



North Allegheny Middle School Cross Country  
2016

# NAXC – MIDDLE SCHOOL - 2016

Head Coach.....Jason Winschel  
 Assistant Coach.....Dan Williams  
 Assistant Coach.....John McNavage

## The Team:

### Girls

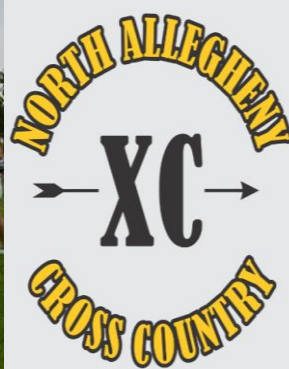
### Boys

Alexis Arrigo	Grace Gao	Kate Patterson	AJ Abels	Andrew Kollitz	Benjamin Pizon
Vedha Avali	Emily Gierczynski	Hannah Peterson	Sun Ahn	Cameron Lafayette	Ryan Podnar
Ariella Avigad	Marissa Goldthorp	Abigail Pingpank	Hunter Badamo	Stephen Laun	Owen Prem
Grace Baierl	Abigayle Hahn	Orianna Plenter	Gavin Banyas	Danny Lee	Jake Puschaver
Kassi Barry	Alexandra Harder	Samantha Podnar	Ryan Barry	Noah Lego	Tristan Puschaver
Meghna Behari	McKenzie Harrison	Taylor Rechenmacher	Ethan Berty	Benjamin Lindgren	Arnav Ranade
Olivia Belcher	Hyun Hwang	Lexi Robinson	Cole Bordo	Mark Littke	Lucas Rodgers
Ashnaa Bhide	Kaelyn Jones	Katherine Schurter	Noah Brown	Matthew Lyons	Christopher Rudolph
Rachel Bina	Caroline Kasunich	Allison Schwartz	Trevor Carney	Aaron Mark	Caleb Schall
Paige Branagan	Jean Kim	Sarah Sharar	Andrew Como	Alexander Maslo	Jack Schindler
Carina Breneman	Olivia Kisow	Adelle Snider	Tim Compton	Connor May	Mateo Sewald
Kaitlin Chou	Charity Koontz	Caroline Spahr	JJ Dopkosky	Marc Melanson	William Shuttleworth
Autumn Crown	Emma Lafayette	Makenzie Standish	Michael Drazga	Maxwell Melnyk	Nico Simons
Elizabeth Cuba	Emily Lagnese	Emily Thompson	Elijah Duckworth	Grant Metzger	Brady Slade
Lydia Cwalina	Rachel Lee	Rina Tu	Seth Eom	Mac Metzger	Gannon Sprinkle
Stefanie Cwalina	Ann Lynch	Laura Vinski	Brandon Farr	Aiden Miller	Wesley Sprys
Tejal Dahake	Claire Majerac	Makayla Wach	Keenan Fiedler	Collin Miller	Ethan Steele
Sophia Elliott	Rachel Malko	Samantha Waldo	Dylan Fitzgerald	Reed Milliken	Patrick Synan
Julia Fancher	Emma Meyhofer	Sarah Weller	Connor Foody	Joseph Miner	Shomik Telang
Lucie Flagg	Keeley Misutka	Sofie Wessman	Trey Griswold	Mario Misiti	Eric Tomino
Abigail Frist	Maura Mlecko	Lillian Wolfe	Luke Gunnett	John Mitterer	Theodore Wahlenmayer
Grace Fritsch	Jenny Molyneaux	Julia Wonsettler	Sebastian Hallen	George Moran	Coleman Walsh
Julia Gallagher	Megan Noh	Ashley Zeman	Alexander Hart	Gabriel Mudd	Eric Wang
	Ashna Patel		Luke Hartle	Sean Murphy	Thomas Wang
			Logan Henderson	Ryan Nash	Benjamin Welsh
			Nathaniel Hipwell	Benton Nixon	Jacob Winkworth
			Owen Jin	William Palicki	Graham Wolfe
			Michael Joyce	Zoha Peterson	Braeden Young

## NORTH ALLEGHENY MIDDLE SCHOOL CROSS COUNTRY

### 48 YEAR RECORD (1969 - PRESENT):

709 – 6



## 2016 NA MIDDLE SCHOOL BOYS' CROSS COUNTRY (9-0)

<u>NA</u>	<u>VS.</u>	<u>OPPONENT</u>
15	SHALER	50
15	MARS	50
15	KNOCH	50
19	FOX CHAPEL	44
15	NORTH HILLS	50
18	HAMPTON	45
15	SENECA VALLEY	48
15	PINE-RICHLAND	46
15	BUTLER	48

SLIPPERY ROCK INVITATIONAL = 1<sup>ST</sup> OF 21 TEAMS – 38 POINTS  
FOX CHAPEL INVITATIONAL: 7<sup>TH</sup> GRADE = 1<sup>ST</sup>, 8<sup>TH</sup> GRADE = 1<sup>ST</sup>  
NORTH ALLEGHENY INVITATIONAL: 1<sup>ST</sup> OF 10 TEAMS – 34 POINTS

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## 2016 NA MIDDLE SCHOOL GIRLS' CROSS COUNTRY (9-0)

<u>NA</u>	<u>VS.</u>	<u>OPPONENT</u>
15	SHALER	50
25	MARS	30
	KNOCH	FORFEIT
20	FOX CHAPEL	38
15	NORTH HILLS	50
19	HAMPTON	42
15	SENECA VALLEY	46
18	PINE-RICHLAND	41
15	BUTLER	50

SLIPPERY ROCK INVITATIONAL = 2<sup>ND</sup> OF 19 TEAMS – 67 POINTS  
FOX CHAPEL INVITATIONAL: 7<sup>TH</sup> GRADE = 2<sup>ND</sup>, 8<sup>TH</sup> GRADE = 1<sup>ST</sup>  
NORTH ALLEGHENY INVITATIONAL: 2<sup>ND</sup> OF 10 TEAMS – 44 POINTS



# BOYS

8/26/2016

4:15 PM

Time Trial

86 Degrees, Sunny, Hot, Humid

Place	Name	Time	Place	Name	Time	Place	Name	Time	Place	Name	Time
1	Compton	1156	17	Pizon	1353	33	Banyas	1515	49	Nash	1632
2	A. Miller	1211	18	Slade	1353	34	T. Puschaver	1519	50	Sewald	1632
3	Barry	1214	19	Milliken	1353	35	Wang	1525	51	Laun	1633
4	Kollitz	1214	20	Miner	1403	36	Steele	1532	52	G. Metzger	1653
5	Foody	1234	21	Lindgren	1409	37	Nixon	1532	53	Littke	1720
6	Melnyk	1236	22	Como	1411	38	Carney	1534	54	Badamo	1749
7	Wolfe	1240	23	Mudd	1411	39	Fiedler	1542	55	Berty	1807
8	Walsh	1252	24	Lucas	1414	40	M. Metzger	1557	56	Peterson	1823
9	Drazga	1312	25	Hart	1416	41	Podnar	1559	57	Eom	1829
10	Hipwell	1322	26	Murphy	1423	42	Melanson	1559	58	J. Puschaver	1832
11	Farr	1327	27	Dopkosky	1424	43	Griswold	1559	59	Gannon	1841
12	Duckworth	1328	28	Sprys	1425	44	Synan	1616	60	Rudolph	1906
13	Henderson	1335	29	Misiti	1452	45	Welsh	1626	61	Hartle	2019
14	Shuhttleworth	1339	30	Abels	1454	46	Lego	1627	62	Joyce	2151
15	Lyons	1344	31	Brown	1458	47	Lafayette	1629			
16	Winkworth	1348	32	Simons	1514	48	Young	1630			

9/2/2016

At. Shaler with Mars  
75 Degrees, Mostly Sunny

NA  
Shaler

15  
50

NA  
Mars

15  
50

Record: 2-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Compton	1120	1	20	Hart	1300	24	39	Melanson	1343	44	58	Bordo	1504	73
2	Kollitz	1129	2	21	Milliken	1303	25	40	Steele	1347	45	59	Young	1511	75
3	Mudd	1139	3	22	Pizon	1303	26	41	Wang	1349	46	60	Laun	1513	76
4	Foody	1140	4	23	Rodgers	1305	27	42	May	1351	47	61	Littke	1520	77
5	Walsh	1146	5	24	Abels	1306	28	43	Simons	1351	48	62	Badamo	1528	79
6	Schall	1204	6	25	Mark	1309	29	44	Synan	1354	51	63	Peterson	1552	81
7	Barry	1208	7	26	Winkworth	1310	30	45	Podnar	1403	54	64	Eom	1558	82
8	Drazga	1210	8	27	Lyons	1315	32	46	T.Puschaver	1414	57	65	Sprinkle	1600	83
9	Wolfe	1213	9	28	Banyas	1329	33	47	G. Metzger	1420	59	66	Berty	1603	84
10	Melnyk	1218	10	29	Sprys	1329	34	48	Carney	1422	60	67	Lafayette	1606	85
11	Slade	1220	12	30	Lindgren	1332	35	49	Gunnett	1426	61	68	J.Puschaver	1625	88
12	Hipwell	1221	13	31	Como	1332	36	50	Fiedler	1427	62	69	Lee	1633	90
13	Farr	1229	16	32	Dopkosky	1333	37	51	Lego	1428	63	70	Rudolph	1637	91
14	Tomino	1231	17	33	Ahn	1334	38	52	M. Metzger	1438	65	71	Sewald	1654	92
15	Duckworth	1233	18	34	Misiti	1337	39	53	Jin	1443	66	72	Prem	1657	93
16	Miner	1239	19	35	N. Brown	1337	40	54	Fitzgerald	1447	67	73	Hartle	1709	95
17	Henderson	1239	20	36	Mitterer	1339	41	55	Maslo	1452	68	74	Joyce	1742	96
18	Shuttleworth	1242	21	37	Griswold	1340	42	56	Nixon	1453	70	75	C. Miller	2018	100
19	A. Miller	1254	23	38	Murphy	1341	43	57	Welsh	1504	72				101



