

VILLANOVA MEN'S CROSS COUNTRY

2021 SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
9/17	Main Line Invitational	1st of 8
10/1	Paul Short Run	2nd of 40
10/16	Princeton Invitational	1st of 21
10/22	Haverford Invitational	no scoring
10/29	BIG EAST Championships	3rd of 9
11/12	NCAA Mid-Atlantic Regional	3rd of 26
11/20	NCAA Championships	no scoring

RACE VENUES

Main Line Invitational

Alumni Course
Haverford, Pa.
4 Miles

Paul Short Run

Goodman Campus Course
Bethlehem, Pa.
8000 Meters

Princeton Invitational

West Windsor Fields
Princeton, N.J.
8000 Meters

Haverford Invitational

Alumni Course
Haverford, Pa.
4 Miles

BIG EAST Championships

Northview Church
Carmel, Ind.
8000 Meters

NCAA Mid-Atlantic Regional

Goodman Campus Course
Bethlehem, Pa.
10000 Meters

NCAA Championships

Apalachee Regional Park
Tallahassee, Fla.
10000 Meters

PERFORMANCE LIST

<u>4 Miles</u>	<u>Time</u>	<u>Date</u>
Haftu Strintzos	19:02.4	9/17
Josh Phillips	19:06.8	9/17
Charlie O'Donovan	19:21.2	9/17
Nick Steele	19:23.1	9/17
Devon Comber <i>(Unattached)</i>	19:27.6	10/22
Liam Murphy	19:32.7	9/17
Martin Barr	19:34.6	9/17
Ryan Cutter	19:35.5	9/17
Justin Weber	19:36.4	9/17
Jack Jennings	19:44.4	9/17
Patrick Spychalski	19:54.9	9/17
Will Merritt	20:01.1	9/17
Sean Dolan	20:02.7	9/17
Jack Fredian	20:02.9	9/17
Patrick Craemer	20:04.9	10/22
Cole Walker	20:10.7	10/22
Ben Seiple	20:18.7	10/22
Chris Weeks	20:25.9	10/22
Sean Donoghue <i>(Unattached)</i>	20:27.0	9/17
Miller Anderson	20:29.0	10/22
Trevor Potts	21:35.3	10/22
Jacob Bonanotte	21:40.6	10/22
Nick Ackerman	21:46.7	10/22

<u>8000 Meters</u>	<u>Time</u>	<u>Date</u>
Josh Phillips	23:31.3	10/1
Haftu Strintzos	23:33.9	10/1
Charlie O'Donovan	23:39.5	10/1
Liam Murphy	23:49.0	10/1
Nick Steele	23:56.9	10/1
Jack Jennings	24:07.0	10/1
Justin Weber	24:07.7	10/1
Ryan Cutter	24:35.5	10/1
Paul Nichols	24:40.6	10/16
Patrick Spychalski	24:42.3	10/1
Jack Fredian	24:42.5	10/1
Ben Seiple	24:52.1	10/1
Will Merritt	24:54.0	10/1
Martin Barr	24:56.2	10/1
Sean Dolan	25:15.6	10/1
Mathias Powell	25:20.2	10/1
Patrick Craemer	25:24.1	10/1
Cole Walker	25:41.8	10/16

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PERFORMANCE LIST

<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>
Haftu Strintzos	28:57.3	11/20
Jack Jennings	29:57.1	11/20
Haftu Strintzos	30:13.1	11/12
Jack Jennings	30:25.8	11/12
Josh Phillips	30:38.4	11/12
Charlie O'Donovan	30:38.7	11/12
Josh Phillips	30:46.8	11/20
Liam Murphy	31:05.4	11/12
Justin Weber	31:10.2	11/12
Ryan Cutter	31:18.5	11/12

VILLANOVA MEN'S CROSS COUNTRY

2021 SEASON

AGGREGATE RESULTS

4 MILES

	<u>NAME</u>	<u>DATE</u>
19:02.4	Haftu Strintzos	9/17
19:06.8	Josh Phillips	9/17
19:21.2	Charlie O'Donovan	9/17
19:23.1	Nick Steele	9/17
19:27.6	Devon Comber <i>(Unattached)</i>	10/22
19:32.7	Liam Murphy	9/17
19:34.6	Martin Barr	9/17
19:35.5	Ryan Cutter	9/17
19:36.4	Justin Weber	9/17
19:44.4	Jack Jennings	9/17
19:54.9	Patrick Spychalski	9/17
19:55.2	Devon Comber <i>(Unattached)</i>	9/17
20:01.1	Will Merritt	9/17
20:02.7	Sean Dolan	9/17
20:02.9	Jack Fredian	9/17
20:04.9	Patrick Craemer	10/22
20:09.6	Sean Dolan	10/22
20:10.7	Cole Walker	10/22
20:18.7	Ben Seiple	10/22
20:21.7	Ben Seiple	9/17
20:25.9	Chris Weeks	10/22
20:27.0	Sean Donoghue <i>(Unattached)</i>	9/17
20:29.0	Miller Anderson	10/22
20:34.2	Miller Anderson	9/17
20:42.5	Chris Weeks	9/17
21:35.3	Trevor Potts	10/22
21:40.6	Jacob Bonanotte	10/22
21:46.7	Nick Ackerman	10/22
21:53.6	Jacob Bonanotte	9/17

AGGREGATE RESULTS

8000 METERS

	<u>NAME</u>	<u>DATE</u>
23:31.3	Josh Phillips	10/1
23:33.9	Haftu Strintzos	10/1
23:39.5	Charlie O'Donovan	10/1
23:49.0	Liam Murphy	10/1
23:56.9	Nick Steele	10/1
23:59.0	Haftu Strintzos	10/29
24:05.2	Haftu Strintzos	10/16
24:07.0	Jack Jennings	10/1
24:07.7	Justin Weber	10/1
24:18.5	Nick Steele	10/16
24:19.2	Justin Weber	10/16
24:35.5	Ryan Cutter	10/1
24:35.8	Jack Jennings	10/29
24:38.0	Liam Murphy	10/16
24:40.6	Paul Nichols	10/16
24:42.3	Patrick Spychalski	10/1
24:42.5	Jack Fredian	10/1
24:45.1	Paul Nichols	10/1
24:48.2	Ryan Cutter	10/16
24:52.1	Ben Seiple	10/1
24:54.0	Will Merritt	10/1
24:56.2	Martin Barr	10/1
24:56.3	Charlie O'Donovan	10/29
24:56.6	Justin Weber	10/29
25:00.7	Ryan Cutter	10/29
25:01.4	Jack Jennings	10/16
25:06.8	Liam Murphy	10/29
25:08.2	Josh Phillips	10/29
25:15.6	Sean Dolan	10/1
25:18.0	Will Merritt	10/16
25:20.1	Patrick Spychalski	10/16
25:20.2	Mathias Powell	10/1
25:24.1	Patrick Craemer	10/1
25:27.9	Patrick Craemer	10/16
25:33.6	Mathias Powell	10/16
25:38.8	Jack Fredian	10/16
25:41.8	Cole Walker	10/16
25:43.3	Cole Walker	10/1
25:54.7	Paul Nicholas	10/29
25:57.1	Ben Seiple	10/16
26:01.8	Nick Steele	10/29
26:30.8	Will Merritt	10/29
26:36.6	Martin Barr	10/16

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30:38.4	Josh Phillips	11/12
30:38.7	Charlie O'Donovan	11/12
30:46.8	Josh Phillips	11/20
31:05.4	Liam Murphy	11/12
31:10.2	Justin Weber	11/12
31:18.5	Ryan Cutter	11/12