



**CROSS
COUNTRY**

**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 12/8**

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

(1) Katelyn Tuohy (NR) SR

Weeks in top 25: Pre Season - 9/6 NC, (2)10/14 U, (1) 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	19:21.40	Bear Mountain Park, NY
9/14/19	_____	---	---	---	_____
9/21/19	_____	---	---	---	_____
9/28/19	_____	---	---	---	_____
10/5/19	Great American Race	5K	V./1st	16:22.80	Wake Park, N. Carolina
10/12/19	Manhattan Invitational	2.5	V.ES/1st	13:33.20	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.1/1st	17:22.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./1st	16:08.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/1st	17:13.70	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/1st	15:36.50	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./1st	17:02.50	Bowdoin Park, NY
11/30/19	Nationals New York Regional	5K	V./1st	17:06.60	Bowdoin Park, NY
12/7/19	Nike XC Nationals	5K	V./1st	17:18.40	Portland, Oregon

(2) Haliegh Morales (NR) SR

Weeks in top 25: Pre Season - 9/6 NC, (4)10/14 U, (2) 10/19 NC, (2) 11/1 D,
(3) 11/11 U, 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. / 2nd	19:21.70	Bear Mountain Park, NY
9/14/19	_____	---	---	---	_____
9/21/19	_____	---	---	---	_____
9/28/19	_____	---	---	---	_____
10/5/19	Great American Race	5K	V./23rd	18:12.70	Wake Park, N. Carolina
10/12/19	Manhattan Invitational	2.5	V.ES/14th	15:06.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.1/5th	19:08.50	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./3rd	18:16.30	Bear Mountain Park, NY
11/9/19	Section 1 Championships	5K	V.A/2nd	19:01.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/10th	16:52.10	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./22nd	19:22.00	Bowdoin Park, NY
11/30/19	Nationals New York Regional	5K	V./7th	18:37.70	Bowdoin Park, NY
12/7/19	Nike XC Nationals	5K	V./77th	19:02.00	Portland, Oregon

(3) Mary Hennelly (SUFF) SR

Weeks in top 25: Pre Season - 9/6 NC, (1)10/14 D, (3) 10/19 U, (5) 11/1 U,
(2) 11/11 D, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19					
9/14/19	Jim Smith Invitational	5K	V./2nd	19:42.73	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/1st	18:51.40	Bear Mountain, NY
9/28/19	_____	---	---	---	_____
10/5/19	_____	---	---	---	_____
10/12/19	Manhattan Invitational	2.5	V.B/3rd	15:16.30	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/5th	20:07.50	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./2nd	17:50.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/3rd	19:17.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/17th	17:13.10	Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY
11/30/19	Foot Locker Northeast Regional	5K	V./24th	18:47.80	Van Cortlandt Park, NY

(4) Mady Moroney (PR) 8th

Weeks in top 25: Pre Season - 9/6 NC, (24)10/14 U, (5) 10/19 U, (4) 11/1 D,
(5) 11/11 U, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	CHSAA Meet	2500	V./2nd	10:21.00	Van Cortlandt Park, NY
9/14/19	Briarwood Invitational	3K	FR./1st	12:02.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	FR./1st	21:31.82	Bethpage, NY
9/28/19	Florida Runners Invitational				Lakeland, Florida
10/4/19	League 2A Championships	3M	V./2nd	19:10.54	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.F/5th	15:43.00	Van Cortlandt Park, nY
10/19/19	Section 1 Coaches Invitational	5K	V.3/2nd	19:48.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./5th	18:35.50	Bear Mountain, NY
11/4/19	Freshman Championships	2400	V./1st	9:31.00	Clarkstown South HS, NY
11/9/19	Section 1 Championships	5K	V.B/1st	19:18.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/2nd	17:02.10	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./6th	18:45.90	Bowdoin Park, NY

(5) Una Boylan (PR) SOPH

Weeks in top 25: Pre Season - 9/6 NC, (3)10/14 D, (4) 10/19 U, (3) 11/1 D,
(4) 11/11 D, 11/16 NC, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19			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

