	JAIL AILIV		n Spa, N.Y. • Freshm					estown, N.Y. • Soph	
		2023 Break	<del></del>				2023 Brea		
Date	Meet		Dist.	Time	Date	Meet		Dist.	Time
9/3		Championship	5K	20:19.3	9/3		Championship		DNR
9/23	Lock Haven I		8K	DNR	9/23	Lock Haven	Invitational	8K	28:4
9/30	Paul Short Inv	vitational	8K	DNR	9/30	Paul Short I	nvitational	8K	29:3
10/14	Aubrey Shen	k Invitational	8K	DNR	10/14	Aubrey She	nk Invitational	8K	28:1
10/28	Atlantic 10 Ch	nampionship	8K	DNR	10/28	Atlantic 10 0	Championship	8K	DNR
11/10	Northeast Re	gionals	10K	DNR	11/10	Northeast R	egionals	10K	DNF
Career				<b>-</b> .					
Dist.	Date	Meet	<u> </u>	Time	Career				
5K	9/3/23	Little Th	ree Championship	20:19.3	Dist.	Date	Meet		Time
					5K 8K	9/3/21 10/14/23		Three Championship burg Invitational	16:0 28:1
	LUCAS <b>CA</b>	TARELLA •	Vestal, N.Y.• Freshr	nan	BRE	ENDAN CH	IAPPLE • v	Vaterloo, Ontario • F	reshn
		2023 Break	kdown				2023 Brea	akdown	
Date	Meet		Dist.	Time	Date	Meet		Dist.	Time
9/3	Little Three C	Championship	5K	16:39.4	9/3	Little Three	Championship		DNR
9/23	Lock Haven I	nvitational	8K	26:51.5	9/23	Lock Haven		8K	DNR
9/30	Paul Short Inv	vitational	8K	28:32.2	9/30	Paul Short I	nvitational	8K	DNR
10/14	Aubrey Shen	k Invitational	8K	27:36.5	10/14	Aubrey She	nk Invitational	8K	DNR
10/28	Atlantic 10 Ch		8K	28:46.5	10/28		Championship	8K	DNR
11/10	Northeast Re	gionals	10K	DNR	11/10	Northeast R		10K	DNR
Career	Bests				Career	Bests			
Dist.	Date	Meet		Time	Dist.	Date	Meet		Time
5K	9/3/23	Little Th	ree Championship	10.20 1					
			iree enampionship	16:39.4					
8K	9/23/23 RENNEN <b>C</b> (	Lock Ha	• Marietta, Ga. • Fre	26:51.5	ZA	ANE COU		<b>T •</b> North East Pa. •	Senio
BF Date	RENNEN CO	Lock Ha  OCKRELL  2023 Breal	• Marietta, Ga. • Fre kdown Dist.	26:51.5	ZA	ANE <b>COU</b> I	RTWRIGH 2023 Brea		
BF Date 9/3	Meet Little Three C	Championship	<ul> <li>Marietta, Ga. • Frekdown</li> <li>Dist.</li> </ul>	26:51.5 shman Time 17:58.2	Date 9/3	Meet Little Three	2023 Brea	akdown Dist.	Time
BF Date	RENNEN CO	Championship	Marietta, Ga. • Fre Kdown Dist.  5K 8K	26:51.5 shman Time	Date	Meet	2023 Brea	akdown Dist.	Time 17:2° 25:3
BF Date 9/3 9/23 9/30	Meet Little Three C	Championship	<ul> <li>Marietta, Ga. • Frekdown</li> <li>Dist.</li> </ul>	26:51.5 shman Time 17:58.2	Date 9/3	Meet Little Three	2023 Brea	hkdown Dist. 5K	Time 17:21 25:3
BK  Date 9/3 9/23 9/30 10/14	Meet Little Three C	DCKRELL 2023 Breal Championship Invitational	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K	26:51.5 shman Time 17:58.2 DNR	<u>Date</u> 9/3 9/23	Meet Little Three Lock Haven Paul Short In	2023 Brea	akdown Dist. 5K 8K	Time 17:21 25:3 27:0 25:10
BF Date 9/3 9/23 9/30	Meet  Little Three C  Lock Haven I  Paul Short In	Lock Ha  OCKRELL  2023 Breal  Championship Invitational vitational ik Invitational	Marietta, Ga. • Frekdown Dist.  5K 8K 8K	26:51.5 shman Time 17:58.2 DNR DNR	Date 9/3 9/23 9/30	Meet Little Three Lock Haven Paul Short II Aubrey She	2023 Brea Championship Invitational Invitational	akdown Dist. 5K 8K 8K	Time 17:2° 25:3 27:0 25:1
BK  Date 9/3 9/23 9/30 10/14	Meet  Little Three C  Lock Haven I  Paul Short In  Aubrey Shen	Championship Invitational vitational hampionship	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K	26:51.5 shman Time 17:58.2 DNR DNR DNR	Date 9/3 9/23 9/30 10/14	Meet Little Three Lock Haven Paul Short II Aubrey She	2023 Breat Championship Invitational Invitational Ink Invitational Championship	akdown Dist. 5 5K 8K 8K 8K	Time 17:21 25:3 27:0 25:16 25:5
BR Date 9/3 9/23 9/30 10/14 10/28 11/10	Meet  Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re	Championship Invitational vitational hampionship	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 8K 8K	26:51.5 shman Time 17:58.2 DNR DNR DNR DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10 Career	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R	2023 Breat Championship Invitational Invitational Ink Invitational Championship	akdown Dist. 5 K 8 K 8 K 8 K 8 K	Time 17:2' 25:3 27:0 25:1 25:5 33:0
BR Date 9/3 9/23 9/30 10/14 10/28 11/10 Career	Meet  Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re	Championship Invitational of I	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 8K 8K	26:51.5 shman Time 17:58.2 DNR DNR DNR DNR DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10 Career Dist.	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R	2023 Brea Championship Invitational nvitational nk Invitational Championship egionals	akdown Dist. 5 5K 8K 8K 8K 8K 10K	Time 17:21 25:3 27:0 25:1 25:5 33:0
BI Date 9/3 9/23 9/30 10/14 10/28 11/10 Career Dist.	Meet  Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re	Championship Invitational Invitational Inampionship Invitational Inampional In	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 8K 10K	26:51.5 shman Time 17:58.2 DNR DNR DNR DNR DNR DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R	2023 Bread Championship Invitational Invitational Invitational Championship Egionals  Meet Little T	akdown Dist. 5K 8K 8K 8K 8K 10K	Time 17:21 25:3 27:0 25:16 25:5 33:0 Time
