11/2(21stD), 11/9(19hU), 11/17(20thD), 12/2(21stD)

Dual Meet Results (She Beat): 9/10 (5K) W1 Caitlin Hartnett (Tappan Zee), Emily Auld (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 Kristen Carbone (Nanuet), 10/1 W4 (5K) **DNR** (Nyack),
9/7/13 Rob Breen Invit (5K) - **21:02.0** S.I., NY / 9/21/13 Briarwood Invit (5K) - **21:21.47** Philadelphia, PA /
9/28/13 Six Flags Wild Safari (5K) - **20:33** Jackson, NJ /
10/5/13 Fordham Invit - **16:51.64** Van Cortlandt Park /
10/8/13 League 4B (3m): - **19:27.84** (12th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): - **16:08.8** (Varsity F, 14th) Van Cortland Park /
10/19/13 Coaches (5K): - **20:38.71** (Varsity 2, 13th) Bowdoin Park /
10/24/13 Rockland County (3m): - **19:45.79** (JV, 3rd) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **21:06.80** (Class B, 23rd) Bowdoin Park /
11/9/13 State Meet: Class B (5K): - **20:16.5** (Class B, 95th) Queensbury, NY
11/16/13 Federation Meet (5K): - **DNR** Bowdoin Park / 11/30/13 NXN Regional's (5K): - **DNR** Bowdoin Park

(22) Cassie Morgan (Suff) SR

Weeks in top 25: 10/12, 11/9(HM), 11/17(HM), 12/2(22ndU)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),
9/17 (3m) W2 DNR (Clarkstown South), 9/24 (2.5m) W3 Aida Torpey (North Rockland),
9/7/13 Wizard Invit (5K) – 20:38.11 (Varsity, 12th) Washingtonville NY /
9/21/13 Suffern Invit (3m): - 20:07.94 (Varsity A, 17th) Bear Mountain Park /
9/28/13 Bowdoin Park Classic –DNR Bowdoin Park /
10/4/13 Paul Short (5K) – Extreme Heat (Cancelled) Lehigh University, Pa /
10/8/13 League 4A (3m): - 20:00.55 (9th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): –17:33.1 (Varsity D, 75th) Van Cortland Park /
10/19/13 – NO MEET / 10/24/13 Rockland County (3m): – 20:07.19 (Varsity, 28th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 21:56.07 (Varsity, 33rd) Bowdoin Park /
11/9/13 State Meet: Class A (5K): – 20:28.60 (Class A, 95th) Queensbury, NY/
11/16/13 Federation Meet (5K): - 21:49.00 (Varsity, 181st) Bowdoin Park /
11/30/13 NXN Regional's (5K): - 20:44.1 (Varsity, 87th) Bowdoin Park /

(23) Caitlin Hartnett (TZ) SO

Weeks in top 25: 10/12(21st), 10/19(22nd D), 10/26(NC), 11/2(NC), 11/9(21stU), 11/17(NC), 12/2(23rdD)

Dual Meet Results (She Beat): 9/10 (5K) W1 Claire Brennan (Pearl River), Emily Auld (Albertus Magnus),
9/17 (2.5m) W2 Kristen Carbone (Nanuet), 9/24 (2.5m) W3 Louise Jones (Nyack),

9/21/13 Queensbury Invit. (5K) – 20:28.70 Queensbury, NY /
9/28/13 Six Flags Wild Safari (5K) – 20:09 Jackson, NJ /
10/5/13 NO MEET /10/8/13 League 4B (3m): - 19:46.57 (16th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:37.0 (Varsity A, 31st) Van Cortland Park /
10/19/13 Coaches (5K): – 21:17.21 (Varsity 1, 8th) Bowdoin Park /
10/24/13 Rockland County (3m): – 19:24.71 (Varsity, 19th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 20:56.21 (Class B, 19th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - DNR Bowdoin Park

(24) Ann McCormack (PR) 8th Grade

Weeks in top 25: 10/12(22nd), 10/19(21stU), 10/26(NC), 11/2(20thU), 11/9(22ndD), 11/17(23rdD), 12/2(24thD)

Dual Meet Results (She Beat): 9/10 (5K) W1 DNR (Tappan Zee), (Albertus Magnus), 9/17 W2 No Meet,
9/24 (5K) W3 Kristin Carbone (Nanuet), 10/1 W4 (5K) Celia Hutchins (Nyack),

9/7/13 Rob Breen Invit (Fresh 1.5m) – 9:56.4 S.I., NY /
9/21/13 Briarwood Invit (Fresh 2400m) – 11:19.26 Philadelphia, PA /
9/28/13 Six Flags Wild Safari (Fresh 3200m) – 13:14 Jackson, NJ /
10/5/13 Fordham Invit (Fresh 2500m) – 10:21.15 Van Cortlandt Park /
10/8/13 League 4B (3m): - 19:35.21 (15th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:49.3 (JV D, 1st) Van Cortland Park /
10/19/13 Coaches (5K): – 20:37.97 (Varsity 2, 12th) Bowdoin Park /
10/24/13 Rockland County (3m): – 19:41.06 (Varsity, 22nd) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 21:09.36 (JV 2nd) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - DNR Bowdoin Park

(25) Kristian Carbone (Nan) SO

Weeks in top 25: 10/12(23rd), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(24thD), 12/2(25thD)

Dual Meet Results (She Beat): 9/10 (5K) W1 Celia Hutchins (Nyack),

9/17 (2.5m), W2 Erin Van Dollen (Tappan Zee), 9/24 (5K) W3 Grace Raffa (Pearl River),

