

**JAKE ARMER** • Ballston Spa, N.Y. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	20:19.3
9/23	Lock Haven Invitational	8K	DNR
9/30	Paul Short Invitational	8K	DNR
10/14	Aubrey Shenk Invitational	8K	DNR
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	20:19.3

**DREW CARLSON** • Jamestown, N.Y. • Sophomore2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	DNR
9/23	Lock Haven Invitational	8K	28:41.9*
9/30	Paul Short Invitational	8K	29:36.0
10/14	Aubrey Shenk Invitational	8K	28:17.5*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/21	Little Three Championship	16:03.21
8K	10/14/23	Gettysburg Invitational	28:17.5

**LUCAS CATARELLA** • Vestal, N.Y. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	16:39.4
9/23	Lock Haven Invitational	8K	26:51.5
9/30	Paul Short Invitational	8K	28:32.2
10/14	Aubrey Shenk Invitational	8K	27:36.5
10/28	Atlantic 10 Championship	8K	28:46.5
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	16:39.4
8K	9/23/23	Lock Haven Invitational	26:51.5

**BRENDAN CHAPPLE** • Waterloo, Ontario • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	DNR
9/23	Lock Haven Invitational	8K	DNR
9/30	Paul Short Invitational	8K	DNR
10/14	Aubrey Shenk Invitational	8K	DNR
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
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**BRENNEN COCKRELL** • Marietta, Ga. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:58.2
9/23	Lock Haven Invitational	8K	DNR
9/30	Paul Short Invitational	8K	DNR
10/14	Aubrey Shenk Invitational	8K	DNR
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	17:58.2

**ZANE COURTWRIGHT** • North East Pa. • Senior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:21.5
9/23	Lock Haven Invitational	8K	25:36.4*
9/30	Paul Short Invitational	8K	27:01.1
10/14	Aubrey Shenk Invitational	8K	25:16.6*
10/28	Atlantic 10 Championship	8K	25:50.9
11/10	Northeast Regionals	10K	33:00.5

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/21	Little Three Championship	16:05.67
8K	10/14/23	Gettysburg Invitational	25:16.6
10K	11/10/23	Northeast Regionals	33:00.5

**JARED DENO** • Clifton Park, N.Y. • Junior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	18:00.3
9/23	Lock Haven Invitational	8K	DNR
9/30	Paul Short Invitational	8K	28:24.2*
10/14	Aubrey Shenk Invitational	8K	27:05.6*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/21	Little Three Championship	17:01.18
8K	10/14/23	Gettysburg Invitational	27:05.6

**RILEY DILLON** • Chesapeake, Va. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:52.2
9/23	Lock Haven Invitational	8K	29:21.4
9/30	Paul Short Invitational	8K	30:08.0
10/14	Aubrey Shenk Invitational	8K	28:46.8*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	17:52.2
8K	10/14/23	Gettysburg Invitational	28:46.8

\* - Career Best



**JAMES FITZMAURICE** • Willow Grove, Pa. • Junior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	18:07.7
9/23	Lock Haven Invitational	8K	28:10.8
9/30	Paul Short Invitational	8K	30:24.3
10/14	Aubrey Shenk Invitational	8K	28:30.2
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/22	Little Three Championship	17:00.1
8K	9/24/22	Anderson Invitational	27:11.1

**BRIAN GLEASON** • Hamburg N.Y. • Senior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:05.2
9/23	Lock Haven Invitational	8K	27:51.2
9/30	Paul Short Invitational	8K	29:13.8
10/14	Aubrey Shenk Invitational	8K	DNR
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/21	Little Three Championship	16:32.24
8K	9/25/21	Anderson Invitational	27:23.4

**AIDEN HOLT** • Fort Mitchell, Ky. • Sophomore2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	DNR
9/23	Lock Haven Invitational	8K	28:21.8*
9/30	Paul Short Invitational	8K	DNF
10/14	Aubrey Shenk Invitational	8K	DNR
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/22	Little Three Championship	17:45.9
8K	9/23/23	Lock Haven Invitational	28:21.8

