

2019 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Frederick, MD
Hood College at Utica District Park
Host: Hood College
Saturday, November 2, 2019

MEET OFFICIALS

Meet Director:
Chris Benassi
Meet Referee:
Al Naylor
Timing:
Pioneer Timing, LLC



OFFICIAL MEET REPORT
printed: 11/2/2019 1:19 PM

Race #1 Men 8k Championships

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Widener	53	2-8-11-12-20(23)(38)	2:10:02	26:01	1:14.2
2 Stevenson	70	1-3-4-18-44(62)(67)	2:09:30	25:54	2:08.3
3 Messiah	93	6-9-22-24-32(33)(41)	2:11:47	26:22	0:51.7
4 Lebanon Valley	105	15-16-17-26-31(52)(53)	2:12:25	26:29	0:24.4
5 Misericordia	123	13-25-27-28-30(36)(58)	2:12:41	26:33	0:27.1
6 Eastern	130	5-7-21-48-49(63)(66)	2:12:29	26:30	1:31.1
7 Stevens Institute	155	14-19-37-40-45(50)(51)	2:13:33	26:43	0:47.7
8 DeSales	160	10-34-35-39-42(43)(47)	2:13:36	26:44	0:56.1
9 Hood	321	46-60-64-69-82(104)	2:24:01	28:49	3:54.6
10 Arcadia	322	29-56-72-78-87(89)(100)	2:25:44	29:09	4:57.1
11 King's (Pa.)	330	54-59-68-70-79(86)	2:24:02	28:49	2:28.0
12 Wilkes	359	57-74-75-76-77(80)(83)	2:27:25	29:29	2:08.9
13 Alvernia	381	61-65-71-91-93(107)	2:31:15	30:15	4:44.1
14 Delaware Valley	435	55-84-92-101-103(106)	2:41:51	32:23	7:56.7
15 Lycoming	450	81-88-90-95-96(97)(99)	2:40:34	32:07	2:35.5
16 FDU-Florham	452	73-85-94-98-102(105)	2:43:04	32:37	6:00.6

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	86	16	32	39	55	63
1 WATSON, Patrick	SR	138	Stevenson	1	24:51.4	5:00.1	3:06.4	2:39	5:05	10:1	12:3	17:2	19:4
2 LIVOLSI, Franklin	SR	148	Widener	2	25:13.4	5:04.5	3:09.2	2:39	5:05	10:1	12:3	17:3	19:5
3 KULICK, Nikita	SR	135	Stevenson	3	25:31.3	5:08.1	3:11.4	2:43	5:07	10:1	12:4	17:3	20:0
4 IDDRISS, Iddriss	SR	132	Stevenson	4	25:42.2	5:10.3	3:12.8	2:48	5:14	10:2	12:5	18:0	20:2
5 HENRY, Bryton	SR	42	Eastern	5	25:42.3	5:10.3	3:12.8	2:39	5:04	10:1	12:4	17:5	20:2
6 FITZKEE, Galen	JR	92	Messiah	6	25:54.5	5:12.8	3:14.3	2:45	5:12	10:2	12:5	18:0	20:3
7 SHARMA, Milan	SO	45	Eastern	7	25:56.2	5:13.1	3:14.5	2:40	5:06	10:2	12:4	18:0	20:3
8 PIEKOS, Nathaniel	SR	151	Widener	8	26:00.2	5:13.9	3:15.0	2:43	5:07	10:1	12:4	18:0	20:3
9 ROMBERGER, Nate	JR	101	Messiah	9	26:00.6	5:14.0	3:15.1	2:45	5:12	10:2	12:5	18:0	20:3
10 WELLS, Joey	SO	38	DeSales	10	26:03.0	5:14.5	3:15.4	2:43	5:08	10:2	12:4	18:0	20:3
11 CARDIE, Joseph	JR	140	Widener	11	26:09.6	5:15.8	3:16.2	2:48	5:14	10:2	12:5	18:1	20:3
12 FOX, Gavyn	FR	145	Widener	12	26:10.6	5:16.0	3:16.3	2:44	5:10	10:2	12:5	18:1	20:4
13 DAVIS, Zachary	SR	106	Misericordia	13	26:12.2	5:16.3	3:16.5	2:47	5:12	10:2	12:5	18:1	20:4
14 GUNTHER, PJ	SO	117	Stevens Institute	14	26:15.8	5:17.1	3:17.0	2:49	5:15	10:2	12:5	18:1	20:4
15 SANTIS, Garrett	SR	76	Lebanon Valley	15	26:19.6	5:17.8	3:17.4	2:43	5:08	10:2	12:4	18:0	20:4
16 GRIFFIN, Noah	SO	72	Lebanon Valley	16	26:21.0	5:18.1	3:17.6	2:43	5:08	10:2	12:4	18:0	20:4
17 CAMPAGNA, Jeffrey	JR	69	Lebanon Valley	17	26:23.8	5:18.7	3:18.0	2:46	5:14	10:3	13:0	18:2	20:5
18 ISEMAN, Samuel	FR	133	Stevenson	18	26:24.8	5:18.9	3:18.1	2:51	5:17	10:3	13:0	18:1	20:5
19 CATALANO, Jake	SR	115	Stevens Institute	19	26:25.4	5:19.0	3:18.2	2:49	5:13	10:2	12:5	18:1	20:4
20 HARPER, Anthony	SO	147	Widener	20	26:27.6	5:19.4	3:18.4	2:45	5:12	10:3	13:0	18:2	21:0
21 SNELLER, Caleb	JR	47	Eastern	21	26:28.5	5:19.6	3:18.6	2:46	5:11	10:2	12:5	18:2	20:5
22 HORST, Logan	FR	96	Messiah	22	26:30.6	5:20.0	3:18.8	2:45	5:12	10:2	12:5	18:2	20:5
23 MAGEE, Bryce	SO	149	Widener	(23)	26:33.7	5:20.6	3:19.2	2:49	5:15	10:3	13:0	18:2	20:5

2019 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Frederick, MD

Hood College at Utica District Park

Host: Hood College

Saturday, November 2, 2019

MEET OFFICIALS

Meet Director:

Chris Benassi

Meet Referee:

Al Naylor

Timing:

