

PASSING ON THE TRADITION



FOR 50 YEARS

North Allegheny Middle School Cross Country

2018

NAXC – MIDDLE SCHOOL - 2018

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

The Team:

Girls

Boys

Kelsea Apel	Sophia Huwar	Lorelei Schreiber	Mason Ackerman	Ethan Goetz	Jake Rechenmacher
Sophie Azar	Alli Kern	Sarah Scott	Ethan Alexander	William Hahn	Rohan Reddy
Julia Baldini	Sarah Killen	Haley Shanahan	Vijay Arora	Kevin Harrington	Nate Redondo
Lizzie Bauer	Rebecca Kolano	Mackenzie Shearon	Chuck Baker	Andrew Hart	Joey Rempe
Lydia Betz	Sophie Kollitz	Taylor Shema	Hayden Ball	Asher Jones	Curtis Rhoten
Eliza Burt	Eva Kynaston	Chrtistine Silvester	James Behrend	Lohith Katari	Anthony Roos
Maia Carrico	Hannah Kyriazis	Samantha Smallwood	Nick Betler	Jeffrey Kern	Vincent Rotunno
Madeline Coughlin	Jessie Lee	Felicity Smith	Isaac Breneman	Vishaal Komaragiri	Max Scherrer
Guiliana DiGregory	Nina Lee	Avery Snowden	Bryan Chen	Adam Leya	Jack Schillat
Laurel Donley	Addie Lee	Megan Springer	Jeongwoo Cheon	Daniel Mahoney	David Schleppey
Madi Eschenbach	Jessica Link	Clara Stover	William Chou	Kevin Mao	Trey Schleppey
Evelyn Faber	Katherine Majerac	Lexi Sundgren	Donald Collins	Max McCarran	Jonathan Shick
Sabrina Ferron	Madison Martin	Taylor Susich	Lokesh Daita	Grant McKissock	Nathan Slade
McKenna Flannagan	Vedha Masuraha	Abigail Swirsding	Dinuk DeAlmeida	Alex Mitterer	Wyatt Stoll
Ally Garcia	Erin McGoeys	Delaney Tedesco	Mason Dean	Samuel Morrell	Meher Survi
Bella Gauntner	Isla Modic	Rebecca Thompson	Ethan Devenney	Matthew O'Connell	Abhay Syamala
Maia Getz	Ellie Ortsey	Lauren Truitt	Lukas Dwyer	Liam Orie	Christian Tedder
Kate Gilliland	Olivia Palmer	Mia Valentine	Austin Evancho	Jackson Pajak	Mark Turkovich
Mary Kate Griffin	Jenna Pattison	Carlyn Vaupel	Joshua Farr	Nick Palone	Drew VanFossen
Jessie Haller	Marissa Paulson	Anna Wheeler	Eric Ferrans	Matthew Parreaguirre	Joseph Wilkinson
Elizabeth Herne	Skyleigh Pioto	Sawyer Wright	Chase Ferraro	James Pople	Theo Wilkinson
Athena Huber	Faith Pongrace	Arrieta Zubialde	Michael Gauntner	Kedar Rao	Connor Williams
	Annie Schleppey				

NORTH ALLEGHENY MIDDLE SCHOOL CROSS COUNTRY

50 YEAR RECORD (1969 - PRESENT):

746 – 7



2018 NA MIDDLE SCHOOL BOYS' CROSS COUNTRY (9-1)

<u>NA</u>	<u>VS.</u>	<u>OPPONENT</u>
23	PINE-RICHLAND	38
20	AVONWORTH	43
20	NORTH HILLS	43
32	HAMPTON	25
23	SENECA VALLEY	37
17	SHALER	46
24	MARS	37
22	BUTLER	39
22	FOX CHAPEL	39
15	KNOCH	48

BILL LENNOX (SRU) INVITATIONAL = 2ND OF 17 TEAMS – 103 POINTS
 NORTH ALLEGHENY INVITATIONAL = 5TH OF 11 TEAMS – 116 POINTS

2018 NA MIDDLE SCHOOL GIRLS' CROSS COUNTRY (10-0)

<u>NA</u>	<u>VS.</u>	<u>OPPONENT</u>
24	PINE-RICHLAND	33
15	AVONWORTH	50
16	NORTH HILLS	47
21	HAMPTON	34
22	SENECA VALLEY	35
15	SHALER	49
15	MARS	47
16	BUTLER	46
19	FOX CHAPEL	44
WIN BY	KNOCH	FORFEIT

BILL LENNOX (SRU) INVITATIONAL = 1ST OF 16 TEAMS – 45 POINTS
 NORTH ALLEGHENY INVITATIONAL = 1ST OF 11 TEAMS – 42 POINTS





BOYS

8/24/2018

4:30 PM

Time Trial

79 Degrees, Sunny, Relatively Hot

Place	Name	Time		Place	Name	Time		Place	Name	Time		Place	Name	Time	
1	Pajak	1300	C	16	Gauntner	1526	I	31	Dean	1708	M	46	Breneman	1841	M
2	Turkovich	1302	C	17	J Wilkinson	1526	I	32	Betler	1717	C	47	Syamala	1931	M
3	Tedder	1304	M	18	Parreaguirre	1531	C	33	Shick	1740	C	48	D. Schleppey	1937	M
4	Jones	1312	C	19	Ackerman	1531	I	34	Rhoten	1742	M	49	Dwyer	1939	C
5	Collins	1321	M	20	Komarigiri	1543	M	35	Mitterr	1743	C	50	T Wilkinson	2001	I
6	Alexander	1343	C	21	Schillat	1548	M	36	Kern	1746	M	51	McKissock	2009	C
7	Rempe	1402	M	22	Rechenmacher	1552	I	37	Cheon	1757	M	52	Scherrer	2016	M
8	Pople	1403	M	23	DeAlmeida	1600	M	38	Rao	1801	M	53	Redondo	2115	C
9	Reddy	1444	I	24	Orie	1624	C	39	Chen	1806	M	54	Arora	2219	I
10	Rotunno	1447	C	25	Evancho	1633	I	40	Hart	1808	M	55	McCarran	2231	I
11	Farr	1448	M	26	Chou	1648	C	41	Devenney	1815	M	56	Roos	2400*	M
12	Hahn	1449	M	27	Ferraro	1649	M	42	Stoll	1820	M	57	Baker	2634	C
13	Williams	1449	M	28	Palone	1658	I	43	Harrington	1832	C				
14	Leya	1454	C	29	Van Fosson	1702	I	44	Mao	1835	I				
15	O'Connell	1525	I	30	Mahoney	1705	M	45	T. Schleppey	1836	M				

8/31/2018

4:20 PM

Time Trial #2

86 Degrees, Sunny, Hot

Place	Name	Time		Place	Name	Time		Place	Name	Time		Place	Name	Time	
1	Alexander	1233	C	15	Goetz	1439	M	29	DeAlmeida	1606	M	43	Dwyer	1746	C
2	Tedder	1236	M	16	Schillat	1442	M	30	Palone	1616	I	44	Scherrer	1757	M
3	Pajak	1254	C	17	Mitterer	1449	C	31	D Schleppey	1620	M	45	Slade	1809	M
4	Collins	1313	M	18	Orie	1457	C	32	Kern	1629	M	46	Harrington	1811	C
5	Jones	1314	C	19	Hahn	1507	M	33	Betler	1644	C	47	T Schleppey	1822	M
6	Ackerman	1326	I	20	Dean	1515	M	34	Survi	1648	C	48	Rhoten	1855	M
7	Rempe	1336	M	21	Mahoney	1519	M	35	Ball	1658	M	49	McKissock	1901	C
8	Parreaguirre	1341	C	22	T Wilkinson	1522	I	36	Syamala	1711	M	50	Devenney	1902	M
9	Rotunno	1350	C	23	Chou	1525	C	37	Chen	1720	M	51	Arora	2157	I
10	J Wilkinson	1400	I	24	O'Connell	1531	I	38	Stoll	1723	M	52	Baker	2435	C
11	Gauntner	1413	I	25	Rao	1537	M	39	Hart	1728	M	53	Daita	2457	M
12	Reddy	1418	I	26	Rechenmacher	1540	I	40	Breneman	1737	M	54	Roos	2530	M
13	Farr	1417	M	27	Van Fosson	1558	M	41	Shick	1737	C				
14	Evancho	1431	I	28	Ferraro	1558	M	42	Redondo	1746	C				