BR Date 9/3 9/23 9/30 10/14 10/28 11/10 Career	Meet  Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re	Championship Invitational Invitational Inampionship Invitational Inampional In	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 8K 8K	26:51.5 shman Time 17:58.2 DNR DNR DNR DNR DNR DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10 Career Dist.	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R	2023 Brea Championship Invitational nvitational nk Invitational Championship egionals  Meet  Little T Gettys	akdown Dist. 5 5K 8K 8K 8K 8K 10K	Time 17:21 25:3 27:0 25:11 25:5 33:0 Time 16:0 25:1
BI Date 9/3 9/23 9/30 10/14 10/28 11/10 Career Dist.	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  T Bests Date 9/3/23	Championship Invitational National Nati	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 8K 10K	shman Time 17:58.2 DNR DNR DNR DNR DNR DNR Time 17:58.2	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23	2023 Brea Championship Invitational nvitational nk Invitational Championship egionals  Meet Little T Gettys Northe	Akdown Dist. 5 K 8 K 8 K 8 K 10 K Three Championship	Time 17:21 25:3 27:0 25:10 25:5 33:0 Time 16:0 25:1 33:0
BI Date 9/3 9/23 9/30 10/14 10/28 11/10 Career Dist.	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  T Bests Date 9/3/23	Championship Invitational National Nati	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 8K 10K  nree Championship	26:51.5 shman  Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5 K 8 K 10 K	Meet Little Three Lock Haven Paul Short In Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL	2023 Brea Championship Invitational nvitational nk Invitational Championship egionals  Meet Little T Gettys Northe	akdown Dist. 5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals sapeake, Va. • Freshakdown	Time 17:2° 25:3 27:0 25:1 25:5 33:0 Time 16:0 25:1 33:0
BI Date 9/3 9/23 9/30 10/14 10/28 11/10 Career Dist.	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  T Bests Date 9/3/23	Championship Invitational Invitational Invitational Invitational Invitational Invitational Inampionship Invitational Interpretation	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 8K 10K  nree Championship	shman Time 17:58.2 DNR DNR DNR DNR DNR DNR Time 17:58.2	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL	2023 Brea Championship Invitational Invitational Ink Invitational Championship regionals  Meet Little T Gettys Northe LON • Ches	akdown Dist.  5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals sapeake, Va. • Fresh akdown Dist.	Time 17:21 25:3 27:0 25:10 25:5 33:0 Time 0 16:0 25:1 33:0
BR Date 9/3 9/23 9/30 10/14 10/28 11/10 Career Dist. 5K	Meet  Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  Pasts Date 9/3/23  JARED D Meet	Championship Invitational Invitational Invitational Invitational Invitational Invitational Inampionship Invitational Interpretation	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 8K 10K  Dist.  Dist.  SK 8K 8K 8K 8K 9K 10K  Marietta, Ga. • Frekdown	26:51.5 shman  Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5 K 8 K 10 K	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL	2023 Brea Championship Invitational nvitational nk Invitational Championship egionals  Meet Little T Gettys Northe	akdown Dist.  5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals sapeake, Va. • Fresh akdown Dist.	Time 17:21 25:3 27:0 25:10 25:5 33:0 Time 16:0 25:1 33:0 man
BK  Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K  Date	Meet  Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  Pasts Date 9/3/23  JARED D Meet	Championship Invitational Interpretational Interpretation Inter	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 10K  Dist.  Dist.  The properties of the	shman Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K	Meet Little Three Lock Haven Paul Short In Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL Meet Little Three	2023 Brea Championship Invitational Invitational Ink Invitational Championship regionals  Meet Little T Gettys Northe LON • Ches	akdown Dist.  5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals sapeake, Va. • Fresh akdown Dist.	Time 17:21 25:3 27:0 25:16 25:5 33:0  Time 16:0 25:1 33:0  man  Tim 17:5
BK  Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K  Date 9/3	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  **Bests** Date 9/3/23  JARED C  Meet Little Three C	Championship divitational hampionship egionals  Meet Little Tr  DENO • Cliffor 2023 Breal Championship divitational hampionship egionals	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 10K  nree Championship  on Park, N.Y. • Juniokdown Dist.  5K	26:51.5 shman  Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K  Date 9/3	Meet Little Three Lock Haven Paul Short In Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL Meet Little Three	2023 Brea Championship Invitational nvitational nk Invitational Championship egionals  Meet Little T Gettys Northe 2023 Brea Championship	hkdown Dist.  5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals  sapeake, Va. • Fresh hakdown Dist.  5 5 K	Time 17:21 25:3 27:0 25:10 25:5 33:0  Time 16:0 25:1 33:0  man  Tim 17:5 29:2
