



ATHLETICS

Men's Cross Country

2003

<i>Name</i>	<i>Year</i>	<i>Hometown / High School</i>
Garrett Albright	So.	Richmond, MA / Middlesex School
David Dash	Jr.	Brookline, MA / Brookline
Mark Day	Fr.	Arlington, VA / Thornton Friends
Stephen Dickinson	Fr.	Williamsburg, VA / Walsingham Academy
Julius Fisher	Fr.	Santa Ana, CA / University
Nevada Griffin	Fr.	Virginia City, NV / Virginia City
Alejandro Heredia - Santoyo	Fr.	Sonoma, CA / Sonoma Valley
Eri Kurshan	Fr.	New York, NY / Columbia Prep
Isak Mendes	Jr.	Brooklyn, NY / Midwood
Valon Xharra	Sr.	Kosovo, Yugoslavia / Xhevdet Doda

Head Coach : Fred Pavlich (3rd Year)

Nickname : Raptors

Ass't Coach : Natasha Hull (3rd Year)

Colors : Black and White

Captain : David Dash

Bard College Department of Athletics and Recreation

Director of Sports Information : Scott Swere

Phone : 845-758-7530 Fax : 845-758-7846

Email : sportsinfo@bard.edu

Bard - Varsity x-c - Year Summary, 2003

(first, thanks (many) to Natasha, Chris Hall, Jamie, Scott, Ed and Chris Wood for all the extra things you people do to make our season go so well!)

Our Goals: 1.) to increase our numbers, esp. on the men's team
2.) become more competitive, and establish a positive image for our sport.

Meet #1 - @ Vassar

men - finished 4th of 9 teams, freshmen showed potential
David (d.n.r.), Val (d.n.f.) hamstring

Women - finished 5th of 10 teams, N.Y.U. a powerful team, beat Vassar; Bridget Curran lead team, our top 5 Ave. 44 sec./runner faster than last year's.

Meet #2 - Bard Invitational -

men - finished close 3rd to Nyack & Hunter; 13 teams (9 full)
Valon set Bard Record for course 28:22

Women - Won meet over 14 teams (9 full), 38 pts. to St. Joseph's of L.I. 2nd @ 72 pts.

Meet #3 - @ Steven's Inv. - Liberty Pk.

men - 7th place of 10 teams; Val broke Course Record for Bard runner with 28:30 time.

Women - 5th place of 9 teams; Women's field had some strong teams, we beat some good teams also

Meet #4 - @ Westfield, MA. (Columbus Day W.E.)

Men: Inc. team, David ran best race so far

Women: Bridget Curran 22:11 for 5k., best 5k. in last 2 years.

meet #5 - @ Southern Vermont

men - 3rd to Johnson + Wales U. and Norwich U.
out of 10 teams. Val won race by over 400m. in 21:40
which was the 2nd fastest men's time ever for course.

women - 2nd to Johnson + Wales U. (11 teams); Bridget
Curran's 19:05* was Bard Women's course record, she finished
6th with Rachael Atwood 10th.

meet #6 - @ Saratoga - Union Inv.

men - Team Inc., Val. ran the fastest smi.
in Bard History, besting Ken McLeash's 1998 (28:24)
record with a 27:39 time, good for 33rd place.

women - 1st time ever 1st 4 runners were under 23:00
with Bridget Curran leading the way in 20:59, a Bard course
record.

meet #7 - H.V.A.C. Championships @ Bard

men - Won championship lead by Val's 27:27, new
Bard course record. Bard 21 pts., 2nd place Polytech - 42 pts.

women - finished 2nd 33 pts. to Pratt with 27 pts.
7 runners in top 15 and 11 runners lined up for Bard, the
largest team in the league.

meet #8 - E.C.A.C. Championship @ Tufts-Gratton Campus

men - Highest finish ever 23rd of 36 teams, Val 16th overall
in 27:40, no Bard runner has ever cracked top 100, nor team top 30
before -

women - Highest finish ever 23rd of 37 teams, Bridget Curran's
66th place and 6K time of 25:25 are Bard's best ever. 27:59
ave. time for top 5 runners, best by Bard ever.

meet #9 - N.C.A.A. Regional Championship @ Genesee
Valon Khanna Long qualifier, finished 74th of
217 runners in elite field. His 27:10 is a new
Bard all-time 5 mile record.

Summary

7 - new course records established

2 All time best times B.C.'s 25:25 for 6K. / new Bard
V.X's 27:10 for 5mi. Records

Men's team - Won League championship, 23rd in ECAC's,

Women's team - Won Bard Inv., 2nd league champ., 2nd Verm. Inv., 23rd ECAC's

Goals for next year

Men's team - We lose Val our top runner, best
ever at Bard; we need to add 4-5 new runners
with David + our freshmen Core to improve ave. of about
30 seconds to make up for Val's loss; we will still improve
to win HVAC again and hit top 20 at ECAC's.

Women's team - Lose Marcy to graduation, with top 3
runners back and 5th through 11th intact. With 4-5
new recruits and a tremendous group returning, we
hope to regain HVAC crown, and move up to
top 20 in ECAC's.

TEAM SCORES and RACE RESULTS: VASSAR INVITATIONAL - VC INVITATIONAL 09/13/03

WEATHER:

NAME OF COURSE:

LENGTH OF COURSE:

COURSE RECORD:

MISCELLANEOUS:

SCORING METHOD: Non-Displacement

Team Scores

1.	Vassar College	30
2.	SUNY New Paltz	55
3.	Stevens Institute of Tech	61
4.	Bard College	145
5.	Keystone College	152
6.	John Jay College	180
7.	Centenary College	--
8.	SUNY Purchase	--
9.	Dutchess Community College	--

Race Results

Pos.	Con. #	Name - School	Team Pos	Time
1.	#0746	Kramer, Avi - VAS	(1)	26:34.80
2.	#0528	Zarella, John - NEW	(2)	27:39.49
3.	#0750	Schuster, Schuyler - VAS	(3)	27:42.25
4.	#0741	Dratch, Sam - VAS	(4)	28:19.30
5.	#0693	@Perks, Josh - PUR	(5)	28:30.32
6.	#0727	Quoraishee, Shafik - STE	(6)	28:42.30
7.	#0708	Dunford, Nick - STE	(7)	28:56.16
8.	#0735	Western, James - STE	(8)	28:57.02
9.	#0745	Huseby, Devin - VAS	(9)	28:58.91
10.	#0529	Holton, Dan - NEW	(10)	29:07.09
11.	#0690	@Amrick, Daniel - PUR	(11)	29:23.33
12.	#0534	McLean, Matt - NEW	(12)	29:25.26
13.	#0744	Halilovic, Samir - VAS	(13)	29:41.13
14.	#0527	Letts, Jason - NEW	(14)	29:41.51
15.	#0751	*White, Michael - VAS	(15)	29:58.08
16.	#0718	Larsen, Andrew - STE	(16)	30:20.35

17.	#0536	Nelson, Mike - NEW	(17)	30:26.00
18.	#0651	Dorn, Peter - KEY	(18)	30:27.65
19.	#0531	*Adelewitz, Alex - NEW	(19)	30:36.35
20.	#0532	*Sudwischer, Harry - NEW	(20)	30:37.00
21.	#0742	*Fair, Robbie - VAS	(21)	30:46.38
22.	#0535	**Austin, Sam - NEW	(--)	30:55.60
23.	#0654	Polito, Michael - KEY	(22)	31:24.71
24.	#0601	Culver, Blair - BAR	(23)	31:54.04
25.	#0533	**Correa, George - NEW	(--)	31:54.54
26.	#0726	Palushi, Jetmir - STE	(24)	32:23.64
27.	#0715	*Kazalski, Paul - STE	(25)	32:24.05
28.	#0743	**Graffam, Dan - VAS	(--)	33:08.54
29.	#0604	Dickinson, Stephen - BAR	(26)	33:12.72
30.	#0652	Greener, Brooks - KEY	(27)	33:16.35
31.	#0694	@White, Caleb - <u>PUR</u>	(28)	33:32.16
32.	#0606	Griffin, Nevada - BAR	(29)	33:47.53
33.	#0648	Wellington, Calvin - JOH	(30)	34:03.00
34.	#0636	@Allen, Justin - DCC	(31)	34:26.61
35.	#0545	@Sahlberg, Fred - CEN	(32)	34:27.57
36.	#0608	Kurshan, Eri - BAR	(33)	34:30.82
37.	#0603	Day, Mark - BAR	(34)	34:59.29
38.	#0643	Nazaire, Villierre - JOH	(35)	35:16.06
39.	#0710	*Firner, Ben - STE	(36)	35:20.60
40.	#0644	Pichardo, Sandy - JOH	(37)	35:41.67
41.	#0642	Madyun, Bilal - JOH	(38)	35:47.16
42.	#0749	**Newman, Jonathan - VAS	(--)	36:03.15
43.	#0653	Howells, Kurtis - KEY	(39)	36:03.91
44.	#0530	**Lily, Sean - NEW	(--)	36:42.07
45.	#0647	Vilain, Dexter - JOH	(40)	37:09.88
46.	#0637	@Herles, John - DCC	(41)	37:13.83
47.	#0638	@Lees, Tim - DCC	(42)	37:25.41
48.	#0641	*Hughes-Bullard, Raymond - JOH	(43)	39:30.89
49.	#0543	@Centari, Nick - CEN	(44)	39:42.57
50.	#0544	@Rogers, Bart - CEN	(45)	39:47.10
51.	#0656	Shylkotski, Corey - KEY	(46)	40:27.28
52.	#0609	*Mendes, Isak - BAR	(47)	41:54.41
53.	#0605	*Fisher, Julius - BAR	(48)	42:34.20
54.	#0692	@Lindquist, Joe - PUR	(49)	43:36.13
--	#0602	**Dash, David - BAR	(--)	Did Not Finish
--	#0612	**Xharra, Valon - BAR	(--)	Did Not Finish
--	#0701	**Battersby, Frank - STE	(--)	Did Not Finish