**JAMES HOFFMAN** • Hamburg, N.Y. • Sophomore2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	18:44.8*
9/23	Lock Haven Invitational	8K	29:11.3*
9/30	Paul Short Invitational	8K	30:20.5
10/14	Aubrey Shenk Invitational	8K	28:44.1*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	18:44.8
8K	10/14/23	Gettysburg Invitational	28:44.1

**AIDAN HURLEY** • North Tonawanda, N.Y. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	19:52.7
9/23	Lock Haven Invitational	8K	31:39.5
9/30	Paul Short Invitational	8K	33:18.7
10/14	Aubrey Shenk Invitational	8K	DNR
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	19:52.7
8K	9/23/23	Lock Haven Invitational	31:39.5

**JOSH LOPEZ** • Derwood, MD • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:08.2
9/23	Lock Haven Invitational	8K	26:14.9*
9/30	Paul Short Invitational	8K	27:55.6
10/14	Aubrey Shenk Invitational	8K	DNR
10/28	Atlantic 10 Championship	8K	27:46.2
11/10	Northeast Regionals	10K	34:33.9

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	17:08.2
8K	9/23/23	Lock Haven Invitational	26:14.9
10K	11/10/23	Northeast Regionals	34:33.9

**ETHAN LUCE** • Lakewood, N.Y. • Sophomore2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	16:42.9*
9/23	Lock Haven Invitational	8K	26:38.0*
9/30	Paul Short Invitational	8K	27:22.2
10/14	Aubrey Shenk Invitational	8K	26:23.6*
10/28	Atlantic 10 Championship	8K	26:45.2
11/10	Northeast Regionals	10K	34:20.5

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	16:42.9
8K	10/14/23	Gettysburg Invitational	26:23.6
10K	11/10/23	Northeast Regionals	34:20.5

**CASEY MALLOY** • New Hartford, N.Y. • Sophomore2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	16:36.7*
9/23	Lock Haven Invitational	8K	27:01.0*
9/30	Paul Short Invitational	8K	27:38.8
10/14	Aubrey Shenk Invitational	8K	26:52.5*
10/28	Atlantic 10 Championship	8K	26:59.11
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	16:36.7
8K	10/14/23	Gettysburg Invitational	26:52.5

\*- Career Best



**COLIN MCCARTHY** • Yorktown, N.Y. • Junior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	16:38.1
9/23	Lock Haven Invitational	8K	26:23.4*
9/30	Paul Short Invitational	8K	27:58.9
10/14	Aubrey Shenk Invitational	8K	26:36.9
10/28	Atlantic 10 Championship	8K	27:57.3
11/10	Northeast Regionals	10K	34:48.2

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/22	Little Three Championship	16:21.3
8K	9/23/23	Lock Haven Invitational	26:23.4
10K	11/10/23	Northeast Regionals	34:48.2

**CLAY PEETS** • Akron, Ohio • Junior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	15:02.0*
9/23	Lock Haven Invitational	8K	24:16.3*
9/30	Paul Short Invitational	8K	DNR
10/14	Aubrey Shenk Invitational	8K	24:39.7
10/28	Atlantic 10 Championship	8K	24:53.5
11/10	Northeast Regionals	10K	31:07.3

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	15:02.0
8K	9/23/23	Lock Haven Invitational	24:16.3
10K	11/10/23	Northeast Regionals	31:07.3

**WILLIAM MCCARTHY** • Yorktown, N.Y. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	16:56.7
9/23	Lock Haven Invitational	8K	DNR
9/30	Paul Short Invitational	8K	28:47.9
10/14	Aubrey Shenk Invitational	8K	27:09.1*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	16:56.7
8K	10/14/23	Gettysburg Invitational	27:09.1

**HENRY MORRIS** • Tonawanda, N.Y. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	18:50.6
9/23	Lock Haven Invitational	8K	30:14.2
9/30	Paul Short Invitational	8K	DNR
10/14	Aubrey Shenk Invitational	8K	DNR
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	18:50.6
8K	9/23/23	Lock Haven Invitational	30:14.2

**OWEN NOECKER** • Douglass, Mass. • Junior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	DNR
9/23	Lock Haven Invitational	8K	27:50.5*
9/30	Paul Short Invitational	8K	DNR
10/14	Aubrey Shenk Invitational	8K	28:35.6
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/22	Little Three Championship	17:27.3
8K	9/23/23	Lock Haven Invitational	27:50.5