BK  Date  9/3  9/23  9/30  10/14  10/28  11/10  Career Dist.  5K  Date  9/3  9/23	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  **Bests** Date 9/3/23  JARED **D  Meet Little Three C Lock Haven I	Championship egionals  Meet Little Tr  2023 Breal  Championship egionals  Meet Little Tr  Championship egionals  Meet Little Tr	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 10K  Dist.  Dist.  The property of	shman Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K  Date 9/3 9/23	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL Meet Little Three Lock Haver Paul Short I	2023 Brea Championship Invitational nvitational nk Invitational Championship egionals  Meet Little T Gettys Northe 2023 Brea Championship	akdown Dist.  5K 8K 8K 8K 10K  Three Championship burg Invitational east Regionals sapeake, Va. • Fresh akdown Dist.  5K 8K 8K 8K	Time 17:2° 25:3 27:0 25:10 25:5 33:0  Time 16:0 25:1 33:0  man  Tim 17:5 29:2 30:0
BK  Date  9/3  9/23  9/30  10/14  10/28  11/10  Career  Dist.  5K  Date  9/3  9/23  9/23  9/30	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 Cl Northeast Re  **Bests Date 9/3/23  JARED   Meet Little Three C Lock Haven I Paul Short In	Championship egionals  Meet Little The Championship egionals  Meet Little The Championship egionals  Meet Little The Championship egionals  Championship egionals	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 10K  nree Championship on Park, N.Y. • Juniokdown Dist.  5K 8K 8K	26:51.5 shman  Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2 r Time 18:00.3 DNR 28:24.2*	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K  Date 9/3 9/23 9/30	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL Meet Little Three Lock Haver Paul Short I Aubrey She	2023 Brea Championship Invitational nvitational nk Invitational Championship egionals  Meet Little T Gettys Northe 2023 Brea Championship Invitational	akdown Dist.  5K 8K 8K 8K 10K  Three Championship burg Invitational east Regionals sapeake, Va. • Fresh akdown Dist.  5K 8K 8K 8K	Time 17:21 25:3 27:0 25:10 25:5 33:0  Time 16:0 25:1 33:0  man  Tim 17:5 29:2 30:0 28:4
BK  Date  9/3  9/23  9/30  10/14  10/28  11/10  Career  Dist.  5K  Date  9/3  9/23  9/23  9/30  10/14	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  7 Bests Date 9/3/23  JARED D  Meet Little Three C Lock Haven I Paul Short In Aubrey Shen	Championship divitational hampionship divitational hampionship divitational hampionship divitational hampionship divitational divitational divitational divitational divitational hampionship divitational hampionship divitational hampionship	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 10K  nree Championship  on Park, N.Y. • Juniokdown Dist.  5K 8K 8K	26:51.5 shman  Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2  Time 18:00.3 DNR 28:24.2* 27:05.6*	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K  Date 9/3 9/23 9/30 10/14	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL Meet Little Three Lock Haver Paul Short I Aubrey She	Championship Invitational Invitational Invitational Ink Invitational Championship Invitational Championship Invitational I	akdown Dist.  5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals east Regionals sapeake, Va. • Fresh akdown Dist.  5 5 K 8 K 8 K 8 K 8 K 8 K	Time 17:21 25:3 27:0 25:16 25:5 33:0 Time 16:0 25:1: 33:0
BK  Date  9/3  9/23  9/30  10/14  10/28  11/10  Career Dist.  5K  Date  9/3  9/23  9/30  10/14  10/28  11/10	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  Paul Short In Aubrey Shen Atlantic 10 CI Aubrey Shen Atlantic 10 CI	Championship divitational hampionship divitational hampionship divitational hampionship divitational hampionship divitational divitational divitational divitational divitational hampionship divitational hampionship divitational hampionship	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 10K  Dist.  Dist.  SK 8K	26:51.5 shman  Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2 r Time 18:00.3 DNR 28:24.2* 27:05.6* DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K  Date 9/3 9/23 9/30 10/14 10/28	Meet Little Three Lock Haven Paul Short In Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL  Meet Little Three Lock Haven Paul Short I Aubrey She Atlantic 10 C	Championship Invitational Invitational Invitational Ink Invitational Championship Invitational Championship Invitational I	akdown Dist.  5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals  sapeake, Va. • Fresh akdown Dist.  5 K 8 K 8 K 8 K 8 K 8 K 8 K 8 K 8 K	Time 17:21 25:3 27:0 25:10 25:5 33:0  Time 16:0 25:1 33:0  man  Tim 17:5 29:2 30:0 28:4 DNF