ASSARM03: BARD M03 Meet Statistics

SITE: Away DATE: 9/13/03

LENGTH OF RACE: 5.0mi

TEAM PLACE/TEAM POINTS SCORED: 5/188

RACE CONDITIONS: cool/train

CELLANEOUS:

SPLIT ENTRY METHOD: Auto Subtract Cumulative Times

Individual Statistics	Place	Time	Field	% Rank	Avg Time	
culver, blair	25	31:54.00	72	66.2%	06:22.80	missing Valon, David, Garrett and Owen. Last year's 5th man was 34:56 and 6th man was 36:21. This year our 5th will be around 33: and 6th will be under 34:00. Men's team will have a great shot at the championship this year! - Coach J
day, mark	46	34:59.00	72	36.6%	07:00.00	
dickinsen, stephen	38	33:12.00	72	47.9%	06:38.40	
fisher, julius	62	42:33.00	72	14.1%	08:30.60	
griffin, nevada	41	33:47.00	72	43.7%	06:45.40	
kurshan, eri	45	34:30.00	72	38.0%	06:54.00	
mendes, isak	61	41:54.00	72	15.5%	08:22.80	
xharra, valon	72	11:00.00	72	0.0%	02:12.00	
Cumulative Time of Top 5 Athletes:		144:23.00				

Individual Race Splits	1st	2nd	3rd	Last 2
culver, blair	06:08.00	05:55.00	06:30.00	6:38
day, mark	06:39.00	06:26.00	06:53.00	7:30
dickinsen, stephen	06:38.00	06:20.00	06:40.00	6:46
fisher, julius	08:01.00	08:19.00	08:23.00	8:52 ^{wrong split}
griffin, nevada	06:30.00	06:30.00	06:58.00	6:53
kurshan, eri	06:38.00	06:23.00	06:53.00	7:48
mendes, isak	07:45.00	07:59.00	08:00.00	8:51
xharra, valon	05:44.00	05:16.00	00:00.00	—

POUGHKEEPSIE — SUNY New Paltz's men placed second Saturday as the Hawks opened their cross country season at the Vassar College Invitational.

Rhinebeck's Dan Holton led New Paltz, placing 10th overall in the 8-kilometer race in a time of 29 minutes, seven seconds.

The Hawk women were third in their 5k race, led by sophomores Kate Choromanski (eighth, 20:05) and Janet Walsh (10th, 20:14).

Bard College's men were fourth and the women fifth. The Raptors' best finish was Bridget Curran taking 22nd in 21:26.

Collegiate cross country

How Local Runners Fared:

MEN

Team scores: Vassar 30, SUNY New Paltz (NP) 55, Stevens Tech 61, Bard (B) 145, Keystone 152, John Jay 180, Centenary, Purchase, Dutchess inc.

10. Dan Holton (NP) 29:07; 12. Matt McLean (NP) 29:25; 14. Jason Letts (NP) 29:41; 17. Mike Nelson (NP) 30:26; 19. Alex Adelewitz (NP) 30:36; 20. Harry Sudwischer (NP) 30:37; 22. Sam Austin (NP) 30:55; 24. Blair Culver (B) 31:54; 25. George Correa (NP) 31:54; 29. Steven Dickenson (B) 33:12; 32. Nevada Griffin (B) 33:47; 36. Eri Kurshan (B) 34:30; 37. Mark Day (B) 34:59; 52. Isak Mendes 41:54; 53. Julius Fisher (B) 42:34

WOMEN

Team scores: New York University 24, Vassar 45, SUNY New Paltz (NP) 57, Stevens Tech 113, Bard (B) 158, John Jay 191, Centenary 214, Keystone, Purchase inc.

8. Kate Choromanski (NP) 20:05; 10. Janet Walsh (NP) 20:14; 14. Heather DeBuono (NP) 20:28; 16. Alida Van Almerio (NP) 20:36; 24. Bridget Curran (B) 21:26; 25. Kelly Moore (NP) 21:26; 33. Rachael Alwood (B) 22:05; 37. Jessica Waterbury (NP) 22:31; 40. Christine Ladny (NP) 22:58; 49. Marcy Carlson (B) 23:39; 52. Marisa Ouranitsas (NP) 23:49; 55. Emily Schmall (B) 23:58; 60. Meg Gatzka (B) 25:03; 61. Kelly DeToy (B) 25:13; 62. Abby Morgan (B) 25:19; 65. Nicole Rhodes (B) 26:12; 67. Nadia Haji Omar (B) 26:29; 69. Christie Seaver (B) 26:36; 70. Alex Wojcik (NP) 26:40

HVMAC Weekly Reporting Form

This form must be submitted by 9:00am on Tuesday, September 16, 2003

Institution : Bard College

Sport : Cross Country

Week Ending : September 14, 2003

RACE INFORMATION

Race VASSAR Inv. Distance 5 miles (8K)

Date 9/13/03 Time 1 p.m. Conditions 63° / Lt. Rain / course slippery

Location Vassar Coll.

Team Results 4th of 9 teams

Individual Results (Please list top seven runners from your team)

Place	Name	Time	Overall Finish
1	Blair Culver	31:54	24
2	Steven Dickenson	33:12	29
3	Nevada Griffin	33:47	32
4	Cr. Kurshan	34:30	36
5	Mark Day	34:59	37
6	Isaac Mendes	41:54	52
7	Julius Fisher	42:34	53

RUNNER OF THE WEEK NOMINATION

Name Josh Perks - SUNY Purchase Year : Fr So Jr (Sr)

Position _____ Hometown / Highschool _____

Supporting Information

Josh was the 1st Conference runner to finish in VASS. Inv.
His time & place were unknown but he beat our top runner by
2+ minutes.

Hudson Valley Men's Athletic Conference

TEAM SCORES and RACE RESULTS: BARD INV 2003 - MEN 09/27/03

WEATHER:**NAME OF COURSE: BARD****LENGTH OF COURSE: 8K****COURSE RECORD:****MISCELLANEOUS:****SCORING METHOD: Normal**

Team Scores

1.	NYACK COLLEGE	53
2.	HUNTER COLLEGE	54
3.	BARD COLLEGE	78
4.	MARITIME COLLEGE	110
5.	POLYTECHNIC	129
6.	FARMINGDALE STATE	150
7.	ST JOSEPH'S COLLEGE	161
8.	JOHN JAY	165
9.	MEDGAR EVERS	249
10.	UNIVERSITY OF BRIDGEPORT	269
11.	SUNY OLD WESTBURY	--
12.	WEBB INSTITUTE	--
13.	PURCHASE COLLEGE	--
14.	LEHMAN	--

Race Results

Pos.	Con. #	Name - School	Team Pos	Time
1.	#0543	HOLZMAN, OMRI - HUN	(1)	27:55.64
2.	#0463	@PERKS, JOSHUA - PUR	(--)	28:12.98
3.	#0593	XHARRA, VALON - BAR	(2)	28:22.84
4.	#0667	CAVANNA, MARTIN - NYA	(3)	28:45.53
5.	#0557	GLEESON, RYAN - MAR	(4)	29:13.08
6.	#0491	MILAZZO, PAUL - FAR	(5)	29:17.66
7.	#0665	BRACKMAN, ANDREW - NYA	(6)	29:22.45
8.	#0679	ISHMAEL, AARON - POL	(7)	29:30.50
9.	#0545	ZACCARIELLO, PETE - HUN	(8)	29:46.21
10.	#0541	DAHIB, KAMAL - HUN	(9)	30:07.96
11.	#0682	VALDERRUTEN, LUIS - POL	(10)	30:31.98
12.	#0726	@AMRICK, DANIEL - PUR	(--)	30:47.22
13.	#0666	BUISCH, JONATHAN - NYA	(11)	30:55.76
14.	#0540	CLARKE, SHANE - HUN	(12)	31:05.83
15.	#0710	SIGNORELLI, TIM - SJC	(13)	31:15.55
16.	#0669	HAGGERTY, BENJAMIN - NYA	(14)	31:15.87
17.	#0558	HAYKING, BEN - MAR	(15)	31:22.41

* U. = Does Not Count in Team Score

@ = Member of Unqualified Team

TEAM SCORES and RACE RESULTS: BARD INV 2003 - MEN 09/27/03 cont.**WEATHER:****NAME OF COURSE: BARD****LENGTH OF COURSE: 8K****COURSE RECORD:****MISCELLANEOUS:**

Race Results cont.

