



Shore Coaches Invitational at Holmdel Park (Girls)

10/5/2013

Weather: 77 / Sunny

Very Strong Day! Great Racing!

Frosh 3200 Meters (9:10 AM)		Comments	Pace	Split Times	
				1.0 mile	
59	Tangretti, Sophia	17:46.00	8:56	8:48.00	
70	Rivera, Alysa	18:17.00	9:11	9:20.00	

JV 5K (9:50 AM)		Comments	Pace	Split Times	
				1.0 mile	2.0 miles
20	Williams, Alexandra	25:10.00	8:06	8:10.00	16:32.00
24	Buscaino, Priscilla	25:24.00	8:10	8:25.00	17:06.00

Varsity 5K (11:35 AM)		Comments	Pace	Split Times	
1st Place				1.0 mile	2.0 miles
1	Johnson, Asia	20:22.00	PR (-57.39)	6:33	13:25.00
7	Couto, Dana	20:54.00	PR (-2:21.43)	6:43	13:51.00
10	Novack, Tressa	20:58.00		6:44	13:56.00
11	Herron, Jenny	20:58.00	PR (-44.61)	6:44	13:56.00
39	Annunziata, Stephanie	22:27.00	PR (-1:37.66)	7:13	14:47.00
53	Rovelo, Leticia	23:06.00	7:26	7:17.00	14:56.00

Varsity "D" Champions - 63 pts

21:07 5 Girl Average

Performer of the Meet: Tressa Novack

(Frosh Class Record)

5K (5:05 PM)		Comments	Pace	Split Times	
				1.0 mile	2.0 miles
33	Majano, Lila	23:27.00	7:32	7:50.00	15:42.00

OPEN RACE