Pioneer Timing, LLC



OFFICIAL MEET REPORT

printed: 11/2/2019 1:19 PM

Race #1 Men 8k Championships

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km	86	16	32	39	55	63
24 SCHEIB, Alex	SR	103	Messiah	24	26:34.7	5:20.8	3:19.3	2:45	5:12	10:2	12:5	18:2	20:5
25 ZARDECKI, Jack	FR	114	Misericordia	25	26:35.7	5:21.1	3:19.5	2:47	5:12	10:3	13:0	18:2	20:5
26 BERGER, Jordan	FR	68	Lebanon Valley	26	26:36.1	5:21.1	3:19.5	2:47	5:14	10:3	13:0	18:2	20:5
27 LANCASTER, Nick	FR	109	Misericordia	27	26:36.7	5:21.3	3:19.6	2:50	5:17	10:3	13:0	18:3	21:0
28 KOBER, Stephen	FR	107	Misericordia	28	26:37.1	5:21.3	3:19.6	2:47	5:12	10:2	12:5	18:2	20:5
29 REISTLE, Christopher	JR	13	Arcadia	29	26:37.2	5:21.4	3:19.6	2:45	5:11	10:2	12:5	18:2	20:5
30 SHANE, Ethan	JR	113	Misericordia	30	26:39.3	5:21.8	3:19.9	2:50	5:14	10:3	13:0	18:2	20:5
31 HAYNES, Tanner	SO	73	Lebanon Valley	31	26:44.0	5:22.7	3:20.5	2:46	5:14	10:3	13:0	18:3	21:0
32 ROYER, Matthew	SR	102	Messiah	32	26:46.1	5:23.2	3:20.8	2:49	5:17	10:3	13:0	18:2	20:5
33 BUCKWALTER, Silas	SO	89	Messiah	(33)	26:46.6	5:23.2	3:20.8	2:51	5:20	10:4	13:1	18:4	21:1
34 KRAUS, Matt	JR	31	DeSales	34	26:47.5	5:23.4	3:20.9	2:47	5:15	10:3	13:0	18:3	21:1
35 CAULEY, Nick	SR	26	DeSales	35	26:48.1	5:23.6	3:21.0	2:49	5:18	10:3	13:0	18:3	21:0
36 SABOL, Christopher	SR	111	Misericordia	(36)	26:49.0	5:23.7	3:21.1	2:50	5:17	10:3	13:0	18:3	21:0
37 RUSSO, Robby	SO	127	Stevens Institute	37	26:49.5	5:23.8	3:21.2	2:52	5:20	10:4	13:1	18:4	21:1
38 OATES, Tyler	SR	150	Widener	(38)	26:57.7	5:25.5	3:22.2	2:44	5:11	10:3	13:0	18:4	21:1
39 SHARO, Dan	SO	35	DeSales	39	26:58.0	5:25.5	3:22.2	2:45	5:12	10:3	13:0	18:3	21:1
40 DALY, Hayden	SO	116	Stevens Institute	40	26:58.8	5:25.7	3:22.3	2:53	5:21	10:4	13:1	18:4	21:2
41 HOFFMAN, Cassidy	SO	95	Messiah	(41)	26:58.8	5:25.7	3:22.3	2:51	5:20	10:4	13:1	18:4	21:2
42 PAUSTIAN, Mike	SO	33	DeSales	42	26:59.0	5:25.8	3:22.4	2:51	5:18	10:3	13:0	18:3	21:1
43 SANTACOLOMA, Matthew	FR	34	DeSales	(43)	26:59.4	5:25.8	3:22.4	2:53	5:21	10:4	13:1	18:5	21:2
44 WOMACK, Johnathan	FR	139	Stevenson	44	26:59.7	5:25.9	3:22.5	2:57	5:26	10:5	13:3	18:5	21:2
45 PETERS, Dylan	SR	125	Stevens Institute	45	27:03.4	5:26.6	3:22.9	2:46	5:10	10:2	12:5	18:3	21:0
46 BURGENSEN, Christopher	SR	55	Hood	46	27:06.3	5:27.2	3:23.3	2:46	5:12	10:3	13:0	18:4	21:1
47 KINST, Jack	JR	30	DeSales	(47)	27:06.8	5:27.3	3:23.3	2:54	5:22	10:4	13:1	18:4	21:2
48 DELOFF, Kenny	JR	39	Eastern	48	27:08.0	5:27.6	3:23.5	2:42	5:07	10:2	13:0	18:3	21:1
49 TYCE, Carl	FR	37	DeSales	-	27:08.8	5:27.7	3:23.6	2:50	5:20	10:4	13:1	18:5	21:2
50 BOYLE, Nick	JR	25	DeSales	-	27:11.6	5:28.3	3:23.9	2:51	5:21	10:4	13:1	18:5	21:2
51 HEEREMA, Carter	SR	41	Eastern	49	27:13.4	5:28.6	3:24.2	2:47	5:11	10:2	13:0	18:4	21:2
52 SCHULZ, William	FR	128	Stevens Institute	(50)	27:19.9	5:29.9	3:25.0	2:58	5:31	10:5	13:2	18:5	21:3
53 DEERY, Bryan	JR	144	Widener	-	27:25.3	5:31.0	3:25.7	2:46	5:11	10:3	13:0	18:3	21:1
54 JAMES, Sean	SO	119	Stevens Institute	(51)	27:26.2	5:31.2	3:25.8	2:57	5:30	10:5	13:3	19:0	21:3
55 MOYER, Josiah	FR	99	Messiah	-	27:33.1	5:32.6	3:26.6	2:49	5:17	10:3	13:0	18:4	21:2
56 LONG, Chad	SO	98	Messiah	-	27:34.5	5:32.9	3:26.8	2:51	5:20	10:4	13:2	19:0	21:4
57 OSWALD, Max	SO	32	DeSales	-	27:38.0	5:33.6	3:27.3	2:54	5:22	10:4	13:2	19:0	21:4
58 CLUGSTON, Nathaniel	SR	70	Lebanon Valley	(52)	27:39.2	5:33.8	3:27.4	2:50	5:18	10:4	13:2	19:0	21:4
59 STASULLI, Brandon	FR	77	Lebanon Valley	(53)	27:41.6	5:34.3	3:27.7	2:47	5:14	10:3	13:0	18:5	21:4
60 FORGASH, Mitchell	FR	61	King's (Pa.)	54	27:43.2	5:34.6	3:27.9	2:54	5:26	11:0	13:4	19:2	22:1
61 LADUE, Trevor	SO	121	Stevens Institute	-	27:48.8	5:35.8	3:28.6	2:52	5:21	10:4	13:1	18:5	21:3
62 HIGGS, Matt	SO	94	Messiah	-	27:49.7	5:35.9	3:28.7	2:55	5:28	11:0	13:4	19:2	22:0
63 CAROLAN, Patrick	SO	142	Widener	-	27:49.9	5:36.0	3:28.7	2:49	5:15	10:4	13:1	19:0	21:4
64 FERRIZZI, Vince	FR	71	Lebanon Valley	-	27:50.3	5:36.1	3:28.8	2:48	5:14	10:4	13:2	19:1	21:5
65 MCKENNA, Tom	SO	122	Stevens Institute	-	27:51.9	5:36.4	3:29.0	2:53	5:26	10:5	13:3	19:1	21:5
66 LOEW, Joshua	SR	22	Delaware Valley	55	27:52.8	5:36.6	3:29.1	2:46	5:17	10:5	13:3	19:2	22:0
67 LANDRIEU, Patrick	SR	12	Arcadia	56	27:54.3	5:36.9	3:29.3	2:48	5:18	10:5	13:3	19:2	22:0
68 HUTCHINSON, Andrew	FR	97	Messiah	-	27:54.4	5:36.9	3:29.3	2:55	5:28	11:0	13:4	19:2	22:0
69 MOLINA, Noah	JR	161	Wilkes	57	27:54.5	5:36.9	3:29.3	2:52	5:23	11:0	13:4	19:2	22:0