Pos.	Con. #	Name - School	Team Pos	Time
18.	#0584	DASH, DAVID - BAR	(16)	31:36.30
19.	#0582	CULVER, BLAIR - BAR	(17)	32:00.49
20.	#0586	DICKINSON, STEPHEN - BAR	(18)	32:06.74
21.	#0670	JACOBS, BRADLEY - NYA	(19)	32:16.39
22.	#0637	PICHARDO, SANDY - JAY	(20)	32:31.54
23.	#0705	GILL, BRYAN - SJC	(21)	32:46.85
24.	#0551	SOVIERO, ERIC - MAR	(22)	32:54.94
25.	#0490	JOHNSON, JERMAINE - FAR	(23)	33:05.51
26.	#0756	@BLALOCK, FREEMAN - LEH	(--)	33:17.03
27.	#0544	MONTELIONE, NICK - HUN	(24)	33:29.00
28.	#0589	HEREDIA-SANTOYO, ALEJANDRO - BAR	(25)	33:34.85
29.	#0678	CHENG, ANDREW - POL	(26)	33:45.25
30.	#0542	*DMITRIEV, YUGIN - HUN	(27)	33:48.98
31.	#0636	NAZAIRE, VILLIERRE - JAY	(28)	33:56.52
32.	#0664	*BOCK, NATHAN - NYA	(29)	34:01.82
33.	#0561	LUOU, DAN - MAR	(30)	34:10.21
34.	#0492	PRIESTLY, LEIGHTON - FAR	(31)	34:14.94
35.	#0732	KNIGHTS, ROGELIO - MED	(32)	34:20.84
36.	#0590	*KURSHAN, ERI - BAR	(33)	34:22.14
37.	#0588	*GRIFFIN, NEVADA - BAR	(34)	34:25.90
38.	#0641	WELLINGTON, CALVIN - JAY	(35)	34:35.44
39.	#0668	*COYLE, JOSEPH - NYA	(36)	34:35.79
40.	#0638	ROSALES, JORGE - JAY	(37)	34:42.28
41.	#0680	MUDASIR, FARHAN - POL	(38)	34:54.00
42.	#0464	@WHITE, CALEB - PUR	(--)	34:58.75
43.	#0556	ROMEO, MIKE - MAR	(39)	35:13.85
44.	#0585	**DAY, MARK - BAR	(--)	35:35.82
45.	#0592	**SCHOPPE, OWEN - BAR	(--)	35:50.04
46.	#0671	**RAMALES, LEONARDO - NYA	(--)	35:54.49
47.	#0489	HERNANDEZ, JASON - FAR	(40)	36:10.42
48.	#0711	TIENIBER, BEN - SJC	(41)	36:14.06
49.	#0706	POVEROMO, RICH - SJC	(42)	36:18.59
50.	#0554	*MARSAC, JASON - MAR	(43)	37:00.14
51.	#0754	@AGOSTO, BILL - LEH	(--)	37:07.32
52.	#0707	RANEY, BILLY - SJC	(44)	37:09.25
53.	#0640	VILAIN, DEXTER - JAY	(45)	37:39.63
54.	#0599	@KLEINSCHUTT, BOBBY - WEB	(--)	38:50.00
55.	#0720	SPRINGSTEAD, KEVIN - UOB	(46)	39:40.00
56.	#0596	@EISENHOWER, BRIAN - WEB	(--)	39:52.00
57.	#0553	*SULLIVAN, PAUL - MAR	(47)	40:49.00
58.	#0747	MICHAEL, TRACHTENBERG - POL	(48)	41:21.00

* C. = Does Not Count in Team Score

@ = Member of Unqualified Team

TEAM SCORES and RACE RESULTS: BARD INV 2003 - MEN 09/27/03 cont.**WEATHER:****NAME OF COURSE: BARD****LENGTH OF COURSE: 8K****COURSE RECORD:****MISCELLANEOUS:****Race Results cont.**

Pos.	Con. #	Name - School	Team Pos	Time
59.	#0719	GOOLBURNE, LAVERNE - UOB	(49)	41:25.00
60.	#0708	*SANTANGELO, STEPHEN - SJC	(50)	43:03.00
61.	#0591	**MENDES, ISAAK - BAR	(--)	43:25.00
62.	#0493	REGISTRE, MASNER - FAR	(51)	43:26.00
63.	#0623	@SMITH, BRIAN - SOW	(--)	43:59.00
64.	#0757	@RAMIREZ, ROMEL - LEH	(--)	44:02.00
65.	#0597	@GUENTHER, AUSTIN - WEB	(--)	44:07.00
66.	#0755	@CENORD, EMMANUEL - LEH	(--)	44:31.00
67.	#0460	@GRIFFITHS, DION - PUR	(--)	45:56.00
68.	#0735	ROBERTSON, WADE - MED	(52)	45:58.00
69.	#0639	*TAYLOR, BRENNON - JAY	(53)	45:59.00
70.	#0731	EPPS, ALFRED - MED	(54)	47:38.00
71.	#0733	LAWRENCE, NUBIAN - MED	(55)	48:10.00
72.	#0730	BAIG, MOHAMMED - MED	(56)	48:34.00
73.	#0718	HOLM, BOBBY - UOB	(57)	00:00.00
74.	#0748	CUNNINGHAM, GREG - UOB	(58)	00:00.00
75.	#0716	MILLS, SEAN - UOB	(59)	00:00.00
76.	#0677	*CHAN, GARY - POL	(60)	00:00.00
77.	#0676	*D'EUFEMIA, FRANK - POL	(61)	00:00.00
78.	#0598	@HERINCK, TAYLOR - WEB	(--)	00:00.00
79.	#0734	*PHILIPPE, WILBERT - MED	(62)	00:00.00
80.	#0737	*WILLIAMS, PAGET - MED	(63)	00:00.00
81.	#0736	**RUSSEL, ROHAN - MED	(--)	00:00.00
82.	#0709	*SCHAEFER, RUSS - SJC	(64)	00:00.00
--	#0635	*MADYUN, BILAL - JAY	(--)	Did Not Finish
--	#0583	**ALBRIGHT, GARRETT - BAR	(--)	Did Not Finish
--	#0587	**FISHER, JULIUS - BAR	(--)	Did Not Finish
--	#0559	**KAPERO, DAN - MAR	(--)	Did Not Finish
--	#0727	@KING, KEN - PUR	(--)	Did Not Finish
--	#0728	*EZRA, LEBANK - PUR	(--)	Did Not Finish
--	#0729	*RAMOS, NATHAN - PUR	(--)	Did Not Finish

* C. = Does Not Count in Team Score

@ = Member of Unqualified Team

BARDV INV MENS: BARD M03 Meet Statistics

SITE: Home DATE: 9/27/03

LENGTH OF RACE: 4.85mi

TEAM PLACE/TEAM POINTS SCORED: 3rd/78

RACE CONDITIONS: muddy

SCCELLANEOUS:

SPLIT ENTRY METHOD: Auto Subtract Cumulative Times

Individual Statistics	Place	Time	Field	% Rank	Avg Time
culver, blair	19	32:00.00	83	78.0%	06:36.00
dash, david	18	31:36.00	83	79.3%	06:31.42
day, mark	44	35:35.00	83	47.6%	07:20.22
dickinsen, stephen	20	32:06.00	83	76.8%	06:37.24
griffin, nevada	37	34:25.00	83	56.1%	07:06.15
heredia-santoyo, ali	28	33:34.00	83	67.1%	06:55.01
kurshan, eri	33	34:22.00	83	61.0%	07:05.54
mendes, isaac	61	43:25.00	83	26.8%	08:57.15
schoppe, owen	45	35:50.00	83	46.3%	07:23.31
xharra, valon	3	28:22.00	83	97.6%	05:50.54

Cumulative Time of Top 5 Athletes: 157:38.00

Individual Race Splits	1st	2nd	3rd
culver, blair	05:54.00	06:41.00	07:27.00
i, david	06:03.00	06:14.00	07:21.00
day, mark	06:17.00	07:17.00	07:46.00
dickinsen, stephen	06:25.00	06:23.00	07:14.00
griffin, nevada	06:32.00	07:00.00	07:48.00
heredia-santoyo, ali	06:31.00	06:52.00	07:34.00
kurshan, eri	06:33.00	06:59.00	07:48.00
mendes, isaac	07:31.00	08:48.00	08:59.00
schoppe, owen	06:30.00	07:02.00	07:58.00
xharra, valon	05:30.00	05:36.00	06:35.00

Bard women capture invitational crown

ANNANDALE — Bard College women's cross country team finished first and the men's team placed third at the Bard Invitational meet Saturday.

