



Shore Coaches Invitational at Holmdel Park (Boys)

10/3/2009

Weather: 68 Degrees / Clear

Frosh 3200 Meters (9:00 AM)

11th Place

	Comments	Pace	Split Times	
			1.0 mile	
17 DeAngelis, Mike	13:09.00	6:36	6:35.00	
34 Majano, Arnold	13:30.00	6:47	6:50.00	
62 Roberts, Matt	13:56.00	7:00	7:00.00	
135 Ghizzone, Zach	15:49.00	7:56	7:50.00	
160 Miranda, Trevor	16:48.00	8:26	8:15.00	
174 Sikora, Andrew	17:30.00	8:47	8:45.00	
181 Dick, Miles	17:48.00	8:56	8:45.00	

Frosh "C" Race

JV 5K (9:25 AM)

12th Place

	Comments	Pace	Split Times	
			1.0 mile	2.0 miles
52 Hay, Andrew	20:15.00	6:31	6:40.00	13:16.00
64 Butterly, Brian	20:34.00	6:38	6:40.00	13:35.00
66 Gregory, Owen	20:37.00	6:39	7:00.00	13:53.00
70 Coughlan, Kevin	20:38.00 <i>PR (-06.00)</i>	6:39	6:45.00	13:36.00
79 Enright, Joey	20:42.00	6:40	6:40.00	13:35.00
102 Gerlitz, Will	21:09.00	6:49	7:04.00	14:00.00
239 DiGiovanni, Ken	24:04.00	7:45	7:34.00	15:51.00

JV "D" Race

Varsity 5K (10:25 AM)

6th Place

	Comments	Pace	Split Times	
			1.0 mile	2.0 miles
30 Cahill, Mike	17:56.00	5:47	5:45.00	11:40.00
41 Fuchs, Michael	18:07.00 <i>PR (-1:26.00)</i>	5:50	5:54.00	11:57.00
49 O'Donnell, Matt	18:15.00 <i>PR (-1:12.00)</i>	5:53	5:57.00	12:05.00
57 Mulligan, Kevin	18:26.00	5:56	5:46.00	12:07.00
71 Eke, Allen	18:36.00	6:00	6:07.00	12:15.00
87 Seebode, Joe	18:46.00	6:03	6:07.00	12:20.00
133 Siburn, Sean	19:31.00 <i>PR (-57.00)</i>	6:17	6:14.00	12:38.00

Varsity "E" Race

Performer of the Meet: Allen Eke