

VILLANOVA MEN'S CROSS COUNTRY

2022 SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
9/2	Lehigh Invitational	1st of 11
9/16	Main Line Invitational	1st of 8
9/30	Paul Short Run	2nd of 46
10/14	Nuttycombe Wisconsin Invitational	9th of 33
10/21	Haverford Invitational	no scoring
10/29	BIG EAST Championships	1st of 9
11/11	NCAA Mid-Atlantic Regional	1st of 26
11/19	NCAA Championships	19th of 31

RACE VENUES

Lehigh Invitational

Goodman Campus Course
Bethlehem, Pa.
6000 Meters

Main Line Invitational

Alumni Course
Haverford, Pa.
4 Miles

Paul Short Run

Goodman Campus Course
Bethlehem, Pa.
8000 Meters

Nuttycombe Wisconsin Invitational

Thomas Zimmer Championship Cross Country Course
Madison, Wis.
8000 Meters

Haverford Invitational

Alumni Course
Haverford, Pa.
4 Miles

BIG EAST Championships

Highland Park
Attleboro, Mass.
8000 Meters

NCAA Mid-Atlantic Regional

Blue & White Golf Courses
University Park, Pa.
10000 Meters

NCAA Championships

OSU Cross Country Course
Stillwater, Fla.
10000 Meters

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PERFORMANCE LIST

<u>6000 Meters</u>	<u>Time</u>	<u>Date</u>
Charlie O'Donovan	18:03.5	9/2
Josh Phillips	18:04.1	9/2
Liam Murphy	18:04.7	9/2
Haftu Strintzos	18:05.1	9/2
Jack Jennings	18:05.1	9/2
Jack Fredian	18:14.3	9/2
Devon Comber	18:15.0	9/2
Cole Walker	18:17.8	9/2
Sean Dolan	18:36.8	9/2
Sean Donoghue	18:46.4	9/2
Mathias Powell	18:46.4	9/2
Ben Seiple	19:02.0	9/2

<u>4 Miles</u>	<u>Time</u>	<u>Date</u>
Marco Langon <i>(Unattached)</i>	19:13.4	9/16
Ryan Cutter <i>(Unattached)</i>	19:23.1	9/16
Jack Fredian	19:25.2	9/16
Cole Walker	19:26.1	9/16
Ryan Addison	19:41.7	9/16
Devon Comber	19:46.2	9/16
Henry Myers	19:51.2	10/21
Jack Tavaglione <i>(Unattached)</i>	19:59.2	9/16
Sean Dolan	20:01.4	9/16
Ben Seiple	20:06.3	9/16
Miller Anderson	20:08.7	9/16
Will Merritt	20:45.3	10/21
Sean Donoghue	20:45.8	9/16
Trevor Potts	22:23.3	9/16

<u>8000 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	23:07.6	9/30
Charlie O'Donovan	23:10.7	9/30
Josh Phillips	23:15.7	9/30
Jack Jennings	23:16.8	9/30
Haftu Strintzos	23:21	10/29
Marco Langon	23:49.4	9/30
Jack Fredian	23:52.2	9/30
Ryan Cutter <i>(Unattached)</i>	23:53.5	9/30
Evan Addison	24:01.6	9/30
Devon Comber	24:03.6	9/30
Cole Walker	24:30.3	9/30
Henry Myers	24:34.2	9/30
Sean Dolan	24:35.1	9/30
Ben Seiple	24:39.6	9/30
Jack Tavaglione <i>(Unattached)</i>	24:43.5	9/30
Miller Anderson	24:52.5	9/30
Will Merritt	25:24.6	9/30
Sean Donoghue	25:53.4	9/30

PERFORMANCE LIST

<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	29:52.6	11/11
Marco Langon	30:05.6	11/11
Jack Jennings	30:11.8	11/19
Charlie O'Donovan	30:12.0	11/11
Josh Phillips	30:15.5	11/11
Haftu Strintzos	30:25.1	11/11
Jack Fredian	30:50.6	11/11