The Raptors women won with 38 points behind top finishes by Bridget Curran (second, 29:19), Marcy Carlson (sixth, 30:27), Emily Schmall (seventh, 30:38) and Abby Morgan (11th, 31:59).

Bard's men had 68 points led by Valon Xharra (third), David Dash (19th), Blair Culver (20th) and Stephen Dickenson (21st).

Stevens Invite - 10/4/2003

LibertyState Park

Rankings

Event 2 Men 8k Run CC

Name	Year School	Avg Mile	Finals	Points
Non-Award Results				
1 #206 Perks, Joshua	Suny-Purchase	5:42.0	28:20.00	
2 #205 Amurick, Dau	Suny-Purchase	5:54.3	29:21.00	
3 #207 White, Caleb	Suny-Purchase	6:49.4	33:55.00	
4 #203 Griffiths, Dion	Suny-Purchase	7:59.0	39:41.00	
Varsity Results				
1 #56 Holzman, Omri	Hunter College	5:34.6	27:43.00	1
2 #120 Morgan, Timothy	Aquinas	5:39.0	28:05.00	2
3 #95 Albano, Lou	Ramapo College	5:40.8	28:14.00	3
4 #119 Mazella, Pat	Aquinas	5:42.6	28:23.00	4
5 #58 Zaccariello, Pete	Hunter College	5:43.6	28:28.00	5
6 #100 Dixon, Michael	Ramapo College	5:43.8	28:29.00	6
7 #264 Xharra, Val	Bard College	5:44.0	28:30.00	7
8 #180 Herrmann, Bill	Suffolk CC	5:45.6	28:38.00	8
9 #85 Tanzi, Mike	Pace University	5:49.5	28:57.00	
10 #173 Quoraishee, Shafik	Stevens	5:51.5	29:07.00	9
11 #165 Dunford, Nick	Stevens	5:51.7	29:08.00	10
12 #174 Western, James	Stevens	5:51.9	29:09.00	11
13 #151 Bress, Michael	St. Peter's College	5:53.5	29:17.00	12
14 #157 Ulyanenko, Sergey	St. Peter's College	5:55.3	29:26.00	13
15 #220 Hopper, Tyler	Usmaps	5:56.1	29:30.00	14
16 #54 Dahib, Kamal	Hunter College	5:56.7	29:33.00	15
17 #27 Mack, Sean	Drew University	6:00.1	29:50.00	16
18 #244 Ishmael, Aaron	Polytechnic	6:04.0	30:09.00	17
9 #80 Keogh, Tim	Nassau CC	6:04.4	30:11.00	
20 #105 Mossano, Ted	Ramapo College	6:05.0	30:14.00	18
21 #218 Brett, Thomas	Usmaps	6:05.6	30:17.00	19
22 #118 Koch, Brian	Aquinas	6:06.0	30:19.00	20
23 #102 Geram, Rob	Ramapo College	6:07.0	30:24.00	21
24 #53 Clarke, Shane	Hunter College	6:07.8	30:28.00	22
25 #122 Vaughan, Jonathan	Aquinas	6:08.0	30:29.00	23
26 #96 Anis, Mike	Ramapo College	6:08.0	30:29.00	24
27 #167 Larsen, Andrew	Stevens	6:09.2	30:35.00	25
28 #32 Laidlaw, Ben	Farleigh Dickinson	6:12.2	30:50.00	
29 #245 Valderruten, Luis	Polytechnic	6:12.4	30:51.00	26
30 #171 O'Neill, Steve	Stevens	6:13.6	30:57.00	27
31 #3 Dash, David	Bard College	6:13.6	30:57.00	28
32 #169 McKinlay, Colin	Stevens	6:15.0	31:04.00	29
33 #217 Basher, Vic	Usmaps	6:15.2	31:05.00	30
34 #106 Wakefield, Dan	Ramapo College	6:15.6	31:07.00	31
35 #186 Gleeson, Ryan	Suny-Maritime	6:15.8	31:08.00	32
36 #188 Hopkins, Brian	Suny-Maritime	6:16.0	31:09.00	33
37 #150 Anacroon, Jean Pier	St. Peter's College	6:17.4	31:16.00	34
38 #166 Kazalski, Paul	Stevens	6:17.6	31:17.00	35
39 #123 Winkleer, Matt	Aquinas	6:18.0	31:19.00	36
40 #187 Hale, Kevin	Suny-Maritime	6:18.6	31:22.00	37
41 #2 Culver, Blair	Bard College	6:18.6	31:22.00	38
42 #241 Cheng, Andrew	Polytechnic	6:19.0	31:24.00	39
43 #216 Aaron, Grant	Usmaps	6:19.2	31:25.00	40
44 #156 Pereira, Jonathan	St. Peter's College	6:19.6	31:27.00	41
45 #224 Kilderry, Jason	Gloucester CC	6:20.0	31:29.00	
46 #223 Lopez, Nick	Usmaps	6:21.1	31:34.00	42
#222 Krick, Joseph	Usmaps	6:21.3	31:35.00	43

Stevens Invite - 10/4/2003

LibertyState Park

Rankings

....Event 2 Men 8k Run CC

48 #140 Signorelli, Tim	St.Joe's	6:22.3	31:40.00	44
49 #41 Johnson, Jermaine	Farmingdale	6:22.9	31:43.00	45
50 #190 Kozera, Dan	Suny-Maritime	6:23.3	31:45.00	46
51 #57 Montelione, Nick	Hunter College	6:23.9	31:48.00	47
52 #258 Griffin, Nevada	Bard College	6:24.1	31:49.00	48
53 #195 Soviero, Eric	Suny-Maritime	6:25.5	31:56.00	49
54 #115 Folger, John	Aquinas	6:26.1	31:59.00	50
55 #219 Groves, Adam	Usmaps	6:29.9	32:18.00	51
56 #242 Mudasir, Farhan	Polytechnic	6:30.9	32:23.00	52
57 #134 Gill, Bryan	St.Joe's	6:32.3	32:30.00	53
58 #172 Palushi, Jetmir	Stevens	6:32.9	32:33.00	
59 #55 Dmitriev, Yugin	Hunter College	6:34.3	32:40.00	54
60 #155 Nogueira, Hugo	St. Peter's College	6:36.5	32:51.00	55
61 #121 Tung, Patrick	Aquinas	6:37.3	32:55.00	56
62 #177 Bates, Tom	Suffolk CC	6:38.6	33:01.00	57
63 #75 Wellington, Calvin	John Jay College	6:39.6	33:06.00	58
64 #184 Phillips, Ray	Suffolk CC	6:40.0	33:08.00	59
65 #103 Giordano, Damon	Ramapo College	6:41.8	33:17.00	60
66 #183 McCunn, Jeff	Suffolk CC	6:42.2	33:19.00	61
67 #221 Kasper, Jason	Usmaps	6:42.2	33:19.00	
68 #182 McAlister, Mike	Suffolk CC	6:45.8	33:37.00	62
69 #117 Gillingham, Brett	Aquinas	6:46.2	33:39.00	
70 #170 Miller, Brad	Stevens	6:47.4	33:45.00	
71 #192 Luov, Dan FR	Suny-Maritime	6:47.6	33:46.00	63
72 #263 Schoppe, Owen	Bard College	6:49.0	33:53.00	64
73 #81 Phillips, Vincent	Nassau CC	6:49.6	33:56.00	
74 #197 Welch, John	Suny-Maritime	6:50.0	33:58.00	65
75 #116 Gathright, Frank	Aquinas	6:51.4	34:05.00	
76 #70 Nazaire, Villierre	John Jay College	6:52.2	34:09.00	66
77 #181 Katinos, Angelo	Suffolk CC	6:53.4	34:15.00	67
78 #9 Marcelino, Gabriel	Bergen CC	6:56.7	34:31.00	68
79 #8 Lanza, John	Bergen CC	6:57.3	34:34.00	69
80 #78 Charles, Kareem	Nassau CC	6:57.7	34:36.00	
81 #74 Vilain, Dexter	John Jay College	6:57.9	34:37.00	70
82 #42 Milazzo, Paul	Farmingdale	6:58.3	34:39.00	71
83 #43 Priestly, Leighton	Farmingdale	7:00.5	34:50.00	72
84 #4 Day, Mark	Bard College	7:01.7	34:56.00	73
85 #40 Hernandez, Jason	Farmingdale	7:02.5	35:00.00	74
86 #104 Hatcher, Ron	Ramapo College	7:03.7	35:06.00	
87 #83 Wilson, Frank	Nassau CC	7:04.1	35:08.00	
88 #98 Cassaro, Matt	Ramapo College	7:10.7	35:41.00	
89 #191 Lind, Steve	Suny-Maritime	7:11.9	35:47.00	
90 #256 Lennon, Charles	Suny Old Westbury	7:12.4	35:49.00	
91 #254 Smith, Brian	Suny Old Westbury	7:13.6	35:55.00	
92 #10 Ortiz, Jesse	Bergen CC	7:14.8	36:01.00	75
93 #234 Brown, Jon	Middlesex CC	7:15.4	36:04.00	
94 #193 Marsac, Jason	Suny-Maritime	7:15.6	36:05.00	
95 #24 Casey, Tim	Drew University	7:15.8	36:06.00	76
96 #138 Santangelo, Stephen	St.Joe's	7:19.0	36:22.00	77
97 #137 Raney, Billy	St.Joe's	7:24.2	36:48.00	78
98 #26 Greenbaum, Evan	Drew University	7:28.8	37:11.00	79
99 #68 Hughes-Bullard, Raym	John Jay College	7:32.9	37:31.00	80
100 #168 Lee, Marc	Stevens	7:39.1	38:02.00	
1 #25 Davis, George	Drew University	7:39.7	38:05.00	81
1 #6 Barrera, Francisco	Bergen CC	7:40.3	38:08.00	82

