



2015 FLORIDA GULF COAST UNIVERSITY XC

MEET RESULTS

@FGCU_XC | @FGCUEagles

2015 Top Marks

Men's

8k

1. Troy Clark (ASC)	25:32.31
2. Nathan Kandie (ASC)	25:34.58
3. Nathan Kandie (MDI)	25:34.72
4. Troy Clark (USF)	25:50.60
5. Nathan Kandie (UNF)	25:59.20

Key:

UNF - North Florida Invitational (Jacksonville, Fla.)
MDI - UF Mountain Dew Invitational (Gainesville, Fla.)
UPI - Upstate Invitational (Spartanburg, S.C.)
USF - South Florida Invitational (Tampa, Fla.)
ASC - Atlantic Sun Championships (Jacksonville, Fla.)
NCAA - NCAA South Regional (Tuscaloosa, Ala.)

Women's

5k

1. Lauren Tarovsky (ASC)	17:48.14
2. Lauren Tarovsky (MDI)	18:19.35
3. Courtney Corradetti (ASC)	18:21.82
4. Morgan Reichert (MDI)	18:26.96
5. Anita Munoz (MDI)	18:32.69

Key:

UNF - North Florida Invitational (Jacksonville, Fla.)
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ASC - Atlantic Sun Championships (Jacksonville, Fla.)
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Men's 2015 Meet-By-Meet Results

UNF Invitational Jacksonville, Fla. - Sept. 5, 2015

Team	8k	26:42.96	2nd
Nathan Kandie	8k	25:59.20	5th
Troy Clark	8k	26:04.94	6th
Jean Deceus	8k	26:35.41	12th
Cody Adkinson	8k	26:54.39	17th
Charles Bengston	8k	28:00.85	25th
Mathew Titus	8k	29:19.80	36th

UF Mt. Dew Invitational Gainesville, Fla. - Sept. 19, 2015

Team	8k	26:19.62	3rd
Nathan Kandie	8k	25:34.72	7th
Jean Deceus	8k	26:06.29	17th
Cody Adkinson	8k	26:25.13	24th
Troy Clark	8k	26:42.17	29th
Alex Delle Monache	8k	26:49.76	31st
Charles Bengston	8k	26:57.42	33rd
Leonel Delacruz	8k	27:41.00	41st
Mathew Titus	8k	28:36.77	58th

Upstate Invitational Spartanburg, S.C. - Oct. 3, 2015

Team	8k	27:09.48	5th
Cody Adkinson	8k	26:33.02	16th
Nathan Kandie	8k	27:14.23	26th
Troy Clark	8k	27:16.62	27th
Leonel Delacruz	8k	27:20.55	28th
Alex Della Monache	8k	27:23.01	30th
Max Weigand	8k	28:17.24	43rd

USF Invitational Tampa, Fla. - Oct. 16, 2015

Team	8k	26:46.50	2nd
Troy Clark	8k	25:50.60	2nd
Cody Adkinson	8k	26:50.40	10th
Jean Deceus	8k	26:51.50	11th
Leonel Delacruz	8k	26:51.90	12th
Charles Bengston	8k	27:28.10	22nd
Courtland Bernard	8k	27:30.10	23rd
Mathew Titus	8k	27:42.60	32nd
Max Weigand	8k	27:46.90	34th

A-Sun Championship Jacksonville, Fla. - Oct. 30, 2015

Team	8k	26:07.17	3rd
Troy Clark	8k	25:32.31	10th
Nathan Kandie	8k	25:34.58	11th
Leonel Delacruz	8k	26:20.08	22nd
Jean Deceus	8k	26:33.85	25th
Courtland Bernard	8k	26:35.03	26th
Cody Adkinson	8k	27:03.40	31st
Charles Bengston	8k	27:42.50	38th
Alex Delle Monache	8k	28:13.18	43rd

NCAA South Regional Tuscaloosa, Ala. - Nov. 13, 2015

Team	10k	33:11.30	18th
Troy Clark	10k	32:29.86	57th
Cody Adkinson	10k	32:36.09	63rd
Nathan Kandie	10K	33:04.59	87th
Jean Deceus	10k	33:52.73	118th
Leonel Delacruz	10k	33:53.23	119th
Courtland Bernard	10k	34:35.56	131st
Charles Bengston	10k	35:10.02	139th