9/7/2018

 Home vs Pine-Richland, Avonworth
 81 Degrees, Partly Sunny

 NA 23
 P-R 38

 NA 20
 Avon. 43

Record: 2-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Tedder	1224	3	17	Mitterer	1358	28	33	Kern	1457	56	49	Breneman	1659	87
2	Turkovich	1227	4	18	Williams	1359	29	34	Betler	1458	57	50	Hart	1700	88
3	Pajak	1232	6	19	Hahn	1408	33	35	McKissock	1517	64	51	Mao	1702	89
4	Ackerman	1236	7	20	Evancho	1411	34	36	Cheon	1531	65	52	T.Schleppey	1703	90
5	Rotunno	1239	8	21	Schillat	1420	36	37	Palone	1538	67	53	Shick	1707	92
6	Rempe	1250	9	22	T.Wilkinson	1423	37	38	Chen	1540	70	54	Dwyer	1709	93
7	Alexander	1254	10	23	Reddy	1427	39	39	Ball	1553	71	55	McCarran	1719	95
8	J Wilkinson	1257	11	24	Komaragiri	1431	43	40	Scherrer	1554	72	56	Redondo	1726	96
9	Jones	1300	12	25	Ferraro	1437	44	41	Rhoten	1554	73	57	D.Schleppey	1743	97
10	Collins	1303	13	26	Farr	1438	45	42	Morrell	1557	74	58	Arora	1838	100
11	Pople	1306	14	27	Chou	1438	46	43	VanFosson	1557	75	59	Daita	2030	104
12	Gauntner	1315	15	28	Dean	1439	47	44	Survi	1612	78	60	Baker	2151	112
13	Mahoney	1328	17	29	Rechenmacher	1446	49	45	Slade	1619	79	61	Roos	2507	114
14	Parreaguirre	1335	18	30	DeAlmeida	1448	50	46	Syamala	1633	84				
15	Orie	1349	20	31	O'Connell	1455	54	47	Stoll	1634	85				
16	Behrend	1352	23	32	Leya	1457	55	48	Harrington	1641	86				114

9/12/2018at North Hills w/Hampton
75 Degrees, Overcast and niceNA 20
NH 43NA 32
Hamp 25**Record: 3-1**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Tedder	1055	5	16	Gauntner	1212	27	31	Kern	1312	52	46	Harrington	1434	76
2	Collins	1105	6	17	Behrend	1221	30	32	Katari	1319	53	47	Scherrer	1438	78
3	Pajak	1109	7	18	Schillat	1223	31	33	Chou	1323	56	48	Stoll	1455	80
4	Ackerman	1119	9	19	Goetz	1223	32	34	T Wilkinson	1324	57	49	Survi	1458	81
5	Turkovich	1120	10	20	Mitterer	1224	34	35	Evancho	1327	58	50	Breneman	1459	82
6	Rotunno	1120	11	21	Farr	1228	36	36	Rhoten	1329	59	51	Cheon	1501	84
7	Jones	1125	12	22	Leya	1232	37	37	Rao	1331	61	52	Hart	1506	85
8	Rempe	1127	13	23	Hahn	1234	38	38	Palone	1346	64	53	Redondo	1517	87
9	J Wilkinson	1132	15	24	Ferraro	1243	39	39	Chen	1348	66	54	McCarran	1519	88
10	Orie	1136	18	25	Reddy	1247	40	40	Betler	1401	68	55	Shick	1528	89
11	Pople	1146	20	26	Dean	1253	42	41	Syamala	1408	69	56	Mao	1542	90
12	Mahoney	1150	22	27	DeAlmeida	1257	44	42	McKissock	1409	70	57	Arora	1633	92
13	Alexander	1157	23	28	Rechenmacher	1259	47	43	Dwyer	1412	71	58	Baker	1913	93
14	Williams	1158	24	29	Komaragiri	1303	49	44	Ball	1420	73	59	Roos	2040	94
15	Parreaguirre	1210	25	30	O'Connell	1310	51	45	Slade	1429	75				94

9/20/2018at Seneca Valley
82 Degrees, Sunny, hotNA 23
SV 37**Record: 4-1**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Tedder	1052	2	16	J Wilkinson	1214	25	31	Rechenmacher	1304	45	46	McKissock	1456	70
2	Pajak	1055	3	17	Goetz	1219	27	32	Betler	1320	49	47	Hart	1524	72
3	Orie	1102	5	18	O'Connell	1235	28	33	Rao	1330	51	48	T Schleppey	1526	73
4	Turkovich	1105	6	19	T Wilkinson	1236	29	34	Rhoten	1332	52	49	Shick	1527	74
5	Rotunno	1113	7	20	Leya	1237	30	35	Syamala	1340	54	50	Brenemean	1527	75
6	Ackerman	1125	8	21	Komaragiri	1238	32	36	VanFosson	1341	55	51	Redondo	1529	77
7	Jones	1139	10	22	Hahn	1242	33	37	Survi	1343	56	52	Scherrer	1532	78
8	Parreaguirre	1141	11	23	Evancho	1243	34	38	Slade	1347	57	53	D Schleppey	1621	79
9	Rempe	1148	15	24	Schillat	1248	35	39	Chen	1347	58	54	Arora	1705	80
10	Pople	1153	16	25	Ferraro	1249	36	40	Palone	1354	60	55	Roos	1818	83
11	Farr	1203	20	26	DeAlmeida	1251	38	41	Ball	1356	61	56	Daita	1819	84
12	Mahoney	1203	21	27	Dean	1252	39	42	Stoll	1402	62				
13	Reddy	1205	22	28	Mitterer	1253	41	43	Harrington	1425	66				
14	Gauntner	1209	23	29	Kern	1255	43	44	Dwyer	1444	68				
15	Williams	1213	24	30	Chou	1256	44	45	McCarran	1449	69				85

9/26/2018at Shaler with Mars
65 Degrees, Overcast, wetNA 17
Shaler 46NA 24
Mars 37**Record: 6-1**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Tedder	923	2	15	Williams	1050	21	29	Survi	1204	41	43	Scherrer	1306	58
2	Collins	938	4	16	Dean	1103	24	30	Slade	1210	43	44	Hart	1308	29
3	Pajak	940	5	17	Mitterer	1108	26	31	Betler	1210	44	45	Redondo	1326	60
4	Turkovich	944	7	18	O'Connell	1108	27	32	McKissock	1218	45	46	Breneman	1336	61
5	Orie	958	8	19	Hahn	1109	28	33	Dwyer	1218	46	47	McCarran	1349	62
6	Jones	1003	9	20	Leya	1111	29	34	Syamala	1221	47	48	Rhoten	1405	63
7	Rotunno	1005	10	21	Farr	1121	30	35	Ball	1222	48	49	D Schleppey	1549	65
8	Ackerman	1006	12	22	Ferraro	1126	31	36	T Wilkinson	1224	49	50	Arora	1550	66
9	Mahoney	1011	13	23	Evancho	1130	32	37	T Schleppey	1228	50	51	Daita	1601	67
10	Parreaguirre	1013	14	24	Komaragiri	1131	33	38	Schick	1233	51	52	Baker	1650	69
11	Rempe	1017	16	25	Schillat	1135	34	39	Harrington	1238	52	53	Roos	1726	70
12	Pople	1021	18	26	Kern	1141	36	40	Chou	1239	53				
13	J Wilkinson	1023	19	27	Rechenmacher	1143	38	41	Cheon	1250	54				
14	Gauntner	1046	20	28	Katari	1159	39	42	Palone	1257	56				70

NAXC!

Don't you wish you...

10/1/2018

at Butler
78 Degrees, Sunny

NA 22
Butler 39

Record: 7-1

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Tedder	1312	2	16	Mahoney	1428	20	31	Betler	1617	41	46	Stoll	1815	57
2	Collins	1317	3	17	Hahn	1459	24	32	Slade	1619	42	47	Redondo	1824	59
3	Pajak	1319	4	18	Reddy	1506	26	33	Rechenmacher	1621	43	48	Scherrer	1833	60
4	Turkovich	1325	6	19	Gauntner	1509	27	34	Kern	1640	45	49	Harrington	1841	61
5	Rempe	1341	7	20	Farr	1513	28	35	Palone	1652	46	50	Hart	1850	62
6	Orie	1346	8	21	Goetz	1516	29	36	DeAlmeida	1656	47	51	D Schleppey	1905	64
7	Ackerman	1352	9	22	Mitterer	1516	30	37	Dwyer	1700	48	52	Breneman	1911	65
8	Parreaguirre	1354	10	23	O'Connell	1521	31	38	McKissock	1420	49	53	McCarran	1942	67
9	Jones	1358	12	24	Komaragiri	1537	33	39	Syamala	1728	50	54	Daita	2225	68
10	Pople	1414	13	25	Leya	1548	35	40	T Schleppey	1730	51	55	Arora	2348	69
11	Rotunno	1418	14	26	T Wilkinson	1554	36	41	Rhoten	1732	52	56	Baker	2439	70
12	Alexander	1420	15	27	Schillat	1556	37	42	Cheon	1732	53	57	Roos		71
13	Behrend	1420	16	28	Ferraro	1557	38	43	Shick	1749	54				
14	Williams	1427	18	29	Dean	1559	39	44	Ball	1751	55				
15	J Wilkinson	1427	19	30	Evancho	1610	40	45	Morrell	1809	56				71