9/7/2016

At Knoch with Fox Chapel  
87 Degrees Hot, Humid

NA 15 NA 19  
Knoch 50 FC 44

Record: 4-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Compton	942	1	20	Pizon	1144	32	39	Mitterer	1251	61	58	Lafayette	1418	96
2	A. Miller	1025	3	21	Slade	1147	33	40	Grsiwold	1255	63	59	Lee	1430	98
3	Kollitz	1032	4	22	Henderson	1149	36	41	Synan	1259	64	60	Nixon	1436	102
4	Foody	1037	5	23	Lindgren	1154	38	42	T.Puschaver	1302	65	61	Eom	1437	103
5	Barry	1039	6	24	Winkworth	1154	39	43	Mudd	1306	66	62	Palicki	1443	104
6	Schall	1045	7	25	Como	1210	42	44	Ranade	1308	67	63	Hallen	1444	105
7	Walsh	1050	8	26	Abels	1215	44	45	Carney	1310	68	64	Maslo	1457	107
8	Drazga	1056	10	27	Misiti	1224	45	46	Jin	1320	71	65	Badamo	1523	109
9	Hipwell	1059	11	28	Banyas	1226	47	47	Steele	1326	73	66	Berty	1528	110
10	Wolfe	1105	14	29	Ahn	1227	48	48	Fiedler	1332	74	67	J.Puschaver	1559	112
11	Tomino	1118	19	30	Rodgers	1228	49	49	Gunnett	1335	76	68	Sewald	1614	114
12	Milliken	1119	20	31	Sprys	1228	50	50	Podnar	1338	77	69	Hartle	1619	115
13	Shuttleworth	1120	21	32	Murphy	1230	52	51	Lego	1340	79	70	Rudolph	1639	116
14	Miner	1120	22	33	Brown	1231	53	52	Nash	1347	81	71	Prem	1642	117
15	Farr	1125	25	34	Lyons	1232	54	53	Simons	1349	83	72	Sprinkle	1645	118
16	Duckworth	1128	27	35	Melanson	1238	55	54	Laun	1403	88	73	Joyce	1655	120
17	Mark	1137	28	36	Dopkosky	1244	56	55	Littke	1405	89	74	C. Miller	1832	124
18	Hart	1139	30	37	May	1250	59	56	Welsh	1406	90				
19	Melnyk	1142	31	38	T. Wang	1250	60	57	Peterson	1411	93				125

9/14/2016

At North Hills with Hampton  
75 Degrees Wet, Overcast, Humid

NA 15 NA 18  
NH 50 Hampton 45

Record: 6-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Compton	926	1	18	Slade	1031	21	35	Abels	1134	46	52	Peterson	1257	71
2	Foody	930	2	19	Melnyk	1034	23	36	Wahlenmayer	1135	47	53	Littke	1301	72
3	A. Miller	939	4	20	Tomino	1041	25	37	Brown	1137	48	54	Welsh	1302	73
4	Kollitz	943	5	21	Winkworth	1042	27	38	T.Puschaver	1138	49	55	Nixon	1324	74
5	Barry	949	6	22	Como	1052	29	39	May	1140	52	56	Badamo	1327	75
6	Walsh	959	7	23	Pizon	1058	31	40	Melanson	1140	53	57	Eom	1336	77
7	Schall	1003	8	24	Hart	1059	32	41	T. Wang	1141	54	58	Nash	1358	78
8	Drazga	1006	10	25	Lindgren	1106	34	42	Podnar	1156	57	59	Rudolph	1358	79
9	Hipwell	1011	11	26	Henderson	1109	35	43	Carney	1158	58	60	Hallen	1358	80
10	Miner	1016	13	27	Lyons	1119	37	44	Synan	1206	59	61	Berty	1359	81
11	Shuttleworth	1017	14	28	Ahn	1121	38	45	Jin	1216	62	62	Sprinkle	1359	82
12	Duckworth	1019	15	29	Dopkosky	1123	39	46	Lego	1218	63	63	Telang	1428	84
13	Wolfe	1023	16	30	Rodgers	1125	40	47	Fiedler	1226	65	64	Lee	1441	85
14	Milliken	1026	17	31	Mitterer	1126	41	48	Steele	1228	66	65	J.Puschaver	1448	87
15	Mark	1027	18	32	Sprys	1127	42	49	Lafayette	1240	67	66	C. Miller	1505	88
16	Misiti	1028	19	33	Griswold	1131	43	50	Ranade	1244	69	67	Prem	1556	90
17	Farr	1030	20	34	Murphy	1132	44	51	Laun	1253	70	68	Joyce	1603	91/91



9/20/2016

At Seneca Valley  
84 Degrees Sunny, WarmNA 15  
SV 48

Record: 7-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Compton	918	1	18	Hart	1044	22	35	Fiedler	1143	49	52	Welsh	1302	76
2	Foody	920	2	19	Henderson	1045	23	36	Sprys	1143	50	53	Berty	1308	77
3	Kollitz	933	3	20	Dopkosky	1048	24	37	Synan	1153	53	54	Littke	1311	78
4	Barry	938	4	21	Mudd	1050	26	38	Podnar	1201	56	55	Sprinkle	1315	79
5	A. Miller	944	5	22	Abels	1050	27	39	T.Puschaver	1202	57	56	Rudolph	1316	80
6	Schall	956	7	23	Melnyk	1053	28	40	G. Metzger	1211	59	57	Laun	1317	81
7	Hipwell	957	8	24	Como	1055	29	41	Peterson	1214	21	58	Lafayette	1320	83
8	Drazga	1001	9	25	Lindgren	1056	32	42	Jin	1221	62	59	Lee	1344	86
9	Shuttleworth	1011	10	26	Moran	1059	33	43	Maslo	1225	64	60	Sewald	1353	88
10	Farr	1024	11	27	Winkworth	1115	37	44	Murphy	1226	65	61	Eon	1358	92
11	Duckworth	1026	12	28	Ahn	1118	40	45	Ranade	1226	66	62	Nash	1408	94
12	Milliken	1026	13	29	May	1132	41	46	Lego	1236	67	63	Hartle	1503	99
13	Wolfe	1027	14	30	Griswold	1136	43	47	Carney	1237	68	64	Prem	1503	98
14	Miner	1029	15	31	Simons	1137	44	48	Nixon	1240	69	65	C. Miller	1521	100
15	Mark	1032	16	32	Lyons	1139	45	49	Steele	1247	70				
16	Pizon	1037	19	33	Brown	1141	47	50	Palicki	1248	72				
17	Misiti	1042	21	34	M. Metzger	1142	48	51	Badamo	1300	74				101

9/23/2016

Fox Chapel Invitational  
88 Degrees Hot, Sunny7<sup>th</sup> = 1<sup>st</sup>  
8<sup>th</sup> = 1<sup>st</sup>284 Runners  
281 Runners

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Compton	902	2	18	Pizon	1052	42	35	Melanson	1135	88	52	G.Metzger	1259	177
2	Foody	932	8	19	Henderson	1054	86	36	Hart	1139	92	53	Laun	1310	190
3	Barry	937	1	20	Dopkosky	1055	87	37	Murphy	1140	93	54	Littke	1321	240
4	Kollitz	938	9	21	Melnyk	1058	93	38	T.Puschaver	1148	155	55	Sprinkle	1325	199
5	A. Miller	952	22	22	Tomino	1103	100	39	Podnar	1155	106	56	Hallen	1326	200
6	Schall	1002	7	23	Sprys	1103	102	40	May	1156	107	57	Berty	1346	215
7	Walsh	1003	10	24	Como	1103	54	41	Synan	1209	120	58	Rudolph	1356	258
8	Shuttleworth	1006	36	25	Ahn	1104	55	42	Fiedler	1210	122	59	Lafayette	1356	220
9	Farr	1007	12	26	Griswold	1115	65	43	Carney	1216	181	60	Eon	1358	221
10	Mudd	1010	14	27	Winkworth	1116	115	44	Simons	1217	130	61	Lee	1413	232
11	Hipwell	1014	44	28	Abels	1124	76	45	Maslo	1221	137	62	Sewald	1430	234
12	Drazga	1015	45	29	Wahlenmayer	1126	129	46	Jin	1228	143	63	Nash	1435	236
13	Wolfe	1015	17	30	Brown	1127	131	47	M. Metzger	1230	146	64	Hartle	1439	271
14	Miner	1018	49	31	Banyas	1127	79	48	Peterson	1238	205	65	C. Miller	1543	276
15	Duckworth	1023	56	32	Mitterer	1130	136	49	Lego	1244	158				
16	Milliken	1024	57	33	T. Wang	1130	137	50	Welsh	1250	168			7th	284
17	Slade	1034	29	34	Lyons	1133	140	51	Bordo	1256	173			8th	281

9/27/2016

Home vs. Pine-Richland  
80 Degrees SunnyNA 15  
P-R 46

Record: 8-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Compton	1111	1	19	Tomino	1256	27	37	Banyas	1402	54	55	Welsh	1538	79
2	Kollitz	1133	2	20	Como	1301	28	38	Brown	1403	52	56	Young	1539	80
3	Barry	1136	3	21	Melnyk	1302	29	39	May	1404	53	57	Rudolph	1546	83
4	Foody	1140	4	22	Winkworth	1306	30	40	Murphy	1406	56	58	Nixon	1548	84
5	A. Miller	1149	5	23	Henderson	1310	31	41	M. Metzger	1414	57	59	Laun	1550	86
6	Walsh	1206	8	24	Sprys	1313	32	42	Maslo	1425	58	60	Eom	1617	89
7	Schall	1210	9	25	Slade	1323	35	43	Synan	1428	59	61	Berty	1628	90
8	Farr	1214	11	26	Lindgren	1324	36	44	Mudd	1429	60	62	Bordo	1631	91
9	Drazga	1215	12	27	Lyons	1328	37	45	Podnar	1433	62	63	Sewald	1633	92
10	Hipwell	1219	14	28	Ahn	1336	40	46	Jin	1434	64	64	Palicki	1639	93
11	Wolfe	1219	15	29	Simons	1341	41	47	Fiedler	1437	65	65	Sprinkle	1644	94
12	Duckworth	1228	16	30	Abels	1345	42	48	Carney	1441	66	66	Nash	1658	95
13	Shuttleworth	1232	17	31	Griswold	1351	43	49	Peterson	1456	70	67	J.Puschaver	1706	96
14	Hart	1233	18	32	T. Wang	1353	44	50	Wahlenmayer	1458	71	68	Joyce	1756	97
15	Milliken	1241	21	33	T.Puschaver	1353	45	51	Steele	1506	72	69	Prem	1803	98
16	Mark	1242	22	34	Misiti	1354	46	52	G. Metzger	1520	76	70	Hartle	1808	99
17	Dopkosky	1245	24	35	Melanson	1354	47	53	Lego	1523	77	71	C. Miller	2050	101
18	Pizon	1251	25	36	Mitterer	1357	48	54	Littke	1535	78				101

