



Shore Coaches Invitational at Holmdel Park (Girls)

10/3/2015

Weather: 50, Rain

Great Racing Today!

Frosh 3200 Meters (9:10 AM)

Comments Pace

21	Granizo, Samantha	16:02.09	8:03
45	Gallahue, Emma	17:41.48	8:53
72	Sullivan, Deidre	19:38.34	9:52

JV 5K (9:40 AM)

Comments Pace

3	Tangreti, Sophia	23:48.00	7:39
8	Adedoyin, Nike	24:12.00	7:47
14	Rivera, Alysa	24:29.00	PR (-3:29.81) 7:52

Varsity 5K (11:15 AM)

2nd Place

Split Times

Comments Pace 1.0 mile 2.0 miles

3	Onque-Shabazz,	20:02.00	PR (-1:35.59)	6:26	6:42.00	13:42.00
9	McCabe, Megan	20:43.00		6:40	6:52.00	
16	Novack, Tressa	21:14.00		6:50	7:02.00	14:08.00
25	Palacio, Emma	21:46.00	PR (-31.72)	7:00	7:08.00	
28	Boccher, Mia	22:03.00		7:05	7:15.00	
46	Zeigler, Kathryn	23:04.00		7:25	7:18.00	

5K (4:55 PM)

Comments Pace

Split Times

1.0 mile

4	Johnson, Asia	20:00.00	PR (-03.58)	6:26	6:35.00
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Open Race