10/3/2018

at Fox Chapel with Knoch
80 Degrees, Sunny, warm

NA 22 NA 15
FC 39 Knoch 48

Record: 9-1

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Pajak	942	2	15	Williams	1042	21	29	Rhoten	1142	56	43	Shick	1236	77
2	Collins	950	3	16	Behrend	1052	23	30	Betler	1146	57	44	Harrington	1238	78
3	Tedder	958	4	17	O'Connell	1058	25	31	Evancho	1149	59	45	Survi	1241	79
4	Turkovich	1002	6	18	Goetz	1112	31	32	Slade	1153	61	46	T Schleppey	1242	80
5	Orie	1006	7	19	Ferraro	1112	32	33	Rechenmacher	1155	62	47	Scherrer	1257	82
6	Alexander	1016	9	20	Mahoney	1113	33	34	Dwyer	1159	63	48	Redondo	1308	84
7	Ackerman	1016	10	21	Farr	1114	36	35	DeAlmeida	1212	66	49	McCarran	1348	91
8	Jones	1019	11	22	Leya	1118	39	36	Ball	1213	67	50	Hart	1356	92
9	Parreaguirre	1022	13	23	Mitterer	1121	43	37	Cheon	1219	70	51	Breneman	1424	99
10	Rempe	1023	15	24	Komaragiri	1125	47	38	T Wilkinson	1223	71	52	D Schleppey	1528	102
11	Rotunno	1031	16	25	Dean	1127	48	39	Palone	1223	72	53	Arora	1541	103
12	Gauntner	1036	18	26	Hahn	1127	49	40	McKissock	1224	73	54	Baker	1602	104
13	J Wilkinson	1037	19	27	Kern	1127	52	41	Chen	1224	74	55	Daita	1619	105
14	Pople	1039	20	28	Schillat	1132	53	42	Morrell	1233	76	56	Roos	1657	106/ 107

10/6/2018

at Slippery Rock Invitational
78 Degrees, Rain, slopfest

103 Points
2ND of 17 Teams

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Collins	1216	15	12	Goetz	1335	70	23	Leya	1439	127	34	Schleppey	1625	191
2	Pajak	1222	19	13	Gauntner	1350	84	24	Evancho	1444	134	35	McKissock	1641	197
3	Tedder	1237	31	14	Mitterer	1354	87	25	Kern	1451	136	36	Redondo	1641	198
4	Rempe	1238	32	15	Williams	1357	90	26	Ball	1459	140	37	Schleppey	1648	202
5	Orie	1245	35	16	Hahn	1414	101	27	Rhoten	1505	145	38	Breneman	1654	205
6	Parreaguirre	1248	37	17	Schillat	1415	102	28	Survi	1520	162	39	Palone	1708	212
7	Jones	1253	42	18	Ferraro	1425	112	29	Wilkinson	1531	166	40	Scherrer	1741	219
8	Ackerman	1300	46	19	Mahoney	1426	113	30	Betler	1535	169	41	Arora	1910	227
9	Turkovich	1302	48	20	Dean	1426	115	31	Morrell	1601	179				
10	Rotunno	1305	49	21	Rechenmacher	1431	118	32	Dwyer	1610	183				
11	Behrend	1310	52	22	DeAlmeida	1439	125	33	Hart	1621	189				235



10/9/2018

NA invitational
82 Degrees, Sunny, Hot

116 Points
5th of 11 Teams

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Pajak	1158	11	15	Williams	1315	19	29	Katari	1416	60	43	Stoll	1623	132
2	Tedder	1209	16	16	T Wilkinson	1326	25	30	Evancho	1420	62	44	Scherrer	1628	134
3	Turkovich	1224	25	17	Goetz	1329	27	31	Kern	1428	67	45	Harrington	1635	136
4	Jones	1231	1	18	Orie	1335	57	32	Rechenmacher	1431	71	46	Redondo	1640	137
5	Rempe	1239	29	19	Rhoten	1335	30	33	Chen	1441	80	47	Morrell	1650	142
6	Rotunno	1241	3	20	O'Connell	1342	33	34	Betler	1445	84	48	Breneman	1708	146
7	Parreaguirre	1243	4	21	Schillat	1347	35	35	DeAlmeida	1453	90	49	VanFossen	1713	149
8	Behrend	1248	6	22	Mitterer	1347	36	36	Slade	1504	97	50	McCarran	1729	151
9	Collins	1250	35	23	Ferraro	1349	39	37	Dwyer	1515	101	51	D Schleppy	1729	152
10	Alexander	1252	8	24	Mahoney	1350	41	38	Syamala	1549	115	52	Arora	1948	174
11	Gauntner	1259	9	25	Leya	1354	46	39	Ball	1551	117	53	Baker	2009	177
12	J Wilkinson	1301	11	26	Hahn	1358	48	40	Cheon	1558	120	54	Daita	2020	178
13	Pople	1302	12	27	Dean	1406	53	41	T Schleppy	1607	125	55	Roos	2226	180
14	Ackerman	1305	45	28	Farr	1407	55	42	McKissock	1621	130	56		73	180



2018 North Allegheny Invitational - 82 Degrees, Sunny, HOT 10/9/2018 Boys' Select Race

	Team	1	2	3	4	5	Total	6	7
1	Hampton	1	5	13	18	24	61	30	46
2	Butler	9	10	19	21	33	92	37	53
3	Seneca Valley	6	15	22	26	28	97	32	39
4	Fox Chapel	3	4	20	38	43	108	44	60
5	North Allegheny	11	16	25	29	35	116	45	57
6	Hempfield	12	14	27	31	52	136	55	61
7	Pine-Richland	8	17	40	41	42	148	47	50
8	North Hills	2	23	36	48	49	158	64	66
9	Avonworth	7	54	56	58	59	234	62	63
10	Shaler	34	51	69	70	71	295		
11	Seelos	65	67	68	72	73	345		

1	783	Ethan Salvia (1)	Hampton	11:20	38	711	Rocco Didomencio (4)	Fox Chapel	12:54
2	625	Aiken Sean (1)	North Hills	11:30	39	847	Ryan Karpinsky (7)	Seneca Valley	12:54
3	705	Will Fera (1)	Fox Chapel	11:34	40	872	Hayden Conley (3)	Pine-Richland	12:55
4	706	Rowan Gwin (2)	Fox Chapel	11:34	41	868	Connolly Barrett (4)	Pine-Richland	12:58
5	786	Tyler Welch (2)	Hampton	11:38	42	871	Chinedu Clarke (5)	Pine-Richland	13:01
6	866	Samuel West (1)	Seneca Valley	11:42	43	710	Milo Wright (5)	Fox Chapel	13:02
7	552	Matthew Purcell (1)	Avonworth	11:46	44	708	Silas Owens (6)	Fox Chapel	13:05
8	888	Nick King (1)	Pine-Richland	11:48	45	68	Mason Ackerman (6)	North Allegheny	13:05
9	692	Joel McCloskey (1)	Butler	11:49	46	788	Aryan Pfeuffer (7)	Hampton	13:05
10	688	Drew Griffith (2)	Butler	11:51	47	919	Cooper Zancosky (6)	Pine-Richland	13:09
11	107	Jackson Pajak (1)	North Allegheny	11:58	48	630	Noah Reaach (4)	North Hills	13:10
12	658	Lucas Kapusta (1)	Hempfield	11:59	49	628	Lukas Hollenbeck (5)	North Hills	13:12
13	790	Brennan Murray (3)	Hampton	12:02	50	914	Eli Wentz (7)	Pine-Richland	13:14
14	657	Antonio Tuttoilmondo (2)	Hempfield	12:04	51	612	Harrison Repko (2)	Shaler	13:19
15	840	Elijah Dewitt (2)	Seneca Valley	12:06	52	661	Owen Dematt (5)	Hempfield	13:20
16	128	Christian Tedder (2)	North Allegheny	12:09	53	698	Saxon Stoner (7)	Butler	13:21
17	898	Jack Mill (2)	Pine-Richland	12:09	54	553	Nate Neuherz (2)	Avonworth	13:24
18	774	Layne Haught (4)	Hampton	12:10	55	659	Dominic Falcon (6)	Hempfield	13:26
19	686	Gideon Goettler (3)	Butler	12:18	56	541	Kai Carlson (3)	Avonworth	13:31
20	707	Daniel Uhl (3)	Fox Chapel	12:20	57	106	Liam Orie (7)	North Allegheny	13:35
21	702	Legend Wilkinson (4)	Butler	12:21	58	556	Aidan Tinker (4)	Avonworth	13:36
22	842	Nicholas Dunmire (3)	Seneca Valley	12:22	59	550	Owen Maddalena (5)	Avonworth	13:38
23	626	Ivan Suto (2)	North Hills	12:23	60	709	Trevor Katz (7)	Fox Chapel	13:40
24	770	Nathan Garrett (5)	Hampton	12:23	61	660	Tyler Miller (7)	Hempfield	13:46
25	129	Mark Turkovich (3)	North Allegheny	12:24	62	545	Ryan Frank (6)	Avonworth	13:46
26	838	Matt Cinker (4)	Seneca Valley	12:29	63	544	Ryan Ehman (7)	Avonworth	13:56
27	662	Donovan Boller (3)	Hempfield	12:32	64	629	Baxter Logan (6)	North Hills	13:56
28	835	Ethan Barnett (5)	Seneca Valley	12:33	65	590	Connor Walker (1)	Seelos	14:03
29	115	Joey Rempe (4)	North Allegheny	12:39	66	631	Dixon Noah (7)	North Hills	14:09
30	769	Liam Butler (6)	Hampton	12:42	67	586	Brendan Maddigan (2)	Seelos	14:16
31	663	Colin Swope (4)	Hempfield	12:42	68	585	Brendan Donnelly (3)	Seelos	14:35
32	863	Connor Smith (6)	Seneca Valley	12:43	69	613	Josh Clark (3)	Shaler	15:04
33	675	Noah Collins (5)	Butler	12:45	70	610	Todd Siford (4)	Shaler	15:11
34	614	Noah Long (1)	Shaler	12:48	71	611	Nick Giunta (5)	Shaler	15:33
35	79	Donald Collins (5)	North Allegheny	12:50	72	587	Dillon Maddigan (4)	Seelos	16:04
36	627	Satariano Daniel (3)	North Hills	12:50	73	589	Dominic Talarico (5)	Seelos	16:13
37	674	Mark Collins (6)	Butler	12:53					

