



Shore Coaches Invitational at Holmdel Park (Boys)

10/6/2012

Weather: 68, Sunny

Some Good Stuff

Varsity 5K (10:50 AM)

7th Place

Comments

Pace

Split Times

1.0 mile

2.0 miles

13	Siegal, Derek	17:31.00	<i>PR (-40.00)</i>	5:38	5:42.00	11:29.00
15	Ghizzone, Andrew	17:37.00		5:40	5:39.00	11:30.00
28	Evely, Kenny	18:00.00	<i>PR (-34.00)</i>	5:47	5:43.00	11:47.00
74	Wright, Arthur	19:23.00		6:14	6:09.00	12:43.00
76	Seebode, Jp	19:27.00		6:15	6:23.00	13:02.00
77	Perona, Joe	19:28.00		6:15	6:20.00	12:50.00

Varsity "D" Race - 20 Teams

JV 5K (12:10 PM)

15th Place

Comments

Pace

Split Times

1.0 mile

2.0 miles

67	Novack, Luke	20:07.00		6:28	6:41.00	13:06.00
77	Sagendorf, Brian	20:30.00		6:35	6:46.00	13:35.00
107	Sikora, Andrew	21:01.00		6:45	6:58.00	13:53.00
126	Burke, Jared	21:27.00		6:54	7:12.00	14:13.00
175	Nugent, Tim	22:44.00		7:19	7:40.00	15:04.00
241	Pagan, Joel	25:33.00		8:13	7:56.00	16:48.00

JV "C" Race - 24 Teams

Frosh 3200 Meters (1:10 PM)

16th Place

Comments

Pace

Split Times

1.0 mile

71	Williams, Bishop	13:46.00		6:55	6:55.00
73	Perona, Jimmy	13:48.00		6:56	7:01.00
92	Cuppari, Nick	14:02.00		7:03	7:04.00
108	Birritteri, Nick	14:29.00		7:17	7:30.00
113	Veliakath, Joe	14:37.00		7:21	7:02.00
133	Moncada, Matius	14:55.00		7:30	7:17.00
142	Kusi, Jamelle	15:03.00		7:34	7:30.00
172	Muhammad, Alfred	16:31.00		8:18	8:05.00
188	Patel, Karan	18:51.00		9:28	9:20.00
193	Kaluzny, Ian	19:21.00		9:43	9:35.00

Frosh "B" Race - 22 Teams

Performer of the Meet: Derek Siegal