



Shore Coaches Invitational at Holmdel Park (Girls)

10/2/2010

Weather: 55 / Sunny

Strong Effort

Frosh 3200 Meters (9:10 AM)		Comments	Pace	Split Times	
				1.0 mile	
31	La Rocca, Shana	16:11.00	8:07	8:21.00	
38	Majano, Lila	16:39.00	8:22	8:27.00	
79	Cogdell, Bria	19:32.00	9:48	10:03.00	

Freshman "B" Race

Varsity 5K (11:25 AM)		Comments	Pace	Split Times	
				1.0 mile	2.0 miles
16	Socci, Jenna	21:00.00	PR (-16.00)	6:46	13:54.00
42	Kelly, Grace	22:11.00		7:09	14:41.00
54	Fox, Sarah	22:32.00	PR (-1:42.00)	7:16	14:51.00
88	Bianco, Christie	24:05.00	PR (-1:02.00)	7:46	15:59.00
118	Santiago, Ayleen	25:58.00	8:22	8:33.00	17:16.00

Varsity "E" Race

Performer of the Meet: Sarah Fox