10/1/2016

Slippery Rock Invitational  
64 Degrees, Wet, Cloudy, Overcast

38 Points  
1<sup>st</sup> of 21 Teams

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Compton	1028	2	17	Dopkosky	1222	73	33	Podnar	1339	168	49	G.Metzger	1449	258
2	Foody	1111	6	18	Hart	1229	79	34	Simons	1342	175	50	Maslo	1452	261
3	Kollitz	1115	7	19	Winkworth	1241	95	35	May	1350	186	51	Lafayette	1457	263
4	Barry	1124	10	20	Henderson	1244	98	36	Fiedler	1354	191	52	Rudolph	1516	278
5	A. Miller	1133	15	21	Como	1244	99	37	Lyons	1354	193	53	Young	1525	281
6	Hipwell	1144	25	22	Melnyk	1246	106	38	Murphy	1355	195	54	Laun	1532	285
7	Mudd	1150	31	23	Lindgren	1252	114	39	Carney	1356	197	55	Sewald	1542	289
8	Walsh	1153	35	24	Slade	1253	116	40	M.Metzger	1402	202	56	Prem	1547	291
9	Schall	1155	38	25	Tomino	1256	120	41	T. Wang	1404	205	57	Berty	1602	296
10	Shuttleworth	1153	40	26	Pizon	1259	121	42	Synan	1404	206	58	Sprinkle	1619	297
11	Drazga	1201	45	27	Mark	1304	131	43	Jin	1412	218	59	Nash	1641	302
12	Farr	1202	48	28	Abels	1309	133	44	Mitterer	1432	239	60	Hartle	1704	310
13	Wolfe	1203	49	29	Banyas	1328	154	45	Peterson	1438	244	61	J.Puschaver	1721	314
14	Milliken	1211	66	30	Griswold	1328	155	46	Welsh	1439	245	62	C. Miller	2027	331
15	Duckworth	1220	71	31	Brown	1329	156	47	Lego	1441	247	63	Joyce	2049	334
16	Miner	1220	72	32	T.Puschaver	1331	159	48	Littke	1442	250				338

10/4/2016

Home vs. Butler  
75 Degrees Sunny

NA 15  
Butler 48

Record: 9-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Compton	1057	1	19	Dopkosky	1249	23	37	May	1354	46	55	Lego	1516	71
2	Kollitz	1120	2	20	Hart	1251	24	38	Fiedler	1401	47	56	Badamo	1519	72
3	Barry	1126	3	21	Melnyk	1257	25	39	T. Wang	1402	48	57	Laun	1534	73
4	Foody	1132	4	22	Slade	1301	26	40	Wahlenmayer	1406	50	58	Young	1544	74
5	Mudd	1142	5	23	Mark	1301	27	41	M. Metzger	1406	51	59	Lafayette	1545	75
6	Hipwell	1152	7	24	Sprys	1301	28	42	Steele	1408	52	60	Melanson	1549	76
7	Shuttleworth	1155	8	25	Pizon	1310	30	43	Carney	1412	53	61	G.Metzger	1554	77
8	Walsh	1202	9	26	Lindgren	1310	31	44	Murphy	1413	54	62	Berty	1556	78
9	Schall	1204	10	27	Tomino	1312	32	45	Synan	1415	56	63	Sewald	1605	79
10	Drazga	1206	12	28	Lyons	1322	34	46	Mitterer	1417	57	64	Joyce	1608	80
11	Farr	1207	13	29	Brown	1323	35	47	Nixon	1417	58	65	Rudolph	1609	81
12	Wolfe	1208	14	30	Ahn	1327	36	48	Maslo	1430	62	66	Hartle	1644	82
13	Duckworth	1225	16	31	Abels	1331	38	49	Welsh	1441	64	67	Sprinkle	1651	83
14	Milliken	1228	17	32	Podnar	1344	39	50	Jin	1443	65	68	Prem	1656	84
15	Henderson	1233	18	33	Simons	1347	41	51	Peterson	1455	66	69	E. Wang	1656	85
16	Miner	1233	19	34	Banyas	1347	42	52	Ranade	1501	68	70	Nash	1705	86
17	Como	1238	20	35	Griswold	1349	44	53	Fitzgerald	1507	69	71	J.Puschaver	1724	89
18	Winkworth	1244	22	36	T.Puschaver	1351	45	54	Littke	1509	70	72	C. Miller	1757	91/93





# 2016 North Allegheny Invitational

## 64 Degrees, Sunny and Nice 10/11/2016



### Boys' Select Race

	Team	1	2	3	4	5	Total	6	7
1	North Allegheny	1	3	4	7	19	34	20	35
2	Fox Chapel	2	9	14	16	18	59	32	39
3	Pine-Richland	8	10	13	23	25	79	27	43
4	Hampton	5	11	22	24	31	93	50	56
5	Knoch	6	17	29	30	38	120	47	65
6	Butler	15	21	36	37	48	157	55	62
7	Seneca Valley	12	26	33	49	51	171	52	57
8	Mars	34	40	41	46	53	214	61	63
9	Shaler	28	44	54	59	60	245		
10	North Hills	45	58	64	67	68	302		

1	814	Tim Compton (1)	North Allegheny	10:43
2	670	Nico Castracani (1)	Fox Chapel	10:47
3	822	Connor Foody (2)	North Allegheny	10:54
4	808	Ryan Barry (3)	North Allegheny	11:10
5	914	Corey Letterle (1)	Hampton	11:11
6	291	Daniel Deal, Jr. (1)	Knoch	11:12
7	832	Andrew Kollitz (4)	North Allegheny	11:13
8	183	Anthony Hartwick (1)	Pine-Richland	11:27
9	685	Jacques Moye (2)	Fox Chapel	11:30
10	196	Victor Williams (2)	Pine-Richland	11:33
11	910	Gage Galuska (2)	Hampton	11:34
12	921	Luke Choban (1)	Seneca Valley	11:35
13	178	Luke Waltrip (3)	Pine-Richland	11:39
14	680	Ryan Kenyon (3)	Fox Chapel	11:39
15	977	Cole Lyons (1)	Butler	11:40
16	666	Will Burger (4)	Fox Chapel	11:41
17	293	Luke Klutschkowski (2)	Knoch	11:41
18	676	Shane Funk (5)	Fox Chapel	11:42
19	829	Nathaniel Hipwell (5)	North Allegheny	11:45
20	881	Coleman Walsh (6)	North Allegheny	11:48
21	970	Brayden Koegler (2)	Butler	11:52
22	920	Aidan Heath (3)	Hampton	11:57
23	248	Brandon Guise (4)	Pine-Richland	11:57
24	904	Austin Garrett (4)	Hampton	11:59
25	173	Colby Ohlund (5)	Pine-Richland	12:00
26	922	Justin Redilla (2)	Seneca Valley	12:00
27	187	Reese Martin (6)	Pine-Richland	12:02
28	532	Ryan Paris (1)	Shaler	12:03
29	290	Ryan Barnes (3)	knoch	12:05
30	292	Samuel Freyermuth (4)	knoch	12:05
31	916	William Brandeis (5)	Hampton	12:09
32	697	Tristan Vettier (6)	Fox Chapel	12:10
34	923	Sebastian Wary (3)	Seneca Valley	12:15
35	548	Boschoff (1)	Mars	12:18

36	975	Ian Llewellyn (3)	Butler	12:21
37	984	Lucas Slear (4)	Butler	12:22
38	297	Caedon West (5)	Knoch	12:23
39	686	Ethan Napolitan (7)	Fox Chapel	12:24
40	449	Porter (2)	Mars	12:24
41	199	Kerempsky (3)	Mars	12:26
42	989	Michael Kozy (1)	Carlynton	12:29
43	194	Mark Terchick (7)	Pine-Richland	12:29
44	533	Tyler Paszkowski (2)	Shaler	12:33
45	497	Shane Holland (1)	North Hills	12:34
46	448	Trzeciak (4)	Mars	12:38
47	298	Ethan Wymer (6)	knoch	12:48
48	964	Guinness Brown (5)	Butler	12:51
49	925	Jack Garbin (4)	Seneca Valley	12:53
50	908	Aidan Sawyer (6)	Hampton	12:54
51	927	Andrew Drozynski (5)	Seneca Valley	12:58
52	926	Alex Mortier (6)	Seneca Valley	12:58
53	100	McMaster (5)	Mars	12:59
54	534	Jonathan Zang (3)	Shaler	13:02
55	978	Payton McKee (6)	Butler	13:08
56	903	August Wolf (7)	Hampton	13:14
57	924	Paul Amado (7)	Seneca Valley	13:18
58	498	Alek Serowik (2)	North Hills	13:19
59	537	Luke Franks (4)	Shaler	13:21
60	535	Charlie Nieder (5)	Shaler	13:22
61	500	Gottschalk (6)	Mars	13:33
62	968	Shawn Fulmer (7)	Butler	13:34
63	549	Bowie (7)	Mars	13:42
64	494	Harrison Miller (3)	North Hills	13:45
65	294	Ty Misisis (7)	knoch	14:05
66	988	Michael Kemmler (2)	Carlynton	14:08
67	495	Connor Farrar (4)	North Hills	16:45
68	496	Conol Bradshaw (5)	North Hills	16:55