(6) Cath. Ruffino (NR) SR

Weeks in top 25: Pre Season - 9/6 NC, (5)10/14 D, (7) 10/19 NC, (7) 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	Red Raider Run	3M	V. /3rd	19:22.00	Bear Mountain Park, NY
9/14/19	_____	---	_____	_____	_____
9/21/19	_____	---	_____	_____	_____
9/28/19	_____	---	_____	_____	_____
10/5/19	Great American Race	5K	V./62nd	19:01.40	Wake Park, N. Carolina
10/12/19	Manhattan Invitational	2.5	V.ES/36th	16:01.90	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.1/11th	20:38.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./6th	18:57.00	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/6th	19:42.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/41st	18:00.60	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./64th	20:12.40	Bowdoin Park, NY
11/30/19	Nationals New York Regional	5K	V./43rd	19:59.30	Bowdoin Park, NY

(7) Niamh Durcan (PR) JR

Weeks in top 25: Pre Season - 9/6 NC, (8)10/14 D, (12) 10/19 NC, (12) 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			V. /		
9/14/19	Briarwood Invitational	5K	V./3rd	20:31.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	————	————	Bethpage, NY
9/27/19	Florida Runners Invitational	5K	V./7th	20:40.00	Lakeland, Florida
10/4/19	League 2A Championships	3M	V./5th	19:23.25	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.F/24th	16:30.00	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/6th	20:32.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./7th	19:10.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/5th	20:07.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/23rd	17:56.60	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./70th	20:16.60	Bowdoin Park, NY

(8) Julia Fears (TZ) JR

Weeks in top 25: Pre Season - 9/6 NC, (6)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
9/7/19	CHSAA Practice Run	2.5	V. / 2nd	17:01.30	Van Cortlandt Park, NY
9/14/19	Queenbury Invitational	5K	V.1/26th	19:47.92	Queenbury, NY
9/21/19	Pratt Invitational	5K	V. Bl./4th	21:34.01	Sunken Meadow, NY
9/28/19					
10/4/19	League 2A Championships	3M	V./3rd	19:18.71	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.C/8th	16:02.80	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/8th	20:48.00	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./10th	19:22.80	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/6th	20:13.10	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/32nd	18:13.10	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./80th	20:29.20	Bowdoin Park, NY

(9) Daniella Cambrea (TZ) SR

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

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	CHSAA Practice Run	2.5	V. / 4th	17:20.50	Van Cortlandt Park, NY
9/14/19	Queenbury Invitational	5K	V.1/49th	20:42.20	Queenbury, NY
9/21/19	Pratt Invitational	5K	V.BL./15th	22:13.11	Sunken Meadow, NY
9/28/19	_____	_____	_____	_____	_____
10/4/19	League 2A Championships	3M	V./4th	19:20.10	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.C/15th	16:16.90	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/7th	20:40.80	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./11th	19:23.70	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/7th	20:14.30	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/94th	20:13.00	Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY

(10) Ciara Durcan (PR) JR

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

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19			V. /		
9/14/19	Briarwood Invitational	5K	V./6th	20:47.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	_____	_____	Bethpage, NY
9/27/19	Florida Runners Invitational	5K	V./8th	20:44.80	Lakeland, Florida
10/4/19	League 2A Championships	3M	V./8th	19:47.91	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.F/23rd	16:27.20	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/8th	20:43.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./8th	19:12.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/10th	20:42.40	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/50th	18:44.40	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./175th	21:48.60	Bowdoin Park, NY

(1 1) Jade Pazmino (NR) SOPH

Weeks in top 25: Pre Season - NL, 11/1 NC, (12) 11/11 U, (10) 11/16/D, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run				Bear Mountain Park, NY
9/14/19	_____	---	_____	_____	_____
9/21/19	_____	---	_____	_____	_____
9/28/19	_____	5K	_____	_____	_____
10/5/19	Great American Race	2.5	V./117th	19:56.80	Wake Park, N. Carolina
10/12/19	Manhattan Invitational		V.ES/71st	16:44.60	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	3M			Bowdoin Park, NY
10/29/19	Rockland County Championships	5K	V./12th	19:29.50	Bear Mountain, NY
11/9/19	Section 1 Championships	3M	V.A/14th	20:30.20	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/77th	18:52.60	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./98th	20:43.30	Bowdoin Park, NY
11/30/19	Nationals New York Regional	5K	V./62nd	20:29.60	Bowdoin Park, NY

