



# Mountain Valley Conference Championship at Pleasant Valley Park (Boys)

10/13/2004

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<b>Frosh 3200 Meters</b>	<b>Comments</b>	<b>Pace</b>
9 Zukowski, Keith	14:03.00	7:03
10 Carnet, Nick	14:04.00	7:04
12 McPherson, Trevor	14:18.00	7:11
14 Smith, Chris	14:38.00	7:21
24 Howarth, Justin	16:48.00	8:26

<b>JV 5K</b>	<b>Comments</b>	<b>Pace</b>
13 Latham, Paul	22:15.00	7:10
15 McDermott, Bryan	22:42.00	7:19
20 Pribush, Jeff	23:45.00	7:39
28 Brothers, Andrew	25:35.00	8:15
29 Sinclair, Scott	25:46.00	8:18

<b>Varsity 5K</b>	<b>Comments</b>	<b>Pace</b>
2 Guterl, Brian	17:14.00	5:33
5 Lenard, Dave	17:48.00	5:44
6 Fils-Aime, Then	17:59.00	5:48
9 Pais, Jon	18:16.00	5:53
10 Peters, Matt	18:18.00	5:54
14 Sprague, Mike	18:38.00	6:00
30 Mitchell, Dwight	20:56.00	6:45