## Boys' Open Race

1	684	Jose Morales (1)	Fox Chapel	11:48
2	868	Caleb Schall (1)	North Allegheny	11:49
3	886	Graham Wolfe (2)	North Allegheny	11:51
4	819	Brandon Farr (3)	North Allegheny	11:59
5	871	William Shuttleworth (4)	North Allegheny	11:59
6	668	Jason Carter (2)	Fox Chapel	12:01
7	816	Michael Drazga (5)	North Allegheny	12:01
8	817	Elijah Duckworth (6)	North Allegheny	12:02
9	850	Joseph Miner (7)	North Allegheny	12:08
10	849	Reed Milliken (8)	North Allegheny	12:12
11	682	Jack Lorence (3)	Fox Chapel	12:15
12	815	Jacob Dopkosky (9)	North Allegheny	12:17
13	844	Maxwell Melnyk (10)	North Allegheny	12:20
14	669	Owen Carter (4)	Fox Chapel	12:22
15	813	Andrew Como (11)	North Allegheny	12:22
16	851	Mario Misiti (12)	North Allegheny	12:25
17	860	Benjamin Pizon (13)	North Allegheny	12:26
18	665	Noah Bradley (5)	Fox Chapel	12:26
19	885	Jacob Winkworth (14)	North Allegheny	12:26
20	678	Jordan Gwin (6)	Fox Chapel	12:26
21	169	Asher Harrington (1)	Pine-Richland	12:27
22	840	Aaron Mark (15)	North Allegheny	12:27
23	826	Alexander Hart (16)	North Allegheny	12:27
24	828	Logan Henderson (17)	North Allegheny	12:32
25	837	Benjamin Lindgren (18)	North Allegheny	12:34
26	873	Brady Slade (19)	North Allegheny	12:36
27	933	Braden Flach (1)	Seneca Valley	12:36
28	875	Wesley Sprys (20)	North Allegheny	12:37
29	186	AJ Lachima (2)	Pine-Richland	12:39
30	244	Joey Dudkowski (3)	Pine-Richland	12:41
31	909	Carson Williams (1)	Hampton	12:43
32	170	Caroson Kopp (4)	Pine-Richland	12:44
33	930	Zach Guth (2)	Seneca Valley	12:51
34	986	Sage Vavro (1)	Butler	12:53
35	929	Gage Eckley (3)	Seneca Valley	12:56
36	932	Carson Meinert (4)	Seneca Valley	12:56
37	931	Sebastian Lichy (5)	Seneca Valley	12:58
38	872	Nicholas Simons (21)	North Allegheny	12:58
39	839	Matthew Lyons (22)	North Allegheny	13:02
40	543	Riley Bellan (1)	McKeesport	13:04
41	175	Zach Sporrer (5)	Pine-Richland	13:05
42	542	Tyshawn Brownfield (2)	McKeesport	13:05
43	663	Nathan Anderson (7)	Fox Chapel	13:06
44	249	Harmon (1)	Mars	13:06
45	695	Holden Smith (8)	Fox Chapel	13:06
46	699	Ashton Wick (9)	Fox Chapel	13:07
47	981	Aaron Pisor (2)	Butler	13:13
48	811	Noah Brown (23)	North Allegheny	13:16
49	804	Albert Abels (24)	North Allegheny	13:16
50	928	Liam Harmer (6)	Seneca Valley	13:16

51	172	Gaven Neill (6)	Pine-Richland	13:17
52	246	Luke Farrar (7)	Pine-Richland	13:17
53	823	Trey Griswold (25)	North Allegheny	13:17
54	690	Jack Scott (10)	Fox Chapel	13:20
55	188	Bradley Mcleister (8)	Pine-Richland	13:20
56	465	Nathan Lomago (1)	Eden Christian	13:22
57	805	Sun Ahn (26)	North Allegheny	13:22
58	853	George Moran (27)	North Allegheny	13:25
59	694	Sam Slember (11)	Fox Chapel	13:26
60	907	William Retsch (2)	Hampton	13:31
61	672	Jake DeMotte (12)	Fox Chapel	13:32
62	866	Lucas Rodgers (28)	North Allegheny	13:33
63	864	Tristan Puschaver (29)	North Allegheny	13:33
64	180	Lance Bruno (9)	Pine-Richland	13:34
65	972	Ryder Kriley (3)	Butler	13:35
66	935	Hunter Reynolds (7)	Seneca Valley	13:35
67	936	Justin Domencic (8)	Seneca Valley	13:36
68	190	Nathan Sharp (10)	Pine-Richland	13:36
69	905	Zach Krills (3)	Hampton	13:38
70	820	Keenan Fiedler (30)	North Allegheny	13:40
71	846	Mac Metzger (31)	North Allegheny	13:41
72	852	John Mitterer (32)	North Allegheny	13:42
73	973	Nicholas Lauther (4)	Butler	13:45
74	287	Braydon Sloan (1)	Knoch	13:49
75	855	Sean Murphy (33)	North Allegheny	13:49
76	861	Ryan Podnar (34)	North Allegheny	13:50
77	980	Dawson Pfabe (5)	Butler	13:51
78	671	Jonah Compton (13)	Fox Chapel	13:52
79	876	Ethan Steele (35)	North Allegheny	13:52
80	662	Arda Akinici (14)	Fox Chapel	13:53
81	299	Conner (2)	Mars	13:54
82	883	Thomas Wang (36)	North Allegheny	13:55
83	176	Justin Stone (11)	Pine-Richland	13:56
84	696	Theo Urban (15)	Fox Chapel	13:56
85	877	Patrick Synan (37)	North Allegheny	13:57
86	915	Michael Belch (4)	Hampton	13:58
87	985	Aidan Strobel (6)	Butler	13:59
88	918	C.J. Collins (5)	Hampton	13:59
89	405	Hennessy (3)	Mars	14:00
90	195	Tranner Trebilcock (12)	Pine-Richland	14:01
91	177	Trent Vacula (13)	Pine-Richland	14:01
92	245	Matthew Farmer (14)	Pine-Richland	14:01
93	679	Josh Higgins (16)	Fox Chapel	14:02
94	544	Nolan Piotrowski (3)	McKeesport	14:02
95	842	Connor May (38)	North Allegheny	14:02
96	174	Nate Skripac (15)	Pine-Richland	14:03
97	913	Cameron Marshalwitz (6)	Hampton	14:07
98	807	Gavin Banyas (39)	North Allegheny	14:09
99	693	Ben Siri (17)	Fox Chapel	14:09
100	857	Benton Nixon (40)	North Allegheny	14:10

101	879	Eric Tomino (41)	North Allegheny	14:11
102	965	Kaden Chopp (7)	Butler	14:14
103	667	Andrew Byersdorfer 18	Fox Chapel	14:15
104	880	Theo Wahlenmayer (42)	North Allegheny	14:17
105	540	Joey Saitta (1)	Shaler	14:17
106	327	Croup (4)	Mars	14:18
107	934	Zach Donaldson (9)	Seneca Valley	14:18
108	181	Bryan Deleon (16)	Pine-Richland	14:21
109	812	Trevor Carney (43)	North Allegheny	14:29
110	836	Noah Lego (44)	North Allegheny	14:30
111	193	Kyle Stephenson (17)	Pine-Richland	14:35
112	729	Nathaniel Yerage (19)	Fox Chapel	14:36
113	681	Alex Krist (20)	Fox Chapel	14:37
114	859	Zoha Peterson (45)	North Allegheny	14:37
115	179	Max Brooks (18)	Pine-Richland	14:38
116	285	Matt Dravis (2)	Knoch	14:39
117	919	Quentin Romero-Lauro	Hampton	14:39
118	300	Bromley (5)	Mars	14:40
119	536	Adam Broughler (2)	Shaler	14:40
120	983	Luke Sherwin (8)	Butler	14:41
121	192	Domenic Slayton (19)	Pine-Richland	14:43
122	838	Mark Littke (46)	North Allegheny	14:44
123	295	Colin Quinn (3)	Knoch	14:45
124	675	Nate Fetting (21)	Fox Chapel	14:47
125	692	Simon Shin (22)	Fox Chapel	14:49
126	243	Canyon Cutone (20)	Pine-Richland	14:50
127	830	Owen Jin (47)	North Allegheny	14:52
128	429	Balfour (6)	Mars	14:58
129	887	Braeden Young (48)	North Allegheny	15:00
130	464	Josiah Hudock (2)	Eden Christian	15:04
131	689	Matias Schopfer (23)	Fox Chapel	15:06
132	870	Mateo Sewald (49)	North Allegheny	15:07
133	841	Alexander Maslo (50)	North Allegheny	15:08
134	191	Coby Sipple (21)	Pine-Richland	15:10
135	906	Charles Lubert (8)	Hampton	15:10
136	982	Josiah Sespico (9)	Butler	15:13
137	182	Owen Dennison (22)	Pine-Richland	15:15
138	538	Philip White (3)	Shaler	15:17
139	821	Dylan Fitzgerald (51)	North Allegheny	15:17
140	845	Grant Metzger (52)	North Allegheny	15:26
141	834	Stephen Laun (53)	North Allegheny	15:27
142	247	Kevin Frenz (23)	Pine-Richland	15:34
143	539	Conner Penwell (4)	Shaler	15:39
144	917	Nick Ibinson (9)	Hampton	15:44