103	#69 Madyun, Bilal	John Jay College	7:40.5	38:09.00	83
104	#246 Petit, Jonah	Polytechnic	7:41.5	38:14.00	84
105	#7 Cuevas, Christopher	Bergen CC	7:49.6	38:54.00	85
106	#101 Frazza, John	Ramapo College	8:01.0	39:51.00	
107	#257 Fishes, Julius	Bard College	8:10.1	40:36.00	86
108	#261 Mecedez, Issac	Bard College	8:10.5	40:38.00	
109	#252 Cannon, Lovell	Suny Old Westbury	8:14.7	40:59.00	
110	#73 Taylor, Brennon	John Jay College	8:27.2	42:01.00	87
111	#44 Registre, Masner	Farmingdale	8:36.2	42:46.00	88
112	#247 D'Eufemia, Frank	Polytechnic	8:55.3	44:21.00	89
113	#179 Friedell, Eric	Suffolk CC	9:03.2	45:00.00	90
114	#243 Chan, Gary	Polytechnic	9:49.1	48:48.00	91
115	#265 Schoenberg, Daniel	Drew University	11:05.9	55:10.00	92
116	#139 Schaefer, Russ	St.Joe's	12:19.7	1:01:17.00	93

[illegible]

SITE: Away DATE: 10/04/03

LENGTH OF RACE: 5mi

TEAM PLACE/TEAM POINTS SCORED: 7th/185

RACE CONDITIONS: windy/ flat course

MISCELLANEOUS:

LIT ENTRY METHOD: Auto Subtract Cumulative Times

Individual Statistics	Place	Time	Field	% Rank	Avg Time
dash, david	31	30:57.00	116	73.9%	06:11.40
day, mark	84	34:56.00	116	27.8%	07:4.20 6:59
dickinsen, stephen	41	31:22.00	116	65.2%	06:16.40
fisher, julius	107	40:36.00	116	7.8%	08:07.20
griffin, nevada	52	31:49.00	116	55.7%	06:21.80
mendes, isaac	108	40:38.00	116	7.0%	08:07.60
schoppe, owen	72	33:53.00	116	38.3%	06:46.60
xharra, valon	7	28:30.00	116	94.8%	05:42.00
Cumulative Time of Top 5 Athletes:	156:31.00	Top 5 Ave. Time 31:18			

Individual Race Splits	1st <i>Best guess</i>	2nd	3rd <i>Last 2 miles</i>
dash, david	05:48.00	12:09.00	13:00.00
day, mark	06:31.10	13:21.24	36:07.94?
dickinsen, stephen	06:07.00	12:08.00	13:07.00
fisher, julius	07:48.00	15:58.00	16:50.00
in, nevada	06:10.00	12:10.00	13:29.00
mendes, isaac	07:48.00	15:58.00	16:52.00
schoppe, owen	06:30.00	12:58.00	14:25.00
xharra, valon	05:30.00	10:53.00	11:54.00

note - everyone ran well, but
Valon, Nevada, Stephen all ran
Best with Strong 2nd miles and
conservative 1st miles.

use next few weeks &
meets to reach peak @ end
of Oct. HVAC champ. - 11/1
CAC's - 11/8

*
Bard's Xharra sets record at Stevens Invitational - Valon Xharra set a new record for a Bard runner on the Liberty State Park course, clocking in at 28:30 and helping Bard claim seventh with 185 points at the Stevens Invitational.

David Dash (28th), Stephen Dickinson (38th), Nevada Griffin (48th), and Owen Schoppe (64th) rounded out the top five finishers for Bard.

For the women, Bridget Curran ran to a 14th-place showing in 27:03, pacing Bard to a fifth-place finish.

Marcy Carlson (16th), Rachel Atwood (26th), Emily Schmall (36th), and Abby Morgan (39th) each finished among the top 40 for Bard.

You're learning how to run
smiles and how to pace yourself
one month to go! Train Strong
Run Stronger!

Conek P.

BARD ATHLETICS
OFFICE OF SPORTS INFORMATION
RESULT FORM

SPORT : Men's Cross Country
OPPONENT : Westfield State College Invitational
DATE : Sat. - Oct. 11, 2003
SITE : Away
RESULT : Win Loss Tie
SCORE : No Score / partial Team / reading weekend

TEAM'S RECORD AFTER CONTEST

BARD Overall : _____ Conference : _____
OPPONENT : _____

INDIVIDUAL HIGHLIGHTS

David DASH - 69th place (181 runners) - 30:09 for 5 miles - 8/c
Splits - (5:30, 11:32, 30:09)
David's - best - 5 mi. this year

TEAM HIGHLIGHTS

Bard College Department of Athletics and Recreation

Annandale-on-Hudson, New York 12504
Director of Sports Information : Scott Swere

www.bard.edu/athletics
Phone : 845-758-7530

E-mail : athletics@bard.edu
Fax : 845-758-7846 E-mail : sportsinfo@ard.edu

SOUTHERN VERMONT COLLEGE
X-C INVITATIONAL
MEN'S RACE
4.0 MILES

<u>PLACE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TIME</u>
1	Valon Xharra	Bard	21:40
2	Brian Ludlam	Johnson & Wales	22:30
3	Andrew Smith	J&W	22:45
4	Fontana Fluke	Southern Vermont	22:59
5	Bruce McDonald	Norwich	23:04
6	Keenan White	Castleton	23:07
7	Adam Leathers	NU	23:26
8	John Perry	J&W	23:27
9	John Brady	SVC	23:35
10	Richard Heller	J&W	23:41
11	Brian Kee	NU	23:46
12	Ali Heredia	Bard	23:49
13	Ryan Brown	J&W	23:50
14	David Dash	Bard	23:54
15	Nevada Griffin	Bard	24:20
16	Brian Philips	Mass College	24:25
17	Michael Slawski	NU	24:28
18	Scott Woodward	NU	24:36
19	Tim Curtis	NU	24:37
20	Aaron Daniels	J&W	24:38
21	Dan Leddy	NU	24:42
22	Chris Papsia	Elms	24:47
23	Jonathan Capen	NU	25:02
24	Mike Kinsella	NU	25:03
25	Kyle Vinton	CSC	25:06
26	Chad Quinion	CSC	25:13
27	Stephen Dickinson	Bard	25:14
28	Darren Turner	J&W	25:15
29	John Klein	CSC	25:22
30	Matt Considine	JSC	25:27
31	Josh Chrzanowski	Elms	25:29
32	James Kirk	Elms	25:35
33	Larry Iverson	NU	25:36
34	Matt Austin	CSC	25:45
35	Edson Batista	NU	25:48
36	Eri Kurshan	Bard	25:52
37	Dan Guillette	NU	25:57
38	Nick Dutcher	J&W	26:02
39	Chris Bigott	NU	26:17

40	Joe Tricomi	NU	26:19
41	Chris Shorp	Green Mountain	26:32
42	Jeremy Gibbons	CSC	26:39
43	Greg Lucid	MCLA	26:49
44	Sean Bochman	Elms	26:55
45	Morgan Reeds	NU	27:03
46	Joseph Smith	CSC	27:11
47	Carleton Lane	Hampshire	27:14
48	Jon Fredritz	NU	27:36
49	Ryan Hermens	HC	27:43
50	Terry Melendy	NU	28:47
51	Jesse Kauppila	HC	28:48
52	Sam Singer	HC	29:05
53	Max Moynihan	GMC	29:16
54	Ashanti Lee	MCLA	29:19
55	Doug Hammond	SVC	29:24
56	Matt Myers	MCLA	29:31
57	Mike Schure	SVC	29:32
58	Barrett McInnis	SVC	30:14
59	Scott Maloney	Becker	30:58
60	Isaac Mendes	Bard	31:25
61	Bryan Eldridge	Becker	31:26
62	David Farrell	JSC	32:01
63	Matt Greiner	GMC	32:03
64	Patrick Lynch	NU	32:40
65	Shawn Lisee	Becker	36:59
66	Rory McDonald	Becker	36:59
67	J&W Alumni	Unattached	37:35
68	John Hamor	MCLA	42:57
69	Eric McGuinness	MCLA	43:42

TEAM SCORES

1.	Johnson & Wales University	36
2.	Norwich University	58
3.	Bard College	69
4.	Castleton State College	120
5.	Southern Vermont College	183
6.	Mass College of Liberal Arts	236
	Becker College	Inc.
	Elms College	Inc.
	Green Mountain College	Inc.
	Hampshire College	Inc.
	Johnson State College	Inc.