(1 2) Brooke Hirsch (SUFF) SOPH

Weeks in top 25: Pre Season - 9/6 NC, (7)10/14 U, (6) 10/19 NC, (6) 11/1 D, (9) 11/11 D, (13) 11/16 U, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	V. /3rd	19:53.00	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Sop/3rd	21:25.56	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/5th	19:38.80	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/5th	20:21.70	Utica, NY
10/5/19	_____	---	_____	_____	_____
10/12/19	Manhattan Invitational	2.5	V.B/7th	16:00.80	Van Cortandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/9th	20:28.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./9th	19:16.80	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/19th	20:51.50	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY

(13) Anne Ginnane (PR) FR

Weeks in top 25: Pre Season - 9/6 NC, (22)10/14 U, (17) 10/19 U, (16) 11/1 NC, 11/11 NC, (16) 11/16 U, (15) 11/23 U,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19					
9/14/19	Briarwood Invitational	5K	V./9th	21:01.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	—	—	Bethpage, NY
9/27/19	Florida Runners Invitational	5K	V./14th	21:05.60	Lakeland, Florida
10/4/19	League 2A Championships	5K	V./6th	19:25.00	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.F/16th	16:15.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/7th	20:39.30	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./15th	19:38.30	Bear Mountain, NY
11/4/19	Freshman Championships	2400	V./2nd	10:07.30	Clarkstown South HS, NY
11/9/19	Section 1 Championships	5K	V.B/15th	21:06.50	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/67th	19:09.60	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./150th	21:21.30	Bowdoin Park, NY

(14) Gabby Shea (TZ) SR

Weeks in top 25: Pre Season - 9/6 NC, (25)10/14 U, (13) 10/19 NC, (13) 11/1 NC, (13) 11/11 U, (12) 11/16 D, (13) 11/23 D,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	CHSAA Practice Run	2.5	V. /		Van Cortlandt Park, NY
9/14/19	Queenbury Invitational	5K			Queenbury, NY
9/21/19	Pratt Invitational	5K	V.BI/9th	21:56.53	Sunken Meadow, NY
9/28/19	—	—	—	—	—
10/5/19	League 2A Championships	3M	V./7th	19:33.17	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.C/18th	16:31.00	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/16th	21:28.50	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./13th	19:30.50	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/12th	20:46.80	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY

(15) Kelly Gilligan (PR) JR

Weeks in top 25: Pre Season - 9/6 NC, (11)10/14 U, (9) 10/19 NC, (9) 11/1 D, 11/11 NC, (15) 11/16 U, (14) 11/23 D,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19			V. /		
9/14/19	Briarwood Invitational	5K	V./31st	21:28.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	V.A/31st	21:37.32	Bethpage, NY
9/27/19	Florida Runners Invitational	5K	JV./4th	21:43.70	Lakeland, Florida
10/4/19	League 2A Championships	3M	V./10th	20:01.07	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.F/31st	16:54.90	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/14th	21:31.60	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./17th	19:54.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/13th	20:56.30	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/75th	19:34.00	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./219th	22:49.10	Bowdoin Park, NY

(16) Brit. Pezzementi (NR) JR

Weeks in top 25: Pre Season - 9/6 NC, NL 10/19, (18) 11/1 NC, (18) 11/11 U, (14) 11/16 D, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. /14th	20:33.50	Bear Mountain Park, NY
9/14/19		---	---	---	---
9/21/19		---	---	---	---
9/28/19		---	---	---	---
10/5/19	Great American Race	---	---	---	Wake Park, N. Carolina
10/12/19	Manhattan Invitational	2.5	V.ES/95th	17:47.30	Van Cortandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.1/22nd	21:42.90	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./19th	20:14.00	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/20th	20:56.10	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/64th	18:29.30	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./119th	21:00.80	Bowdoin Park, NY
11/30/19	Nationals New York Regional	5K	V./111th	21:39.60	Bowdoin Park, NY

(23) Leyla Ventura (NR) SOPH

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

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	JV. /2nd	20:18.90	Bear Mountain Park, NY
9/14/19	_____	---	---	---	_____
9/21/19	_____	---	---	---	_____
9/28/19	_____	---	---	---	_____
10/5/19	Great American Race	5K			Wake Park, N. Carolina
10/12/19	Manhattan Invitational	2.5			Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K			Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./16th	19:49.70	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/17th	20:37.40	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/66th	18:32.60	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./84th	20:35.30	Bowdoin Park, NY
11/30/19	Nationals New York Regional	5K	V./63rd	20:31.80	Bowdoin Park, NY