Boys' Open Race

1	94	Asher Jones	North Allegheny	12:31
2	744	Andy Scott	Fox Chapel	12:39
3	118	Vincent Rotunno	North Allegheny	12:41
4	109	Matthew Parreaguirre	North Allegheny	12:43
5	721	Jacob Martin	Fox Chapel	12:46
6	73	James Behrend	North Allegheny	12:48
7	891	Will Lewis	Pine-Richland	12:50
8	69	Ethan Alexander	North Allegheny	12:52
9	89	Michael Gauntner	North Allegheny	12:59
10	665	Nick McCauley	Hempfield	12:59
11	131	Joseph Wilkinson	North Allegheny	13:01
12	110	James Pople	North Allegheny	13:02
13	836	Adam Brazer	Seneca Valley	13:07
14	729	Dylan Berman	Fox Chapel	13:08
15	911	Ian Stinner	Pine-Richland	13:11
16	917	Zach Willig	Pine-Richland	13:12
17	854	Owen Malak	Seneca Valley	13:13
18	632	Kaden Kalinowski	North Hills	13:13
19	133	Connor Williams	North Allegheny	13:15
20	727	Dylan Srodes	Fox Chapel	13:19
21	915	Jack Wilkinson	Pine-Richland	13:22
22	720	Talis Jacob	Fox Chapel	13:22
23	678	Owen Davis	Butler	13:24
24	644	CJ Leuch	North Hills	13:24
25	132	Theo Wilkinson	North Allegheny	13:26
26	633	Wagner Michael	North Hills	13:27
27	90	Ethan Goetz	North Allegheny	13:29
28	886	Rocco Jarvis	Pine-Richland	13:31
29	841	Ryan Domencic	Seneca Valley	13:34
30	116	Curtis Rhoten	North Allegheny	13:35
31	554	Jack O'Dell	Avonworth	13:38
32	645	Hayden Kyle	North Hills	13:40
33	105	Matthew O'Connell	North Allegheny	13:42
34	782	Joseph Nelson	Hampton	13:43
35	120	Jack Schillat	North Allegheny	13:47
36	103	Alex Mitterer	North Allegheny	13:47
37	677	Dawson Davis	Butler	13:47
38	664	Mason Sepesky	Hempfield	13:48
39	88	Chase Ferraro	North Allegheny	13:49
40	562	Luke Gronbeck	Eden	13:50
41	99	Daniel Mahoney	North Allegheny	13:50
42	718	Nate Green	Fox Chapel	13:50
43	844	Collin Frey	Seneca Valley	13:51
44	869	Evan Bilger	Pine-Richland	13:52
45	856	Tanner Miklos	Seneca Valley	13:53
46	98	Adam Leya	North Allegheny	13:54
47	699	Hunter Swidzinski	Butler	13:54
48	91	William Hahn	North Allegheny	13:58
49	746	Oscar Wentzel	Fox Chapel	14:01
50	726	Tommy Selwood	Fox Chapel	14:03

51	636	Drew Schneider	North Hills	14:05
52	683	Riley Gatz	Butler	14:06
53	82	Mason Dean	North Allegheny	14:06
54	561	Connor Bushee	Eden	14:06
55	86	Joshua Farr	North Allegheny	14:07
56	722	Jay Nanci	Fox Chapel	14:08
57	673	Sean Christy	Butler	14:09
58	671	Aidan Callen	Butler	14:11
59	565	Jack Wilcox	Eden	14:12
60	95	Lohith Katari	North Allegheny	14:16
61	719	Nick Harris	Fox Chapel	14:18
62	85	Austin Evancho	North Allegheny	14:20
63	858	Russell Obrien	Seneca Valley	14:21
64	634	Braden Annappolen	North Hills	14:22
65	637	Gibilisco Jack	North Hills	14:28
66	559	Brian Feldman	Eden	14:28
67	96	Jeffrey Kern	North Allegheny	14:28
68	537	Jack Blaser	Avonworth	14:29
69	851	Teagan Leighty	Seneca Valley	14:30
70	745	Jake Siddons	Fox Chapel	14:31
71	112	Jake Rechenmacher	North Allegheny	14:31
72	734	Henry Drier	Fox Chapel	14:32
73	879	Sam Grana	Pine-Richland	14:32
74	560	David Kettel	Eden	14:32
75	882	Caleb Hirsch	Pine-Richland	14:33
76	739	William Hook	Fox Chapel	14:34
77	894	Blaise Masciantonio	Pine-Richland	14:35
78	912	Blake Thompson	Pine-Richland	14:40
79	857	Miles Miller	Seneca Valley	14:41
80	76	Bryan Chen	North Allegheny	14:41
81	897	Kevin McLogulin	Pine-Richland	14:42
82	768	Jacob Bonnar	Hampton	14:42
83	763	Carter Anderson	Hampton	14:43
84	74	Nick Betler	North Allegheny	14:45
85	563	Luke Kohler	Eden	14:45
86	881	Ryan Griffith	Pine-Richland	14:47
87	738	Freddy Hanna	Fox Chapel	14:47
88	736	Adam Ferris	Fox Chapel	14:48
89	855	Eli McMahon	Seneca Valley	14:52
90	81	Dinuk DeAlmeida	North Allegheny	14:53
91	909	Ben Staiger	Pine-Richland	14:55
92	536	Alex Adamiak	Avonworth	14:56
93	717	Zach Gordon	Fox Chapel	14:57
94	913	Josh Wade	Pine-Richland	15:01
95	558	Alek Wert	Avonworth	15:03
96	876	Joseph DeRenzo	Pine-Richland	15:04
97	124	Nathan Slade	North Allegheny	15:04
98	680	Owen Dressler	Butler	15:08
99	716	Dylan Geibel	Fox Chapel	15:10
100	638	Michael Fuchs	North Hills	15:11

101	84	Lukas Dwyer	North Allegheny	15:15
102	849	Nathan Kunkel	Seneca Valley	15:18
103	743	Eric Pil	Fox Chapel	15:25
104	731	Dylan Byersdorfer	Fox Chapel	15:26
105	551	Braeden Penrose	Avonworth	15:27
106	839	Ryan Crawford	Seneca Valley	15:28
107	733	Jordan Coco	Fox Chapel	15:28
108	549	Sam Kohler	Avonworth	15:33
109	538	Colin Brady	Avonworth	15:33
110	741	Ryan Napolitan	Fox Chapel	15:33
111	874	Liam Daniello	Pine-Richland	15:36
112	837	Peter Breski	Seneca Valley	15:38
113	865	Evan Weis	Seneca Valley	15:38
114	870	William Bowling	Pine-Richland	15:46
115	127	Abhay Syamala	North Allegheny	15:49
116	564	Aiden Myers	Eden	15:50
117	72	Hayden Ball	North Allegheny	15:51
118	742	Joe Paviglianiti	Fox Chapel	15:54
119	740	Jack Lynch	Fox Chapel	15:56
120	77	Jeongwoo Cheon	North Allegheny	15:58
121	547	Nate Gollings	Avonworth	16:00
122	646	Will Rodina	North Hills	16:01
123	725	Shawn Rygelski	Fox Chapel	16:05
124	893	Malcolm Lucas	Pine-Richland	16:06
125	121	David Schleppey	North Allegheny	16:07
126	713	Aidan Dorneich	Fox Chapel	16:10
127	715	Topher Ernharth	Fox Chapel	16:12
128	641	Lee Mica	North Hills	16:12
129	639	Metzler Conner	North Hills	16:19
130	102	Grant McKissock	North Allegheny	16:21
131	643	Strother Nick	North Hills	16:21
132	125	Wyatt Stoll	North Allegheny	16:23
133	848	Matthew Kohler	Seneca Valley	16:24
134	119	Max Scherrer	North Allegheny	16:28
135	548	Ryan Hartle	Avonworth	16:33
136	92	Kevin Harrington	North Allegheny	16:35
137	114	Nate Redondo	North Allegheny	16:40
138	735	Gabriel Felman	Fox Chapel	16:41
139	557	Gus Wagner	Avonworth	16:42
140	732	Micah Cagley ()	Fox Chapel	16:42