2019 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Frederick, MD

Hood College at Utica District Park

Host: Hood College

Saturday, November 2, 2019

MEET OFFICIALS

Meet Director:

Chris Benassi

Meet Referee:

Al Naylor

Timing:

Pioneer Timing, LLC



OFFICIAL MEET REPORT

printed: 11/2/2019 1:19 PM

Race #1 Men 8k Championships

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km	86	16	32	39	55	63
70 SAYRE, Peter	FR	112	Misericordia	(58)	27:56.2	5:37.3	3:29.5	2:54	5:27	11:0	13:4	19:2	22:1
71 MICHELS, Daniel	JR	62	King's (Pa.)	59	27:56.7	5:37.4	3:29.6	2:54	5:24	11:0	13:4	19:2	22:0
72 BAXTER, Noah	SR	67	Lebanon Valley	-	28:02.1	5:38.4	3:30.3	2:48	5:17	10:4	13:2	19:1	21:5
73 COLLINGE, Quenten	FR	143	Widener	-	28:06.0	5:39.2	3:30.7	2:55	5:28	11:0	13:4	19:2	22:1
74 RASINKE, Sam	FR	100	Messiah	-	28:09.0	5:39.8	3:31.1	2:56	5:32	11:1	13:5	19:3	22:1
75 WHITESELL, Grayson	FR	60	Hood	60	28:10.1	5:40.1	3:31.3	3:00	5:30	11:0	13:4	19:3	22:1
76 TOMASCH, Troy	FR	129	Stevens Institute	-	28:10.2	5:40.1	3:31.3	2:57	5:31	11:0	13:4	19:3	22:2
77 WACKER, Matthew	JR	9	Alvernia	61	28:10.3	5:40.1	3:31.3	2:55	5:26	11:0	13:4	19:3	22:1
78 SMALL, Jacob	JR	153	Widener	-	28:13.1	5:40.7	3:31.6	3:01	5:39	11:2	13:5	19:4	22:2
79 HALVORSEN, Matthew	FR	118	Stevens Institute	-	28:15.6	5:41.2	3:31.9	2:56	5:31	11:0	13:4	19:2	22:0
80 FARNSWORTH, Taylor	SO	131	Stevenson	(62)	28:22.4	5:42.5	3:32.8	2:59	5:36	11:1	13:5	19:3	22:1
81 LOY, Andrew	FR	74	Lebanon Valley	-	28:25.9	5:43.2	3:33.2	2:56	5:29	11:0	13:5	19:4	22:2
82 GREVE, Thomas	FR	29	DeSales	-	28:26.6	5:43.4	3:33.3	2:56	5:28	11:0	13:4	19:3	22:2
83 SIBSON, Zach	SR	46	Eastern	(63)	28:29.9	5:44.0	3:33.7	2:55	5:30	11:1	13:5	19:4	22:2
84 COSTELLO, Matthew	SO	27	DeSales	-	28:36.4	5:45.3	3:34.5	2:53	5:21	10:5	13:3	19:3	22:2
85 MELAO, Ronnie	FR	123	Stevens Institute	-	28:39.3	5:45.9	3:34.9	2:57	5:31	11:0	13:4	19:4	22:3
86 DAVIS, Levi	FR	57	Hood	64	28:43.6	5:46.8	3:35.4	3:00	5:30	11:0	13:4	19:4	22:3
87 ROSELLI, Anthony	FR	7	Alvernia	65	28:46.6	5:47.4	3:35.8	2:55	5:28	11:0	13:5	19:4	22:3
88 SEGOOL, Austin	SO	44	Eastern	(66)	28:49.1	5:47.9	3:36.1	2:55	5:33	11:1	14:0	19:5	22:4
89 CHATTIN, Anders	SO	130	Stevenson	(67)	28:49.9	5:48.1	3:36.2	2:59	5:37	11:2	14:0	20:0	22:4
90 SCHOCH, Matthew	JR	64	King's (Pa.)	68	28:53.7	5:48.8	3:36.7	2:54	5:26	11:1	13:5	19:5	22:4
91 RODOFF, Darren	FR	75	Lebanon Valley	-	28:56.1	5:49.3	3:37.0	2:55	5:29	11:1	14:0	19:5	22:4
92 STOKES, Nicholas	FR	78	Lebanon Valley	-	28:56.4	5:49.4	3:37.0	2:58	5:34	11:2	14:0	20:0	22:5
93 WELDEBERUK, Yonatan	FR	59	Hood	69	28:59.4	5:50.0	3:37.4	2:49	5:22	11:1	14:0	20:1	23:0
94 NGUYEN, Tim	SR	43	Eastern	-	29:00.3	5:50.1	3:37.5	2:50	5:28	11:1	13:5	19:5	22:4
95 DYKES, Billy	FR	40	Eastern	-	29:04.6	5:51.0	3:38.1	2:53	5:29	11:1	14:0	20:0	22:5
96 MALONE, Jack	JR	110	Misericordia	-	29:06.5	5:51.4	3:38.3	2:51	5:22	11:0	13:5	19:5	22:4
97 WROBLESKI, Kevin	SO	66	King's (Pa.)	70	29:17.3	5:53.6	3:39.7	2:58	5:36	11:3	14:1	20:1	23:0
98 BUSHHER, Evan	SR	105	Misericordia	-	29:30.1	5:56.2	3:41.3	3:04	5:42	11:3	14:2	20:2	23:1
99 BARRETT, Tyler	SR	4	Alvernia	71	29:30.7	5:56.3	3:41.3	2:55	5:28	11:1	14:0	20:2	23:1
100 WALTER, Kevin	FR	15	Arcadia	72	29:32.5	5:56.6	3:41.6	2:58	5:36	11:3	14:1	20:2	23:1
101 MILLER, Conner	SO	3	Albright	-	29:36.7	5:57.5	3:42.1	2:53	5:32	11:3	14:2	20:3	23:2
102 MCTIGUE, Andrew	SR	52	FDU-Florham	73	29:37.2	5:57.6	3:42.1	3:01	5:45	11:4	14:3	20:3	23:2
103 SEBASTIANELLI, Alan	SR	163	Wilkes	74	29:41.6	5:58.5	3:42.7	2:56	5:32	11:3	14:2	20:3	23:2
104 LONG, Kevin	JR	160	Wilkes	75	29:50.3	6:00.2	3:43.8	2:57	5:34	11:3	14:2	20:3	23:2
105 SMITH, Elijah	SO	137	Stevenson	-	29:52.4	6:00.6	3:44.0	3:09	5:56	11:5	14:4	20:5	23:4
106 HANSON-RICHART, Kaleb	SO	158	Wilkes	76	29:54.6	6:01.1	3:44.3	3:02	5:41	11:3	14:2	20:3	23:2
107 MONTEMURO, Jason	SR	162	Wilkes	77	30:03.3	6:02.8	3:45.4	2:57	5:37	11:3	14:3	20:4	23:4
108 PLUNKETT, Thomas	FR	152	Widener	-	30:04.7	6:03.1	3:45.6	3:07	5:54	12:0	14:5	21:0	24:0
109 WRAGG, Samuel	SR	16	Arcadia	78	30:05.1	6:03.2	3:45.6	2:55	5:38	11:4	14:3	20:4	23:4
110 MLODZIENSKI, Kyle	FR	63	King's (Pa.)	79	30:11.1	6:04.4	3:46.4	2:58	5:36	11:3	14:2	20:4	23:5
111 AHRENSFIELD, Colin	JR	154	Wilkes	(80)	30:28.9	6:08.0	3:48.6	2:55	5:31	11:3	14:2	20:4	23:4
112 FRANQUET, Logan		81	Lycoming	81	30:38.6	6:09.9	3:49.8	3:04	5:54	12:1	15:1	21:2	24:2
113 ROBERTS, Frederick	SO	58	Hood	82	31:00.8	6:14.4	3:52.6	3:06	5:55	12:1	15:0	21:3	24:3
114 SINGHEL, Kevin	SR	164	Wilkes	(83)	31:03.5	6:14.9	3:52.9	2:57	5:33	11:4	14:3	21:0	24:1
115 COOPER, Logan	SO	20	Delaware Valley	84	31:13.4	6:16.9	3:54.2	3:03	5:51	12:0	15:0	21:3	24:4