Course Record: 21:13 Dan Dix, SVC 2000

**SOUTHERN VERMONT COLLEGE
X-C INVITATIONAL
MEN'S RACE
4.0 MILES**

<u>PLACE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TIME</u>
1	Valon Xharra	Bard	21:40
2	Brian Ludlam	Johnson & Wales	22:30
3	Andrew Smith	J&W	22:45
4	Fontana Fluke	Southern Vermont	22:59
5	Bruce McDonald	Norwich	23:04
6	Keenan White	Castleton	23:07
7	Adam Leathers	NU	23:26
8	John Perry	J&W	23:27
9	John Brady	SVC	23:35
10	Richard Heller	J&W	23:41
11	Brian Kee	NU	23:46
12	Ali Heredia	Bard	23:49
13	Ryan Brown	J&W	23:50
14	David Dash	Bard	23:54
15	Nevada Griffin	Bard	24:20
16	Brian Philips	Mass College	24:25
17	Michael Slawski	NU	24:28
18	Scott Woodward	NU	24:36
19	Tim Curtis	NU	24:37
20	Aaron Daniels	J&W	24:38
21	Dan Leddy	NU	24:42
22	Chris Papsin	Elms	24:47
23	Jonathan Capen	NU	25:02
24	Mike Kinsella	NU	25:03
25	Kyle Vinton	CSC	25:06
26	Chad Quinion	CSC	25:13
27	Stephen Dickinson	Bard	25:14
28	Darren Turner	J&W	25:15
29	John Klein	CSC	25:22
30	Matt Considine	JSC	25:27
31	Josh Chrzanowski	Elms	25:29
32	James Kirk	Elms	25:35
33	Larry Iverson	NU	25:36
34	Matt Austin	CSC	25:45
35	Edson Batista	NU	25:48
36	Eri Kurshan	Bard	25:52
37	Dan Guillette	NU	25:57
38	Nick Dutcher	J&W	26:02
39	Chris Bigott	NU	26:17

40	Joe Tricomi	NU	26:19
41	Chris Shorp	Green Mountain	26:32
42	Jeremy Gibbons	CSC	26:39
43	Greg Lucid	MCLA	26:49
44	Sean Bochman	Elms	26:55
45	Morgan Reeds	NU	27:03
46	Joseph Smith	CSC	27:11
47	Carleton Lane	Hampshire	27:14
48	Jon Fredritz	NU	27:36
49	Ryan Hermens	HC	27:43
50	Terry Melendy	NU	28:47
51	Jesse Kauppila	HC	28:48
52	Sam Singer	HC	29:05
53	Max Moynihan	GMC	29:16
54	Ashunti Lee	MCLA	29:19
55	Doug Hammond	SVC	29:24
56	Matt Myers	MCLA	29:31
57	Mike Schure	SVC	29:32
58	Barrett McInnis	SVC	30:14
59	Scott Maloney	Becker	30:58
60	Isaac Mendes	Bard	31:25
61	Bryan Eldridge	Becker	31:26
62	David Farrell	JSC	32:01
63	Matt Greiner	GMC	32:03
64	Patrick Lynch	NU	32:40
65	Shawn Lisee	Becker	36:59
66	Rory McDonald	Becker	36:59
67	J&W Alumni	Unattached	37:35
68	John Hamor	MCLA	42:57
69	Eric McGuinness	MCLA	43:42

TEAM SCORES

1.	Johnson & Wales University	36
2.	Norwich University	58
3.	Bard College	69
4.	Castleton State College	120
5.	Southern Vermont College	183
6.	Mass College of Liberal Arts	236
	Becker College	Inc.
	Elms College	Inc.
	Green Mountain College	Inc.
	Hampshire College	Inc.
	Johnson State College	Inc.

Course Record: 21:13 Dan Dix, SVC 2000

SITE: Away DATE: 10/18/03

LENGTH OF RACE: 4.0 mi

TEAM PLACE/TEAM POINTS SCORED: 3rd/69

RACE CONDITIONS: cool/cloudy

MISCELLANEOUS:

PLIT ENTRY METHOD: Auto Subtract Cumulative Times

MEN'S CROSS COUNTRY**Southern Vermont Invitational —**

Val X'Harra ran the course's second fastest time ever, helping Bard College to a third place overall finish.

X'Harra came in first in the men's race, finishing in 21:40. Other top finishers for Bard included Ali Heridia and David Dash, who finished 12th and 14th, respectively.

Individual Statistics	Place	Time	Field	% Rank	Avg Time
dash, david	14	23:56.00	82	84.0%	05:59.00
dickinsen, stephen	27	25:14.00	82	67.9%	06:18.50
griffin, nevada	15	24:20.00	82	82.7%	06:05.00
heredia-santoyo, ali	12	23:49.00	82	86.4%	05:57.25
kurshan, eri	36	25:52.00	82	56.8%	06:28.00
mendes, isaac	60	31:25.00	82	27.2%	07:51.25
xharra, valon	1	21:40.00	82	100.0%	05:25.00

Cumulative Time of Top 5 Athletes: 118:59.00

Briefs**Xharra paces Bard runners in Vermont**

BENNINGTON — Bard College men's and women's cross country teams placed third and second, respectively, at Saturday's Southern Vermont Invitational.

Val Xharra led the Raptors men, winning the 4-mile race in 21 minutes, 40 seconds. Ali Heridia (12th, 23:49), David Dash (14th, 23:56), Nevada Griffin (15th, 24:20) and Steven Dickenson (27th, 25:14) also figured in the scoring for Bard.

Bridget Curran, meanwhile, led the Raptors women, finishing fifth in 19:05. Rachael Atwood (10th, 20:00), Brandi Cahill (15th, 20:38), Emily Schmall (23rd, 21:32) and Abby Morgan (24th, 21:35) were the other point scorers.

**SOUTHERN VERMONT COLLEGE
X-C INVITATIONAL
MEN'S RACE
4.0 MILES**

<u>PLACE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TIME</u>
1	Valon Xharra	Bard	21:40
2	Brian Ludlam	Johnson & Wales	22:30
3	Andrew Smith	J&W	22:45
4	Fontana Fluke	Southern Vermont	22:59
5	Bruce McDonald	Norwich	23:04
6	Keenan White	Castleton	23:07
7	Adam Leathers	NU	23:26
8	John Perry	J&W	23:27
9	John Brady	SVC	23:35
10	Richard Heller	J&W	23:41
11	Brian Kee	NU	23:46
12	Ali Heredia	Bard	23:49
13	Ryan Brown	J&W	23:50
14	David Dash	Bard	23:54
15	Nevada Griffin	Bard	24:20
16	Brian Phillips	Mass College	24:25
17	Michael Slawski	NU	24:28
18	Scott Woodward	NU	24:36
19	Tim Curtis	NU	24:37
20	Aaron Daniels	J&W	24:38
21	Dan Leddy	NU	24:42
22	Chris Papsin	Elms	24:47
23	Jonathan Capen	NU	25:02
24	Mike Kinsella	NU	25:03
25	Kyle Vinton	CSC	25:06
26	Chad Quinion	CSC	25:13
27	Stephen Dickinson	Bard	25:14
28	Darren Turner	J&W	25:15
29	John Klein	CSC	25:22
30	Matt Considine	JSC	25:27
31	Josh Chrzanowski	Elms	25:29
32	James Kirk	Elms	25:35
33	Larry Iverson	NU	25:36
34	Matt Austin	CSC	25:45
35	Edson Batista	NU	25:48
36	Eri Kurshan	Bard	25:52
37	Dan Guillette	NU	25:57
38	Nick Dutcher	J&W	26:02
39	Chris Bigott	NU	26:17

40	Joe Tricomi	NU	26:19
41	Chris Shorp	Green Mountain	26:32
42	Jeremy Gibbons	CSC	26:39
43	Greg Lucid	MCLA	26:49
44	Sean Bochman	Elms	26:55
45	Morgan Reeds	NU	27:03
46	Joseph Smith	CSC	27:11
47	Carleton Lane	Hampshire	27:14
48	Jon Fredritz	NU	27:36
49	Ryan Hermens	HC	27:43
50	Terry Melendy	NU	28:47
51	Jesse Kauppila	HC	28:48
52	Sam Singer	HC	29:05
53	Max Moynihan	GMC	29:16
54	Ashunti Lee	MCLA	29:19
55	Doug Hammond	SVC	29:24
56	Matt Myers	MCLA	29:31
57	Mike Schure	SVC	29:32
58	Barrett McInnis	SVC	30:14
59	Scott Maloney	Becker	30:58
60	Isaac Mendes	Bard	31:25
61	Bryan Eldridge	Becker	31:26
62	David Farrell	JSC	32:01
63	Matt Greiner	GMC	32:03
64	Patrick Lynch	NU	32:40
65	Shawn Lisee	Becker	36:59
66	Rory McDonald	Becker	36:59
67	J&W Alumni	Unattached	37:35
68	John Hamor	MCLA	42:57
69	Eric McGuinness	MCLA	43:42

TEAM SCORES

1.	Johnson & Wales University	36
2.	Norwich University	58
3.	Bard College	69
4.	Castleton State College	120
5.	Southern Vermont College	183
6.	Mass College of Liberal Arts	236
	Becker College	Inc.
	Elms College	Inc.
	Green Mountain College	Inc.
	Hampshire College	Inc.
	Johnson State College	Inc.