**CONOR QUINN** • West Chester, Pa. • Junior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	18:03.7
9/23	Lock Haven Invitational	8K	DNR
9/30	Paul Short Invitational	8K	29:16.2
10/14	Aubrey Shenk Invitational	8K	28:26.0
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/22	Little Three Championship	17:06.8
8K	9/24/22	Anderson Invitational	27:28.8

**BRECKEN RILEY** • Northfield, Minn. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:20.4
9/23	Lock Haven Invitational	8K	28:38.9
9/30	Paul Short Invitational	8K	29:17.4
10/14	Aubrey Shenk Invitational	8K	28:21.8
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	17:20.4
8K	9/23/23	Lock Haven Invitational	28:38.9

**ALEX RYAN** • Ashburn, Va. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:49.7
9/23	Lock Haven Invitational	8K	27:05.3
9/30	Paul Short Invitational	8K	27:41.4
10/14	Aubrey Shenk Invitational	8K	26:29.1*
10/28	Atlantic 10 Championship	8K	27:59.6
11/10	Northeast Regionals	10K	33:57.1

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/22	Little Three Championship	16:19.5
8K	10/14/23	Gettysburg Invitational	26:29.1

\* - Career Best



**KIERAN RYAN** • East Moriches, N.Y. • Senior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	DNR
9/23	Lock Haven Invitational	8K	27:13.4*
9/30	Paul Short Invitational	8K	28:14.4
10/14	Aubrey Shenk Invitational	8K	26:37.3*
10/28	Atlantic 10 Championship	8K	27:52.8
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/21	Little Three Championship	16:56.56
8K	10/14/23	Gettysburg Invitational	26:37.3

**MATTHEW RYAN** • Ashburn, Va. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:36.7
9/23	Lock Haven Invitational	8K	27:59.6*
9/30	Paul Short Invitational	8K	29:25.0
10/14	Aubrey Shenk Invitational	8K	27:02.9*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	17:36.7
8K	10/14/23	Gettysburg Invitational	27:02.9

**AIDEN SCATTERGOOD** • Ambler, Pa. • Sophomore2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	15:30.2*
9/23	Lock Haven Invitational	8K	25:05.5*
9/30	Paul Short Invitational	8K	25:53.7
10/14	Aubrey Shenk Invitational	8K	24:59.1*
10/28	Atlantic 10 Championship	8K	25:22.7
11/10	Northeast Regionals	10K	31:51.7

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	15:30.2
8K	10/14/23	Gettysburg Invitational	24:59.1
10K	11/10/23	Northeast Regionals	31:51.7

**TYLER SCHOTT** • Derby, N.Y. • Sophomore2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:41.6
9/23	Lock Haven Invitational	8K	28:43.5
9/30	Paul Short Invitational	8K	29:21.1
10/14	Aubrey Shenk Invitational	8K	27:45.8*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/22	Little Three Championship	17:21.1
8K	10/14/23	Gettysburg Invitational	27:45.8

**HENRY TROST** • Rochester, N.Y. • Senior2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	18:11.5
9/23	Lock Haven Invitational	8K	28:43.5*
9/30	Paul Short Invitational	8K	30:11.3
10/14	Aubrey Shenk Invitational	8K	28:27.2*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/22	Little Three Championship	18:10.7
8K	10/14/23	Gettysburg Invitational	28:27.2

**RYAN UMIKER** • Pittsford, N.Y. • Freshman2023 Breakdown

Date	Meet	Dist.	Time
9/3	Little Three Championship	5K	17:42.2
9/23	Lock Haven Invitational	8K	28:43.6
9/30	Paul Short Invitational	8K	30:09.6
10/14	Aubrey Shenk Invitational	8K	28:00.3*
10/28	Atlantic 10 Championship	8K	DNR
11/10	Northeast Regionals	10K	DNR

**Career Bests**

Dist.	Date	Meet	Time
5K	9/3/23	Little Three Championship	17:42.2
8K	10/14/23	Gettysburg Invitational	28:00.3