2019 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Frederick, MD

Hood College at Utica District Park

Host: Hood College

Saturday, November 2, 2019

MEET OFFICIALS

Meet Director:

Chris Benassi

Meet Referee:

Al Naylor

Timing:

Pioneer Timing, LLC



OFFICIAL MEET REPORT

printed: 11/2/2019 1:19 PM

Race #1 Men 8k Championships

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km	86	16	32	39	55	63
116 LOMBARDO, Christopher	FR	159	Wilkes	-	31:21.4	6:18.5	3:55.2	3:07	5:59	12:2	15:2	21:4	24:4
117 GRAY, Billy	SO	50	FDU-Florham	85	31:23.4	6:18.9	3:55.4	2:55	5:46	12:1	15:0	21:4	24:4
118 JIMENEZ, Cole	FR	134	Stevenson	-	31:23.5	6:19.0	3:55.4	3:15	6:11	12:3	15:3	22:0	25:0
119 EBERSOLE, Owen	FR	156	Wilkes	-	31:26.4	6:19.5	3:55.8	3:02	5:48	12:0	15:1	21:5	24:5
120 SUTHAR, Nilang	SR	65	King's (Pa.)	(86)	31:26.8	6:19.6	3:55.8	3:03	5:53	12:0	15:0	21:4	24:4
121 WHITMAN, Brandon	SO	165	Wilkes	-	31:30.8	6:20.4	3:56.3	3:10	6:00	12:2	15:2	21:5	24:5
122 BEHM, Ben	FR	10	Arcadia	87	31:34.2	6:21.1	3:56.8	2:59	5:45	12:0	15:0	21:4	24:4
123 MOSES, Daniel		84	Lycoming	88	31:38.8	6:22.1	3:57.4	3:04	5:54	12:1	15:1	21:5	24:5
124 SOLARI, Antonio	SO	14	Arcadia	(89)	31:49.3	6:24.2	3:58.7	3:04	5:56	12:2	15:2	22:0	25:0
125 STENGER, Maverick		88	Lycoming	90	31:49.7	6:24.2	3:58.7	3:11	6:02	12:3	15:4	22:0	25:0
126 BECK, Thomas	JR	5	Alvernia	91	31:53.0	6:24.9	3:59.1	3:08	6:00	12:2	15:3	22:0	25:1
127 KRYESKI, Conor	FR	108	Misericordia	-	32:14.2	6:29.2	4:01.8	3:18	6:11	12:2	15:2	22:0	25:1
128 BOHLIN, Kyle	FR	104	Misericordia	-	32:28.1	6:32.0	4:03.5	3:11	5:59	12:2	15:3	22:1	25:2
129 BERBERABE, Ethan	FR	18	Delaware Valley	92	32:30.5	6:32.4	4:03.8	3:11	6:05	12:3	15:3	22:2	25:3
130 CORRIERE, Dylan	SO	155	Wilkes	-	32:38.5	6:34.1	4:04.8	3:16	6:11	12:3	15:4	22:2	25:3
131 PANAGIOTOPOULOS, Nich	FR	136	Stevenson	-	32:52.2	6:36.8	4:06.5	3:17	6:19	13:0	16:0	22:5	26:0
132 CORSETTI, Mike	FR	6	Alvernia	93	32:54.4	6:37.2	4:06.8	3:04	5:57	12:3	15:4	22:5	25:5
133 CARFELLO, Dakota	JR	48	FDU-Florham	94	33:00.5	6:38.5	4:07.6	3:09	6:04	12:4	15:5	22:4	25:5
134 QUINTERO GOROSTIETA,	FR	86	Lycoming	95	33:12.3	6:40.9	4:09.0	3:17	6:15	12:4	15:5	22:4	25:5
135 CASTILLO, Jeovannee	FR	80	Lycoming	96	33:14.1	6:41.2	4:09.3	3:18	6:16	12:5	16:0	22:5	26:0
136 JACKSON, Hunter		83	Lycoming	(97)	33:15.5	6:41.5	4:09.4	3:21	6:22	13:0	16:1	22:5	26:1
137 DUERR, Chris	SR	49	FDU-Florham	98	33:24.6	6:43.3	4:10.6	3:09	6:12	13:0	16:2	23:2	26:3
138 PALLARES, Diego		85	Lycoming	(99)	33:29.4	6:44.3	4:11.2	3:16	6:15	12:5	16:0	22:5	26:1
139 FLYNN, Liam	FR	157	Wilkes	-	33:38.0	6:46.0	4:12.2	3:18	6:20	12:5	16:1	23:0	26:2
140 DAVIS, Tyler	FR	11	Arcadia	(100)	33:58.7	6:50.2	4:14.8	3:11	6:12	13:1	16:2	23:2	26:4
141 SCHWAB, Tyler	JR	24	Delaware Valley	101	34:25.1	6:55.5	4:18.1	3:21	6:29	13:2	16:3	23:4	27:1
142 ZHENG, Clif	FR	17	Arcadia	-	34:57.3	7:02.0	4:22.2	3:11	6:04	12:5	16:0	23:1	26:4
143 HARSHBARGER, Zeb		82	Lycoming	-	35:30.4	7:08.6	4:26.3	3:20	6:28	13:3	17:0	24:3	28:0
144 RAFF, Tim	SO	54	FDU-Florham	102	35:37.7	7:10.1	4:27.2	3:17	6:22	13:5	17:2	24:4	28:1
145 KEGEL, Cameron	JR	21	Delaware Valley	103	35:49.4	7:12.5	4:28.7	3:29	6:46	13:5	17:2	25:0	28:3
146 CASTRO, Peter	FR	56	Hood	(104)	35:58.5	7:14.3	4:29.8	3:35	6:59	14:1	17:4	25:1	28:3
147 MOREIRA, Tyler	SO	53	FDU-Florham	(105)	37:16.6	7:30.0	4:39.6	3:18	6:28	14:3	18:2	26:2	29:4
148 NAVILOFF, Kevin	SR	23	Delaware Valley	(106)	37:23.4	7:31.4	4:40.4	3:32	6:48	14:1	17:4	25:4	29:2
149 BILIK, Christopher	FR	2	Albright	-	37:59.3	7:38.6	4:44.9	3:28	6:48	14:3	18:1	26:1	29:4
150 ALVARADO, Christopher	FR	79	Lycoming	-	40:01.8	8:03.2	5:00.2	3:34	6:55	14:5	18:3	28:0	31:4
151 SMITH, Griffin	JR	8	Alvernia	(107)	40:49.0	8:12.8	5:06.1	3:59	7:50	16:1	20:0	28:4	32:2

