



**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 11/23**

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

(1) Daniel Shephard (NR) SR

Weeks in top 25: Last Season (2) - 9/6 NC, 10/14 NC, 10/19 NC, 11/1 NC, 11/11 NC, 11/16 NC, 11/23 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
10/12/19	Manhattan Invitational	2.5	V.C/2nd	12:51.60	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5k	V.2/1st	16:19.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./1st	15:34.20	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/1st	16:21.30	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/4th	14:46.30	Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY

(2) Bryan Onody (NR) SR

Weeks in top 25: Last Season (19) - 9/5 NC, (3)10/14 U, (2) 10/19 U, 11/1 NC, 11/11 NC, 11/16 NC, 11/23 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
10/12/19	Manhattan Invitational	2.5	V.C/3rd	12:53.80	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/2nd	16:38.80	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./3rd	16:14.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/9th	17:09.50	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/50th	15:33.20	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./64th	17:12.20	Bowdoin Park, NY

(3) Travis Delaney (SUFF) JR

Weeks in top 25: Last Season (10) - 9/5 NC, (6)10/14 U, (4) 10/19 U, 11/1 NC, 11/11 NC, 11/16 NC, 11/23 NC,

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	-----	---	-----	-----	-----
10/12/19	Manhattan Invitational	2.5	V.A/7th	13:15.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/3rd	17:01.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./2nd	16:03.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/8th	17:05.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(4) Oisín Selby (PR) JR

Weeks in top 25: - 9/5 NC, (5)10/14 NC, (5) 10/19 U, 11/1 NC, 11/11 NC, 11/16 NC, 11/23 NC,

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
10/12/19	Manhattan Invitational	2.5	V.B/9th	13:35.70	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/6th	17:16.00	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./4th	16:16.80	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/1st	17:10.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/51st	15:52.30	Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(5) John Fontanez (NAN) SOPH

Weeks in top 25: - 9/5 NC, (8)10/14 U, (7) 10/19 U, (6) 11/1 U, 11/11 NC,
11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	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
10/5/19	League 2A Championships	3M	V./3rd	16:31.46	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.D/16th	13:43.20	Van Cortlandts Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/4th	17:29.60	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./5th	16:17.40	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/4th	17:21.20	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/52nd	15:52.40	Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY
11/30/19	Foot Locker Northeast Regional	5K	V./15th	17:19.10	Van Cortlandt Park, NY

(6) Kieran Dudek (CS) SOPH

Weeks in top 25: - 9/5 NC, (7)10/14 D, (8) 10/19 NC, (8) 11/1 D, (10) 11/11 U,
11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9//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	So./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	_____	_____	_____	_____	_____
10/12/19	Manhattan Invitational	2.5	So.A/1st	13:51.10	Van Cortandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/13th	17:30.30	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./15th	17:03.70	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/7th	17:05.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(7) Jack Gulak (NR) JR

Weeks in top 25: - 9/5 NC, (11)10/14 D, (12) 10/19 U, 11/1 NC, 11/11 NC,
(7) 11/16 D, (8) 11/23 U,

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.1A/12th	16:48.00	Jackson, NJ
10/4/19	Scarsdale Invitational	3M	V./13th	16:03.30	Croton Harmon, NY
10/12/19	Manhattan Invitational	2.5	V.C/38th	13:54.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/10th	17:21.30	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./7th	16:34.90	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/10th	17:11.50	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/89th	16:11.30	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./78th	17:18.00	Bowdoin Park, NY

(8) Scott Brophy (NR) JR

Weeks in top 25: - 9/5 NC, (9)10/14 NC, (9) 10/19 NC, (9) 11/1 U, 11/11 NC,
(8) 11/16 U, (7) 11/23 D,

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
10/12/19	Manhattan Invitational	2.5	V.C/34th	13:52.20	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/17th	17:38.80	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./10th	16:46.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/18th	17:28.30	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/70th	15:52.90	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./146th	17:53.10	Bowdoin Park, NY

(9) Jack Dowd (PR) JR

Weeks in top 25: - 9/5, (19)10/14 U, (10) 10/19 D, (11) 11/1 U, (9) 11/11 D,
11/16 NC, 11/23 NC,

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
10/12/19	Manhattan Invitational	2.5	V.B/19th	13:52.70	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/20th	17:50.00	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./9th	16:44.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/10th	17:44.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/53rd	15:55.20	Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(10) Cliff Carty (PR) JR

Weeks in top 25: - 9/5 NC, (4)10/14 D, (6) 10/19 D, (10) 11/1 U, (6) 11/11 D,
11/16 NC, 11/23 NC,

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
10/12/19	Manhattan Invitational	2.5	V.B/20th	13:53.60	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/16th	17:44.00	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./6th	16:29.20	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/8th	17:34.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/71st	16:22.70	Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(1 1) Aidan O'Connell (SUFF) SR

Weeks in top 25: - 10/5 NC, (13)10/14 NC, (13) 10/19 NC, (13) 11/1 NC,
(13) 11/11 U, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	2.5	V. /11th	16:49.4	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	————	————	Sunken Meadow, NY
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	—————	——	————	————	—————
10/12/19	Manhattan Invitational	2.5	V.A/36th	13:56.20	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/26th	18:04.20	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./12th	16:54.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/27th	17:48.10	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(1 2) Dylan McMorrow (TZ) JR