BK  Date  9/3  9/23  9/30  10/14  10/28  11/10  Career Dist.  5K  Date  9/3  9/23  9/30  10/14  10/28  11/10	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re   **Bests** Date 9/3/23   **JARED**  Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  **Aubrey Shen Atlantic 10 CI Northeast Re  **Aubrey Shen Atlantic 10 CI Northeast Re	Championship divitational hampionship divitational hampionship divitational hampionship divitational hampionship divitational divitational divitational divitational divitational hampionship divitational hampionship divitational hampionship	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 10K  Dist.  Dist.  SK 8K	26:51.5 shman  Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2 r Time 18:00.3 DNR 28:24.2* 27:05.6* DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K  Date 9/3 9/23 9/30 10/14 10/28 11/10  Career	Meet Little Three Lock Haven Paul Short II Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL  Meet Little Three Lock Haver Paul Short I Aubrey She Atlantic 10 C Northeast R	Championship Invitational Invitational Invitational Ink Invitational Championship Invitational Championship Invitational I	akdown Dist.  5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals  sapeake, Va. • Fresh akdown Dist.  5 K 8 K 8 K 8 K 8 K 8 K 8 K 8 K 8 K	Time 17:21 25:3 27:0 25:10 25:5 33:0  Time 16:0 25:1 33:0  man  Tim 17:5 29:2 30:0 28:4 DNF
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BK  Date  9/3  9/23  9/30  10/14  10/28  11/10  Career  9/3  9/23  9/30  10/14  10/28  11/10  Career  Dist.  Career	Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  **Bests Date 9/3/23  JARED   Meet Little Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  **Three C Lock Haven I Paul Short In Aubrey Shen Atlantic 10 CI Northeast Re  **Three St Date	Championship divitational hampionship divitational hampionship divitational hampionship divitational hampionship divitational divitational divitational divitational divitational hampionship divitational hampionship divitational hampionship divitational hampionship divitational	Marietta, Ga. • Frekdown Dist.  5K 8K 8K 8K 10K  Dist.  Dist.  SK 8K	26:51.5 shman  Time 17:58.2 DNR DNR DNR DNR DNR Time 17:58.2  r Time 18:00.3 DNR 28:24.2* 27:05.6* DNR DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K 10K  Date 9/3 9/23 9/30 10/14 10/28 11/10  Career	Meet Little Three Lock Haven Paul Short In Aubrey She Atlantic 10 C Northeast R  Bests Date 9/3/21 10/14/23 11/10/23  RILEY DIL  Meet Little Three Lock Haven Paul Short I Aubrey She Atlantic 10 C Northeast R	Championship Invitational Invitational Invitational Ink Invitational Ink Invitational Ink Invitational Ink Invitational Ink Invitational Ink Invitational Invitat	akdown Dist.  5 K 8 K 8 K 8 K 10 K  Three Championship burg Invitational east Regionals  sapeake, Va. • Fresh akdown Dist.  5 K 8 K 8 K 8 K 8 K 8 K 8 K 8 K 8 K	Time 17:21 25:3 27:0 25:16 25:5 33:0  Time 16:0 25:1: 33:0  man  Tim 17:5: 29:2 30:0 28:4 DNF DNF

		Break					2023 Break		
Date	Meet		Dist.	Time	Date	Meet		Dist.	Time
/3	Little Three Champio	onship	5K	18:07.7	9/3	Little Three C	hampionship	5K	17:05.2
/23	Lock Haven Invitatio	nal	8K	28:10.8	9/23	Lock Haven Invitational 8K		8K	27:51.2
/30	Paul Short Invitation	al	8K	30:24.3	9/30	Paul Short Invitational 8K		8K	29:13.8
0/14	Aubrey Shenk Invita	tional	8K	28:30.2	10/14	Aubrey Shen	k Invitational	8K	DNR
0/28	Atlantic 10 Champion	nship	8K	DNR	10/28	Atlantic 10 Ch	nampionship	8K	DNR
1/10	Northeast Regionals	5	10K	DNR	11/10	Northeast Re	gionals	10K	DNR
areer	Bests				Career	Bests			
)ist.		Meet		Time	Dist.	Date	Meet		Time
SK BK			ree Championship on Invitational	17:00.1 27:11.1	5K 8K	9/3/21 9/25/21		ree Championship on Invitational	16:32.2 27:23.4
	AIDEN <b>HOLT •</b> F			ore	JA	AMES <b>HOF</b> I		mburg, N.Y. • Sopho	omore
		Break		<del>-</del> .	D	Ma-+	2023 Break		т:
Date	Meet		Dist.	Time	Date 0/2	Meet Three C	hammie l- ! ·	Dist.	Time
/3	Little Three Champio		5K	DNR	9/3	Little Three C		5K	18:44.8
/23	Lock Haven Invitatio		8K	28:21.8*	9/23	Lock Haven I		8K	29:11.3*
/30	Paul Short Invitation		8K	DNF	9/30	Paul Short Inv		8K	30:20.5
0/14	Aubrey Shenk Invita		8K	DNR	10/14	Aubrey Shen		8K	28:44.1
0/28	Atlantic 10 Champion		8K	DNR	10/28	Atlantic 10 Ch		8K	DNR
1/10	Northeast Regionals		10K	DNR	11/10	Northeast Re	giorials	10K	DNR
areer	Bests				Career	Bests			
ist.	Date N	Meet		Time	Dist.	Date	Meet		Time
K			ree Championship		5K	9/3/23		ree Championship	
K	9/23/23 L	LOCK H	aven Invitational	28:21.8	8K	10/14/23	Gettysb	urg Invitational	28:44.
AID	DAN HURLEY • N			eshman		JOSH <b>LO</b>	PEZ • Derwo	ood, MD • Freshma	n
)ata		Break		Timo	Date	Meet	2023 Blear	Dist.	Time
)ate 1/3	Meet Little Three Champid	onobin	Dist.	Time	9/3	Little Three C	'hampionship	5K	17:08.2
9/3 9/23	Lock Haven Invitatio		5K 8K	19:52.7 31:39.5	9/23	Lock Haven I		8K	26:14.9
	Paul Short Invitation		8K		9/30	Paul Short Inv		8K	27:55.6
9/30				33:18.7	10/14	Aubrey Shenl		8K	27.33.0 DNR
0/14 0/28	Aubrey Shenk Invita Atlantic 10 Champion		8K 8K	DNR DNR	10/14	Atlantic 10 Ch		8K	27:46.2
0/28 1/10	Northeast Regionals		10K	DNR	11/10	Northeast Re		10K	34:33.9
Career	Bests				Career	Bests			
Dist.	Date N	Meet		Time	Dist.	Date	Meet		Time
δK			ree Championship		5K	9/3/23		ree Championship	
SK	9/23/23 L	₋ock Ha	even Invitational	31:39.5	8K 10K	9/23/23 11/10/23		iven Invitational ist Regionals	26:14.9 34:33.9
	ETHAN LUCE • 1			ore	CA	ASEY MALL		artford, N.Y. • Soph	omore
		<u>down</u>				2023 Break			
ate	Meet		Dist.	Time	Date	Meet		Dist.	Time
/3	Little Three Champio	onship	5K	16:42.9*	9/3	Little Three C	Championship	5K	16:36.7
23	Lock Haven Invitation	nal	8K	26:38.0*	9/23	Lock Haven I	nvitational	8K	27:01.0
30	Paul Short Invitations	al	8K	27:22.2	9/30	Paul Short Inv	vitational	8K	27:38.8
)/14	Aubrey Shenk Invitat	tional	8K	26:23.6*	10/14	Aubrey Shen	k Invitational	8K	26:52.