9/21/13 Suffern Invit (3m): - 20:00.75 Bear Mountain Park /

9/28/13 Herrmann XC Invit (5K) - 21:20.0 Utica, NY /

10/5/13 NO MEET / 10/8/13 League 4B (3m): - 19:50.82 (17th) Bear Mountain Park /

10/12/13 Manhattan (2 1/2m): - 16:51.3 (Varsity E, 55th) Van Cortland Park /

10/19/13 Coaches (5K): - 21:04.78 (Varsity3, 16th) Bowdoin Park /

10/24/13 Rockland County (3m): - 19:23.69 (Varsity, 18th) Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 21:29.34 (Class B, 26th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): - DNR Queensbury, NY /

11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - DNR Bowdoin Park

In the Top 25: Cassie Morgan (Suffern),

Out of Top 25: Kailee Stephens (North Rockland),

Honorable Mention

O Kailee Stephens (NR) FR

Weeks in top 25: 10/12(24th), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(25thD), 12/2(HM),

Dual Meet Results (She Beat): 9/10 (3m) W1 Samantha Rokicsak (Clarkstown South),

9/17 (5K) W2 Emily Betts (Clarkstown North), 9/24 (2.5m) W3 Angelica Matwiejczuk (Suffern),

9/21/13 / 9/28/13 Red Raider Run (5K) - 20:03.31 Anthony Wayne Park, NY /

10/5/13 NO MEET / 10/8/13 League 4A (3m): - 19:46.30 (7th) Bear Mountain Park /

10/12/13 Manhattan (2 1/2m): - 16:56.3 (Varsity F, 34th) Van Cortland Park /

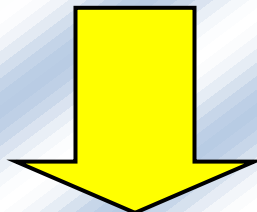
10/19/13 Coaches (5K): - 21:30.84 (Varsity 4, 20th) Bowdoin Park /

10/24/13 Rockland County (3m): - 19:54.98 (Varsity, 25th) Bear Mountain Park /

11/1/13 Sections: Class A (5K): - 21:52.76 (Class A, 29th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): - DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - DNR Bowdoin Park



O Kristen Dibari (NR) JR

Weeks in top 25: 10/12(HM), 10/19(HM), 10/26(25th), 11/2(HM), 11/9(HM), 11/17(HM), 12/2(HM)

**Dual Meet Results (She Beat): 9/10 (3m) W1 Samantha Rokicsak (Clarkstown South),
9/17 (5K) W2 DNR (Clarkstown North), 9/24 (2.5m) W3 Morgan (Suffern),
9/21/13 NO MEET / 9/28/13 Red Raider Run (5K) – 22:24.07 Anthony Wayne Park, NY /
10/5/13 NO MEET / 10/8/13 League 4A (3m): - 20:46.38 (15th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:52.3 (JV D, 2nd) Van Cortland Park /
10/19/13 Coaches (5K): – 21:37.17 (Varsity 4, 23rd) Bowdoin Park /
10/24/13 Rockland County (3m): – 19:52.05 (Varsity, 24th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 22:01.81 (Class A, 35th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park**

O Claire Brennan (PR) SO

Weeks in top 25: 10/12(25th), 10/19(NC), 10/26(HM), 11/2(HM), 11/9(HM), 11/17(HM), 12/2(HM)

**Dual Meet Results (She Beat): 9/10 (5K) W1 Erin Van Dollen (Tappan Zee), Andrea Nardone (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 DNR (Nanuet), 10/1 W3 (5K) Celia Hutchins (Nyack),
9/7/13 Rob Breen Invit (5K) – 21:12.5 S.I., NY / 9/21/13 Briarwood Invit (5K) – 22:23.04 Philadelphia, PA /
9/28/13 Six Flags Wild Safari (5K) – Jackson, NJ /
10/5/13 Fordham Invit – 17:26.25 Van Cortlandt Park /
10/8/13 League 4B (3m): - 19:59.52 (18th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 17:51.2 (Soph. A, 12th) Van Cortland Park /
10/19/13 Coaches (5K): – 22:23.13 (JV 2, 19th) Bowdoin Park /
10/24/13 Rockland County (3m): – 20:31.06 (JV 11th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 22:06.43 (JV 12th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park /
11/30/13 NXN Regional's (5K): - DNR Bowdoin Park**

Aida Torphey (NR) SOPH

Weeks in top 25: 10/12(HM), 10/19(HM), 10/26(HM), 11/2(HM), 11/9(HM), 11/17(HM), 12/2(HM)

**Dual Meet Results (She Beat): 9/10 (3m) W1 Samantha Rokicsak (Clarkstown South),
9/17 (5K) W2 DNR (Clarkstown North), 9/24 (2.5m) W3 Morgan (Suffern),
9/21/13 / 9/28/13 Red Raider Run (5K) – 22:24.07 Anthony Wayne Park, NY /
10/5/13 NO MEET / 10/8/13 League 4A (3m): - 21:44.60 (22nd) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 16:57.8 (Varsity F, 36th) Van Cortland Park /
10/19/13 Coaches (5K): – 21:20.18 (Varsity 4, 16th) Bowdoin Park /
10/24/13 Rockland County (3m): – 20:24.76 (Varsity, 30th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 22:12.91 (Class A, 42nd) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park**