Weeks in top 25: Pre Season - 10/5 NC, (NL)10/14, (18) 10/19 U, (14) 11/1 NC,
(14) 11/11 U, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19		5K	————	————	
9/14/19	Queenbury Invitational	5K	V.1/88th	18:09.52	Queenbury, NY
9/21/19	Bob Pratt Invitational	5K	V.R/13th	18:34.96	Sunken Meadow, NY
9/28/19	—————	——	————	————	—————
10/4/19	League 2A Championships	3M	V./6th	16:55.66	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.B/40th	14:10.90	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.1/23rd	18:06.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./14th	16:57.70	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/12th	17:53.60	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(13) Neil Daterao (SUFF) SOPH

Weeks in top 25: Pre Season - NL, 11/1 NC, (12) 11/11 D, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	JV./5th	13:28.30	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	JV./32nd	20:19.76	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	JV./5th	17:30.80	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	JV./3rd	18:45.50	Utica, NY
10/5/19	-----	---	-----	-----	-----
10/12/19	Manhattan Invitational	2.5	JV./6th	14:13.70	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V./22nd	17:56.70	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./8th	16:38.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A./40th	18:08.20	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(14) Andrew Kolesar (NR) SR

Weeks in top 25: - 10/5 NC, (22)10/14 U, (20) 10/19 NC, (20) 11/1 D, (21) 11/11 U, 11/16 NC, 11/23 NC,

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
10/12/19	Manhattan Invitational	2.5	V.C./71st	14:21.70	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/42nd	18:40.30	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./19th	17:14.90	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A./30th	17:50.40	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A./92nd	16:16.90	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./220th	18:38.30	Bowdoin Park, NY

(15) Frankie McKiernan (PR) SR

Weeks in top 25: - 10/5 NC, (24)10/14 NC, (24) 10/19 U, (23) 11/1 U,
(17) 11/11 U, 11/16 NC, 11/23 NC,

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
10/12/19	Manhattan Invitational	2.5	V.B/107th	14:53.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/57th	18:46.60	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./13th	16:56.80	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/14th	17:56.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/82nd	16:37.10	Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(16) Jack McCluskey (SUFF) JR

Weeks in top 25: - 10/5 NC, (15)10/14 D, 10/19 NL, 11/1 NC,
(23) 11/11 U, 11/16 NC, 11/23 NC,

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	_____	---	---	---	_____
10/12/19	Manhattan Invitational	2.5	V.A/74th	14:22.60	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/67th	19:04.70	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	JV./1st	17:21.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/33rd	17:55.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(17) James Hughes (PR) JR

Weeks in top 25: - (19)10/14 U, (10) 10/19 D, (NL) 11/1 U,
(18) 11/11 U, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9//19					
9/14/19	Big Purple XC Wave	5K			Warwick, NY
9/21/19	Suffern Invitational	3M	V./40th	18:10.70	Bear Mountain, NY
9/28/19	Gressler XC Run	5K			White Plains, NY
10/4/19	League 2A Championships	3M	V./10th	17:29.90	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V./101st	14:50.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V./32nd	18:12.20	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./17th	17:13.40	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/16th	18:03.70	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/77th	16:30.00	Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(18) Alex Chamak (CN) SR

Weeks in top 25: - 10/5, (16)10/14 U, (14) 10/19 D, (16) 11/1 D,
(20) 11/11 U, 11/16 NC, 11/23 NC,

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
10/12/19	Manhattan Invitational	2.5	V.A/57th	14:14.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.A/38th	18:22.30	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./22nd	17:19.00	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/44th	18:10.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(19) Remy Moreno (CS) SOPH

Weeks in top 25: - 10/5 NC, (12)10/14 D, (15) 10/19 U, 11/1 NL,
(NL) 11/11 U, 11/16 NC, 11/23 NC,

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	Sop./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		—	—	—	—
10/12/19	Manhattan Invitational	2.5	Sop.A/6th	14:20.50	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/26th	17:59.30	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./44th	18:20.70	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/42nd	18:09.40	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(20) Ryan McDonagh (NAN) JR

Weeks in top 25: - 10/5 NC, (17)10/14 D, (21) 10/19 NC, (21) 11/1 U,
(15) 11/11 D, 11/16 NC, 11/23 NC,

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	Six Flags				
10/4/19	League 2A Championships	3M	V./5th	16:52.01	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.D/60th	14:30.60	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/24th	18:38.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./11th	16:49.10	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/22nd	18:17.40	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(21) Austin Holmes (TZ) SOPH

Weeks in top 25: Pre Season - NL, 11/11 NC, 11/16 NC, 11/23 NC,

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	3M5	V.C/31st	18:05.40	Bear Mountain, NY
9/28/19	Six Flag Invitational	K	---	---	_____
10/5/19	Scarsdale Invitational	3M	V./23rd	16:28.20	Croton Harmon, NY
10/12/19	Manhattan Invitational	2.5	V.C/55th	14:07.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/38th	18:27.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M			Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/24th	18:21.30	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(22) Ryan Giardina (SUFF) SR