0/28	Atlantic 10 Champior	nship	8K	26:45.2	10/28	Atlantic 10 Ch		8K	26:59.1
/10	Northeast Regionals		10K	34:20.5	11/10	Northeast Re	gionals	10K	DNR
areer	Bests				Career	Bests			
ist.	Date N	/leet		Time	Dist.	Date	Meet		Time
	9/3/23 L	ittle Th	ree Championship	16:42.9	5K	9/3/23	Little Th	ree Championship	16:36.7
K			urg Invitational	26:23.6	8K	10/14/23	Cottych	urg Invitational	26:52.

ST. BONAVENTURE CROSS COUNTRY

	COLIN MCCARTH						on, Ohio • Junior	
D-4-		<u>reakdown</u>	T:	D-4-		023 Break		T:
Date 0.10	Meet	Dist.	Time	Date	Meet		Dist.	Time
9/3	Little Three Champions	•	16:38.1	9/3	Little Three Chan		5K	15:02.0*
9/23	Lock Haven Invitational		26:23.4*	9/23	Lock Haven Invit		8K	24:16.3*
9/30	Paul Short Invitational	8K	27:58.9	9/30	Paul Short Invitat		8K	DNR
10/14	Aubrey Shenk Invitation		26:36.9	10/14	Aubrey Shenk In		8K	24:39.7
10/28	Atlantic 10 Championsh	nip 8K	27:57.3	10/28	Atlantic 10 Cham	pionship	8K	24:53.5
11/10	Northeast Regionals	10K	34:48.2	11/10	Northeast Region	nals	10K	31:07.3
Caree	r Bests			Career	Bests			
Dist.	Date Me	et	Time	Dist.	Date	Meet		Time
5K	9/3/22 Littl	le Three Championshi	o 16:21.3	5K	9/3/23	Little Th	ree Championship	15:02.0
8K		k Haven Invitational	26:23.4	8K	9/23/23	Lock Ha	iven Invitational	24:16.3
10K	11/10/23 Nor	rtheast Regionals	34:48.2	10K	11/10/23	Northea	st Regionals	31:07.3
WI	LLIAM MCCARTH	•	reshman	H			wanda, N.Y. • Fresh	nman
_		<u>reakdown</u>		D-4-		023 Break		T:
Date	Meet	Dist.	Time	Date	Meet		Dist.	Time
9/3	Little Three Champions	•	16:56.7	9/3	Little Three Chan		5K	18:50.6
9/23	Lock Haven Invitational	l 8K	DNR	9/23	Lock Haven Invit		8K	30:14.2
9/30	Paul Short Invitational	8K	28:47.9	9/30	Paul Short Invitat		8K	DNR
10/14	Aubrey Shenk Invitation	nal 8K	27:09.1*	10/14	Aubrey Shenk In	vitational	8K	DNR
10/28	Atlantic 10 Championsh	nip 8K	DNR	10/28	Atlantic 10 Cham	pionship	8K	DNR
11/10	Northeast Regionals	10K	DNR	11/10	Northeast Region	nals	10K	DNR
Ca===	, Pasta							
<b>Caree</b> i Dist.	r <b>Bests</b> Date Me	et	Time	Career				т:
טוטו.				Dist.	Date	Meet		Time
EV	(1/5/-1-5	la Ibraa Championelli						40 50 0
		le Three Championship		5K	9/3/23		ree Championship	
		le Three Championshij ttysburg Invitational	27:09.1	5K 8K	9/3/23 9/23/23		ree Championship even Invitational	
	10/14/23 Get OWEN <b>NOECKER</b>	ttysburg Invitational	27:09.1	8K	9/23/23 CONOR <b>QUII</b>	Lock Ha	ven Invitational t Chester, Pa. • Jun	30:14.2
8K	10/14/23 Get OWEN <b>NOECKER</b>	ttysburg Invitational	27:09.1	8K	9/23/23 CONOR <b>QUII</b>	Lock Ha	ven Invitational t Chester, Pa. • Jun	30:14.2
8K Date	10/14/23 Get OWEN <b>NOECKER</b> 2023 B	ttysburg Invitational  • Douglass, Mass. • Jureakdown Dist.	27:09.1 unior	8K	9/23/23 CONOR <b>QUII</b>	NN • Wes	t Chester, Pa. • Jun	30:14.2 ior
8K <u>Date</u> 9/3	10/14/23 Get  OWEN <b>NOECKER</b> 2023 B  Meet	Pouglass, Mass. • Jureakdown Dist.  bip 5K	27:09.1 unior Time	8K Date	9/23/23  CONOR <b>QUII</b> 20  Meet	NN • Wes 023 Break	t Chester, Pa. • Jun down Dist.	30:14.2 ior Time
Date 9/3 9/23	10/14/23 Get  OWEN NOECKER  2023 B  Meet  Little Three Champions	Pouglass, Mass. • Jureakdown Dist.  bip 5K	27:09.1 unior Time DNR	Date 9/3	9/23/23  CONOR QUII  20  Meet  Little Three Charr	NN • Wes 23 Break	t Chester, Pa. • Jun down Dist.	30:14.2 ior Time 18:03.7
Date 9/3 9/23 9/30	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational	tysburg Invitational  Pouglass, Mass. Jureakdown Dist. Ship 5K SK 8K	27:09.1  unior  Time  DNR  27:50.5*  DNR	Date 9/3 9/23 9/30	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invited Paul Short Invitati	NN • Wes 23 Break ppionship ational	t Chester, Pa. • Jundown Dist. 5K 8K	30:14.2 ior Time 18:03.7 DNR 29:16.2
Date 9/3 9/23 9/30 10/14	10/14/23 Get  OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation	tysburg Invitational  Property Douglass, Mass. • Jureakdown Dist.  Ship 5K  8K  8K  nal 8K	27:09.1 unior Time DNR 27:50.5* DNR 28:35.6	Date 9/3 9/23 9/30 10/14	9/23/23  CONOR QUII  20  Meet  Little Three Cham  Lock Haven Invitati  Paul Short Invitati  Aubrey Shenk Inv	NN • Wes 23 Break pionship ational ional	t Chester, Pa. • Jundown Dist.  5K 8K 8K	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0
Date 9/3 9/23 9/30 10/14 10/28	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational	tysburg Invitational  Property Douglass, Mass. • Jureakdown Dist.  Ship 5K  8K  8K  nal 8K	27:09.1  unior  Time  DNR  27:50.5*  DNR	Date 9/3 9/23 9/30	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invited Paul Short Invitati	NN • Wes 23 Break pionship ational ional vitational pionship	t Chester, Pa. • Jundown Dist. 5K 8K	30:14.2 ior Time 18:03.7 DNR 29:16.2
Date 9/3 9/23 9/30 10/14 10/28	10/14/23 Get  OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh	tysburg Invitational  Pouglass, Mass. • Jureakdown Dist.  Ship 5K  8K  8K  nal 8K  nip 8K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR	Date 9/3 9/23 9/30 10/14 10/28	9/23/23  CONOR QUII  20  Meet  Little Three Cham  Lock Haven Invitati  Paul Short Invitati  Aubrey Shenk Inv  Atlantic 10 Champ	NN • Wes 23 Break pionship ational ional vitational pionship	t Chester, Pa. • Jun down Dist. 5K 8K 8K 8K	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR
Date 9/3 9/23 9/30 10/14 10/28 11/10	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K nal 8K nip 8K 10K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region	NN • Wes 23 Break pionship ational ional vitational pionship	t Chester, Pa. • Jun down Dist. 5K 8K 8K 8K	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR
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Date 9/3 9/23 9/30 10/14 10/28 11/10 Careel Dist. 5K	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date  9/3/22  Little	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K 8K 8K nal 8K nip 8K 10K 10K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist.	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date	NN • Wes 23 Break ppionship ational ional ionship pals bionship pals	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 8K 8K 10K	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR
Date 9/3 9/23 9/30 10/14 10/28 11/10 Careel Dist. 5K	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date  9/3/22  Little	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K nal 8K nip 8K 10K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date 9/3/22	NN • Wes 23 Break  ppionship ational ional ionship als  Meet  Little Th	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 8K 10K	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR Time 17:06.8
Date 9/3 9/23 9/30 10/14 10/28 11/10 Careel Dist. 5K	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date  9/3/22  Little	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K 8K 8K nal 8K nip 8K 10K 10K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist.	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date	NN • Wes 23 Break  ppionship ational ional ionship als  Meet  Little Th	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 8K 8K 10K	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR Time 17:06.8
Date 9/3 9/23 9/30 10/14 10/28 11/10 Careel Dist. 5K 8K	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date Mee  9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY • 18	tysburg Invitational  P Douglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K hal 8K hip 8K 10K  tet  Three Championship k Haven Invitational	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  0 17:27.3  27:50.5	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA	NN • Wes 23 Break  ppionship ational ional ional ionship als  Meet  Little Th Anderso	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 10K  ree Championship on Invitational	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR Time 17:06.8 27:28.8
Date 9/3 9/23 9/30 10/14 10/28 11/10  Careei Dist. 5K 8K	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date Mee 9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY • 1 2023 B	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K nal 8K nip 8K 10K  Three Championship k Haven Invitational  Northfield, Minn. Frestreakdown	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  0 17:27.3  27:50.5	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA	NN • Wes 23 Break  ppionship ational ional ionship als  Meet  Little Th  Anderso	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 10K  ree Championship on Invitational	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR Time 17:06.8 27:28.8
Date 9/3 9/23 9/30 10/14 10/28 11/10  Careei Dist. 5K 8K	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date Mee 9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY • 1 2023 B Meet	tysburg Invitational  P Douglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K nal 8K nip 8K 10K  Let Three Championship k Haven Invitational  Northfield, Minn. Frestreakdown Dist.	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3  27:50.5  shman  Time	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA  20  Meet	NN • Wes 23 Break  Inpionship ational ional ional ionship als  Meet  Little Th Anderso  N • Ashbo	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 8K 10K  ree Championship on Invitational  urn, Va. • Freshmarkdown Dist.	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR Time 17:06.8 27:28.8
Date 9/3 9/23 9/30 10/14 10/28 11/10  Careei Dist. 5K 8K  E Date 9/3	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date Mee 9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY • 1 2023 B	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K nal 8K hip 8K 10K  Let Three Championship k Haven Invitational  Northfield, Minn. Frestereakdown Dist.  Ship 5K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3  27:50.5  shman  Time  17:20.4	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K  Date 9/3	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA  20  Meet  Little Three Char	NN • Wes 23 Break  pionship ational conship atis bionship als  Meet Little Th Anderso  N • Ashbu 023 Break	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 8K 10K  ree Championship on Invitational  urn, Va. • Freshmarkdown Dist.  5K	30:14.2 ior  Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR  Time 17:06.8 27:28.8  Time 17:49.7
