



Cougar Invitational at Bucks Mill Park, Colts Neck (Boys)

9/26/2009

Weather: 64 Degrees and Clear

Solid All-Around Effort

Frosh 3200 Meters (9:50 AM)

9th Place

		Comments	Pace	
33	DeAngelis, Mike		12:27.00	6:15
38	Majano, Arnold		12:33.00	6:18
71	Roberts, Matt		13:19.00	6:41
102	Ghizzone, Zach		14:34.00	7:19
114	Miranda, Trevor		15:06.00	7:35
129	Sikora, Andrew		16:09.00	8:06
135	Dick, Miles		17:04.00	8:34
137	Scordino, Michael		17:28.00	8:46
140	Eastman, Mike		18:06.00	9:05
143	Palmer, Barrington		20:07.00	10:06

JV 5K (10:10 AM)

10th Place

		Comments	Pace	Split Times		
				1.0 mile	2.0 miles	
19	Siburn, Sean		18:36.00	6:00	5:44.00	11:48.00
24	Hay, Andrew		18:41.00	6:01	5:34.00	11:42.00
33	Enright, Joey	PR (-42.00)	18:47.00	6:03	5:39.00	11:47.00
80	Coughlan, Kevin	PR (-1:27.00)	19:43.00	6:21	6:02.00	12:32.00
114	Gregory, Owen		20:36.00	6:38	6:11.00	13:00.00
143	Gerlitz, Will		21:11.00	6:50	6:20.00	13:29.00
190	DiGiovanni, Ken		22:56.00	7:23	6:48.00	14:13.00

Varsity 5K (11:40 AM)

2nd Place

		Comments	Pace	Split Times		
				1.0 mile	2.0 miles	
7	Cahill, Mike	PR (-38.00)	16:58.00	5:28	5:06.00	10:40.00
8	Mulligan, Kevin	PR (-1:17.00)	17:05.00	5:30	5:07.00	10:45.00
26	Fuchs, Michael		17:38.00	5:41	5:23.00	11:07.00
31	O'Donnell, Matt	PR (-1:09.00)	17:50.00	5:45	5:20.00	11:12.00
35	Seebode, Joe	PR (-2:09.00)	17:56.00	5:47	5:30.00	11:24.00
53	Eke, Allen		18:40.00	6:01	5:32.00	11:43.00
60	Butterly, Brian	PR (-13.00)	18:50.00	6:04	5:44.00	12:00.00

Performer of the Meet: Sean Siburn