Course Record: 21:13 Dan Dix, SVC 2000

HVMAC Weekly Reporting Form

This form must be submitted by 9:00am on Tuesday, October 28, 2003

Institution : Bard College

Sport : Cross Country

Week Ending : October 26, 2003

RACE INFORMATION

Race Saratoga Invitational Distance 5 mi

Date 10/25/03 Time 11^{am} Conditions Cool - ply Sunny

Location Saratoga SPA.

Team Results - one runner -

Individual Results (Please list top seven runners from your team)

Place	Name	Time	Overall Finish
1	Valon X'Harra	27:39	32 nd
2			
3			
4			
5			
6			
7			

RUNNER OF THE WEEK NOMINATION

Name Valon X'Harra Year : Fr So Jr Sr

Position _____ Hometown / Highschool _____

Supporting Information

Highest / Fastest finish by Bard Runner ever at
this race.

Hudson Valley Men's Athletic Conference

Director of Sports Information : Scott Swere

Phone : 845-758-7530

Fax : 845-758-7846

E-mail : sportsinfo@bard.edu

WEATHER:

NAME OF COURSE: BARD COLLEGE

LENGTH OF COURSE: 8K

COURSE RECORD:

MISCELLANEOUS:

SCORING METHOD: Normal

Team Scores

1.	BARD	21
2.	POLYTECHNIC	42
3.	PRATT	66
4.	WEBB INSTITUTE	87
5.	PURCHASE	--

Race Results

Pos.	Con. #	Name - School	Team Pos	Time
1.	#0780	X'HARRA, VALON - BAR	(1)	27:27.75
2.	#0842	@PERKS, JOSHUA - PUR	(--)	28:03.41
3.	#0840	@LINDQUIST, JOSEPH - PUR	(--)	28:58.01
4.	#0831	ISHMAEL, AARON - POL	(2)	29:08.57
5.	#0786	HEREDIA, ALEJANDRO - BAR	(3)	29:51.80
6.	#0783	DICKENSON, STEVEN - BAR	(4)	30:29.14
7.	#0832	VALDERRUTEN, LUIS - POL	(5)	30:44.63
8.	#0785	GRIFFIN, NEVADA - BAR	(6)	31:07.90
9.	#0781	DASH, DAVID - BAR	(7)	31:16.48
10.	#0834	CHENG, ANDREW - POL	(8)	31:21.49
11.	#0833	MUDASIR, FARHAN - POL	(9)	32:20.45
12.	#0820	EISENHOWER, BRIAN - WEB	(10)	33:17.27
13.	#0790	BIELICKA, GARY - PRA	(11)	33:33.86
14.	#0793	MAJOR, COLE - PRA	(12)	33:59.94
15.	#0791	CHRISLIP, NATHAN - PRA	(13)	34:38.16
16.	#0792	MANS, DAVID - PRA	(14)	35:12.98
17.	#0822	KLEINSCHMIT, BOB - WEB	(15)	35:32.45
18.	#0843	@WHITE, CALEB - PUR	(--)	36:21.16
19.	#0794	YOUNG, ERICK - PRA	(16)	36:51.25
20.	#0823	SONERHOM, KELLY - WEB	(17)	38:06.12
21.	#0839	@GRIFFITHS, DION - PUR	(--)	39:07.38
22.	#0835	PETIT, JONAH - POL	(18)	39:28.51
23.	#0836	*TRACHTENBERG, MICHAEL - POL	(19)	39:51.37
24.	#0789	*MENDES, ISAAC - BAR	(20)	39:51.84
25.	#0837	*CHAN, GARY - POL	(21)	42:56.29
26.	#0838	**D'EUTEMIA, FRANK - POL	(--)	44:25.77
27.	#0819	EBERHARDT, DAVE - WEB	(22)	45:55.14
28.	#0821	HERINCKS, TAYLOR - WEB	(23)	42:58.29

47:03:53

* or ** = Does Not Count in Team Score

() Member of Unqualified Team

TEAM SCORES and RACE RESULTS: HVAC MEN 2003 - HVAC MEN 2003 11/01/03**WEATHER:****NAME OF COURSE: BARD COLLEGE****LENGTH OF COURSE: 8K****COURSE RECORD:****MISCELLANEOUS:****SCORING METHOD: Normal**

was not
distributed

- Gary Chan put
in # 26 spot

Team Scores

1.	BARD	21
2.	POLYTECHNIC	42
3.	PRATT	66
4.	WEBB INSTITUTE	87
5.	PURCHASE	--

Race Results

Pos.	Con. #	Name - School	Team Pos	Time
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4.	#0831	ISHMAEL, AARON - POL	(2)	29:08.57
5.	#0786	HEREDIA, ALEJANDRO - BAR	(3)	29:51.80
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7.	#0832	VALDERRUTEN, LUIS - POL	(5)	30:44.63
8.	#0785	GRIFFIN, NEVADA - BAR	(6)	31:07.90
9.	#0781	DASH, DAVID - BAR	(7)	31:16.48
10.	#0834	CHENG, ANDREW - POL	(8)	31:21.49
11.	#0833	MUDASIR, FARHAN - POL	(9)	32:20.45
12.	#0820	EISENHOWER, BRIAN - WEB	(10)	33:17.27
13.	#0790	BIELICKA, GARY - PRA	(11)	33:33.86
14.	#0793	MAJOR, COLE - PRA	(12)	33:59.94
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23.	#0836	*TRACHTENBERG, MICHAEL - POL	(19)	39:51.37
24.	#0789	*MENDES, ISAAC - BAR	(20)	39:51.84
25.	#0838	*D'EUTEMIA, FRANK - POL	(21)	44:25.77
26.	#0819	EBERHARDT, DAVE - WEB	(22)	45:55.14
27.	#0821	HERINCKS, TAYLOR - WEB	(23)	47:03.53
28.	#0837	**CHAN, GARY - POL	(--)	51:15.00

* c = Does Not Count in Team Score

@ = Member of Unqualified Team

LOCAL SPORTS

X'Harra powers Bard to conference crown

ANNANDALE — Bard College men's cross country team used its home course advantage to win the Hudson Valley Men's and Women's Athletic Conference championship Saturday.

Raptor Valon X'Harra was the overall race winner in 27 minutes, 27.75 seconds as Bard had all five runners in the top 10.

Alejandro Heredia (fifth, 29:51), Steven Dickenson

Cross country

(sixth, 30:29), Nevada Griff (eighth, 31:07) and Dav Dash (ninth, 31:16) were the other scorers for Bard, which had 21 team points to 42 for runner-up Polytechnic.

In the women's race, Bard was second with 33 points. Pratt (27), led by Bridget Curran (second, 27:15), Rach Atwood (fourth, 29:12) and Emily Schmall (31:24).