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Date  9/3  9/23  9/30  10/14  10/28  11/10  Careei Dist.  5K  8K   Date  9/3  9/23	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests  Date Mee  9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY • 1  2023 B  Meet  Little Three Champions	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K nal 8K hip 8K 10K  Let Three Championship k Haven Invitational  Northfield, Minn. Frestereakdown Dist.  Ship 5K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3  27:50.5  shman  Time  17:20.4	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K  Date 9/3	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA  20  Meet  Little Three Char	NN • Wes 23 Break  pionship ational conship als  Meet  Little Th Anderso  N • Ashbo  023 Break  mpionship tational	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 8K 10K  ree Championship on Invitational  urn, Va. • Freshmarkdown Dist.  5K	30:14.2 ior  Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR  Time 17:06.8 27:28.8  Time 17:49.7
Date  9/3  9/23  9/30  10/14  10/28  11/10  Careel Dist. 5K 8K   Date  9/3  9/23  9/30	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date Mee  9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY • 1  2023 B  Meet  Little Three Champions Lock Haven Invitational	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K 10K  10K  Street  Stree	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3  27:50.5  shman  Time  17:20.4  28:38.9	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K  Date 9/3 9/23	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Paul Short Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA  20  Meet  Little Three Chan Lock Haven Invitati	NN • Wes 23 Break  ppionship ational ional ional ionship als  Meet  Little Th Andersc  N • Ashbo 023 Break  mpionship tational tional	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 8K 10K  ree Championship on Invitational  urn, Va. • Freshmankdown Dist.  5K 8K	30:14.2 ior  Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR  Time 17:06.8 27:28.8  Time 17:49.7 27:05.3 27:41.4
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Date  9/3  9/23  9/30  10/14  10/28  11/10  Careei Dist.  5K  8K  Date  9/3  9/23  9/30  10/14  10/28	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests Date Mee 9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY • 1 2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K SK SK SK SI SK SK SI SK SK SI SK SI SK	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  0 17:27.3  27:50.5  chman  Time  17:20.4  28:38.9  29:17.4	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K  Date 9/3 9/23 9/30 10/14	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Aubrey Shenk Inv Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA  20  Meet  Little Three Chan Lock Haven Invitati Paul Short Invitati	NN • Wes  23 Break  pionship ational bionship als  Meet  Little Th Anderso  N • Ashbu 023 Break  mpionship tational divitational divitational divitational	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 10K  ree Championship on Invitational  urn, Va. • Freshmankdown Dist.  5K 8K 8K 8K	30:14.2 ior  Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR DNR  Time 17:06.8 27:28.8  Time 17:49.7 27:05.3 27:41.4 26:29.1
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Date  9/3  9/23  9/30  10/14  10/28  11/10  Careei  5K  8K   Date  9/3  9/23  9/30  10/14  10/28  11/10  Careei  Careei	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests  Date Mee  9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K 10K  10K  Set  Teakdown Tok 10K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3  27:50.5  shman  Time  17:20.4  28:38.9  29:17.4  28:21.8  DNR  DNR	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K  Date 9/3 9/23 9/30 10/14 10/28	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Aubrey Shenk Inv. Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA  20  Meet  Little Three Chan Lock Haven Invitati Aubrey Shenk Invitati Aubrey Shenk Invitati Aubrey Shenk Invitati Aubrey Shenk Invitation Cham Northeast Region	NN • Wes 23 Break  pionship ational ional ional ionship als  Meet  Little Th Andersc  N • Ashbu 023 Break  mpionship tational tional ivitational pionship tational pionship nals	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 10K  ree Championship on Invitational  urn, Va. • Freshmankdown Dist.  5K 8K 8K 8K	30:14.2 ior Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR DNR  7:06.8 27:28.8 Time 17:49.7 27:05.3 27:41.4 26:29.1' 27:59.6