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2022 SEASON

AGGREGATE RESULTS

6000 METERS	<u>NAME</u>	<u>DATE</u>
18:03.5	Charlie O'Donovan	9/2
18:04.1	Josh Phillips	9/2
18:04.7	Liam Murphy	9/2
18:05.1	Haftu Strintzos	9/2
18:05.1	Jack Jennings	9/2
18:14.3	Jack Fredian	9/2
18:15.0	Devon Comber	9/2
18:17.8	Cole Walker	9/2
18:36.8	Sean Dolan	9/2
18:46.4	Sean Donoghue	9/2
18:46.4	Mathias Powell	9/2
19:02.0	Ben Seiple	9/2

4 MILES	<u>NAME</u>	<u>DATE</u>
19:13.4 <i>(Unattached)</i>	Marco Langon	9/16
19:23.1 <i>(Unattached)</i>	Ryan Cutter	9/16
19:25.2	Jack Fredian	9/16
19:26.1	Cole Walker	9/16
19:41.7	Ryan Addison	9/16
19:46.2	Devon Comber	9/16
19:51.2	Henry Myers	10/21
19:59.2 <i>(Unattached)</i>	Jack Tavaglione	9/16
20:01.4	Sean Dolan	9/16
20:06.3	Ben Seiple	9/16
20:08.7	Miller Anderson	9/16
20:09.8	Henry Myers	9/16
20:21.5	Miller Anderson	10/21
20:23.1 <i>(Unattached)</i>	Jack Tavaglione	10/21
20:45.3	Will Merritt	10/21
20:45.8	Sean Donoghue	9/16
21:11.0	Will Merritt	9/16
22:23.3	Trevor Potts	9/16

AGGREGATE RESULTS

8000 METERS	<u>NAME</u>	<u>DATE</u>
23:07.6	Liam Murphy	9/30
23:10.7	Charlie O'Donovan	9/30
23:15.7	Josh Phillips	9/30
23:16.8	Jack Jennings	9/30
23:21	Haftu Strintzos	10/29
23:28	Liam Murphy	10/29
23:34	Charlie O'Donovan	10/29
23:37	Jack Jennings	10/29
23:43	Josh Phillips	10/29
23:45.5	Haftu Strintzos	10/14
23:47.0	Jack Jennings	10/14
23:47.0	Liam Murphy	10/14
23:49.4	Marco Langon	9/30
23:52.2	Jack Fredian	9/30
23:53	Marco Langon	10/29
23:53.5 <i>(Unattached)</i>	Ryan Cutter	9/30
23:59.3	Charlie O'Donovan	10/14
24:01.6	Evan Addison	9/30
24:03.6	Devon Comber	9/30
24:08.4	Marco Langon	10/14
24:23.0	Jack Fredian	10/14
24:30.3	Cole Walker	9/30
24:33	Jack Fredian	10/29
24:34.1	Devon Comber	10/14
24:34.2	Henry Myers	9/30
24:35.1	Sean Dolan	9/30
24:39.6	Ben Seiple	9/30
24:43.5 <i>(Unattached)</i>	Jack Tavaglione	9/30
24:50.7	Evan Addison	10/14
24:52.5	Miller Anderson	9/30
24:57.8	Ben Seiple	10/14
25:09.4	Josh Phillips	10/14
25:11	Ben Seiple	10/29
25:21.0	Sean Dolan	10/14
25:22	Evan Addison	10/29
25:24.6	Will Merritt	9/30
25:44.3	Henry Myers	10/14
25:53.4	Sean Donoghue	9/30

10000 METERS	<u>NAME</u>	<u>DATE</u>
29:52.6	Liam Murphy	11/11
30:05.6	Marco Langon	11/11
30:10.2	Liam Murphy	11/19
30:11.8	Jack Jennings	11/19
30:12.0	Charlie O'Donovan	11/11
30:15.5	Josh Phillips	11/11
30:15.6	Jack Jennings	11/11
30:24.5	Marco Langon	11/19
30:25.1	Haftu Strintzos	11/11
30:25.8	Charlie O'Donovan	11/19
30:42.2	Josh Phillips	11/19
30:50.6	Jack Fredian	11/11
30:53.9	Haftu Strintzos	11/19
31:55.2	Jack Fredian	11/19