145	677	Zane Gavazzi (24)	Fox Chapel	15:44
146	831	Michael Joyce (54)	North Allegheny	15:55
147	673	Leo DiPaolo (25)	Fox Chapel	15:56
148	825	Sebastian Hallen (55)	North Allegheny	15:59
149	833	Cameron Lafayette (56)	North Allegheny	16:00
150	664	Andre Bem (26)	Fox Chapel	16:02
151	862	Owen Prem (57)	North Allegheny	16:03
152	858	William Palicki (58)	North Allegheny	16:08
153	856	Ryan Nash (59)	North Allegheny	16:10
154	835	Danny Lee (60)	North Allegheny	16:16
155	818	Seth Eom (61)	North Allegheny	16:17
156	296	Steven Sinka (4)	knoch	16:18
157	691	Tommy Scott (27)	Fox Chapel	16:18
158	806	Hunter Badamo (62)	North Allegheny	16:21
159	428	Banday (7)	Mars	16:23
160	467	Isaac Wick (3)	Eden Christian	16:26
161	867	Chris Rudolph (63)	North Allegheny	16:28
162	974	Aden Llewellyn (10)	Butler	16:29
163	466	Joe Deems (4)	Eden Christian	16:49
164	683	Evan Lyons (28)	Fox Chapel	16:50
165	979	Ethan Peffer (11)	Butler	17:02
166	541	Connor Schneck (5)	Shaler	17:16
167	874	Gannon Sprinkle (64)	North Allegheny	17:20
168	809	Ethan Berty (65)	North Allegheny	17:28
169	198	McCarty (8)	Mars	17:29
170	827	Luke Hartle (66)	North Allegheny	17:29
171	969	Jacob Jones (12)	Butler	17:30
172	286	Luke Priester (5)	knoch	17:33
173	966	Brenden Dreher (13)	Butler	17:38
174	971	Kyle Kopas (14)	Butler	17:40
175	863	Jake Puschaver (67)	North Allegheny	18:01
176	688	Andrew Risinger (29)	Fox Chapel	18:01
177	184	John Hoffman (24)	Pine-Richland	18:08
178	197	Samuel Yarger (25)	Pine-Richland	18:16
179	200	Kaul (9)	Mars	18:42
180	912	Daniel Farrell (10)	Hampton	18:49
181	698	Nico Vlivino (30)	Fox Chapel	19:05
182	848	Collin Miller (68)	North Allegheny	19:14
183	427	Beach (9)	Mars	19:20
184	242	Eric Bilger (26)	Pine-Richland	19:50
185	674	Ryan Doherty (31)	Fox Chapel	19:58
186	499	Craft (10)	Mars	20:32
187	171	Justin Minicozzi (27)	Pine-Richland	20:53

## Girls' Select Race

	Team	1	2	3	4	5	Total	6	7
1	Mars	3	4	7	13	16	43	20	41
2	North Allegheny	1	6	11	12	14	44	15	23
3	Fox Chapel	5	10	17	25	27	84	32	33
4	Seneca Valley	18	21	22	28	31	120	36	37
5	Pine-Richland	8	9	29	40	42	128	46	56
6	Shaler	2	30	34	47	55	168		
7	Hampton	19	26	39	52	54	190	57	61
8	Butler	24	35	38	51	60	208	63	64
9	Carlynton	44	48	49	50	58	249	62	
10	North Hills	43	45	53	59	65	265		

1	749	Stefanie Cwalina (1)	North Allegheny	12:01	38	959	Jada Pinto (2)	Butler	14:08
2	521	Danielle Eshelman (1)	Shaler	12:15	39	940	Emma Davis (6)	Seneca Valley	14:14
3	164	Gagnon (1)	Mars	12:19	40	944	Keirsten Belt (7)	Seneca Valley	14:16
4	162	Jancay (2)	Mars	12:24	41	446	Abby Watts (2)	Highlands	14:17
5	641	Emily Fera (1)	Fox Chapel	12:26	42	962	Olivia White (3)	Butler	14:27
6	777	Maura Mlecko (2)	North Allegheny	12:27	43	894	Kai Herchenroether (3)	Hampton	14:28
7	166	Bucknum (3)	Mars	12:28	44	444	Julia Kelley (3)	Highlands	14:29
8	230	Elizabeth Kunkele (1)	Pine-Richland	12:29	45	236	Julio Gianna (4)	Pine-Richland	14:34
9	235	CJ Williams (2)	Pine-Richland	12:33	46	163	Hart (7)	Mars	14:34
10	631	Allison Carey (2)	Fox Chapel	12:35	47	238	Lucy Koebnick (5)	Pine-Richland	14:35
11	786	Taylor Rechenmacher 3	North Allegheny	12:35	48	491	Ally Kraus (1)	North Hills	14:38
12	798	Samantha Waldo (4)	North Allegheny	12:37	49	994	Brook Prepalka (1)	Carlynton	14:40
13	167	Bowes (4)	Mars	12:37	50	487	Beth Satarino (2)	North Hills	14:44
14	785	Samantha Podnar (5)	North Allegheny	12:38	51	237	Allie Kisow (6)	Pine-Richland	14:49
15	794	Emily Thompson (6)	North Allegheny	12:44	52	525	Grace Raida (4)	Shaler	14:51
16	474	Matusek (5)	Mars	12:45	53	288	Kaylynn Brumbaugh (3)	knoch	14:53
17	651	Riley McIntyre (3)	Fox Chapel	12:47	54	993	Mary Duffy (2)	Carlynton	14:56
18	937	Sophia Colonello (1)	Seneca Valley	12:48	55	990	Ellie Exler (3)	Carlynton	15:13
19	902	Bella Henzler (1)	Hampton	12:56	56	992	Amanda Madea (4)	Carlynton	15:15
20	156	Looper (6)	Mars	13:06	57	953	Madeline Albert (4)	Butler	15:21
21	939	Dylan Kirchner (2)	Seneca Valley	13:12	58	901	Gabrielle Miller (4)	Hampton	15:24
22	938	Bailey Royhab (3)	Seneca Valley	13:14	59	492	Massima Curry (3)	North Hills	15:29
23	776	Keeley Misutka (7)	North Allegheny	13:17	60	900	Aubrey Teller (5)	Hampton	15:40
24	958	Samantha Penrod (1)	Butler	13:22	61	523	Paige Barkley (5)	Shaler	15:43
25	647	Gabby Kline (4)	Fox Chapel	13:23	62	445	Lillian Johnson (4)	Highlands	15:44
26	441	Hattie Johnson (1)	Highlands	13:24	63	228	Stella Fannie (7)	Pine-Richland	15:49
27	891	Ciara Evans (2)	Hampton	13:30	64	289	Isabella Froedtert (4)	Knoch	16:07
28	659	Emma Wecht (5)	Fox Chapel	13:31	65	890	Katherine Cafaro (6)	Hampton	16:10
29	942	Chloe Kuntz (4)	Seneca Valley	13:42	66	991	Gwen Kalimon (5)	Carlynton	16:17
30	284	Madison Loos (1)	knoch	13:43	67	493	Sasha Sluis-Cremer (4)	North Hills	16:18
31	239	Sophia Mellis (3)	Pine-Richland	13:43	68	955	Abbie Griffith (5)	Butler	16:23
32	522	Samantha Hennen (2)	Shaler	13:48	69	899	Mary Kornish (7)	Hampton	16:33
33	943	Ella Snyder (5)	Seneca Valley	13:52	70	995	Azjia Gardner (6)	Carlynton	16:53
34	652	Lauryn McKenna (6)	Fox Chapel	13:54	71	956	Rachel McGregor (6)	Butler	16:54
35	283	Jocelyn Holko (2)	Knoch	13:55	72	963	Katlyn Wolf (7)	Butler	18:36
36	656	Rei Sperry (7)	Fox Chapel	14:01	73	489	Nina Walters (5)	North Hills	19:04
37	524	Lauren Raida (3)	Shaler	14:01					

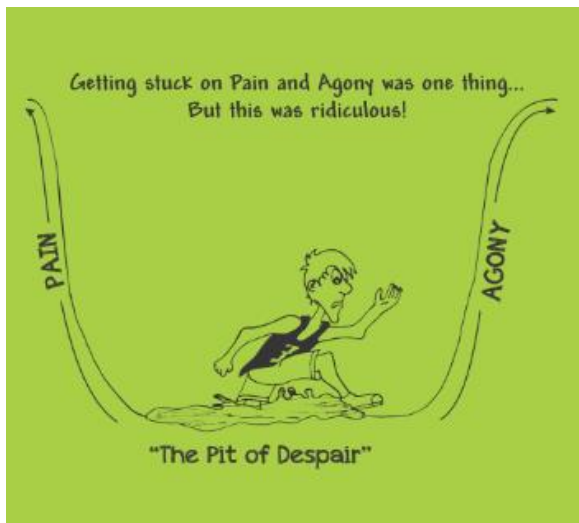
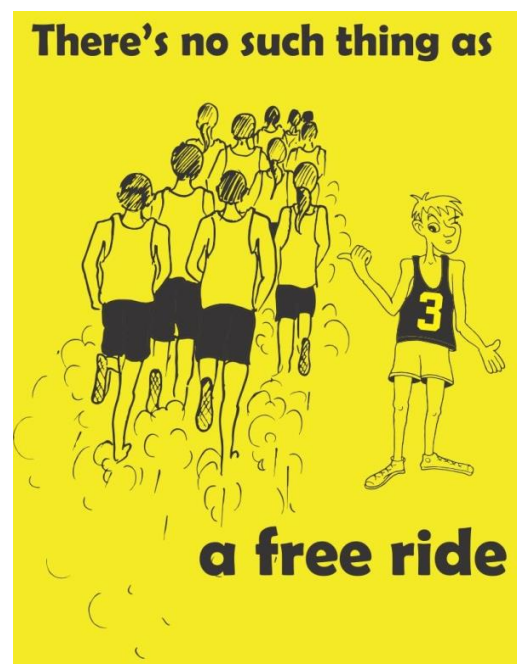
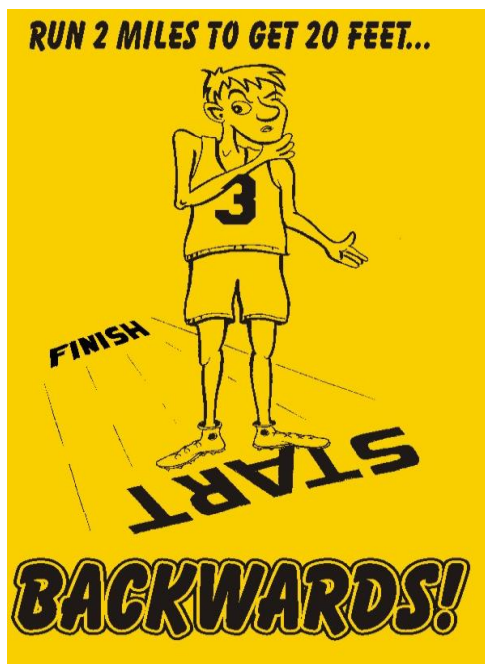
## Girls' Open Race