Women's 2015 Meet-By-Meet Results

UNF Invitational Jacksonville, Fla. - Sept. 5, 2015

Team	5k	19:05.88	T-1st
Lauren Tarovsky	5k	18:47.79	5th
Courtney Corradetti	5k	19:00.76	11th
Carley Lutzow	5k	19:06.30	13th
Anita Munoz	5k	19:16.05	15th
Regan Farrow	5k	19:18.40	16th
Morgan Reichert	5k	19:21.20	17th
Stephanie Cajas	5k	19:24.61	18th
Araceli Leon	5k	19:38.03	22nd
Emily Perkinson	5k	21:17.68	60th

UF Mt. Dew Invitational Gainesville, Fla. - Sept. 19, 2015

Team	5k	18:33.79	3rd
Lauren Tarovsky	5k	18:19.35	11th
Morgan Reichert	5k	18:26.96	13th
Anita Munoz	5k	18:32.69	19th
Courtney Corradetti	5k	18:35.30	21st
Stephanie Cajas	5k	18:54.65	28th
Carley Lutzow	5k	19:02.96	34th
Araceli Leon	5k	19:25.81	51st
Emily Perkinson	5k	20:32.81	88th

Upstate Invitational Spartanburg, S.C. - Oct. 3, 2015

Team	5k	19:12.05	3rd
Morgan Reichert	5k	19:01.22	10th
Lauren Tarovsky	5k	19:06.38	12th
Anita Munoz	5k	19:12.84	17th
Courtney Corradetti	5k	19:12.90	18th
Regan Farrow	5k	19:26.91	22nd
Carley Lutzow	5k	19:26.94	23rd
Araceli Leon	5k	19:37.00	26th

USF Invitational Tampa, Fla. - Oct. 16, 2015

Team	6k	22:31.84	1st
Lauren Tarovsky	6k	21:54.90	4th
Morgan Reichert	6k	22:28.30	9th
Araceli Leon	6k	22:43.10	12th
Stephanie Cajas	6k	22:45.40	13th
Regan Farrow	6k	22:47.50	14th
Anita Munoz	6k	22:56.90	18th
Courtney Corradetti	6k	23:02.20	21st

A-Sun Championship Jacksonville, Fla. - Oct. 30, 2015

Team	5k	18:26.66	3rd
Lauren Tarovsky	5k	17:48.14	8th
Courtney Corradetti	5k	18:21.82	18th
Morgan Reichert	5k	18:32.79	20th
Anita Munoz	5k	18:37.39	21st
Regan Farrow	5k	18:53.15	23rd
Stephanie Cajas	5k	18:54.02	24th
Araceli Leon	5k	19:02.36	26th
Carley Lutzow	5k	19:04.47	28th

NCAA South Regional Tuscaloosa, Ala. - Nov. 13, 2015

Team	6k	22:13.15	13th
Lauren Tarovsky	6k	21:23.91	37th
Morgan Reichert	6k	22:16.73	87th
Anita Munoz	6k	22:23.20	94th
Araceli Leon	6k	22:30.58	103rd
Courtney Corradetti	6k	22:31.33	106th
Stephanie Cajas	6k	22:49.74	126th
Regan Farrow	6k	22:49.75	127th

Men's 2015 Progressions

8k	Cody Adkinson		
	26:54.39	17th	UNF
	26:25.13	24th	MDI
	26:33.02	16th	UPI
	26:50.40	10th	USF
10k	27:03.40	31st	ASC
	32:36.09	63rd	NCAA

8k	Charles Bengston		
	28:00.85	25th	UNF
	26:57.42	33rd	MDI
	27:28.10	22nd	USF
10k	27:42.50	38th	ASC
	35:10.02	139th	NCAA

8k	Courtland Bernard		
	27:30.10	23rd	USF
10k	26:35.03	26th	ASC
	34:35.56	131st	NCAA

8k	Troy Clark		
	26:04.94	6th	UNF
	26:42.17	29th	MDI
	27:16.62	27th	UPI
	25:50.60	2nd	USF
10k	25:32.31	10th	ASC
	32:29.86	57th	NCAA

8k	Jean Decues		
	26:35.41	12th	UNF
	26:06.29	17th	MDI
	26:51.50	11th	USF
10k	26:33.85	25th	ASC
	33:52.73	118th	NCAA

8k	Leo Delacruz		
	27:41.00	41st	MDI
	27:20.55	28th	UPI
	26:51.90	12th	USF
10k	26:20.08	22nd	ASC
	33:53.23	119th	NCAA