9/23 9/30 10/14 10/28 11/10 Career Dist. 5K 8K Date 9/3 9/23 9/23 9/30 10/14 10/28 11/10 Career Dist.	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests  Date Mee  9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  r Bests  Date Mee	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K nal 8K hip 8K 10K  Teakdown Dist.  Ship 5K  1 8K 8K 10K  Bet 10K  B	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3  27:50.5  shman  Time  17:20.4  28:38.9  29:17.4  28:21.8  DNR  DNR  Time	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K  Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist.	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Aubrey Shenk Inv. Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA  20  Meet  Little Three Chan Lock Haven Invitati Aubrey Shenk Invitati Aubrey Shenk Invitati Aubrey Shenk Invitati Aubrey Shenk Invitation Cham Northeast Region	NN • Wes  23 Break  pionship ational ional ional ionship als  Meet  Little Th Anderso  N • Ashbu  023 Break  mpionship tational ional ivitational ional ivitational ional ivitational ional ivitational ional ivitational inionship nals	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 10K  ree Championship on Invitational  urn, Va. • Freshmarkdown Dist.  5K 8K 8K 8K 10K	30:14.2 ior  Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR DNR  Time 17:06.8 27:28.8  Time 17:49.7 27:05.3 27:41.4 26:29.1 27:59.6 33:57.1  Time
Date  9/3  9/23  9/30  10/14  10/28  11/10  Career  Dist.  5K  8K  Date  9/3  9/23  9/30  10/14  10/28  11/10  Career  Career	OWEN NOECKER  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  From Bests Date Mee  9/3/22 Littl 9/23/23 Loc  BRECKEN RILEY  2023 B  Meet  Little Three Champions Lock Haven Invitational Paul Short Invitational Paul Short Invitational Aubrey Shenk Invitation Atlantic 10 Championsh Northeast Regionals  From Bests Date Mee  9/3/23 Littl	tysburg Invitational  Pouglass, Mass. Jureakdown Dist.  Ship 5K  8K 8K 10K  10K  Set  Teakdown Tok 10K	27:09.1  unior  Time  DNR  27:50.5*  DNR  28:35.6  DNR  DNR  Time  17:27.3  27:50.5  shman  Time  17:20.4  28:38.9  29:17.4  28:21.8  DNR  DNR  Time	Date 9/3 9/23 9/30 10/14 10/28 11/10  Career Dist. 5K 8K  Date 9/3 9/23 9/30 10/14 10/28 11/10  Career	9/23/23  CONOR QUII  20  Meet  Little Three Cham Lock Haven Invitati Aubrey Shenk Inv. Atlantic 10 Champ Northeast Region  Bests Date 9/3/22 9/24/22  ALEX RYA  20  Meet  Little Three Chail Lock Haven Invitati Aubrey Shenk Invitati Aubrey Shenk Invitati Authorey Shenk Invitati Authorey Shenk Invitati Authorey Shenk Invitation Atlantic 10 Cham Northeast Region	NN • Wes  23 Break  pionship ational ional ional ionship als  Meet  Little Th Anderso  N • Ashbu  023 Break  mpionship tational ional ivitational ional ivitational ional ivitational ional ivitational ional ivitational inionship nals	t Chester, Pa. • Jundown Dist.  5K 8K 8K 8K 10K  ree Championship on Invitational  urn, Va. • Freshmankdown Dist.  5K 8K 8K 8K	30:14.2 ior  Time 18:03.7 DNR 29:16.2 28:26.0 DNR DNR DNR  Time 17:06.8 27:28.8  Time 17:49.7 27:05.3 27:41.4 26:29.1 27:59.6 33:57.1  Time

	KIERAN RYAN • East Moriches, N.Y. • Senior					MALIHEW		shburn, Va. • Freshn	nan	
	2023 Breakdown					2023 Breakdown				
Date	Meet		Dist.	Time	Date	Meet		Dist.	Tim	
9/3	Little Three Ch	hampionship	5K	DNR	9/3	Little Three C	Championship	5K	17:3	
9/23	Lock Haven In	าvitational	8K	27:13.4*	9/23	Lock Haven I	nvitational	8K	27:5	
9/30	Paul Short Invi	itational	8K	28:14.4	9/30	Paul Short Inv	vitational	8K	29:2	
10/14	Aubrey Shenk	(Invitational	8K	26:37.3*	10/14	Aubrey Shen	k Invitational	8K	27:0	
10/28	Atlantic 10 Cha	ampionship	8K	27:52.8	10/28	Atlantic 10 Ch	nampionship	8K	DNF	
11/10	Northeast Reg	gionals	10K	DNR	11/10	Northeast Re	gionals	10K	DNF	
Career	r Bests				Career	Bests				
Dist.	Date	Meet		Time	Dist.	Date	Meet		Tim	
5K	9/3/21		ree Championship		5K	9/3/23		rree Championship	17:3	
8K	10/14/23	Gettysb	ourg Invitational	26:37.3	8K	10/14/23	Gettysb	ourg Invitational	27:0	
AID	DEN <b>SCATT</b> I	ERGOOD	■ Ambler, Pa. • Sop	homore	+	TYLER SC		rby, N.Y. • Sophomo	ore	
		2023 Break					2023 Break	<u>kdown</u>		
Date	Meet		Dist.	Time	Date	Meet		Dist.	Tim	
9/3	Little Three Ch	hampionship	5K	15:30.2*	9/3	Little Three C	Championship	5K	17:4	
9/23	Lock Haven In	nvitational	8K	25:05.5*	9/23	Lock Haven I	nvitational	8K	28:4	
9/30	Paul Short Invi	itational	8K	25:53.7	9/30	Paul Short Inv	vitational	8K	29:2	
10/14	Aubrey Shenk	(Invitational	8K	24:59.1*	10/14	Aubrey Shen	k Invitational	8K	27:4	
10/28	Atlantic 10 Cha	ampionship	8K	25:22.7	10/28	Atlantic 10 Ch	nampionship	8K	DNI	
11/10	Northeast Reg	gionals	10K	31:51.7	11/10	Northeast Re	gionals	10K	DNF	
Career	r Bests				Career					
Dist.	Date	Meet		Time	Dist.	Date	Meet		Tim	
5K	9/3/23		ree Championship	15:30.2	5K	9/3/22		ree Championship		
8K	10/14/23		urg Invitational	24:59.1	8K	10/14/23	Gettysb	ourg Invitational	27:4	
10K	11/10/23	Northea	ast Regionals	31:51.7						
			chester, N.Y. • Senio	or		RYAN UM		sford, N.Y. • Freshma	an	
<b>5</b> 1-		2023 Break		T	Data	Moot	2023 Break		Tim	
Date	Meet		Dist.	Time	Date 0/2	Meet Three C	Ni anahin	Dist.	Tim	
9/3	Little Three Ch		5K	18:11.5	9/3	Little Three C		5K	17:4	
9/23	Lock Haven In		8K	28:43.5*	9/23	Lock Haven I		8K	28:	
9/30	Paul Short Invi		8K	30:11.3	9/30	Paul Short Inv		8K	30:	
10/14	Aubrey Shenk		8K	28:27.2*	10/14	Aubrey Shen		8K	28:	
10/28	Atlantic 10 Cha		8K	DNR	10/28	Atlantic 10 Ch		8K	DN	
11/10	Northeast Reg	gionals	10K	DNR	11/10	Northeast Re	gionals	10K	DNI	
	r Bests	Mont		Times		4				
		Meet		Time	Career	Bests				
Dist.	Date	1 2001		40 40 7						
	Date 9/3/22 10/14/23		nree Championship ourg Invitational	18:10.7 28:27.2	Dist. 5K	Date 9/3/23	Meet	nree Championship	Tim	