2019 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Frederick, MD
Hood College at Utica District Park
Host: Hood College
Saturday, November 2, 2019

MEET OFFICIALS

Meet Director:
Chris Benassi
Meet Referee:
Al Naylor
Timing:
Pioneer Timing, LLC



OFFICIAL MEET REPORT
printed: 11/2/2019 1:19 PM

Race #2 Women 6k Championships

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Messiah	71	5-9-16-19-22(23)(28)	1:55:42	23:09	1:35.1
2 Lebanon Valley	77	1-4-15-27-30(52)(60)	1:55:06	23:02	2:34.1
3 Stevenson	82	2-10-17-18-35(41)(48)	1:55:35	23:07	2:28.7
4 Misericordia	87	6-8-13-29-31(34)(38)	1:56:20	23:16	1:46.5
5 Eastern	91	7-11-12-24-37(43)(45)	1:56:25	23:17	1:44.4
6 Stevens Institute	148	20-21-32-36-39(44)(56)	2:00:02	24:01	0:39.4
7 Widener	162	14-25-26-40-57(78)(79)	2:00:53	24:11	2:17.2
8 DeSales	213	3-47-50-54-59(66)(67)	2:03:00	24:36	3:53.5
9 Wilkes	289	46-53-61-64-65(69)(71)	2:07:42	25:33	1:14.3
10 Hood	328	49-51-73-75-80(84)(85)	2:10:46	26:10	2:30.0
11 Arcadia	332	42-63-72-74-81(83)(86)	2:11:02	26:13	3:17.6
12 Alvernia	334	58-62-68-70-76(90)(91)	2:10:48	26:10	0:52.2
13 King's (Pa.)	383	33-82-87-88-93	2:24:47	28:58	9:15.8
14 Lycoming	407	55-77-89-92-94	2:29:46	29:58	9:27.1

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km	860	160	321	396	557
1 JONES, Keri	JR	244	Lebanon Valley	1	21:34.3	5:47.0	3:35.7	3:08.	5:50.	11:30	14:10	20:04
2 GATES, Emily	JR	302	Stevenson	2	21:42.9	5:49.3	3:37.2	3:08.	5:50.	11:38	14:24	20:15
3 MURAWSKI, Kayla	SO	200	DeSales	3	21:55.2	5:52.6	3:39.2	3:08.	5:50.	11:41	14:25	20:23
4 WICK, Lauren	JR	250	Lebanon Valley	4	22:08.8	5:56.2	3:41.5	3:08.	5:51.	11:43	14:33	20:39
5 WEAVER, Leanne	SR	274	Messiah	5	22:14.5	5:57.8	3:42.4	3:08.	5:50.	11:43	14:35	20:44
6 VISAGGIO, Olivia	SO	287	Misericordia	6	22:22.4	5:59.9	3:43.7	3:09.	5:51.	11:51	14:44	20:54
7 BERNOTAS, Katelyn	JR	205	Eastern	7	22:28.4	6:01.5	3:44.7	3:09.	5:51.	11:54	14:48	21:03
8 PEPE, Rowan	JR	283	Misericordia	8	22:36.8	6:03.7	3:46.1	3:10.	5:57.	12:05	14:58	21:07
9 CODD, Sarah	JR	262	Messiah	9	22:40.9	6:04.8	3:46.8	3:09.	5:56.	12:14	15:08	21:13
10 SABO, Mikhayla	SO	307	Stevenson	10	22:44.9	6:05.9	3:47.5	3:16.	6:07.	12:15	15:06	21:18
11 BERNOTAS, Megan	SR	207	Eastern	11	22:46.6	6:06.4	3:47.8	3:09.	5:50.	11:55	14:53	21:14
12 BERNOTAS, Mary	SO	206	Eastern	12	23:03.5	6:10.9	3:50.6	3:14.	6:05.	12:19	15:15	21:36
13 THOMPSON, Alexa	SO	285	Misericordia	13	23:03.6	6:10.9	3:50.6	3:09.	5:56.	12:13	15:17	21:37
14 SWOPE, Emily	SR	320	Widener	14	23:07.4	6:11.9	3:51.2	3:09.	5:57.	12:12	15:11	21:38
15 BREWER, Julia	FR	239	Lebanon Valley	15	23:12.9	6:13.4	3:52.1	3:15.	6:05.	12:14	15:12	21:39
16 GALBRAITH, Joy	FR	265	Messiah	16	23:18.1	6:14.8	3:53.0	3:09.	5:57.	12:14	15:12	21:39
17 WINKLBAUER, Kelly	SR	308	Stevenson	17	23:24.9	6:16.6	3:54.1	3:20.	6:15.	12:34	15:32	21:55
18 ARBOUR, Peyton	FR	300	Stevenson	18	23:30.3	6:18.1	3:55.0	3:16.	6:05.	12:22	15:21	21:54
19 GASTON, Cera	JR	266	Messiah	19	23:39.0	6:20.4	3:56.5	3:15.	6:10.	12:35	15:35	22:08
20 MCATEE, Kristin	JR	292	Stevens Institute	20	23:39.9	6:20.7	3:56.6	3:22.	6:20.	12:45	15:42	22:06
21 LUNDEMO, Trinity	SO	291	Stevens Institute	21	23:40.7	6:20.9	3:56.8	3:22.	6:21.	12:41	15:39	22:06
22 STONGE, Ashlyn	SO	273	Messiah	22	23:49.5	6:23.2	3:58.3	3:20.	6:17.	12:48	15:49	22:16
23 LANDIS, Maddison	SR	268	Messiah	(23)	23:50.6	6:23.5	3:58.4	3:20.	6:17.	12:40	15:39	22:15
24 BOYLES, Elainah	SR	208	Eastern	24	23:53.6	6:24.3	3:58.9	3:21.	6:22.	12:39	15:38	22:20
25 MCCANN, Elise	SR	315	Widener	25	23:59.5	6:25.9	3:59.9	3:13.	6:08.	12:39	15:43	22:23
26 GABLE, Carly	FR	312	Widener	26	24:00.9	6:26.3	4:00.1	3:13.	6:08.	12:38	15:42	22:31