1	468	Heather Nguyen (1)	Eden Christian	13:14
2	748	Lydia Cwalina (1)	North Allegheny	13:17
3	657	Ava Taylor (1)	Fox Chapel	13:18
4	770	Emily Lagnese (2)	North Allegheny	13:25
5	772	Ann Lynch (3)	North Allegheny	13:28
6	760	Abigayle Hahn (4)	North Allegheny	13:31
7	645	Rachel Higgins (2)	Fox Chapel	13:32
8	773	Claire Majerac (5)	North Allegheny	13:32
9	775	Emma Meyhofer (6)	North Allegheny	13:34
10	766	Jean Kim (7)	North Allegheny	13:35
11	793	Makenzie Standish (8)	North Allegheny	13:47
12	768	Charity Koontz (9)	North Allegheny	13:47
13	240	Mia Petzuk (1)	Pine-Richland	13:58
14	796	Laura Vinski (10)	North Allegheny	13:59
15	470	Caitlin Steele (2)	Eden Christian	14:05
16	797	Makayla Wach (11)	North Allegheny	14:08
17	780	Ashna Patel (12)	North Allegheny	14:09
18	791	Adelle Snider (13)	North Allegheny	14:11
19	790	Sarah Sharar (14)	North Allegheny	14:15
20	232	Elizabeth Kost (2)	Pine-Richland	14:17
21	234	Makayla Roy (3)	Pine-Richland	14:20
22	764	Kaelyn Jones (15)	North Allegheny	14:21
23	241	Katelyn Terchick (4)	Pine-Richland	14:27
24	643	Mona Gerges (3)	Fox Chapel	14:33
25	756	Julia Gallagher (16)	North Allegheny	14:34
26	767	Olivia Kisow (17)	North Allegheny	14:37
27	763	Hyun Hwang (18)	North Allegheny	14:37
28	747	Elizabeth Cuba (19)	North Allegheny	14:38
29	736	Ariella Avigad (20)	North Allegheny	14:41
30	469	Vivien Kohler (3)	Eden Christian	14:41
31	945	Autumn Maerkle (1)	Seneca Valley	14:42
32	941	Daryn Kyle (2)	Seneca Valley	14:43
33	800	Sofie Wessman (21)	North Allegheny	14:47
34	787	Lexi Robinson (22)	North Allegheny	14:48
35	648	Isabella Liberto (4)	Fox Chapel	14:49
36	160	Spoores (1)	Mars	14:49
37	471	Katie Kirby (4)	Eden Christian	14:51
38	231	Zoe Katres (5)	Pine-Richland	14:52
39	947	Bryn Carney (3)	Seneca Valley	14:52
40	400	Wilson (2)	Mars	14:54
41	749	Stefanie Cwalina (23)	North Allegheny	14:54
42	951	Madison Vaughn (4)	Seneca Valley	14:55
43	233	Abby Moreland (6)	Pine-Richland	14:55
44	802	Julia Wonsettler (24)	North Allegheny	14:56
45	801	Lillian Wolfe (25)	North Allegheny	14:57
46	650	Nora McDougall (5)	Fox Chapel	14:59
47	946	Rachel Smith (5)	Seneca Valley	15:00
48	758	Emily Gierczynski (26)	North Allegheny	15:02
49	949	Eva Carney (6)	Seneca Valley	15:07
50	948	Sarah Cyphers (7)	Seneca Valley	15:09

51	638	Erin Doherty (6)	Fox Chapel	15:09
52	636	Molly Dean (7)	Fox Chapel	15:10
53	637	Maria DeMotte (8)	Fox Chapel	15:10
54	653	Rory Sauereisen (9)	Fox Chapel	15:12
55	950	Charlene Moury (8)	Seneca Valley	15:14
56	761	Alexandra Harder (27)	North Allegheny	15:16
57	161	McGuinness (3)	Mars	15:17
58	655	Annabel Siddons (10)	Fox Chapel	15:18
59	527	Emily Matcho (1)	Shaler	15:18
60	634	Rachel Chang (11)	Fox Chapel	15:19
61	765	Caroline Kasunich (28)	North Allegheny	15:24
62	782	Hannah Peterson (29)	North Allegheny	15:25
63	755	Grace Fritsch (30)	North Allegheny	15:25
64	644	Caroline Green (12)	Fox Chapel	15:25
65	735	Vedha Avali (31)	North Allegheny	15:27
66	168	Bisset (4)	Mars	15:27
67	646	Emily Hook (13)	Fox Chapel	15:30
68	744	Carina Breneman (32)	North Allegheny	15:34
69	159	Dasta (5)	Mars	15:36
70	795	Rina Tu (33)	North Allegheny	15:39
71	771	Rachel Lee (34)	North Allegheny	15:40
72	745	Kaitlin Chou (35)	North Allegheny	15:44
73	784	Orianna Plenter (36)	North Allegheny	15:46
74	734	Alexis Arrigo (37)	North Allegheny	15:48
75	788	Katherine Schurter (38)	North Allegheny	15:51
76	750	Tejal Dahake (39)	North Allegheny	15:56
77	759	Marissa Goldthorp (40)	North Allegheny	15:57
78	892	Kennedy Fish (1)	Hampton	15:58
79	803	Ashley Zeman (41)	North Allegheny	15:58
80	658	Lydia Turnquist (14)	Fox Chapel	15:59
81	158	Esswein (6)	Mars	16:11
82	660	Annie Yonas (15)	Fox Chapel	16:11
83	165	Caeser (7)	Mars	16:12
84	752	Julia Fancher (42)	North Allegheny	16:14
85	952	Faith Condric (9)	Seneca Valley	16:21
86	472	Sophie Wilkin (5)	Eden Christian	16:32
87	769	Emma Lafayette (43)	North Allegheny	16:36
88	897	Olivia Durden (2)	Hampton	16:37
89	762	McKenzie Harrison (44)	North Allegheny	16:40
90	792	Caroline Spahr (45)	North Allegheny	16:49
91	531	Jocelyn Schwartz (2)	Shaler	16:50
92	473	Lila Zadan (6)	Eden Christian	16:52
93	895	Madelyn Fair (3)	Hampton	16:56
94	633	Katie Carraciolo (16)	Fox Chapel	17:03
95	737	Grace Baierl (46)	North Allegheny	17:05
96	757	Grace Gao (47)	North Allegheny	17:07
97	642	Anna Ferris (17)	Fox Chapel	17:10
98	751	Sophia Elliott (48)	North Allegheny	17:14
99	530	Virginia Lesnett (3)	Shaler	17:15
100	635	Elizabeth Crookston (18)	Fox Chapel	17:20

101	778	Jenny Molyneaux (49)	North Allegheny	17:27
102	774	Rachel Malko (50)	North Allegheny	17:29
103	781	Kate Patterson (51)	North Allegheny	17:56
104	783	Abigail Pingpank (52)	North Allegheny	18:13
105	147	Berry (8)	Mars	18:28
106	741	Ashnaa Bhide (53)	North Allegheny	18:41
107	545	Raven Bivins (1)	McKeesport	18:46
108	799	Sarah Weller (54)	North Allegheny	18:55
109	889	Natalie Dietrich (4)	Hampton	18:59
110	742	Rachel Bina (55)	North Allegheny	19:12
111	893	Eleanor Harrison (5)	Hampton	19:28
112	746	Autumn Crown (56)	North Allegheny	19:29

113	529	Molly Rutkowski (4)	Shaler	19:40
114	528	Jenivee Girton (5)	Shaler	20:17
115	227	Caroline Duerksen (7)	Pine-Richland	20:24
116	779	Megan Noh (57)	North Allegheny	20:40
117	954	Mackenzie Decker (1)	Butler	20:43
118	384	Quinn (9)	Mars	20:44
119	547	Daejea Moorefield (2)	McKeesport	21:01
120	957	Rachel Pennington (2)	Butler	21:29
121	740	Olivia Belcher (58)	North Allegheny	21:45
122	738	Kassi Barry (59)	North Allegheny	23:55
123	743	Paige Branagan (60)	North Allegheny	24:01
124	789	Allison Schwartz (61)	North Allegheny	24:08







# GIRLS

**8/26/2016**

4:15 PM

Time Trial

86 Degrees, Sunny, Hot, Humid

Place	Name	Time	Place	Name	Time	Place	Name	Time	Place	Name	Time
1	S. Cwalina	1325	13	Misutka	1637	25	Tu	1841	37	Avali	2210
2	Mlecko	1421	14	Patel	1700	26	Dahake	1917	38	Chou	2212
3	Lynch	1437	15	Vinski	1701	27	Lafayette	1938	39	Patterson	2317
4	Thompson	1500	16	Waldo	1702	28	Plenter	1946	40	Barry	2556
5	Lagnese	1527	17	Wolfe	1712	29	Goldthorp	1948	41	Zeman	2707
6	Meyhofer	1552	18	Koontz	1729	30	Lee	1953	42	Malko	2712
7	Jones	1556	19	Fritsch	1730	31	Fritsch	2014	43	Harrison	2719
8	L. Cwalina	1608	20	Snider	1734	32	Breneman	2015	44	Spahr	2726
9	Kim	1619	21	Sharar	1748	33	Schurter	2016	45	Noh	2800
10	Majerac	1619	22	Podnar	1750	34	Schwartz	2019*	46	Bhide	2841
11	Kisow	1623	23	Wonsettler	1752	35	Pingpank	2123	47	Elliott	2842
12	Hahn	1629	24	Gierczynski	1840	36	Baierl	2139	48	Bina	2845