(17) Deirdre Young (SUFF) SR

Weeks in top 25: Pre Season - NL, 11/1 NC, (17) 11/11 D, (18) 11/16 U, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Washingtonville Invitational	3M	V. /7th	20:43.00	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Sr/	22:23.34	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/19th	20:54.60	Bear Mountain, NY
9/28/19	_____	5K	---	---	_____
10/5/19	_____	---	---	---	_____
10/12/19	Manhattan Invitational	2.5			Van Cortlandt, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/19th	22:12.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./18th	20:10.00	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/31st	21:31.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY

(18) Paige Hennigan (AM) SR

Weeks in top 25: Pre Season - 9/6 NC, (20)10/14 NC, (20) 10/19 NC, (20) 11/1 U,
(19) 11/11 D, (20) 11/16 U, (19) 11/23 U,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19			V. /		
9/14/19	Lady Vikings Classic	2.5	V./19th	17:02.10	Van Cortlandt, NY
9/21/19	Xavier Invitational	2.5	V.A/3rd	17:31.80	Van Cortlandt, NY
9/28/19	Gressler XC Run	5K	V.2/4th	21:29.30	White Plains, NY
10/4/19	Scarsdale Invitational	3M	V./11th	19:45.20	Croton Harmon, NY
10/12/19	Manhattan Invitational	2.5	V.C/36th	17:06.90	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/18th	22:06.80	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./20th	20:15.20	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.C/10th	21:33.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY

(19) Jessica Korman (SUFF) JR

Weeks in top 25: Pre Season - NL, 11/1 NC, (22) 11/11 U, (17) 11/16 D,
(18) 11/23 D,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Washingtonville Invitational	3M	V. /12th	21:06.40	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Jr/10th	22:05.89	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/17th	20:46.30	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V./23rd	21:53.70	Utica, NY
10/5/19		---	---	---	---
10/12/19	Manhattan Invitational	2.5			Van Cortlandt, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/29th	23:18.00	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./22nd	20:27.00	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/29th	21:26.20	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin, Park, NY

(20) G. Dellamedagila (NR) SOPH

Weeks in top 25: Pre Season - 9/6 NC, (9)10/14 D, (15) 10/19 NC, (15) 11/1 U, (14) 11/11 D, (21) 11/16 U, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	JV. / 1st	20:15.70	Bear Mountain Park, NY
9/14/19	_____	---	_____	_____	_____
9/21/19	_____	---	_____	_____	_____
9/28/19	_____	---	_____	_____	_____
10/5/19	Great American Race	5K	V./92nd	19:34.60	Wake Park, N. Carolina
10/12/19	Manhattan Invitational	2.5	V.ES/69th	16:43.00	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K			Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./14th	19:30.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/35th	21:34.00	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/95th	19:48.10	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./170th	21:42.00	Bowdoin Park, NY
11/30/19	Nationals New York Regional	5K	V./94th	21:10.90	Bowdoin Park, NY

(21) Emma Ginnane (PR) JR

Weeks in top 25: Pre Season - 9/6 NC, (NL)10/14, (25) 10/19 U, (19) 11/1 D, (24) 11/11 U, (22) 11/16 U, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19			V. /		
9/14/19	Briarwood Invitational	5K	V./13th	23:12.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	FR./2nd	25:44.23	Bethpage, NY
9/28/19	Florida Runners Invitational	5K	V./16th	23:27.30	Lakeland, Florida
10/5/19	League 2A Championships	3M	V./17th	20:58.90	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	JV.A/19th	17:48.70	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	JV2/2nd	21:55.70	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./24th	20:44.50	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	JV./1st	21:36.60	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/79th	19:46.40	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./159th	21:28.20	Bowdoin Park, NY

(22) Rose Driscoll (PR) FR

Weeks in top 25: Pre Season - 9/6 NC, (NL) 10/14, (23) 10/19 D, (24) 11/1 U,
(20) 11/11 D, (25) 11/16 U, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	CHSAA Meet	2500	V./13th	12:03.60	Van Cortlandt Park, NY
9/14/19	Briarwood Invitational	3000	V./4th	12:25.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	V./5th	21:49.27	Bethpage, NY
9/27/19	Florida Runners Invitational	5K	JV./9th	24:23.50	Lakeland, Florida
10/4/19	League 2A Championships	3M	V./24th	21:50.30	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	JV.A/3rd	16:59.90	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/22nd	22:24.90	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	JV./1st	20:16.80	Bear Mountain, NY
11/4/19	Freshman Championships	2400	V./3rd	10:33.10	Clarkstown South HS, NY
11/9/19	Section 1 Championships	5K	V.B/22nd	22:05.20	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY

(24) Julia Slayne (PR) FR

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

Dual Meet Results (He Beat):

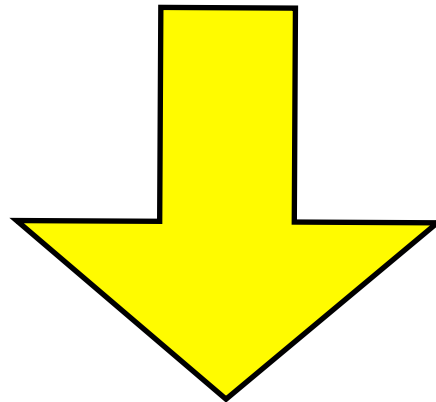
Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	CHSAA Meet	2500	V./4th	11:05.10	Van Cortlandt Park, NY
9/14/19	Briarwood Invitational	3000	FR./8th	12:37.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	JV./4th	21:55.58	Bethpage, NY
9/27/19	Florida Runners Invitational	5K	JV./1st	22:37.30	Lakeland, Florida
10/4/19	League 2A Championships	3M	V./18th	21:04.40	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5			Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	JV./5th	22:28.70	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	JV./5th	20:56.90	Bear Mountain, NY
11/4/19	Freshman Championships	2400	V./4th	10:33.90	Clarkstown South HS, NY
11/9/19	Section 1 Championships	5K	JV./2nd	21:40.70	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY

(25) Cath. McCaffrey (SUF) FR

Weeks in top 25: Pre Season - NL 11/11, (24) 11/16 D, 11/23 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Washingtonville Invitational	1x	F./5th	9:05.90	Washingtonville, NY
9/14/19	Jim Smith Invitational	1.5	F./8th	9:21.52	Sunken Meadow, NY
9/21/19	Suffern Invitational	1.75	F./8th	12:09.40	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/26th	22:13.00	Utica, NY
10/5/19	_____	—	_____	_____	_____
10/12/19	Manhattan Invitational	2.5	V./76th	17:54.20	Van Cortlandt, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/21st	22:33.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./26th	20:50.80	Bear Mountain, NY
11/4/19	Freshman Championships	2400	V./6th	10:37.70	Clarkstown South HS, NY
11/9/19	Section 1 Championships	5K	V.A/44th	22:00.20	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY



Honorable Mention

() Eloisa Collins (PR) JR

Weeks in top 25: Pre Season - NL, 11/1 NC,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19			V. /		
9/14/19	Briarwood Invitational	5K	JV./6th	23:27.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	V./9th	23:09.80	Bethpage, NY
9/28/19	Florida Runners Invitational	5K	JV./5th	23:33.30	Lakeland, Florida
10/5/19	League 2A Championships	---	---	---	---
10/12/19	Manhattan Invitational	2.5	JV.A/10th	17:27.80	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	JV2/3rd	22:19.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	JV./2nd	20:43.20	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	JV./6th	22:35.60	Bowdoin Park, NY
	New York State Meet	4500			Plattsburgh, NY

() Aoife Fitzgerald (PR) SOPH

Weeks in top 25: Pre Season - 9/6 NC, (23)10/14 U, (21) 10/19 D,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19			V. /		
9/14/19	Briarwood Invitational	5K	JV/1st	22:38.00	Philadelphia, PA.
9/21/19	Nassau Coaches Invitational	5K	Sop./2nd	21:43.15	Bethpage, NY
9/28/19	Florida Runners Invitational	5K	V./25th	22:29.80	Lakeland, Florida
10/4/19	League 2A Championships	3M	V./16th	20:56.23	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	JV.A/7th	17:17.40	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	JV.2/4th	22:24.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	JV./6th	20:58.40	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	JV./13th	23:35.90	Bowdoin Park, NY
	New York State Meet	4500			Plattsburgh, NY