HVACM CHAMP03: BARD M03 Meet Statistics

SITE: Home DATE: 11/01/03

LENGTH OF RACE: 4.9

TEAM PLACE/TEAM POINTS SCORED: 1st/21

RACE CONDITIONS: slow-drying course

ILLUSTRATIONS:

SPLIT ENTRY METHOD: Auto Subtract Cumulative Times

Individual Statistics	Place	Time	Field	% Rank	Avg Time
dash, david	9	31:16.00	29	71.4%	06:23.27
dickinsen, stephen	6	30:29.00	29	82.1%	06:12.92
griffin, nevada	8	31:07.00	29	75.0%	06:21.43
heredia-santoyo, ali	5	29:51.00	29	85.7%	06:05.41
mendes, isaac	24	39:51.00	29	17.9%	08:08.41
xharra, valon	1	27:27.00	29	100.0%	05:36.51

Cumulative Time of Top 5 Athletes: 150:10.00

Individual Race Splits	1st	2nd	3rd
dash, david	06:02.00	06:16.00	07:22.00
dickinsen, stephen	05:59.00	06:05.00	07:02.00
griffin, nevada	05:53.00	06:12.00	07:20.00
heredia-santoyo, ali	05:40.00	06:02.00	06:50.00
mendes, isaac	07:31.00	08:33.00	08:50.00
xharra, valon	05:31.00	05:26.00	06:23.00

LOCAL SPORTS

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HUDSON VALLEY MEN'S ATHLETIC CONFERENCE

Cross Country Chair Report
January 29, 2004
Submitted by Kristen Hall, Bard College

HVWAC Cross Country Championships held at Bard College
8K Course
November 2, 2003

<u>Team Results</u>		<u>points</u>
Champions	Bard College	21
2 nd Place	Polytechnic University	42
3 rd Place	Pratt Institute	66
4 th Place	Webb Institute	87
	Purchase College	incomplete

Top 5 Individual Results

Finish	Name	School	Time
1	Valon X'harra	Bard	27:27.75
2	Joshua Perks	Purchase	28:03.41
3	Joseph Lindquist	Purchase	28:58.01
4	Alejandro Heredia	Bard	29:51.80
5	Steven Dickinson	Bard	30:29.14

28 men competed in the Championship Event

Coach of the Year: Voting and announcement to be scheduled by Conference SID

HVMAC Weekly Reporting Form

This form must be submitted by 9:00am on Tuesday, November 4, 2003

Institution : Bard College

Sport : Cross Country

Week Ending : November 8, 2003

RACE INFORMATION

Race ECAC Championship Distance 8 Km

Date 11/08/03 Time 12 p.m. Conditions Cold / windy ?

Location Tufts Grafton Campus

Team Results 23rd place, highest ever ?

Individual Results (Please list top seven runners from your team)

Place	Name	Time	Overall Finish
1	Valon Xharra	27:40	16 th
2	Stephen Dickenson	31:12	155
3	Nevada Griffin	31:17	157
4	David Dash	33:59	202
5	Mark Day	36:24	220
6	Isaac Mendes	39:44	233
7			

RUNNER OF THE WEEK NOMINATION

Name Valon Xharra

Year : Fr So Jr Sr

Position _____

Hometown / Highschool _____

Supporting Information

Val's 27:40 is fastest off. 6km in League this year;
a new Bard men's record And his 16th place is the Highest
place finish for any Bard Runner in this race. The Team's 23rd
place finish represents the highest finish for any Bard Team Also.

Hudson Valley Men's Athletic Conference

Director of Sports Information : Scott Swere

Phone : 845-758-7530

Fax : 845-758-7846

E-mail : sportsinfo@bard.edu

227 Jason Marsac	JR SUNY Maritim	36:55.13	
228 Bill Vital	FR St. Joseph's	37:12.45	200
229 Rich Bruno	FR Lasell College	37:29.04	201
230 Barrett McInnis	SO Southern Ver	37:37.60	202
231 Jason Zuqian	FR UMass Boston	37:38.40	203
232 Adi Utama	Suffolk University	39:29.99	
233 Alejandro Heredia	FR Bard College	39:44.53	204
234 Steve Collette	JR UMass Boston	40:57.54	205
235 Robert McElhinney	FR UMass Boston	41:04.66	206
236 Rang Phejarasai	FR UMass Boston	41:47.69	207

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Tufts	38	4	7	8	9	10	11	13		
	Total Time: 2:15:29.01										
	Average: 27:05.81										
2	Keene State College	82	1	6	14	17	44	54			
	Total Time: 2:17:25.58										
	Average: 27:29.12										
3	Williams	152	22	24	30	35	41	56	67		
	Total Time: 2:21:05.22										
	Average: 28:13.05										
4	Bates	165	2	31	32	40	60	69	78		
	Total Time: 2:20:31.69										
	Average: 28:06.34										
5	Coast Guard	178	19	34	36	39	50	74	88		
	Total Time: 2:21:28.30										
	Average: 28:17.66										
6	Middlebury College	184	18	27	38	49	52	58	72		
	Total Time: 2:21:35.99										
	Average: 28:19.20										
7	Oneonta	207	16	25	47	57	62	80	105		
	Total Time: 2:22:10.52										
	Average: 28:26.11										
8	Wesleyan	280	21	28	71	76	84	90	102		
	Total Time: 2:23:40.65										
	Average: 28:44.13										
8	Amherst	280	26	48	51	66	89	109	115		
	Total Time: 2:23:46.98										
	Average: 28:45.40										
10	Ramapo College of NJ	327	20	29	61	98	119	124	130		
	Total Time: 2:25:14.36										
	Average: 29:02.88										
11	Vassar College	358	3	64	73	91	127	173			
	Total Time: 2:24:52.89										
	Average: 28:58.58										
12	SUNY New Paltz	375	5	63	79	112	116	129	137		
	Total Time: 2:25:28.98										
	Average: 29:05.80										
13	Mass. Maritime Academy	405	59	81	83	85	97	101	113		
	Total Time: 2:26:33.97										
	Average: 29:18.80										
14	Colby College	409	37	53	82	117	120	133			
	Total Time: 2:26:59.17										
	Average: 29:23.84										
15	Conn College	421	33	43	45	138	162	179			
	Total Time: 2:28:21.36										

Average: 29:40.28								
16 Springfield College	479	55	75	95	122	132	170	189
Total Time: 2:28:46.65								
Average: 29:45.33								
17 Johnson and Wales Univers	491	68	77	104	114	128	165	168
Total Time: 2:28:53.30								
Average: 29:46.66								
18 St. Joseph's College of M	523	42	65	111	142	163	181	200
Total Time: 2:30:48.19								
Average: 30:09.64								
19 Clark University	533	70	87	96	126	154	161	187
Total Time: 2:30:22.96								
Average: 30:04.60								
20 Rhode Island College	545	23	92	110	153	167		
Total Time: 2:32:06.44								
Average: 30:25.29								
21 SUNY Maritime College	558	46	107	125	139	141	159	160
Total Time: 2:31:15.27								
Average: 30:15.06								
22 Norwich University	665	86	121	151	152	155	171	178
Total Time: 2:34:49.02								
Average: 30:57.81								
23 Bard College	679	15	143	145	183	193	204	
Total Time: 2:40:34.16								
Average: 32:06.84								
24 Hobart College	680	94	136	146	148	156	169	
Total Time: 2:35:13.33								
Average: 31:02.67								
25 Gordon College	691	93	140	144	150	164	172	
Total Time: 2:36:02.65								
Average: 31:12.53								
26 Roger Williams University	709	99	106	134	184	186		
Total Time: 2:39:20.28								
Average: 31:52.06								
27 Worcester State College	747	100	149	158	166	174	191	
Total Time: 2:38:43.86								
Average: 31:44.78								
28 Eastern Nazarene College	804	123	131	176	182	192		
Total Time: 2:44:05.67								
Average: 32:49.14								
29 Southern Vermont College	820	103	118	198	199	202		
Total Time: 2:51:43.85								
Average: 34:20.77								
30 UMass Boston	833	12	203	205	206	207		
Total Time: 3:08:55.53								
Average: 37:47.11								
31 Lasell College	860	135	157	177	190	201		
Total Time: 2:48:48.25								
Average: 33:45.65								
32 Salem State College	881	108	185	195	196	197		
Total Time: 2:54:19.29								
Average: 34:51.86								
33 St. Joseph's College	884	147	175	180	188	194		
Total Time: 2:49:22.22								
Average: 33:52.45								

Zarella fifth in ECACs

GRAFTON, Mass. — John Zarella's fifth-place finish for SUNY New Paltz led a group of Hawk and Bard College cross country runners at Saturday's ECAC Division III championships.

Zarella completed the 8,000-meter Farm Course at Tufts University in 26:53, followed by Dan Holton (66th, 28:55), Matt McLean (84th, 29:16) and Sam Austin (119th, 30:08) for the Hawks, who placed 12th among 33 schools.

Valon Xharra, meanwhile, led Bard by setting a Raptors' record in an 8-kilometer event by finishing 16th in 27:40.

Kate Choromanski, meanwhile, led the local women by placing 62nd for the Hawks in the 6,000-meter race in 25:23.

Heather DeBuono (74th, 25:34), Janet Walsh (83rd, 25:43) and Alida Van Almelo (100th, 26:13) followed for the

Cross country

Hawks, who placed 17th among 31 schools.

Bridget Curran, meanwhile, had the best-ever finish by a Bard runner, placing 66th in 25:25.

She was followed by Rachael Atwood (137th, 27:18), Brandi Cahill (159th, 28:04), Abby Morgan (173rd, 28:39), Chris Seaver (206th, 30:29), Kelly DeToy (210th, 30:40) and Nicole Rhodes (217th, 31:12).

Bard, meanwhile, had a best-ever finish, placing 23rd.

Schedule

TODAY

Section 9 Football

Class D Championship: Millbrook vs. Chester at Dietz Stadium, 2 p.m.

Class C championship: Tri-Valley vs. Pine Plains at Dietz Stadium, 6 p.m.