**9/2/2016**

At. Shaler with Mars  
75 Degrees, Mostly Sunny

NA 15 NA 25  
Shaler 50 Mars 30

**Record: 2-0**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	S. Cwalina	1225	2	17	Sharar	1442	28	33	Zeman	1615	48	49	Malko	1806	71
2	Mlecko	1248	3	18	Koontz	1445	29	34	Harder	1616	49	50	Bhide	1840	72
3	Rechenmacher	1259	4	19	Vinski	1448	31	35	Wolfe	1617	50	51	Weller	1843	73
4	Thompson	1304	6	20	Patel	1450	32	36	Kasunich	1619	51	52	Spahr	1859	74
5	Lagnese	1339	10	21	Standish	1459	33	37	Wessman	1629	52	53	Chou	1907	75
6	Lynch	1343	12	22	Hwang	1501	34	38	Lafayette	1633	54	54	Belcher	1911	76
7	Majerac	1344	13	23	Podnar	1507	36	39	Fritsch	1653	56	55	Crown	1919	78
8	Jones	1414	16	24	Snider	1516	37	40	Schurter	1654	57	56	Harrison	1943	79
9	L. Cwalina	1415	17	25	Tu	1541	39	41	Dahake	1655	58	57	Bina	1944	84
10	Misutka	1416	18	26	Behari	1544	40	42	Wonsettler	1707	59	58	Noh	2007	84
11	Kim	1417	19	27	Frist	1547	41	43	Goldthorp	1712	61	59	Barry	2040	86
12	Hahn	1422	20	28	Robinson	1548	42	44	Patterson	1739	63	60	Arriga	2045	87
13	Wach	1426	22	29	Lee	1600	43	45	Plenter	1754	65	61	Branagan	2204	88
14	Meyhofer	1429	24	30	Gierczynski	1601	44	46	Pingpank	1757	67				
15	Kisow	1431	25	31	Avigad	1608	46	47	Fancher	1758	68				
16	Waldo	1437	26	32	Avali	1610	47	48	Breneman	1800	69				88

**9/7/2016**

At Knoch with Fox Chapel  
87 Degrees Hot, Humid

NA win by NA 20  
Knoch Forfeit FC 38

**Record: 4-0**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	S. Cwalina	1117	1	18	Sharar	1347	29	35	Harder	1533	62	52	Gao	1808	82
2	Rechenmacher	1140	2	19	Vinski	1351	30	36	Peterson	1534	63	53	Fancher	1828	84
3	Mlecko	1144	3	20	Patel	1351	31	37	Wessman	1536	64	54	Spahr	1902	85
4	Thompson	1148	4	21	Jones	1352	32	38	Wonsettler	1538	65	55	Harrison	1907	86
5	Lagnese	1241	10	22	Hwang	1353	33	39	Kasunich	1540	66	56	Bhide	1928	87
6	L. Cwalina	1250	11	23	Wach	1355	35	40	Avali	1604	69	57	Crown	1944	88
7	Lynch	1251	12	24	Kisow	1356	36	41	Elliott	1616	70	58	Arrigo	2043	89
8	Kim	1252	14	25	Frist	1434	44	42	Avigad	1624	71	59	Bina	2102	90
9	Waldo	1254	15	26	Lee	1436	45	43	Goldthorp	1625	72	60	Weller	2105	91
10	Misutka	1305	18	27	Gallagher	1439	46	44	Pingpank	1637	73	61	Noh	2121	92
11	Standish	1316	19	28	Wolfe	1441	47	45	Brenemsan	1646	74	62	Zeman	2206	93
12	Hahn	1322	21	29	Behari	1446	48	46	Fritsch	1649	75	63	Malko	2208	94
13	Podnar	1325	22	30	Dahake	1454	49	47	Shurter	1651	76	64	Branagan	2233	95
14	Meyhofer	1327	23	31	Robinson	1459	51	48	Patterson	1729	77	65	Belcher	2258	96
15	Koontz	1329	24	32	Tu	1459	52	49	Plenter	1739	78	66	Schwartz	2335	97
16	Snider	1340	27	33	Lafayette	1510	57	50	Molyneaux	1741	79				
17	Majerac	1343	28	34	Gierczynski	1521	60	51	Chou	1800	81				97



9/14/2016

At North Hills with Hampton  
75 Degrees Wet, Overcast, Humid

NA

15

NA

19

Record: 6-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	S. Cwalina	1041	1	17	Meyhofer	1215	20	33	Tu	1342	43	49	Breneman	1512	65
2	Mlecko	1055	2	18	Koontz	1216	22	34	Robinson	1343	44	50	Pingpank	1519	66
3	Thompson	1106	3	19	Snider	1230	23	35	Avali	1344	45	51	Chou	1605	70
4	Rechenmacher	1116	6	20	Patel	1235	25	36	Fritsch	1349	46	52	Malko	1610	71
5	Misutka	1122	7	21	Gallagher	1236	26	37	Avigad	1400	48	53	Gao	1613	72
6	Lynch	1125	8	22	Kisow	1244	27	38	Molyneaux	1401	49	54	Bhide	1619	73
7	Lagnese	1126	9	23	Hwang	1256	29	39	Lafayette	1410	54	55	Barry	1634	74
8	Waldo	1143	10	24	Behari	1303	31	40	Schurter	1415	55	56	Weller	1640	75
9	Majerac	1146	11	25	Dahake	1307	33	41	Harder	1421	57	57	Arrigo	1644	76
10	Podnar	1147	12	26	Lee	1307	34	42	Spahr	1425	58	58	Belcher	1649	77
11	Jones	1148	14	27	Wolfe	1312	37	43	Goldthorp	1426	59	59	Crown	1650	78
12	Hahn	1153	15	28	Wessman	1317	38	44	Kasunich	1440	60	60	Branagan	1954	80
13	L. Cwalina	1200	16	29	Frist	1319	39	45	Peterson	1441	61	61	Schwartz	2149	81
14	Vinski	1206	17	30	Wonsettler	1326	40	46	Harrison	1444	62				
15	Sharar	1209	18	31	Gierczynski	1339	41	47	Elliott	1450	63				
16	Wach	1211	19	32	Zeman	1341	42	48	Fancher	1503	64				81

9/20/2016

At Seneca Valley  
84 Degrees Sunny, Warm

NA

15

SV

46

Record: 7-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	S. Cwalina	1031	1	17	Meyhofer	1216	23	33	Fritsch	1335	52	49	Patterson	1435	79
2	Rechenmacher	1042	2	18	Vinski	1218	25	34	Avigad	1336	54	50	Zeman	1500	85
3	Mlecko	1052	3	19	Standish	1220	26	35	Lafayette	1339	56	51	Spahr	1539	89
4	Thompson	1104	4	20	Sharar	1225	27	36	Avali	1344	57	52	Bina	1544	90
5	Lagnese	1124	5	21	Kisow	1225	28	37	Wonsettler	1345	59	53	Crown	1553	91
6	Misutka	1127	6	22	Hwang	1229	30	38	Harder	1348	60	54	Arrigo	1626	93
7	Hahn	1139	10	23	Patel	1247	31	39	Schurter	1355	61	55	Gao	1653	95
8	L. Cwalina	1140	11	24	Wach	1300	33	40	Peterson	1359	63	56	Weller	1658	96
9	Kim	1143	13	25	Frist	1303	35	41	Kasunich	1401	65	57	Bhide	1706	97
10	Jones	1147	14	26	Wessman	1309	37	42	Pingpank	1409	68	58	Malko	1736	98
11	Waldo	1155	16	27	Gallagher	1310	38	43	Tu	1417	70	59	Branagan	1842	99
12	Podnar	1156	17	28	Gierczynski	1317	43	44	Elliott	1417	71	60	Chou	1843	100
13	Lynch	1200	18	29	Dahake	1321	45	45	Fancher	1419	72	61	Belcher	1912	101
14	Koontz	1210	20	30	Robinson	1328	49	46	Harrison	1425	73	62	Schwartz	???	102
15	Majerac	1212	21	31	Breneman	1333	50	47	Baierl	1425	74				
16	Snider	1215	22	32	Lee	1334	51	48	Goldthorp	1434	78				102

9/23/2016

Fox Chapel Invitational  
88 Degrees Hot, Sunny7<sup>th</sup> = 2<sup>nd</sup>

253 Runners

8<sup>th</sup> = 1<sup>st</sup>

239 Runners

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	S. Cwalina	1018	2	18	Snider	1220	61	35	Goldthorp	1354	125	52	Patterson	1549	206
2	Mlecko	1036	1	19	Vinski	1230	75	36	Harder	1356	129	53	Bina	1550	210
3	Thompson	1105	21	20	Patel	1232	81	37	Wonsettler	1358	152	54	Arrigo	1628	219
4	Rechenmacher	1108	22	21	Wach	1235	89	38	Breneman	1402	139	55	Weller	1631	213
5	Misutka	1109	24	22	Sharar	1252	80	39	Avali	1408	149	56	Zeman	1638	216
6	Lagnese	1118	30	23	Wolfe	1304	111	40	Peterson	1409	162	57	Bhide	1652	221
7	Kim	1135	37	24	Gallagher	1305	112	41	Kasunich	1413	163	58	Belcher	1705	221
8	Podnar	1145	35	25	Lee	1305	91	42	Gierczynski	1413	154	59	Spahr	1707	223
9	Lynch	1148	46	26	Robinson	1307	114	43	Plechter	1423	172	60	Noh	1816	232
10	Hahn	1149	37	27	Frist	1317	122	44	Chou	1433	168	61	Crown	1850	239
11	Waldo	1150	38	28	Dahake	1318	101	45	Lafayette	1441	174	62	Branagan	1901	236
12	L. Cwalina	1156	44	29	Fritsch	1319	103	46	Harrison	1455	187	63	Flagg	1903	237
13	Majerac	1200	46	30	Avigad	1320	105	47	Pingpank	1515	198	64	Malko	2540	251
14	Koontz	1203	51	31	Tu	1321	126	48	Baierl	1526	201	65	Schwartz	2543	252
15	Jones	1204	52	32	Molyneaux	1323	127	49	Elliott	1544	206				
16	Meyhofer	1205	53	33	Wessman	1331	135	50	Gao	1544	207			7th	253
17	Standish	1210	60	34	Schurter	1352	122	51	Fancher	1547	205			8th	239

