

VILLANOVA MEN'S CROSS COUNTRY

2023 SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
9/1	Temple Owls Cross Country Invitational	1st of 3
9/15	Main Line Invitational	no scoring
9/23	Virginia Invitational	5th of 23
9/30	Paul Short Run	no scoring
10/13	Nuttycombe Wisconsin Invitational	8th of 36
10/26	Haverford Invitational	no scoring
10/28	BIG EAST Championships	2nd of 9
11/11	NCAA Mid-Atlantic Regional	2nd of 26
11/19	NCAA Championships	20th of 31

RACE VENUES

Temple Owls Cross Country Invitational

Temple Ambler
Ambler, Pa.
6000 Meters

Main Line Invitational

Alumni Course
Haverford, Pa.
4 Miles

Virginia Invitational

Panorama Farms
Earlsville, Va.
8000 Meters

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

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

NCAA Mid-Atlantic Regional

Goodman Campus Course
Bethlehem, Pa.
10000 Meters

NCAA Championships

Panorama Farms
Earlsville, Va.
10000 Meters

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2023 SEASON

PERFORMANCE LIST

<u>6000 Meters</u>	<u>Time</u>	<u>Date</u>
Marco Langon	19:23.2	9/1
Haftu Strintzos	19:23.3	9/1
Liam Murphy	19:23.4	9/1
Cole Walker	19:42.9	9/1
Sean Donoghue	19:51.4	9/1
Jack Tavaglione	19:51.5	9/1
Devon Comber	19:51.7	9/1
Jack Fredian	19:58.6	9/1

<u>4 Miles</u>	<u>Time</u>	<u>Date</u>
CJ Sullivan <i>(Unattached)</i>	19:43.3	9/15
Kai Mitchell-Reiss <i>(Unattached)</i>	19:54.2	9/15
Bailey Habler <i>(Unattached)</i>	20:00.9	10/26
George Andrus <i>(Unattached)</i>	20:09.0	9/15
Nick Sullivan <i>(Unattached)</i>	20:14.4	10/26
Chris Weeks	21:22.0	10/26
Brian Theobald <i>(Unattached)</i>	21:23.9	9/15

<u>8000 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	23:32.2	9/23
Haftu Strintzos	23:36.9	9/23
Marco Langon	23:37.4	9/23
Xian Shively	24:03.7	9/23
Ryan Kredell	24:15.6	9/23
Henry Myers	24:34.5	9/30
Sean Donoghue	24:43.8	9/23
Devon Comber	24:46.2	9/23
Jack Fredian	24:46.7	9/23
Jack Tavaglione	25:07.8	9/23
Kai Mitchell-Reiss <i>(Unattached)</i>	25:08.1	9/30
Nick Sullivan <i>(Unattached)</i>	25:19.3	9/30
Cole Walker	25:28.4	9/23
George Andrus <i>(Unattached)</i>	25:43.8	9/30
CJ Sullivan <i>(Unattached)</i>	26:23.3	9/30
Brian Theobald <i>(Unattached)</i>	27:12.1	9/30

<u>8530 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	24:46.33	10/28
Haftu Strintzos	24:57.94	10/28
Marco Langon	25:21.86	10/28
Ryan Kredell	25:46.36	10/28
Xian Shively	25:47.80	10/28
Devon Comber	26:16.03	10/28
Henry Myers	26:18.53	10/28
Jack Tavaglione	26:31.06	10/28
Cole Walker	26:52.79	10/28
Sean Donoghue	27:25.57	10/28

PERFORMANCE LIST

<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	29:05.5	11/10
Haftu Strintzos	29:14.7	11/10
Ryan Kredell	30:06.5	11/10
Henry Myers	30:09.7	11/10
Devon Comber	30:16.9	11/10
Jack Tavaglione	30:48.0	11/10
Marco Langon	30:58.9	11/18
Xian Shively	33:03.9	11/18

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AGGREGATE RESULTS

<u>6000 METERS</u>	<u>NAME</u>	<u>DATE</u>
19:23.2	Marco Langon	9/1
19:23.3	Haftu Strintzos	9/1
19:23.4	Liam Murphy	9/1
19:42.9	Cole Walker	9/1
19:51.4	Sean Donoghue	9/1
19:51.5	Jack Tavaglione	9/1
19:51.7	Devon Comber	9/1
19:58.6	Jack Fredian	9/1

<u>4 MILES</u>	<u>NAME</u>	<u>DATE</u>
19:43.3 <i>(Unattached)</i>	CJ Sullivan	9/15
19:54.2 <i>(Unattached)</i>	Kai Mitchell-Reiss	9/15
20:00.9 <i>(Unattached)</i>	Bailey Babler	10/26
20:04.2 <i>(Unattached)</i>	CJ Sullivan	10/26
20:07.0 <i>(Unattached)</i>	Kait Mitchell-Reiss	10/26
20:09.0 <i>(Unattached)</i>	George Andrus	9/15
20:14.4 <i>(Unattached)</i>	Nick Sullivan	10/26
20:19.0 <i>(Unattached)</i>	Nick Sullivan	9/15
21:22.0	Chris Weeks	10/26
21:23.9 <i>(Unattached)</i>	Brian Theobald	9/15
21:37.1 <i>(Unattached)</i>	Brian Theobald	10/26

<u>8000 METERS</u>	<u>NAME</u>	<u>DATE</u>
23:32.2	Liam Murphy	9/23
23:36.9	Haftu Strintzos	9/23
23:37.4	Marco Langon	9/23
23:52.8	Liam Murphy	10/13
24:03.7	Xian Shively	9/23
24:07.7	Haftu Strintzos	10/13
24:15.6	Ryan Kredell	9/23
24:16.5	Ryan Kredell	10/13
24:24.9	Marco Langon	10/13
24:26.8	Xian Shively	10/13
24:34.5	Henry Myers	9/30
24:43.8	Sean Donoghue	9/23
24:46.2	Devon Comber	9/23
24:46.7	Jack Fredian	9/23
24:52.8	Jack Fredian	10/13
24:56.4	Devon Comber	10/13
25:07.8	Jack Tavaglione	9/23
25:08.1 <i>(Unattached)</i>	Kai Mitchell-Reiss	9/30
25:19.3 <i>(Unattached)</i>	Nick Sullivan	9/30
25:28.4	Cole Walker	9/23
25:43.8 <i>(Unattached)</i>	George Andrus	9/30
25:59.4	Henry Myers	10/13
26:23.3 <i>(Unattached)</i>	CJ Sullivan	9/30
26:27.0	Jack Tavaglione	10/13
26:42.6	Cole Walker	10/13
27:12.1 <i>(Unattached)</i>	Brian Theobald	9/30

AGGREGATE RESULTS

<u>8530 METERS</u>	<u>NAME</u>	<u>DATE</u>
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<u>10000 METERS</u>	<u>NAME</u>	<u>DATE</u>
29:05.5	Liam Murphy	11/10
29:14.7	Haftu Strintzos	11/10
29:17.5	Liam Murphy	11/18
29:49.3	Haftu Strintzos	11/18
30:06.5	Ryan Kredell	11/10
30:09.7	Henry Myers	11/10
30:16.9	Devon Comber	11/10
30:48.0	Jack Tavaglione	11/10
30:58.9	Marco Langon	11/18
31:28.0	Henry Myers	11/18
31:41.6	Ryan Kredell	11/18
32:21.2	Devon Comber	11/18
33:03.9	Xian Shively	11/18