Weeks in top 25: - 10/5 NC, (21)10/14 D, (22) 10/19 U, (18) 11/1 U,
(16) 11/11 D, 11/16 NC, 11/23 NC,

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	_____	---	---	---	_____
10/12/19	Manhattan Invitational	2.5	V.A/82nd	14:29.20	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/42nd	18:27.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./16th	17:06.20	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/65th	18:27.60	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(23) Michael Niero (NR) SOPH

Weeks in top 25: - NL, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Red Raider Run	3M	JV./2nd	18:55.60	Bear Mountain Park, NY
9/14/19	_____	—	_____	_____	_____
9/21/19	Suffern Invitational	3M	V.C/40th	18:37.00	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.A/81st	18:08.00	Jackson, NJ
10/4/19	Scarsdale Invitational	3M	JV./2nd	17:17.30	Croton Harmon, NY
10/12/19	Manhattan Invitational	2.5	V.C/94th	14:44.50	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	JV./1st	18:15.50	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./23rd	17:22.50	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/32nd	17:54.30	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/99th	16:31.40	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./169th	18:05.00	Bowdoin Park, NY

(24) Jack Balk (SUFF) SR

Weeks in top 25: Pre Season - NL11/23,

Dual Meet Results (He Beat):

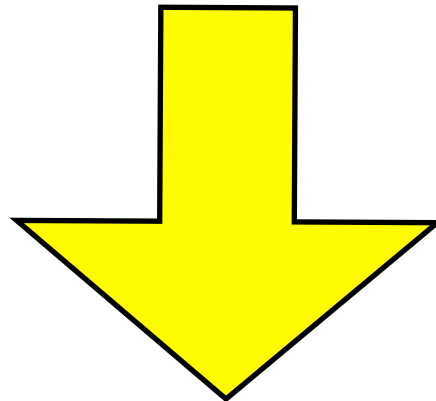
Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	V./3rd	16:08.30	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V./2nd	17:16.40	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V./1st	16:03.00	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V./3rd	17:07.30	Utica, NY
10/5/19	_____	—	_____	_____	_____
10/12/19	Manhattan Invitational	2.5	V./47th	14:03.70	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V./9th	17:23.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./41st	18:13.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V./57th	18:24.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

(25) Eduardo Nava (NR) FR

Weeks in top 25: - NL, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

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



Honorable Mention

() Michael Nunes (CN) JR

Weeks in top 25: - (NL), 11/11 NC,

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./32nd	17:44.60	Bear Mountain, NY
9/28/19	Gressler XC Run	5K			White Plains, NY
10/5/19	Scarsdale Invitational	3M	V./57th	17:13.70	Croton Harmon, NY
10/12/19	Manhattan Invitational	2.5	V./96th	14:43.80	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V./70th	19:08.50	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./31st	17:41.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/56th	18:23.80	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

Ephraim Luba (NY) SOPH

Weeks in top 25: - 10/5 NC, (23)10/14 NC, (23) 10/19 U, (NL) 11/11 NC,

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
10/12/19	Manhattan Invitational	2.5	V.A/97th	14:44.60	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/17th	18:30.20	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./43rd	18:19.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/20th	18:12.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

Dylan Tobin (TZ) SOPH

Weeks in top 25: Pre Season - 9/

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	CHSAA Practice Meet	4K	V. /36th	15:57.6	Van Cortlandt Park, NY
9/14/19	Queenbury Invitational	5K			
9/21/19	Bob Pratt Invitational	5K	V.R/54th	20:19.29	Sunken Meadow, NY
9/28/19		---	---	---	---
10/12/19	Manhattan Invitational				Van Cortlant Park, NY
10/19/19	Section 1 Coaches Invitational	5K	JV.1/9th	19:10.80	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./34th	17:50.80	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/25th	18:25.10	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, 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
10/12/19	Manhattan Invitational	2.5	V.A/115th	14:58.50	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/33rd	19:01.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./32nd	17:47.20	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/32nd	18:33.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

() Ryan Brady (PR) JR

Weeks in top 25: - 10/5 NC, (20)10/14 D, (25) 10/19 U, (24) 11/1 U,

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
10/12/19	Manhattan Invitational				Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	JV.2/2nd	18:46.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./29th	17:39.90	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/30th	18:29.70	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/72nd	16:23.70	Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

Mason Mayer (SUFF) FR

Weeks in top 25: - NL, 11/1 NC, (19) 11/11 D, 11/16 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	1.M	F./1st	7:48.50	Washingtonville, NY
9/14/19	Jim Smith Invitational	1.M	F./5th	8:05.17	Sunken Meadow, NY
9/21/19	Suffern Invitational	1.75	F./7th	10:14.4	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V./21st	18:33.30	Utica, NY
10/5/19	<hr/>				
10/12/19	Manhattan Invitational		F./2nd	6:16.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/35th	18:15.00	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./18th	17:14.20	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/64th	18:27.40	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