141	900	Korey Moore	Pine-Richland	16:48
142	104	Samuel Morrell	North Allegheny	16:50
143	723	Kevin Quinn	Fox Chapel	16:55
144	895	Colton McGeary	Pine-Richland	17:00
145	540	Michael Cancilla	Avonworth	17:05
146	75	Isaac Breneman	North Allegheny	17:08
147	642	Josh Rodina	North Hills	17:09
148	724	Keagan Royal	Fox Chapel	17:11
149	130	Drew VanFossen	North Allegheny	17:13
150	667	Josh Boettner	Butler	17:18
151	101	Max McCarran	North Allegheny	17:29
152	122	Trey Schleppey	North Allegheny	17:29
153	704	Stanley Znosko	Butler	17:32
154	747	Abraham White	Fox Chapel	17:33
155	640	Lukas Clement	North Hills	17:34
156	852	Jacob Lutz	Seneca Valley	17:37
157	843	Nolan Fish	Seneca Valley	17:40
158	905	Noah Orellana	Pine-Richland	17:43
159	864	Stephen Vaughan	Seneca Valley	17:44
160	890	Alex Lemoncelli	Pine-Richland	17:56
161	781	Gates Martin	Hampton	17:58
162	862	Dane Schmidt	Seneca Valley	18:01
163	887	Luke Kastner	Pine-Richland	18:06
164	875	Colin Daniello	Pine-Richland	18:10
165	730	Kenton Buchanan	Fox Chapel	18:14
166	764	Owen Anderson	Hampton	18:28
167	880	Caleb Greenblatt	Pine-Richland	18:36
168	542	Brandon Cavanah	Avonworth	18:38
169	845	Luke Hackworth	Seneca Valley	19:06
170	901	Noah Moskala	Pine-Richland	19:24
171	846	Caden Hill	Seneca Valley	19:30
172	908	Ryan Powell	Pine-Richland	19:41
173	543	Zoli Eadia	Avonworth	19:42
174	70	Vijay Arora	North Allegheny	19:48
175	885	Logan Jackson	Pine-Richland	19:59
176	861	Noah Radencic	Seneca Valley	20:03
177	71	Chuck Baker	North Allegheny	20:09
178	80	Lokesh Daita	North Allegheny	20:20
179	546	Hunter Fritts	Avonworth	20:24
180	117	Anthony Roos ()	North Allegheny	22:26



Girls' Select Race

	Team	1	2	3	4	5	Total	6	7
1	North Allegheny	1	6	7	13	15	42	16	23
2	Pine-Richland	3	5	10	14	40	72	58	59
3	Seneca Valley	8	9	12	21	31	81	32	35
4	Hampton	11	18	19	25	38	111	41	45
5	Hempfield	17	22	24	29	37	129	44	47
6	Butler	20	28	34	36	46	164	50	61
7	Seelos	4	27	39	43	54	167	62	68
8	Fox Chapel	2	33	53	55	56	199	60	65
9	North Hills	30	42	48	49	57	226	66	69
10	McKeesport	26	51	52	73	74	276		
11	Shaler	63	64	67	70	71	335	72	

1	57	Lexi Sundgren (1)	North Allegheny	11:48	38	771	Teresa Grimm (5)	Hampton	14:45
2	748	Laura Carter (1)	Fox Chapel	12:22	39	574	Lily Karsman (3)	Seelos	14:46
3	896	Natalie McLean (1)	Pine-Richland	12:31	40	889	Gabbi Lachimia (5)	Pine-Richland	14:52
4	575	Grace Lazzara (1)	Seelos	12:42	41	766	Audrey Bianco (6)	Hampton	14:58
5	884	Angelina Hunkele (2)	Pine-Richland	12:43	42	615	Groll Miranda (2)	North Hills	15:00
6	37	Erin McGoey (2)	North Allegheny	12:52	43	580	Mary Narvett (4)	Seelos	15:01
7	61	Rebecca Thompson (3)	North Allegheny	12:53	44	651	Emma Forrester (6)	Hempfield	15:08
8	812	Grace Graner (1)	Seneca Valley	12:54	45	778	Brenna Johnson (7)	Hampton	15:10
9	818	Abby Kreber (2)	Seneca Valley	12:57	46	697	Carmen Skal (5)	Butler	15:11
10	878	Breanna Franchak (3)	Pine-Richland	13:13	47	654	Sara Flynn (7)	Hempfield	15:12
11	777	Amiya Johnson (1)	Hampton	13:24	48	618	Sophie Miller (3)	North Hills	15:16
12	808	Freya Davis (3)	Seneca Valley	13:25	49	617	Brown Emma (4)	North Hills	15:29
13	47	Sarah Scott (4)	North Allegheny	13:26	50	676	Samantha Cornell (6)	Butler	15:34
14	910	Tara Staresinic (4)	Pine-Richland	13:31	51	594	Brooke Cain (2)	McKeesport	15:55
15	17	Maia Getz (5)	North Allegheny	13:32	52	592	Autumn Tavaglione (3)	McKeesport	15:58
16	33	Jessica Link (6)	North Allegheny	13:35	53	752	Madeline Ivanusic (3)	Fox Chapel	16:00
17	648	Cydney Blahovec (1)	Hempfield	13:38	54	578	Emma McCosby (5)	Seelos	16:03
18	789	Meghan Murray (2)	Hampton	13:43	55	750	Emily Staud (4)	Fox Chapel	16:06
19	785	Kendall Solkovy (3)	Hampton	13:49	56	751	Mia Pietropaolo (5)	Fox Chapel	16:07
20	669	Ava Brewster (1)	Butler	13:49	57	619	Lyden Jordan (5)	North Hills	16:15
21	832	Julia Wary (4)	Seneca Valley	13:56	58	918	Hannah Young (6)	Pine-Richland	16:16
22	647	Julia Snider (2)	Hempfield	14:03	59	916	Taylor Wilkinson (7)	Pine-Richland	16:19
23	56	Clara Stover (7)	North Allegheny	14:04	60	753	Madelinn Kubiska (6)	Fox Chapel	16:25
24	650	Madison Sherrill-Brown	Hempfield	14:07	61	700	Nicole Urban (7)	Butler	16:26
25	767	Sky Bierker (4)	Hampton	14:08	62	573	Megan Becker (6)	Seelos	16:37
26	591	Cami Noll (1)	McKeesport	14:19	63	606	Carina Simmons (1)	Shaler	16:53
27	579	Lauren Mihm (2)	Seelos	14:21	64	607	Jaylin Vinsky (2)	Shaler	16:54
28	703	Aliyah Young (2)	Butler	14:22	65	754	Lydia Weidner (7)	Fox Chapel	16:56
29	652	Peyton Heisler (4)	Hempfield	14:26	66	620	Katie Miller (6)	North Hills	17:30
30	616	Vivian Miller (1)	North Hills	14:30	67	605	Kiera Kennedy (3)	Shaler	17:57
31	801	Mia Berg (5)	Seneca Valley	14:34	68	577	Julia Martin (7)	Seelos	18:48
32	827	Kirin Noel (6)	Seneca Valley	14:36	69	621	Hezlep Ireland (7)	North Hills	18:57
33	749	Annalese Bartolacci (2)	Fox Chapel	14:37	70	608	Alexandra Scherrah (4)	Shaler	19:00
34	696	Madalyn Semmler (3)	Butler	14:40	71	604	Morgan Blickenderfer	Shaler	20:28
35	833	Kendal Wells (7)	Seneca Valley	14:40	72	603	Alayna Blickenderfer (6)	Shaler	21:02
36	687	Krislyn Green (4)	Butler	14:42	73	593	Jenna Cottom (4)	McKeesport	21:30
37	653	Grace Semow (5)	Hempfield	14:42	74	595	Elizabeth Swanger (5)	McKeesport	30:14

Girls' Open Race

1	28	Eva Kynaston (1)	North Allegheny	13:46
2	4	Lizzie Bauer (2)	North Allegheny	14:00
3	35	Madison Martin (3)	North Allegheny	14:08
4	51	Chrtistine Silvester (4)	North Allegheny	14:10
5	55	Megan Springer (5)	North Allegheny	14:16
6	16	Bella Gauntner (6)	North Allegheny	14:16
7	806	Carly Cravotta (1)	Seneca Valley	14:18
8	825	Samantha Moury (2)	Seneca Valley	14:33
9	27	Sophie Kollitz (7)	North Allegheny	14:39
10	816	Anna Jaecke (3)	Seneca Valley	14:49
11	54	Avery Snowden (8)	North Allegheny	15:02
12	834	Lauryn Young (4)	Seneca Valley	15:06
13	60	Delaney Tedesco (9)	North Allegheny	15:07
14	65	Anna Wheeler (10)	North Allegheny	15:08
15	42	Marissa Paulson (11)	North Allegheny	15:09
16	49	Mackenzie Shearon (12)	North Allegheny	15:11
17	44	Faith Pongrace (13)	North Allegheny	15:13
18	568	Ella Price (1)	Eden	15:14
19	9	Guiliana DiGregory (14)	North Allegheny	15:14
20	5	Lydia Betz (15)	North Allegheny	15:21
21	29	Hannah Kyriazis (16)	North Allegheny	15:22
22	824	Andi Mikula (5)	Seneca Valley	15:24
23	67	Arrieta Zubialde (17)	North Allegheny	15:24
24	43	Skyleigh Pieto (18)	North Allegheny	15:26
25	567	Lauren Lomago (2)	Eden	15:28
26	50	Taylor Shema (19)	North Allegheny	15:30
27	532	Laurel Purcell (1)	Avonworth	15:39
28	776	Anna Haupt (1)	Hampton	15:41
29	830	Lauren Schwoeble (6)	Seneca Valley	15:47
30	762	Emily Torbert (1)	Fox Chapel	15:48
31	59	Abigail Swirsding (20)	North Allegheny	15:53
32	25	Sarah Killen (21)	North Allegheny	15:54
33	810	Anna Felitsky (7)	Seneca Valley	15:56
34	14	McKenna Flannagan	North Allegheny	15:57
35	772	Adrianna Grimm (2)	Hampton	15:57
36	572	Jessie Nassif (3)	Eden	15:58
37	829	Jazmyne Richardson (8)	Seneca Valley	16:02
38	820	Kaitlyn Leseman (9)	Seneca Valley	16:03
39	656	Alicia Weimer (1)	Hempfield	16:04
40	38	Isla Modic (23)	North Allegheny	16:09
41	904	Julia Neff (1)	Pine-Richland	16:11
42	2	Sophie Azar (24)	North Allegheny	16:12
43	892	Hannah Louis (2)	Pine-Richland	16:12
44	701	Jordyn Vandevort (1)	Butler	16:14
45	533	Amanda Roberts (2)	Avonworth	16:15
46	784	Alanna Seipp (3)	Hampton	16:17
47	649	Abby Blahovec (2)	Hempfield	16:18
48	655	Tessa Miller (3)	Hempfield	16:20
49	802	Madeline Berger (10)	Seneca Valley	16:20
50	817	Gretchen Keller (11)	Seneca Valley	16:24