2019 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Frederick, MD

Hood College at Utica District Park

Host: Hood College

Saturday, November 2, 2019

MEET OFFICIALS

Meet Director:

Chris Benassi

Meet Referee:

Al Naylor

Timing:

Pioneer Timing, LLC



OFFICIAL MEET REPORT

printed: 11/2/2019 1:19 PM

Race #2 Women 6k Championships

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km	860	160	321	396	557
27 HOFFMAN, Marah	SO	243	Lebanon Valley	27	24:01.7	6:26.5	4:00.3	3:20.	6:15.	12:48	15:51	22:29
28 POWELL, Teddi	FR	269	Messiah	(28)	24:04.5	6:27.3	4:00.7	3:14.	6:10.	12:40	15:45	22:28
29 SOUTHALL, Leigha	SO	271	Messiah	-	24:05.3	6:27.5	4:00.9	3:17.	6:11.	12:42	15:47	22:32
30 MULHEARN, Corinne	FR	282	Misericordia	29	24:07.8	6:28.2	4:01.3	3:14.	6:08.	12:41	15:47	22:33
31 WAWRZYNSKI, Julia	FR	249	Lebanon Valley	30	24:08.4	6:28.3	4:01.4	3:20.	6:15.	12:50	15:55	22:41
32 DUNTEMAN, Ashley	SR	278	Misericordia	31	24:08.8	6:28.4	4:01.5	3:15.	6:14.	12:46	15:53	22:31
33 MICELI, Erin	SO	294	Stevens Institute	32	24:09.5	6:28.6	4:01.6	3:27.	6:26.	12:54	15:54	22:36
34 JOHNSON, Tara	SR	234	King's (Pa.)	33	24:09.7	6:28.6	4:01.6	3:15.	6:08.	12:41	15:44	22:35
35 VAN TASSELL, Taylor	SO	286	Misericordia	(34)	24:11.2	6:29.0	4:01.9	3:15.	6:12.	12:49	15:55	22:40
36 MORRIS, Cassandra (CJ)	SR	305	Stevenson	35	24:11.6	6:29.2	4:01.9	3:24.	6:22.	12:47	15:53	22:39
37 PINHO, Rachel	FR	295	Stevens Institute	36	24:12.5	6:29.4	4:02.1	3:22.	6:21.	12:45	15:46	22:34
38 LIVOTI, Marisa	SR	213	Eastern	37	24:12.7	6:29.5	4:02.1	3:19.	6:13.	12:41	15:46	22:35
39 SMITH, Georgia	FR	284	Misericordia	(38)	24:13.4	6:29.6	4:02.2	3:15.	6:12.	12:49	15:54	22:40
40 JONES, Shelbi	SR	281	Misericordia	-	24:14.6	6:29.9	4:02.4	3:14.	6:10.	12:49	15:55	22:41
41 METZHEISER, Paige	SR	293	Stevens Institute	39	24:19.2	6:31.2	4:03.2	3:33.	6:37.	13:20	16:20	22:51
42 COONEY, Emily	FR	311	Widener	40	24:20.2	6:31.5	4:03.4	3:31.	6:31.	13:07	16:11	22:50
43 GORMAN, Mary	FR	303	Stevenson	(41)	24:21.6	6:31.8	4:03.6	3:24.	6:22.	12:50	15:54	22:49
44 PONTIS, Veronica	SR	184	Arcadia	42	24:22.2	6:32.0	4:03.7	3:21.	6:14.	12:41	15:46	22:41
45 PROTHERO, Katelyn	SO	270	Messiah	-	24:27.3	6:33.4	4:04.5	3:26.	6:27.	12:58	16:00	22:50
46 BYRNES, Emily	FR	209	Eastern	(43)	24:32.5	6:34.8	4:05.4	3:17.	6:12.	12:41	15:50	22:54
47 FERTIG, Emma	JR	263	Messiah	-	24:35.9	6:35.7	4:06.0	3:27.	6:28.	13:03	16:12	23:01
48 ACOSTA, Nina	JR	276	Misericordia	-	24:38.0	6:36.2	4:06.3	3:14.	6:11.	12:49	15:58	22:55
49 TANTILLO, Claire	SR	297	Stevens Institute	(44)	24:38.9	6:36.5	4:06.5	3:29.	6:31.	13:12	16:20	23:05
50 WAGEMAKER, Abby	FR	216	Eastern	(45)	24:43.6	6:37.7	4:07.3	3:21.	6:13.	13:02	16:05	23:11
51 RICKARD, Caroline	SR	325	Wilkes	46	24:45.0	6:38.1	4:07.5	3:29.	6:34.	13:15	16:23	23:06
52 HESS, Brieanna	SO	267	Messiah	-	24:50.0	6:39.5	4:08.3	3:28.	6:31.	13:15	16:26	23:23
53 MARKWALTER, LeeAnn	SO	198	DeSales	47	24:51.2	6:39.8	4:08.5	3:14.	6:12.	13:06	16:20	23:17
54 ODOLLA, Achol	SR	306	Stevenson	(48)	25:00.7	6:42.3	4:10.1	3:27.	6:30.	13:11	16:25	23:23
55 HENSON-VENDRELL, Raph	SO	226	Hood	49	25:00.9	6:42.4	4:10.1	3:15.	6:13.	12:56	16:11	23:20
56 SMITH, Amelia	FR	204	DeSales	50	25:06.3	6:43.8	4:11.0	3:16.	6:18.	13:14	16:30	23:33
57 CONLEY, Saoirse	FR	222	Hood	51	25:07.2	6:44.1	4:11.2	3:20.	6:21.	13:18	16:31	23:32
58 RESELE, Julia	SO	247	Lebanon Valley	(52)	25:07.2	6:44.1	4:11.2	3:21.	6:23.	13:09	16:26	23:23
59 HENSIL, Mia	FR	323	Wilkes	53	25:08.9	6:44.5	4:11.5	3:16.	6:15.	13:06	16:20	23:33
60 CARROLL, Kailee	SO	277	Misericordia	-	25:09.4	6:44.6	4:11.6	3:24.	6:27.	13:15	16:28	23:26
61 DICRISTINA, Shannon	FR	217	FDU-Florham	-	25:10.5	6:45.0	4:11.7	3:18.	6:17.	13:06	16:21	23:23
62 AUSTEN, Ally	JR	261	Messiah	-	25:17.6	6:46.9	4:12.9	3:26.	6:27.	13:03	16:23	23:31
63 CIPRIANO, Naomi	FR	210	Eastern	-	25:17.7	6:46.9	4:12.9	3:19.	6:15.	13:10	16:29	23:43
64 MURPHY, Sara	FR	201	DeSales	54	25:18.4	6:47.1	4:13.1	3:17.	6:22.	13:18	16:35	23:45
65 LONG, Kaylee		254	Lycoming	55	25:19.8	6:47.4	4:13.3	3:10.	6:01.	12:27	15:49	23:46
66 AL NASERI, Maryam	FR	299	Stevenson	-	25:22.2	6:48.1	4:13.7	3:33.	6:41.	13:25	16:37	23:40
67 CORR, Caroline	SO	289	Stevens Institute	(56)	25:23.4	6:48.4	4:13.9	3:31.	6:30.	13:22	16:37	23:42
68 GORLESKI, Megan	SO	313	Widener	57	25:24.5	6:48.7	4:14.1	3:33.	6:39.	13:26	16:40	23:44
69 POSILLICO, Clare	SO	218	FDU-Florham	-	25:33.7	6:51.2	4:15.6	3:25.	6:29.	13:28	16:42	23:53
70 MCKENNA, Paige	SO	173	Alvernia	58	25:43.6	6:53.8	4:17.3	3:31.	6:38.	13:32	16:51	23:57
71 HUNSINGER, Jenna	FR	197	DeSales	59	25:48.6	6:55.2	4:18.1	3:17.	6:22.	13:27	16:46	24:04
72 SCHRUM, Susan	JR	248	Lebanon Valley	(60)	25:49.3	6:55.3	4:18.2	3:21.	6:27.	13:30	16:41	24:06

