



Shore Coaches Invitational at Holmdel Park (Boys)

10/1/2016

Weather: 62, Overcast, Drizzle

Moving in the Right Direction!

Frosh 3200 Meters (9:00 AM)

4th Place

Comments

Pace

Split Times

1.0 mile

6	Ciano, Josh	12:17.00	6:10	6:05.00
20	Turner, Zach	13:10.00	6:37	6:27.00
37	Palacio, Andrew	13:57.00	7:00	6:30.00
67	Labrie, Daniel	15:11.00	7:38	7:20.00
69	Axt, Matt	15:13.00	7:39	7:21.00
79	Kelly, Matt	15:26.00	7:45	7:20.00
92	White, Patrick	16:10.00	8:07	7:55.00
97	Mizhirumbay, Jonathan	16:35.00	8:20	7:57.00
126	Handler, Max	19:48.00	9:57	9:20.00

13:57 Team Average 119 Points

Josh - #3 Frosh All-Time

Varsity 5K (10:20 AM)

2nd Place

Comments

Pace

Split Times

1.0 mile

2.0 miles

4	Papachristos, Nate	16:27.00	<i>PR (-38.61)</i>	5:17	5:28.00	10:56.00
8	Rodriguez, Andre	17:01.00	<i>PR (-24.00)</i>	5:28	5:37.00	11:12.00
23	Cadas, Justin	17:41.00		5:41	5:37.00	11:27.00
24	McCabe, Brendan	17:41.00		5:41	5:37.00	11:27.00
27	Garrity, Trevor	17:51.00	<i>PR (-04.00)</i>	5:44	5:55.00	11:50.00
30	Gibbs, Greg	17:57.00		5:46	5:57.00	11:54.00
35	Rokosz, Gerard	18:04.00	<i>PR (-2:15.00)</i>	5:48	6:02.00	11:56.00

17:20 Team Avg. - School Record

76 Points

JV 5K (11:55 AM)

2nd Place

Comments

Pace

Split Times

1.0 mile

2.0 miles

3	Malar, Brian	18:23.00	<i>PR (-47.00)</i>	5:55	6:06.00	12:15.00
4	Berg, Max	18:25.00		5:55	6:02.00	12:04.00
6	Sullivan, Patrick	18:42.00		6:01	6:12.00	12:20.00
28	Albanese, Christian	20:10.00	<i>PR (-49.00)</i>	6:29	6:45.00	
35	Evely, Ryan	20:16.00	<i>PR (-1:27.00)</i>	6:31	6:52.00	
54	Giuditta, Nick	20:58.00		6:44	6:50.00	
85	Howald, Callum	22:07.00		7:07	7:20.00	
87	Odoms, Rashid	22:08.00		7:07	7:10.00	
90	Piazza, Zach	22:14.00		7:09	7:02.00	
99	Swinehart, Matt	22:36.00		7:16	7:26.00	

19:11 Team Average

75 Points