

VILLANOVA MEN'S CROSS COUNTRY

2019 SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
9/20	Main Line Invitational	3rd of 6
9/28	Bill Dellinger Invitational	8th of 14
10/5	Paul Short Run	12th of 45
10/19	UnderArmour Pre-National Invitational	8th of 38
11/2	BIG EAST Championships	1st of 9
11/15	NCAA Mid-Atlantic Regional	1st of 25
11/23	NCAA Championships	23rd of 31

RACE VENUES

Main Line Invitational

Alumni Course
Haverford, Pa.
4 Miles

Bill Dellinger Invitational

Pine Ridge Golf Club
Springfield, Ore.
8000 Meters

Paul Short Run

Goodman Campus Course
Bethlehem, Pa.
8000 Meters

UnderArmour Pre-National Invitational

LaVern Gibson Championship Cross Country Course
Terre Haute, Ind.
8000 Meters

BIG EAST Championships

Wayne E. Dannehl National Cross Country Course
Kenosha, Wis.
8000 Meters

NCAA Mid-Atlantic Regional

Goodman Campus Course
Bethlehem, Pa.
10000 Meters

NCAA Championships

LaVern Gibson Championship Cross Country Course
Terre Haute, Ind.
10000 Meters

PERFORMANCE LIST

<u>4 Miles</u>	<u>Time</u>	<u>Date</u>
Mathias Powell <i>(Unattached)</i>	20:08.8	9/20
Patrick Craemer	20:26.6	9/20
Sean Dolan <i>(Unattached)</i>	20:33.5	9/20
Ben Seiple	20:38.7	9/20
Miller Anderson <i>(Unattached)</i>	20:39.1	9/20
Nick Ackerman	21:25.3	9/20
Trevor Potts	21:43.6	9/20
Jacob Bonanotte	21:50.9	9/20

<u>8000 Meters</u>	<u>Time</u>	<u>Date</u>
Haftu Srintzos	23:44.0	10/5
Andrew Marston	23:59.6	9/28
Nathan Rodriguez	24:05.4	9/28
Josh Phillips	24:06.9	10/19
Casey Comber	24:14.0	10/5
Rob Morro	24:20.2	10/19
Martin Barr	24:29.8	9/28
Jack Fredian	24:31.6	9/28
Patrick Spsychalski	24:32.2	10/5
Charlie O'Donovan	24:57.0	9/28
Mathias Powell <i>(Unattached)</i>	24:57.7	10/5
Nick Steele	24:57.9	9/28
Ben Seiple	24:59.9	10/5
Patrick Craemer	25:12.6	10/19
Sean Dolan <i>(Unattached)</i>	25:14.6	10/5
Nick Ackerman	25:37.2	10/5
Miller Anderson <i>(Unattached)</i>	25:50.1	10/5
Trevor Potts	26:15.1	10/5
Jacob Bonanotte	26:24.6	10/5

<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>
Josh Phillips	30:02.0	11/15
Haftu Srintzos	30:02.9	11/15
Nathan Rodriguez	30:10.6	11/15
Andrew Marston	30:15.7	11/15
Casey Comber	30:31.9	11/15
Charlie O'Donovan	31:12.3	11/15
Rob Morro	32:21.3	11/15
Patrick Spsychalski	33:12.5	11/23

VILLANOVA MEN'S CROSS COUNTRY

2019 SEASON

AGGREGATE RESULTS

4 MILES

	<u>NAME</u>	<u>DATE</u>
20:08.8	Mathias Powell <i>(Unattached)</i>	9/20
20:26.6	Patrick Craemer	9/20
20:33.5	Sean Dolan <i>(Unattached)</i>	9/20
20:38.7	Ben Seiple	9/20
20:39.1	Miller Anderson <i>(Unattached)</i>	9/20
21:25.3	Nick Ackerman	9/20
21:43.6	Trevor Potts	9/20
21:50.9	Jacob Bonanotte	9/20

8000 METERS

	<u>NAME</u>	<u>DATE</u>
23:44.0	Haftu Strintzos	10/5
23:59.6	Andrew Marston	9/28
24:05.4	Nathan Rodriguez	9/28
24:06.9	Josh Phillips	10/19
24:14.0	Casey Comber	10/5
24:15.5	Nathan Rodriguez	10/19
24:20.2	Rob Morro	10/5
24:20.9	Haftu Strintzos	10/19
24:29.8	Martin Barr	9/28
24:31.6	Jack Fredian	9/28
24:32.2	Patrick Spychalski	10/5
24:41.5	Josh Phillips	9/28
24:48.2	Martin Barr	10/19
24:53.6	Jack Fredian	10/19
24:57.0	Charlie O'Donovan	9/28
24:57.7	Mathias Powell <i>(Unattached)</i>	10/5
24:57.9	Nick Steele	9/28
24:59.9	Ben Seiple	10/5
25:12.6	Patrick Craemer	10/5
25:14.6	Sean Dolan <i>(Unattached)</i>	10/5
25:15.4	Patrick Spychalski	10/19
25:22.0	Nick Steele	10/19
25:29.7	Patrick Spychalski	9/28
25:31.0	Rob Morro	10/19
25:37.2	Nick Ackerman	10/5
25:38.4	Rob Morro	9/28
25:38.7	Nathan Rodriguez	11/2
25:42.1	Andrew Marston	11/2
25:44.2	Charlie O'Donovan	10/19
25:47.3	Casey Comber	11/2
25:50.1	Miller Anderson <i>(Unattached)</i>	10/5
25:51.1	Haftu Strintzos	11/2
26:15.1	Trevor Potts	10/5
26:16.8	Ben Seiple	10/19
26:24.6	Jacob Bonanotte	10/5
26:29.6	Josh Phillips	11/2
26:40.6	Martin Barr	11/2
26:40.7	Rob Morro	11/2
26:46.9	Patrick Spychalski	11/2
26:48.5	Nick Steel	11/2
26:50.2	Charlie O'Donovan	11/2

AGGREGATE RESULTS

10000 METERS

	<u>NAME</u>	<u>DATE</u>
30:02.0	Josh Phillips	11/15
30:02.9	Haftu Strintzos	11/15
30:10.6	Nathan Rodriguez	11/15
30:15.7	Andrew Marston	11/15
30:31.9	Casey Comber	11/15
31:12.3	Charlie O'Donovan	11/15
31:46.0	Andrew Marston	11/23
32:08.7	Charlie O'Donovan	11/23
32:17.2	Haftu Strintzos	11/23
32:21.3	Rob Morro	11/15
32:28.9	Casey Comber	11/23
32:29.2	Josh Phillips	11/23
32:53.2	Nathan Rodriguez	11/23
33:12.5	Patrick Spychalski	11/23