8k	Alex Delle Monache		
	26:49.76	31st	MDI
	27:23.01	30th	UPI
	28:13.18	43rd	ASC

8k	Nathan Kandie		
	25:59.20	5th	UNF
	25:34.72	7th	MDI
	27:14.23	26th	UPI
10k	25:34.58	11th	ASC
	33:04.59	87th	NCAA

8k	Mathew Titus		
	29:19.80	36th	UNF
	28:36.77	58th	MDI
	27:42.60	32nd	USF

8k	Max Weigand		
	28:17.24	43rd	UPI
	27:46.90	34th	USF

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Bold - Personal Best
 * - Program Record

Women's 2015 Progressions

5k	Stephanie Cajas		
	19:24.61	18th	UNF
6k	18:54.65	28th	MDI
	18:54.02	24th	ASC
	22:45.40	13th	USF
	22:49.74	126th	NCAA

5k	Courtney Corradetti		
	19:00.76	11th	UNF
6k	18:35.30	21st	MDI
	19:12.90	18th	UPI
	18:21.82	18th	ASC
	23:02.20	21st	USF
	22:31.33	106th	NCAA

5k	Regan Farrow		
	19:18.40	16th	UNF
6k	19:26.91	22nd	UPI
	18:53.15	23rd	ASC
	22:47.50	14th	USF
	22:49.75	127th	NCAA

5k	Araceli Leon		
	19:38.03	22nd	UNF
6k	19:25.81	51st	MDI
	19:37.00	26th	UPI
	19:02.36	26th	ASC
	22:43.10	12th	USF
	22:30.58	103rd	NCAA

5k	Carley Lutzow		
	19:06.30	13th	UNF
6k	19:02.96	34th	MDI
	19:26.94	23rd	UPI
	19:04.47	28th	ASC

5k	Anita Munoz		
	19:16.05	15th	UNF
6k	18:32.69	19th	MDI
	19:12.84	17th	UPI
	18:37.39	21st	ASC
	22:56.90	18th	USF
	22:23.20	94th	NCAA

5k	Emily Perkinson		
	21:17.68	60th	UNF
	20:32.81	88th	MDI

5k	Morgan Reichert		
	19:21.20	17th	UNF
6k	18:26.96	13th	MDI
	19:01.22	10th	UPI
	18:32.79	20th	ASC
	22:28.30	9th	USF
	22:16.73	87th	NCAA

5k	Lauren Tarovisky		
	18:47.79	5th	UNF
6k	18:19.35	11th	MDI
	19:06.38	12th	UPI
	17:48.14	8th	ASC
	21:54.90	4th	USF
	21:23.91	37th	NCAA

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Bold - Personal Best
 * - Program Record

FGCU All-Time Records

Men's

8k

24:51.92	Argeo Cruz	2013	FSU Seminole Invitational
24:52.00	Argeo Cruz	2013	UF Mountain Dew Invitational
25:08.45	Austin Boetje	2013	UF Mountain Dew Invitational
25:18.18	Argeo Cruz	2013	A-Sun Championships
25:20.64	Argeo Cruz	2012	Greater Louisville CC Classic
25:28.90	Chris Rudloff	2012	A-Sun Championships
25:32.31	Troy Clark	2015	A-Sun Championships
25:32.84	Troy Clark	2014	UF Mountain Dew Invitational
25:34.58	Nathan Kandie	2015	A-Sun Championships
25:34.72	Nathan Kandie	2015	UF Mountain Dew Invitational

10k

30:45.35	Argeo Cruz	2013	NCAA D1 South Regionals
30:59.50	Austin Boetje	2013	NCAA D1 South Regionals
31:53.68	Nathan Kandie	2013	NCAA D1 South Regionals
32:03.00	Nathan Kandie	2014	NCAA D1 South Regionals
32:18.90	Cody Adkinson	2014	NCAA D1 South Regionals
32:22.90	Argeo Cruz	2012	NCAA D1 South Regionals
32:29.86	Troy Clark	2015	NCAA D1 South Regionals
32:36.09	Cody Adkinson	2015	NCAA D1 South Regionals
32:37.10	Troy Clark	2014	NCAA D1 South Regionals
32:37.20	Alexander Schilling	2012	NCAA D1 South Regionals

8k Top Freshmen

25:32.84	Troy Clark	2014	UF Mountain Dew Invitational
25:37.81	Argeo Cruz	2010	A-Sun Championships
25:43.10	Argeo Cruz	2010	Walt Disney World Invitational
25:49.51	Troy Clark	2014	Greater Louisville Classic
25:49.32	Troy Clark	2014	A-Sun Championships