51	822	Marissa Majeski (12)	Seneca Valley	16:28
52	672	Ariah Cardenas (2)	Butler	16:40
53	867	Jessica Albertson (3)	Pine-Richland	16:43
54	10	Laurel Donley (25)	North Allegheny	16:43
55	1	Kelsea Apel (26)	North Allegheny	16:46
56	811	Marie Fouche (13)	Seneca Valley	16:46
57	670	Abigail Bulow (3)	Butler	16:51
58	813	Rylee Hayden (14)	Seneca Valley	16:55
59	534	Taleigh Trovato (3)	Avonworth	16:58
60	758	Mireia Burkhardt (2)	Fox Chapel	16:59
61	26	Rebecca Kolano (27)	North Allegheny	17:00
62	36	Vedha Masuraha (28)	North Allegheny	17:00
63	23	Sophia Huwar (29)	North Allegheny	17:02
64	24	Alli Kern (30)	North Allegheny	17:04
65	530	Josie Laurenson (4)	Avonworth	17:06
66	552	Matthew Purcell (5)	Avonworth	17:14
67	804	Amelia Chiamardas (15)	Seneca Valley	17:16
68	48	Haley Shanahan (31)	North Allegheny	17:22
69	809	Kyra Fazio (16)	Seneca Valley	17:24
70	831	Allison Testa (17)	Seneca Valley	17:27
71	899	Sreyashi Mondal (4)	Pine-Richland	17:32
72	529	Victoria Huffmeyer (6)	Avonworth	17:34
73	903	Paige Meyers (5)	Pine-Richland	17:34
74	46	Lorelei Schreiber (32)	North Allegheny	17:41
75	53	Felicity Smith (33)	North Allegheny	17:41
76	684	Brianna Gillis (4)	Butler	17:43
77	571	Ellie Eisses (4)	Eden	17:46
78	775	Elena Herchenroether (4)	Hampton	17:48
79	19	Mary Kate Griffin (34)	North Allegheny	17:53
80	906	Julia Phillips (6)	Pine-Richland	17:54
81	902	Rachel Muth (7)	Pine-Richland	17:54
82	20	Jessie Haller (35)	North Allegheny	17:57
83	45	Annie Schleppey (36)	North Allegheny	18:01
84	779	Ella Kornick (5)	Hampton	18:02
85	8	Madeline Coughlin (37)	North Allegheny	18:03
86	30	Jessie Lee (38)	North Allegheny	18:05
87	622	Emma Hezlep (1)	North Hills	18:05
88	31	Nina Lee (39)	North Allegheny	18:07
89	570	Ava Heinricher (5)	Eden	18:09
90	66	Sawyer Wright (40)	North Allegheny	18:09
91	531	Ryan Neal (7)	Avonworth	18:10
92	759	Emma Kim (3)	Fox Chapel	18:12
93	566	Sarah Hudock (6)	Eden	18:17
94	63	Mia Valentine (41)	North Allegheny	18:21
95	7	Maia Carrico (42)	North Allegheny	18:25
96	757	Ashley Barnett (4)	Fox Chapel	18:25
97	12	Evelyn Faber (43)	North Allegheny	18:26
98	569	Paisha Holland (7)	Eden	18:41
99	823	Anya Maschmeier (18)	Seneca Valley	18:42
100	582	Katarina Walko (1)	Seelos	18:55

101	40	Olivia Palmer (44)	North Allegheny	19:09
102	780	Faith Mack (6)	Hampton	19:20
103	883	Avery Hoffman (8)	Pine-Richland	19:27
104	685	Savannah Goehring (5)	Butler	19:48
105	807	Katelyn Daschbach (19)	Seneca Valley	19:58
106	682	Miranda Gall (6)	Butler	20:03
107	18	Kate Gilliland (45)	North Allegheny	20:03
108	755	Maya Bradley (5)	Fox Chapel	20:10
109	803	Delaney Bitzer (20)	Seneca Valley	20:12
110	6	Eliza Burt (46)	North Allegheny	20:19
111	623	Burkhardt Sydney (2)	North Hills	20:26
112	13	Sabrina Ferron (47)	North Allegheny	20:32
113	581	Alexandra Sepcic (2)	Seelos	20:32
114	805	Ariadna Crano (21)	Seneca Valley	20:36

115	695	Skylar Rhodes (7)	Butler	20:50
116	821	Alyssa Lutz (22)	Seneca Valley	20:54
117	3	Julia Baldini (48)	North Allegheny	20:58
118	761	Lucy Rygelski (6)	Fox Chapel	21:01
119	62	Lauren Truitt (49)	North Allegheny	21:17
120	828	Megan Obrien (23)	Seneca Valley	21:48
121	681	Hailey Erickson (8)	Butler	22:04
122	765	Julia Beyerl (7)	Hampton	22:11
123	41	Jenna Pattison (50)	North Allegheny	22:31
124	756	Zoe Broyles (7)	Fox Chapel	23:11
125	819	Isabella Leighty (24)	Seneca Valley	23:12
126	34	Katherine Majerac (51)	North Allegheny	23:37
127	760	Sofia Liberto (8)	Fox Chapel	24:14

NORTH ALLEGHENY

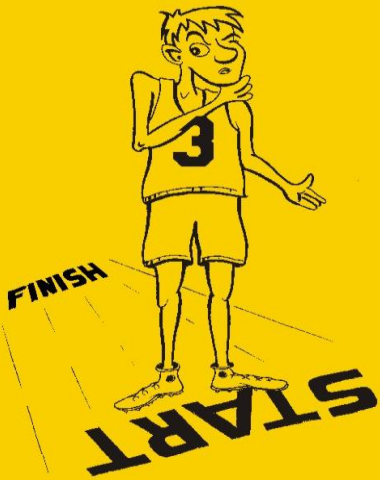


X-C IN VENTATIONAL



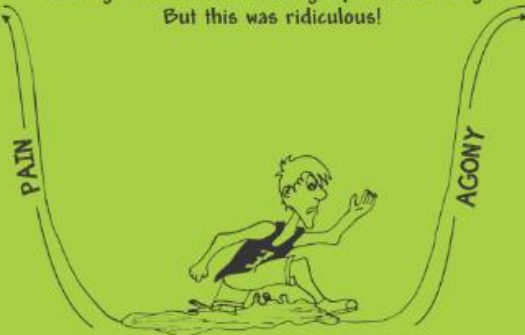


RUN 2 MILES TO GET 20 FEET...



BACKWARDS!

Getting stuck on Pain and Agony was one thing...
But this was ridiculous!



"The Pit of Despair"

Cross Country Roads...



...Take Me Home

He prepared
for Pain...



but didn't account
for Agony!

There's no such thing as



Well, at least it was not
FRIDAY the 13th!

HE WAS RUNNING BEHIND...



BEFORE EVEN RUNNING!



a free ride



**OH,
NO!**



GIRLS

8/24/2018

4:30 PM

Time Trial

79 Degrees, Sunny, Relatively Hot

Place	Name	Time		Place	Name	Time		Place	Name	Time		Place	Name	Time	
1	Sundgren	1245	C	16	Huber	1822	C	31	Gilliland	1957	M	46	Pieto	2237	I
2	Scott	1446	M	17	Wheeler	1824	M	32	J. Lee	1959	M	47	Burt	2312	I
3	Link	1502	M	18	Shearon	1824	M	33	Smallwood	2012	I	48	Smith	2315	I
4	Thompson	1503	M	19	Kynaston	1827	M	34	Azar	2041	M	49	Faber	2521	M
5	McGoey	1531	I	20	Springer	1842	M	35	Killen	2050	C	50	Majerac	2527	C
6	Getz	1531	C	21	Swirsding	1844	M	36	Kyriazis	2050	C	51	Truitt	2623	I
7	Herne	1554	M	22	Tedesco	1850	I	37	Zubialde	2016	M	52	Ferron	2624	I
8	Paulson	1637	I	23	DiGregory	1851	I	38	Betz	2140	I	53	A Schleppey	2624	M
9	Snowden	1655	M	24	Modic	1855	I	39	Flannagan	2142	M	54	Kern	2624	M
10	Bauer	1704	M	25	Apel	1859	I	40	Schreiber	2146	C	55	Pattison	2626	M
11	Susich	1706	I	26	Silvester	1919	M	41	Vaupel	2156	M	56	Valentine	2634	M
12	Shema	1720	I	27	Stover	1919	M	42	Coughlin	2157	M	57	Baldini	3345	M
13	Gauntner	1726	I	28	Huwar	1949	I	43	Haller	2205	M	58	A Lee	3509	M
14	Kollitz	1749	M	29	Donley	1951	M	44	Masuraha	2207	M				
15	Kolano	1806	M	30	Wright	1955	M	45	Palmer	2236	I				