2019 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Frederick, MD

Hood College at Utica District Park

Host: Hood College

Saturday, November 2, 2019

MEET OFFICIALS

Meet Director:

Chris Benassi

Meet Referee:

Al Naylor

Timing:

Pioneer Timing, LLC



OFFICIAL MEET REPORT

printed: 11/2/2019 1:19 PM

Race #2 Women 6k Championships

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km	860	160	321	396	557
73 ROSS, Sara	SO	327	Wilkes	61	25:51.1	6:55.8	4:18.5	3:43.	6:56.	13:53	17:07	24:12
74 MYERS, Pamela	SR	214	Eastern	-	25:52.9	6:56.3	4:18.8	3:19.	6:17.	13:04	16:19	23:57
75 FRIES, Isabel	FR	172	Alvernia	62	25:53.4	6:56.5	4:18.9	3:30.	6:37.	13:31	16:51	24:12
76 MASIA, Dominique	JR	182	Arcadia	63	25:54.1	6:56.6	4:19.0	3:32.	6:40.	13:37	16:54	24:09
77 PEDRON, Autumn	JR	324	Wilkes	64	25:57.2	6:57.5	4:19.5	3:35.	6:45.	13:47	17:03	24:12
78 ROCHETTE, Sydney	SO	326	Wilkes	65	25:59.3	6:58.0	4:19.9	3:44.	6:58.	14:00	17:15	24:16
79 BROWNE, Abigail	FR	240	Lebanon Valley	-	25:59.7	6:58.1	4:19.9	3:27.	6:31.	13:35	16:55	24:14
80 GIARDINA, Stephanie	SR	280	Misericordia	-	26:02.1	6:58.8	4:20.3	3:22.	6:27.	13:36	16:59	24:19
81 NEUBAUER, Alaina	JR	202	DeSales	(66)	26:04.5	6:59.4	4:20.7	3:15.	6:15.	13:35	16:59	24:23
82 DICESARE, Bridget	FR	195	DeSales	(67)	26:05.9	6:59.8	4:21.0	3:20.	6:27.	13:43	17:08	24:26
83 DANIELS, Rachael	SO	168	Albright	-	26:08.7	7:00.6	4:21.4	3:20.	6:28.	13:30	16:52	24:18
84 REHNERT, Cassandra	JR	176	Alvernia	68	26:10.2	7:01.0	4:21.7	3:45.	6:57.	13:55	17:11	24:26
85 LALIBERTE, Taylor	SO	245	Lebanon Valley	-	26:12.6	7:01.6	4:22.1	3:33.	6:44.	13:50	17:08	24:26
86 CUMMINGS, Theresa	JR	211	Eastern	-	26:17.0	7:02.8	4:22.8	3:26.	6:32.	13:44	17:07	24:28
87 RYBARKI, Corrine	SO	296	Stevens Institute	-	26:17.9	7:03.0	4:23.0	3:36.	6:45.	13:44	17:06	24:31
88 WALKER, Mia	SO	330	Wilkes	(69)	26:18.8	7:03.3	4:23.1	3:44.	6:57.	14:00	17:16	24:33
89 LAPARCH, Elizabeth	SO	290	Stevens Institute	-	26:22.3	7:04.2	4:23.7	3:45.	6:59.	13:59	17:16	24:34
90 SNYDER, Kaitlyn	FR	177	Alvernia	70	26:25.0	7:04.9	4:24.2	3:31.	6:39.	13:51	17:12	24:37
91 FRANZREB, Casey	FR	279	Misericordia	-	26:27.7	7:05.6	4:24.6	3:20.	6:25.	13:43	17:12	24:45
92 BLAIR, Shannon	SO	194	DeSales	-	26:29.1	7:06.0	4:24.8	3:27.	6:38.	13:47	17:10	24:45
93 SUTTON, Kaitlin	SR	329	Wilkes	(71)	26:29.7	7:06.2	4:24.9	3:34.	6:48.	13:59	17:20	24:40
94 STRAVINSKY, Chloe	SO	186	Arcadia	72	26:31.8	7:06.7	4:25.3	3:28.	6:38.	13:53	17:20	24:49
95 FANCELLA, Lauren	JR	224	Hood	73	26:32.3	7:06.9	4:25.4	3:27.	6:39.	13:53	17:16	24:45
96 MCNECE, Alyssa	JR	183	Arcadia	74	26:33.7	7:07.3	4:25.6	3:32.	6:42.	13:54	17:20	24:53
97 PRZYWARA, Krista	FR	228	Hood	75	26:34.8	7:07.5	4:25.8					
98 MCKENNA, Sydni	SO	174	Alvernia	76	26:35.7	7:07.8	4:25.9	3:45.	6:57.	14:09	17:32	24:50
99 FORDENBACHER, Cara	SR	212	Eastern	-	26:43.5	7:09.9	4:27.2	3:30.	6:46.	14:05	17:33	24:59
100 SHOW, Madison	FR	169	Albright	-	26:46.8	7:10.8	4:27.8	3:30.	6:49.	14:12	17:39	25:04
101 SHAFFER, Claire	FR	259	Lycoming	77	26:50.4	7:11.7	4:28.4	3:34.	6:50.	14:08	17:35	25:08
102 BREFO, Emily	FR	301	Stevenson	-	26:58.6	7:13.9	4:29.8	3:34.	6:44.	14:08	17:44	25:22
103 GERBER, April	FR	242	Lebanon Valley	-	27:02.1	7:14.9	4:30.3	3:45.	7:02.	14:19	17:45	25:15
104 ULAKY, Brianna	SO	215	Eastern	-	27:13.0	7:17.8	4:32.2	3:30.	6:44.	14:14	17:45	25:26
105 FORD, Rebecca	JR	241	Lebanon Valley	-	27:15.0	7:18.3	4:32.5	3:45.	7:02.	14:18	17:45	25:23
106 SLANINA, Mollie	JR	192	Delaware Valley	-	27:18.2	7:19.2	4:33.0	3:40.	6:59.	14:18	17:44	25:24
107 BOWERS, Ciana	FR	310	Widener	(78)	27:20.6	7:19.8	4:33.4	3:46.	7:05.	14:27	18:01	25:39
108 TRAN, Cat	FR	321	Widener	(79)	27:27.0	7:21.5	4:34.5	3:41.	7:00.	14:24	17:58	25:39
109 PLAUDIS, Haylee	FR	227	Hood	80	27:30.8	7:22.6	4:35.1	3:39.	6:55.	14:27	18:03	25:44
110 NICINSKI, Allison	SO	203	DeSales	-	27:32.5	7:23.0	4:35.4	3:33.	6:46.	14:14	17:44	25:49
111 WESTON, Jillian	SR	331	Wilkes	-	27:34.6	7:23.6	4:35.8	3:45.	7:10.	14:44	18:18	25:53
112 KITCHIN, Megan	JR	314	Widener	-	27:38.9	7:24.7	4:36.5	3:48.	7:13.	14:42	18:16	25:56
113 KNOLL, Veronika	SO	180	Arcadia	81	27:39.8	7:25.0	4:36.6	3:33.	6:49.	14:24	18:02	25:50
114 RUDOLPH, Emily	FR	317	Widener	-	27:42.0	7:25.6	4:37.0	3:49.	7:06.	14:26	18:01	25:55
115 RUTLEDGE, Samantha	SO	219	FDU-Florham	-	27:53.3	7:28.6	4:38.9	3:41.	6:59.	14:33	18:05	26:08
116 FULLER, Jane	SO	196	DeSales	-	28:06.2	7:32.1	4:41.0	3:54.	7:24.	15:10	18:43	26:26
117 METSCHULAT, Kirstin	FR	199	DeSales	-	28:09.2	7:32.9	4:41.5	3:43.	7:06.	14:51	18:28	26:26
118 BOWERS, Christina	FR	309	Widener	-	28:15.1	7:34.4	4:42.5	3:51.	7:17.	14:54	18:31	26:24