() Catie Horan (PR) SOPH

Weeks in top 25: **Pre Season** - 9/6 NC, (16)10/14 D, (22) 10/19 D,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19			V. /		
9/14/19	Briarwood Invitational	5K	V./28th	22:52.00	Philadelphia, Pa.
9/21/19	Nassau Coaches Invitational	5K	Soph./1st	21:34.24	Bethpage, NY
9/27/19	Florida Runners Invitational	5K	V./24th	22:26.10	Lakeland, Florida
10/4/19	League 2A Championships	3M	V./13th	20:28.65	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.F/45th	17:32.30	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational				Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	JV./4th	20:55.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/26th	22:22.80	Bowdoin Park, NY
	New York State Meet	4500			Plattsburgh, NY

() Mia Giaever (TZ) SR

Weeks in top 25: **Pre Season** - 9/6 NC, (21)10/14 U, (19) 10/19 D,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	CHSAA Practice Run	2.5	V. /6th	17:39.60	Van Cortandt Park, NY
9/14/19	Queenbury Invitational	5K	V.1/73rd	21:25.28	Queenbury, NY
9/21/19					
9/28/19					
10/4/19	League 2A Championships	3M	V./12th	20:18.28	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.C/35th	17:05.60	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/33rd	22:53.80	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./30th	21:04.80	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/27th	22:25.90	Bowdoin Park, NY
	New York State Meet	4500			Plattsburgh, NY

() Alex Tomasello (TZ) SOPH

Weeks in top 25: Pre Season - 9/6 NC, NL 10/19,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	CHSAA Practice Run	2.5	V./16th	18:55.90	Van Cortlandt Park, NY
9/14/19	Queenbury Invitational	5K	V.2/67th	21:19.27	Queenbury, NY
9/21/19	Pratt Invitational	5K			Sunken Meadow, NY
9/28/19	_____	—	_____	_____	_____
10/5/19	_____	—	_____	_____	_____
10/12/19	Manhattan Invitational	2.5	V.B/101st	18:02.30	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/31st	22:46.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./27th	20:58.50	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/39th	23:16.40	Bowdoin Park, NY
	New York State Meet	4500			Plattsburgh, NY

() Catalina Echavarria (SUF) 8th

Weeks in top 25: Pre Season -

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Washingtonville Invitational	1x	F. /4th	9:04.00	Washingtonville, NY
9/14/19	Jim Smith Invitational	1.5	F./14th	9:39.74	Sunken Meadow, NY
9/21/19	Suffern Invitational	5K	F./6th	12:03.20	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/33rd	22:46.80	Utica, NY
10/5/19	_____	—	_____	_____	_____
10/12/19	Manhattan Invitational	1.5	F./5th	7:30.20	Van Cortlandt, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/17th	22:07.20	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./29th	21:04.60	Bear Mountain, NY
11/4/19	Freshman Championships	2400	V./8th	10:49.60	Clarkstown South HS, NY
11/9/19	Section 1 Championships	5K	V.A/33rd	21:32.30	Bowdoin Park, NY
	New York State Meet	4500			Plattsburgh, NY

() Meghan Majewski (TZ) SR

Weeks in top 25: Pre Season - 9/6 NC, NL 10/19, (17) 11/1 D,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	CHSAA Practice Run	2.5	V./11th	18:12.40	Van Cortlandt Park, NY
9/14/19	Queenbury Invitational	5K	V.1/59th	20:57.57	Queenbury, NY
9/21/19	Pratt Invitational	5K	V.BI/24th	22:37.62	Sunken Meadow, NY
9/28/19	_____	—	_____	_____	_____
10/5/19	_____	—	_____	_____	_____
10/12/19	Manhattan Invitational	2.5	_____	_____	Van Cortandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.2/19th	21:48.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./25th	20:45.60	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/51st	23:44.60	Bowdoin Park, NY
	New York State Meet	4500			Plattsburgh, NY

(23) Maya Ascher (CN) SOPH

Weeks in top 25: Pre Season - 9/6 NC, (NL) 10/14, (18) 10/19 D, (21) 11/1 NC,
(21) 11/11 U, (19) 11/16 D,

Dual Meet Results (He Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. /		Bear Mountain Park, NY
9/14/19					
9/21/19					
9/28/19	Gressler XC Run	5K	V.1/8th	22:17.60	White Plains, NY
10/4/19	_____	—	_____	_____	_____
10/12/19	Manhattan Invitational	2.5	V.A/57th	17:02.40	Cortandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/20th	22:22.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./21st	20:23.40	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/32nd	21:31.60	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