9/27/2016

Home vs. Pine-Richland  
80 Degrees SunnyNA 18  
P-R 41

Record: 8-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	S. Cwalina	1212	1	17	Patel	1453	26	33	Frist	1559	45	49	Plenter	1849	62
2	Rechenmacher	1250	2	18	Waldo	1455	27	34	Robinson	1559	46	50	Pingpank	1852	63
3	Mlecko	1254	3	19	Sharar	1459	28	35	Lee	1606	48	51	Spahr	1854	64
4	Thompson	1302	4	20	Wach	1507	29	36	Schurter	1633	49	52	Chou	1858	65
5	Lynch	1340	8	21	Kisow	1509	30	37	Avali	1633	50	53	Arrigo	1915	66
6	Misutka	1354	9	22	Gallagher	1517	31	38	Breneman	1642	51	54	Bhide	1915	67
7	Lagnese	1355	10	23	Wolfe	1518	32	39	Kasunich	1643	52	55	Elliott	1916	68
8	Podnar	1356	11	24	Cuba	1519	33	40	Peterson	1647	53	56	Bina	1955	69
9	Kim	1357	12	25	Jones	1520	35	41	Wonsettler	1701	54	57	Gao	1956	70
10	Hahn	1410	13	26	Hwang	1521	36	42	Harder	1705	55	58	Weller	2017	71
11	L. Cwalina	1415	14	27	Wessman	1540	39	43	Lafayette	1723	56	59	Crown	2018	72
12	Koontz	1423	16	28	Gierczynski	1547	40	44	Fancher	1729	57	60	Belcher	2207	74
13	Meyhofer	1424	17	29	Fritsch	1548	41	45	Goldthorp	1805	58	61	Zeman	2242	75
14	Snider	1445	21	30	Dahake	1552	42	46	Baierl	1810	59	62	Noh	2325	76
15	Standish	1445	22	31	Avigad	1552	43	47	Harrison	1815	60	63	Malko	2816	77
16	Vinski	1453	25	32	Behari	1558	44	48	Patterson	1840	61	64	Schwartz	2816	78/78

10/1/2016

Slippery Rock Invitational  
64 Degrees, Wet, Cloudy, Overcast67 Points  
2<sup>nd</sup> of 19 Teams

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	S. Cwalina	1208	3	14	Standish	1355	78	27	Wonsettler	1524	165	40	Pingpank	1700	242
2	Mlecko	1229	10	15	Lagnese	1356	79	28	Gierczynski	1525	167	41	Harrison	1705	243
3	Rechenmacher	1240	17	16	Wach	1408	92	29	Lee	1528	172	42	Fancher	1732	253
4	Thompson	1243	20	17	Snider	1411	96	30	Tu	1536	181	43	Baierl	1756	258
5	Podnar	1244	21	18	Sharar	1418	100	31	Fritsch	1524	184	44	Arrigo	1805	260
6	Misutka	1312	33	19	Koontz	1419	101	32	Goldthorp	1547	191	45	Gao	1831	269
7	Waldo	1319	41	20	Kisow	1427	107	33	Avali	1557	202	46	Bina	1836	271
8	Lynch	1332	53	21	Robinson	1441	117	34	Breneman	1600	205	47	Weller	1841	272
9	Hahn	1338	55	22	Patel	1450	126	35	Harder	1611	214	48	Crown	1931	276
10	Jones	1341	59	23	Gallagher	1456	129	36	Schurter	1615	215	49	Schwartz	2038	281
11	Majerac	1342	61	24	Hwang	1504	141	37	Lafayette	1616	216				
12	L. Cwalina	1350	70	25	Wessman	1506	147	38	Patterson	1628	221				
13	Vinski	1351	71	26	Avigad	1521	162	39	Zeman	1644	234				285

10/4/2016

Home vs. Butler  
75 Degrees SunnyNA 15  
Butler 50

Record: 9-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	S. Cwalina	1217	1	18	Majerac	1431	19	35	Avali	1612	39	52	Elliott	1754	58
2	Mlecko	1254	2	19	Vinski	1433	20	36	Zeman	1626	41	53	Arrigo	1805	59
3	Rechenmacher	1257	3	20	Wach	1441	21	37	Kasunich	1626	42	54	Baierl	1812	60
4	Thompson	1314	4	21	Jones	1449	22	38	Peterson	1627	43	55	Pingpank	1819	61
5	Waldo	1324	5	22	Patel	1454	23	39	Breneman	1629	44	56	Spahr	1827	62
6	Podnar	1329	6	23	Hwang	1501	24	40	Tu	1633	45	57	Gao	1948	63
7	Misutka	1332	7	24	Gallagher	1508	25	41	Goldthorp	1633	46	58	Bina	1948	64
8	L. Cwalina	1334	8	25	Gierczynski	1517	28	42	Schurter	1644	47	59	Weller	2002	65
9	Lagnese	1334	9	26	Wessman	1519	29	43	Cuba	1646	48	60	Crown	2003	66
10	Hahn	1346	11	27	Avigad	1536	30	44	Harder	1657	49	61	Malko	2036	67
11	Kim	1403	12	28	Robinson	1537	31	45	Lafayette	1702	50	62	Bhide	2044	68
12	Snider	1405	13	29	Fritsch	1537	32	46	Chou	1703	51	63	Noh	2141	70
13	Koontz	1409	14	30	Dahake	1548	33	47	Plenter	1725	52	64	Belcher	2204	72
14	Lynch	1415	15	31	Kisow	1549	34	48	Molyneaux	1729	54	65	Branagan	2418	73
15	Sharar	1417	16	32	Wolfe	1555	36	49	Fancher	1730	55	66	Barry	2419	74
16	Standish	1420	17	33	Wonsettler	1556	37	50	Harrison	1736	56	67	Schwartz	2421	75
17	Meyhofer	1421	18	34	Lee	1557	38	51	Patterson	1742	57				75

## All-Time Records on Marshall Middle School Course

Times indicate that individual's best performance on the course at MMS since its inception in 2004.

### GIRLS (Sub-12:10)

		Team	Time	Date
1	Marianne Abdalah	North Allegheny	10:47	10/11/2012
2	Clara Savchik	North Allegheny	11:07	10/8/2013
3	Madeleine Davison	North Allegheny	11:19	10/11/2011
4	Ally Meehan	North Allegheny	11:28	10/8/2013
5	Alex Gambill	North Allegheny	11:35	10/7/2008
6	Caroline Daggett	North Allegheny	11:40	9/30/2014
7	Lindsay Holdcroft	North Allegheny	11:45	9/28/2005 & 10/11/2005
8	Chloe Grzyb	Peters Township	11:49	10/7/2011
9	Annika Urban	Fox Chapel	11:52	10/7/2014
10	Jolene Kunkel	Knoch	11:54	10/10/2006
11	Caroline Cwalina	North Allegheny	11:56	10/7/2009
12	Elaina Balouris	Hampton	12:00	10/11/2005
13	Abby Pitcairn	Fox Chapel	12:01	10/11/2012
	<b>Stefanie Cwalina</b>	<b>North Allegheny</b>	<b>12:01</b>	<b>10/11/2016</b>
15	Kate Aldrich	Seneca Valley	12:02	10/7/2014
16	Cristina Frazzini	Butler	12:03	10/7/2008
	Bri Schwartz	Shaler	12:03	10/12/2010
18	Alex Rode	North Hills	12:04	10/7/2008
18	Kim Goehring	North Allegheny	12:05	10/7/2008
20	Maddy Adams	North Allegheny	12:06	10/7/2008
	Lauren Neugebauer-Wagner	Hampton	12:06	10/12/2010
	Greta Lazzara	Fox Chapel	12:06	10/8/2013
23	Mariah Custer	Laurel Highlands	12:08	10/13/2009
	Malia Anderson	Greensburg Salem	12:08	10/7/2014
	Teresa Davison	North Allegheny	12:08	10/13/2015



## BOYS (Sub-10:50)

		Team	Time	Date
1	Scott Seel	North Allegheny	10:13	9/29 & 10/12/2010
2	Mike Becich	North Allegheny	10:15	10/13/2009
3	John Faye	Hempfield	10:19	10/7/2008
	Zachary Leachman	Mars	10:19	10/13/2015
5	Ryan Gil	North Allegheny	10:25	10/10/2006
	Mark Brown	Greensburg Salem	10:25	10/7/2014
7	Christian Fitch	Fox Chapel	10:27	10/13/2015
8	Dan McGoey	North Allegheny	10:29	10/13/2015
9	Cameron Binda	Greensburg Salem	10:30	10/7/2014
10	Jacob Greco	North Allegheny	10:32	10/11/2012
11	Tyler Palenchak	Gateway	10:34	10/7/2008
12	Matt McGoey	North Allegheny	10:35	10/12/2010
13	Bobby Lutz	North Allegheny	10:38	10/11/2012
14	TJ Robinson	North Allegheny	10:39	10/8/2013
15	Joe Kush	North Hills	10:40	9/29/2006
	Dylan Binda	Greensburg Salem	10:40	10/7/2014
17	Mike Meehan	North Allegheny	10:42	10/7/2008
	Joe Cafaro	Hampton	10:42	10/7/2014
<b>19</b>	<b>Tim Compton</b>	<b>North Allegheny</b>	<b>10:43</b>	<b>10/11/2016</b>
20	Derek Schwartz	North Allegheny	10:44	10/13/2009
	Seth Ketler	Seneca Valley	10:44	10/7/2014
22	Rene Abdalah	North Allegheny	10:45	10/13/2015
23	Jason Galaska	North Allegheny	10:46	9/16/2015
24	Matt Robertson	North Allegheny	10:47	10/12/2004
	Sam Holdcroft	North Allegheny	10:47	10/7/2008
	Andrew Manz	North Allegheny	10:47	10/11/2011
	Luke Turkovich	North Allegheny	10:47	10/7/2014
	<b>Nico Castracani</b>	<b>Fox Chapel</b>	<b>10:47</b>	<b>10/11/2016</b>
29	John Ejzak	Knoch	10:48	10/11/2012
	Noah Beveridge	Butler	10:48	10/8/2013
	Robby Shymansky	Fox Chapel	10:48	10/7/2014
32	Ben Goehring	North Allegheny	10:49	10/12/2010

**“I’ll tell you one thing, I love every one of them... [T]here is a breaking point in each race when you wonder if all the sacrifice is really worth it. You think ‘why should I do this? I don’t have to run this hard.’ But that’s when I think about them. They keep me going.”**

This was the American distance running legend Steve Prefontaine talking about his fans. We apply these words to the NA parents who support us so well and inspire these kids in ways that often go unspoken. We thank you.





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