2019 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Frederick, MD

Hood College at Utica District Park

Host: Hood College

Saturday, November 2, 2019

MEET OFFICIALS

Meet Director:

Chris Benassi

Meet Referee:

Al Naylor

Timing:

Pioneer Timing, LLC



OFFICIAL MEET REPORT

printed: 11/2/2019 1:19 PM

Race #2 Women 6k Championships

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	860	160	321	396	557
119 SABOL, Julia	FR	236	King's (Pa.)	82	28:22.0	7:36.3	4:43.7	3:39.	7:02.	14:46	18:29	26:32
120 CAROCCI, Nicole	SR	178	Arcadia	(83)	28:23.3	7:36.6	4:43.9	3:50.	7:14.	14:50	18:34	26:35
121 RYAN, Arianna	SO	328	Wilkes	-	28:36.9	7:40.3	4:46.1	3:54.	7:20.	14:54	18:33	26:33
122 CROSSEY, Lauren	SO	223	Hood	(84)	28:43.9	7:42.2	4:47.3	3:40.	7:12.	15:00	18:44	26:48
123 WELLS, Julee	FR	231	Hood	(85)	28:58.8	7:46.2	4:49.8	3:42.	7:13.	15:10	18:55	27:02
124 BARRETT, Julianna	FR	193	DeSales	-	29:12.7	7:49.9	4:52.1	3:41.	7:10.	15:12	19:00	27:18
125 MURPHY, Grace	SO	316	Widener	-	29:19.5	7:51.7	4:53.2	3:35.	7:00.	14:59	18:53	27:16
126 ILIESCU, Roxy	FR	179	Arcadia	(86)	29:20.2	7:51.9	4:53.4	3:50.	7:15.	15:20	19:08	27:31
127 RUSSO, Colleen	JR	318	Widener	-	29:20.8	7:52.1	4:53.5	3:50.	7:18.	15:15	19:05	27:24
128 SHUGHART, Mackenzie	SO	238	King's (Pa.)	87	29:23.2	7:52.7	4:53.9	3:53.	7:23.	15:21	19:08	27:26
129 LYONS, Kaylee	FR	235	King's (Pa.)	88	29:26.9	7:53.7	4:54.5	3:55.	7:30.	15:31	19:17	27:37
130 BOERSMA, Alexa	FR	322	Wilkes	-	29:31.1	7:54.8	4:55.2	3:59.	7:28.	15:22	19:12	27:38
131 LINES-LIVERING, Mallory	JR	181	Arcadia	-	29:33.0	7:55.3	4:55.5	3:50.	7:17.	15:23	19:12	27:41
132 GARDNER, Galen	JR	189	Delaware Valley	-	29:36.4	7:56.2	4:56.1	3:54.	7:29.	15:33	19:25	27:46
133 GOULDEN, Amanda		252	Lycoming	89	29:42.9	7:58.0	4:57.1	3:53.	7:30.	15:41	19:29	27:47
134 COUSE, Catherine	FR	188	Delaware Valley	-	30:42.5	8:14.0	5:07.1	4:03.	7:45.	16:06	20:09	28:43
135 HANCOCK, Shayna	FR	225	Hood	-	30:54.9	8:17.3	5:09.1	4:22.	8:10.	16:24	20:16	29:02
136 FIORILLA, Abby	SO	171	Alvernia	(90)	30:57.6	8:18.0	5:09.6	4:04.	7:47.	16:19	20:17	28:58
137 MUSGROVE, Melena	FR	175	Alvernia	(91)	31:45.8	8:30.9	5:17.6	3:54.	7:30.	16:10	20:20	29:33
138 WODZINSKI, Rebecca	SO	221	FDU-Florham	-	32:44.9	8:46.8	5:27.5	4:12.	8:17.	17:41	21:49	30:44
139 NOWAK, Kayla		256	Lycoming	92	33:06.0	8:52.4	5:31.0	4:23.	8:26.	17:29	21:43	30:58
140 BEYER, Anna	SR	232	King's (Pa.)	93	33:25.4	8:57.6	5:34.2	4:14.	8:12.	17:27	21:45	31:19
141 WEAVER, Kaylee	FR	230	Hood	-	34:05.9	9:08.5	5:41.0	4:37.	8:45.	17:55	22:18	31:50
142 WELCH, Kaitlyn	FR	260	Lycoming	94	34:46.8	9:19.5	5:47.8	4:24.	8:28.	17:57	22:27	32:21
143 MARTENS, Colleen	FR	191	Delaware Valley	-	37:31.1	10:03.5	6:15.2	4:53.	9:21.	19:50	24:38	35:11