8/31/2018

4:45 PM

Time Trial #2

86 Degrees, Sunny, Hot

Place	Name	Time		Place	Name	Time		Place	Name	Time		Place	Name	Time	
1	Scott	1359	M	15	Tedesco	1639	I	29	Donley	1836	M	43	Coughlin	2034	M
2	McGoey	1400	I	16	Martin	1641	I	30	A Schleppey	1836	M	44	Palmer	2043	I
3	Getz	1423	C	17	Shearon	1643	M	31	Apel	1839	I	45	Burt	2130	I
4	Thompson	1432	M	18	Wheeler	1644	M	32	Gilliland	1847	M	46	Masuraha	2136	M
5	Link	1458	M	19	Shema	1656	I	33	Ortsey	1851	M	47	Valentine	2207	M
6	Paulson	1513	I	20	DiGregory	1726	I	34	Smallwood	1857	I	48	Faber	2207	M
7	Gauntner	1521	I	21	Kolano	1734	M	35	Azar	1900	M	49	Ferron	2311	I
8	Pongrace	1535	M	22	Swirsding	1737	M	36	Huwar	1903	I	50	Majerac	2346	C
9	Snowden	1604	M	23	Betz	1743	I	37	Springer	1910	M	51	Pattison	2416	M
10	Silvester	1613	M	24	Pieto	1749	I	38	Haller	1914	M	52	Baldini	2507	M
11	Bauer	1616	M	25	Huber	1750	C	39	J Lee	1938	M	53	Truitt	2516	I
12	Stover	1617	M	26	Wright	1751	M	40	Shanahan	1957	I				
13	Susich	1631	I	27	Kollitz	1827	M	41	Kern	1958	M				
14	Zubialde	1633	M	28	Killen	1830	C	42	Schreiber	2034	C				

9/7/2018

Home vs Pine-Richland, Avonworth

NA

24

NA

15

Record: 2-0

81 Degrees, Partly Sunny

P-R

33

Avon.

50

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Sundgren	1224	1	16	Wheeler	1528	23	31	Modic	1726	44	46	Haller	2002	63
2	McGoey	1254	3	17	Stover	1539	24	32	Azar	1729	46	47	Kern	2004	65
3	Scott	1300	5	18	Martin	1550	25	33	Swirsding	1745	47	48	Valentine	2015	66
4	Getz	1347	7	19	Snowden	1556	26	34	Donley	1749	48	49	Palmer	2027	67
5	Thompson	1408	8	20	Susich	1557	27	35	Apel	1753	49	50	Schreiber	2034	68
6	Link	1439	10	21	Zubialde	1605	28	36	Tedesco	1803	50	51	Faber	2051	69
7	Pongrace	1456	11	22	DiGregory	1610	29	37	Flannagan	1819	51	52	N. Lee	2113	70
8	Kynaston	1457	12	23	Kollitz	1615	31	38	Betz	1819	52	53	Garcia	2140	71
9	Paulson	1501	13	24	Shearon	1616	32	39	Smith	1833	53	54	Ferron	2149	72
10	Herne	1515	15	25	Huwar	1659	37	40	Shanahan	1849	54	55	Baldini	2216	73
11	Silvester	1525	18	26	Kolano	1709	38	41	Smallwood	1856	55	56	Pattison	2312	75
12	Bauer	1526	19	27	Huber	1711	39	42	Gilliland	1857	56	57	Majerac	2312	76
13	Gauntner	1528	20	28	Killen	1717	40	43	Masuraha	1911	58	58	A. Lee	2431	77
14	Kyriazis	1534	21	29	Wright	1721	41	44	Burt	1939	60	59	Truitt	2458	78
15	Springer	1537	22	30	A Schleppey	1723	42	45	Coughlin	1944	63				78



9/12/2018

at North Hills w/Hampton
75 Degrees, Overcast and nice

NA 16 NA 21
NH 47 Hamp 34

Record: 4-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Sundgren	1115	1	16	Silvester	1342	24	31	Pieto	1546	49	46	Griffin	1738	65
2	McGoey	1158	2	17	Kollitz	1343	25	32	Wright	1546	50	47	Garcia	1748	67
3	Thompson	1158	3	18	Springer	1344	26	33	Kolano	1547	51	48	Palmer	1807	68
4	Getz	1229	5	19	Stover	1353	28	34	Smallwood	1548	52	49	Kern	1828	70
5	Link	1307	12	20	Susich	1400	29	35	Flannagan	1549	53	50	Masuraha	1905	74
6	Herne	1308	13	21	Wheeler	1401	30	36	Ortsey	1616	54	51	Valentine	1906	75
7	Bauer	1314	14	22	Shearon	1418	33	37	Haller	1622	55	52	A. Lee	1914	76
8	Kynaston	1318	15	23	Swirsding	1427	34	38	Kyriazis	1641	56	53	Ferron	2033	77
9	Gauntner	1327	16	24	Huwar	1428	35	39	Donley	1642	57	54	Baldini	2034	78
10	Snowden	1334	17	25	Huber	1430	37	40	Smith	1652	58	55	N. Lee	5045	79
11	Paulson	1334	18	26	Betz	1512	41	41	Shanahan	1857	59	56	Pattison	2054	80
12	Pongrace	1335	19	27	Azar	1515	42	42	Burt	1729	60	57	Truitt	2138	81
13	Tedesco	1338	21	28	DiGregory	1516	43	43	J. Lee	1733	62	58	Majerac	2224	82
14	Martin	1339	22	29	Modic	1517	44	44	Schreiber	1737	63				
15	Zubialde	1340	23	30	Apel	1538	47	45	Faber	1738	64				82

9/20/2018

at Seneca Valley
82 Degrees, Sunny, hot

NA 22
SV 35

Record: 5-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Sundgren	1053	1	16	Springer	1325	23	31	Kolano	1502	51	46	Shanahan	1720	70
2	Thompson	1133	3	17	Silvester	1331	24	32	Pieto	1522	54	47	Palmer	1727	71
3	McGoey	1145	5	18	Kollitz	1337	26	33	Schleppy	1530	55	48	Valentine	1728	72
4	Scott	1205	6	19	Susich	1342	29	34	Ortsey	1531	56	49	Griffin	1740	75
5	Link	1211	7	20	Huwar	1345	30	35	Haller	1533	57	50	Coughlin	1758	76
6	Getz	1231	9	21	Pongrace	1406	35	36	Swirsding	1534	58	51	N Lee	1815	77
7	Herne	1248	12	22	Betz	1407	36	37	Smallwood	1534	59	52	Burt	1824	78
8	Stover	1254	14	23	DiGregory	1425	40	38	Killen	1535	60	53	Kern	1825	79
9	Snowden	1258	15	24	Shearon	1427	41	39	Wright	1541	62	54	Carrico	1827	80
10	Bauer	1259	16	25	Kyriazis	1431	42	40	Masuraha	1546	63	55	Ferron	1854	81
11	Kynaston	1303	18	26	Shema	1436	43	41	Flannagan	1549	64	56	Majerac	2001	83
12	Gauntner	1314	19	27	Wheeler	1437	44	42	Smith	1614	65	57	Baldini	2010	84
13	Zubialde	1320	20	28	Modic	1438	45	43	Faber	1614	66	58	Truitt	2012	85
14	Paulson	1322	21	29	Apel	1447	47	44	Tedesco	1620	67	59	Pattison	2057	87
15	Martin	1323	22	30	Azar	1458	50	45	J Lee	1648	69				87

9/26/2018

at Shaler with Mars
65 Degrees, Overcast, wet

NA 15 NA 15
Shaler 49 Mars 47

Record: 7-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Sundgren	944	1	15	Bauer	1158	24	29	Azar	1306	47	43	Gilliland	1426	64
2	Thompson	1045	2	16	Martin	1213	26	30	Kolano	1316	49	44	Kern	1427	66
3	Link	1101	3	17	Tedesco	1213	27	31	Flannagan	1317	50	45	Shanahan	1437	67
4	Getz	1102	4	18	Pongrace	1217	28	32	Apel	1317	51	46	Faber	1438	68
5	McGoey	1103	5	19	Kyriazis	1226	30	33	Wright	1220	52	47	Schreiber	1525	71
6	Stover	1108	7	20	DiGregory	1226	31	34	Schleppy	1323	53	48	Burt	1525	72
7	Snowden	1128	10	21	Betz	1229	32	35	Donley	1328	54	49	Valentine	1528	73
8	Paulson	1131	11	22	Swirsding	1231	33	36	Smith	1337	56	50	Palmer	1530	74
9	Silvester	1132	12	23	Pieto	1232	34	37	Coughlin	1338	57	51	Pattison	1613	75
10	Kynaston	1135	14	24	Shearon	1233	36	38	Masuraha	1338	28	52	N Lee	1617	76
11	Gauntner	1136	15	25	Wheeler	1243	37	39	Haller	1347	59	53	Ferron	1630	77
12	Kollitz	1137	16	26	Modic	1247	38	40	Smallwood	1404	60	54	Baldini	1713	80
13	Zubialde	1148	22	27	Huwar	1254	39	41	J Lee	1409	61	55	Majerac	1751	81
14	Susich	1151	23	28	Killen	1254	40	42	Griffin	1420	63	56	Truitt	1752	82