8k Top Sophomores

25:32.31	Troy Clark	2015	A-Sun Championships
25:50.60	Troy Clark	2015	USF Invitational
25:55.75	Argeo Cruz	2011	Walt Disney World Invitational
25:59.11	Courtland Bernard	2014	UF Mountain Dew Invitational
25:59.92	Nathan Kandie	2013	UCF Black & Gold Invitational

8k Top Juniors

25:08.45	Austin Boetje	2013	UF Mountain Dew Invitational
25:20.64	Argeo Cruz	2012	Greater Louisville CC Classic
25:28.90	Chris Rudloff	2012	A-Sun Championship
25:39.80	Argeo Cruz	2012	UF Mountain Dew Invitational
25:41.62	Nathan Kandie	2014	FSU Seminole Invitational

8k Top Seniors

24:51.92	Argeo Cruz	2013	FSU Seminole Invitational
24:52.00	Argeo Cruz	2013	UF Mountain Dew Invitational
25:18.18	Argeo Cruz	2013	A-Sun Championships
25:34.58	Nathan Kandie	2015	A-Sun Championships
25:34.72	Nathan Kandie	2015	UF Mountain Dew Invitational

Women's

5k

17:21.20	Kelly Perzanowski	2013	A-Sun Championships
17:36.88	Kelly Perzanowski	2013	FSU Seminole Invitational
17:48.14	Lauren Tarovisky	2015	A-Sun Championships
17:58.35	Brooke Sill	2014	UF Mountain Dew Invitational
18:00.80	Kelly Perzanowski	2012	A-Sun Championships
18:13.62	Barrie Cohen	2010	A-Sun Championships
18:16.70	Barrie Cohen	2012	A-Sun Championships
18:16.72	Kelly Perzanowski	2010	A-Sun Championships
18:19.35	Lauren Tarovisky	2015	UF Mountain Dew Invitational
18:19.77	Brooke Sill	2014	A-Sun Championships

6k

20:38.86	Kelly Perzanowski	2013	NCAA D1 South Regional
20:45.06	Kelly Perzanowski	2013	UF Mountain Dew Invitational
21:23.91	Lauren Tarovisky	2015	NCAA D1 South Regionals
21:40.70	Lauren Tarovisky	2014	NCAA D1 South Regionals
21:54.90	Lauren Tarovisky	2015	USF Invitational
21:57.70	Brooke Sill	2014	NCAA D1 South Regionals
22:02.60	Kelly Perzanowski	2012	NCAA D1 South Regional
22:07.10	Anita Munoz	2014	NCAA D1 South Regionals
22:10.90	Regan Farrow	2014	NCAA D1 South Regionals
22:11.60	Stephanie Cajas	2014	NCAA D1 South Regionals

5k Top Freshmen

18:16.72	Kelly Perzanowski	2010	A-Sun Championships
18:40.00	Kelly Perzanowski	2010	Stetson Hatter Invitational
18:44.00	Kelly Perzanowski	2010	Sean Earl Loyola Invitational
18:49.06	Kelly Perzanowski	2010	UF Mountain Dew Invitational
18:54.30	Kelly Perzanowski	2010	Walt Disney World Invitational

5k Top Sophomores

18:13.62	Barrie Cohen	2010	A-Sun Championships
18:28.10	Barrie Cohen	2010	Walt Disney World Invitational
18:29.72	Shannon Compher	2010	A-Sun Championships
18:32.69	Anita Munoz	2015	UF Mountain Dew Invitational
18:37.39	Anita Munoz	2015	A-Sun Championships

5k Top Juniors

17:58.35	Brooke Sill	2014	UF Mountain Dew Invitational
18:00.80	Kelly Perzanowski	2012	A-Sun Championships
18:19.77	Brooke Sill	2014	A-Sun Championships
18:24.80	Kelly Perzanowski	2012	FGCU CC Invitational
18:32.99	Lauren Tarovisky	2014	A-Sun Championships

5k Top Seniors

17:21.20	Kelly Perzanowski	2013	A-Sun Championships
17:36.88	Kelly Perzanowski	2013	FSU Seminole Invitational
17:48.14	Lauren Tarovisky	2015	A-Sun Championships
18:16.70	Barrie Cohen	2012	A-Sun Championships
18:19.35	Lauren Tarovisky	2015	UF Mountain Dew Invitational