10/1/2018at Butler
78 Degrees, SunnyNA 16
Butler 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	Sundgren	1340	1	16	Susich	1659	20	31	Shema		37	46	Coughlin		58
2	Thompson	1446	2	17	Pongrace	1701	21	32	Kern		39	47	Gilliland		59
3	McGoey	1456	3	18	Wheeler	1703	22	33	Kolano		40	48	Faber		60
4	Getz	1511	4	19	Betz	1710	24	34	Apel		42	49	Valentine		61
5	Link	1526	6	20	Shearon	1717	25	35	Huwar		44	50	Carrico		62
6	Stover	1526	7	21	Pieto	1718	26	36	J Lee		47	51	Palmer		63
7	Kynaston	1534	9	22	DiGregory	1724	27	37	Masuraha		48	52	Burt		65
8	Silvester	1544	10	23	Kyriazis	1734	28	38	Wright		49	53	N Lee		67
9	Snowden	1553	11	24	Killen	1746	30	39	A Schleppey		50	54	Ferron		68
10	Springer	1621	13	25	Flannagan	1754	31	40	Ortsey		51	55	Majerac		69
11	Kollitz	1624	14	26	Swirsding	1758	32	41	Haller		52	56	Pattison		70
12	Paulson	1624	15	27	Tedesco	1804	33	42	Smith		53	57	Baldini		71
13	Martin	1637	16	28	Azar	1809	34	43	Griffin		54	58	Truitt		73
14	Gauntner	1644	18	29	Donley		35	44	Schreiber		56				
15	Bauer	1659	19	30	Modic		36	45	Smallwood		57				73

10/3/2018at Fox Chapel with Knoch
80 Degrees, Sunny, warmNA 19
FC 44NA
Knoch - Forfeit**Record: 10-0**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Sundgren	1002	1	16	Betz	1206	19	31	Masuraha	1318	40	46	Faber	1517	60
2	Thomson	1100	3	17	Springer	1219	21	32	A Schleppey	1320	42	47	Gilliland	1522	61
3	McGoey	1101	4	18	Pieto	1222	22	33	Huwar	1322	43	48	Shanahan	1523	62
4	Link	1105	5	19	Wheeler	1223	23	34	Kolano	1335	44	49	Burt	1546	63
5	Kynaston	1105	6	20	Pongrace	1224	24	35	Azar	1336	45	50	N Lee	1553	64
6	Getz	1114	8	21	DiGregory	1235	26	36	Donley	1342	46	51	Valentine	1555	65
7	Stover	1126	10	22	Flannagan	1246	28	37	Kern	1344	47	52	Palmer	1619	66
8	Snowden	1134	11	23	Shema	1247	29	38	Coughlin	1357	49	53	Carrico	1645	67
9	Gauntner	1142	12	24	Kyriazis	1252	31	39	Smallwood	1408	50	54	Ferron	1721	68
10	Silvester	1144	13	25	Swirsding	1255	32	40	Haller	1422	51	55	Truitt	1745	69
11	Bauer	1148	14	26	Killen	1256	33	41	Griffin	1423	52	56	Majerac	1807	70
12	Paulson	1150	15	27	Tedesco	1304	35	42	Schreiber	1425	54	57	Baldini	1807	71
13	Kollitz	1151	16	28	Shearon	1305	36	43	J Lee	1428	56	58	Pattison	1821	72
14	Martin	1156	17	29	Modic	1306	37	44	Smith	1433	58				
15	Susich	1200	18	30	Wright	1316	38	45	Apel	1438	59				75

10/6/2018at Slippery Rock Invitational
78 Degrees, Rain, slopfest45 Points
1st of 16 Teams

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Sundgren	1142	1	13	Susich	1421	65	25	Flannagan	1509	114	37	Apel	1702	178
2	Thompson	1226	7	14	Silvester	1422	66	26	Pieto	1511	116	38	Huwar	1708	181
3	Kynaston	1255	13	15	Paulson	1429	76	27	Kyriazis	1530	133	39	Schleppey	1721	186
4	Link	1310	18	16	Zubialde	1432	81	28	Kolano	1548	140	40	Haller	1741	192
5	McGoey	1311	19	17	Springer	1449	91	29	Modic	1602	147	41	Faber	1744	194
6	Getz	1342	33	18	Wheeler	1449	93	30	Azar	1603	151	42	Palmer	1821	203
7	Scott	1344	35	19	Stover	1452	97	31	Masuraha	1608	153	43	Burt	1916	213
8	Gauntner	1355	42	20	DiGregory	1453	98	32	Killen	1633	165	44	Garcia	2007	219
9	Snowden	1357	47	21	Swirsding	1456	104	33	Smallwood	1636	167	45	Baldini	2015	220
10	Martin	1358	49	22	Betz	1500	107	34	Donley	1644	172	46	Majerac	2153	225
11	Kollitz	1410	55	23	Shearon	1502	109	35	Kern	1645	173	47	Truitt	2318	229
12	Bauer	1413	59	24	Shema	1503	110	36	Schreiber	1649	176				230



10/9/2018

NA invitational
82 Degrees, Sunny, Hot

42 Points
1st of 11 Teams

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Sundgren	1148	1	16	Tedesco	1507	13	31	Azar	1612	42	46	Lee	1807	88
2	McGoey	1252	6	17	Wheeler	1508	14	32	Donley	1643	54	47	Wright	1809	90
3	Thompson	1253	7	18	Paulson	1509	15	33	Apel	1646	55	48	Valentine	1821	94
4	Scott	1326	13	19	Shearon	1511	16	34	Kolano	1700	61	49	Carrico	1825	95
5	Getz	1332	15	20	Pongrace	1513	17	35	Masuraha	1700	62	50	Faber	1826	97
6	Link	1335	16	21	DiGregory	1514	19	36	Huwar	1702	63	51	Palmer	1909	101
7	Kynaston	1346	1	22	Betz	1521	20	37	Kern	1704	64	52	Gilliland	2003	107
8	Bauer	1400	2	23	Kyriazis	1522	21	38	Shanahan	1722	68	53	Burt	2019	110
9	Stover	1404	23	24	Zubialde	1524	23	39	Schreiber	1741	74	54	Ferron	2032	112
10	Martin	1408	3	25	Pieto	1526	24	40	Smith	1741	75	55	Baldini	2058	117
11	Silvester	1410	4	26	Shema	1530	26	41	Griffin	1753	79	56	Truitt	2117	119
12	Springer	1416	5	27	Swirsding	1553	31	42	Haller	1757	82	57	Pattison	2231	123
13	Gauntner	1416	6	28	Killen	1554	32	43	Schleppy	1801	83	58	Majerac	2337	126
14	Kollitz	1439	9	29	Flannagan	1557	34	44	Coughlin	1803	85				
15	Snowden	1502	11	30	Modic	1609	40	45	Lee	1805	86			74	127



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	Rachel Hockenberry	North Allegheny	11:38	10/10/2017
7	Caroline Daggett	North Allegheny	11:40	9/30/2014
8	Maura Mlecko	North Allegheny	11:44	10/10/2017
9	Lindsay Holdcroft	North Allegheny	11:45	9/28/2005 & 10/11/2005
10	Lexi Sundgren	North Allegheny	11:48	10/9/2018
11	Chloe Grzyb	Peters Township	11:49	10/7/2011
12	Annika Urban	Fox Chapel	11:52	10/7/2014
13	Jolene Kunkel	Knoch	11:54	10/10/2006
14	Caroline Cwalina	North Allegheny	11:56	10/7/2009
15	Samantha Hennen	Shaler	11:58	10/10/2017
16	Elaina Balouris	Hampton	12:00	10/11/2005
17	Abby Pitcairn	Fox Chapel	12:01	10/11/2012
	Stefanie Cwalina	North Allegheny	12:01	10/11/2016
19	Kate Aldrich	Seneca Valley	12:02	10/7/2014
20	Cristina Frazzini	Butler	12:03	10/7/2008
	Bri Schwartz	Shaler	12:03	10/12/2010
22	Alex Rode	North Hills	12:04	10/7/2008
23	Kim Goehring	North Allegheny	12:05	10/7/2008
24	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
27	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
	Ryan Barry	North Allegheny	10:40	10/10/2017
18	Mike Meehan	North Allegheny	10:42	10/7/2008
	Joe Cafaro	Hampton	10:42	10/7/2014
20	Tim Compton	North Allegheny	10:43	10/11/2016
21	Derek Schwartz	North Allegheny	10:44	10/13/2009
	Seth Ketler	Seneca Valley	10:44	10/7/2014
23	Rene Abdalah	North Allegheny	10:45	10/13/2015
24	Jason Galaska	North Allegheny	10:46	9/16/2015
25	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
	Nico Castracani	Fox Chapel	10:47	10/11/2016
30	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
33	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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