

CROSS COUNTRY

2024 MEN'S RESULTS

DATE	MEET	DISTANCE	PLACE	LOCATION
9/6	DOLAN DUALS	6K	1ST (OUT OF 2)	LOCK HAVEN, PA.
9/13	SPIKED SHOE INVITATIONAL	5.2-MILE	5TH (OUT OF 18)	UNIVERSITY PARK, PA.
10/5	LEHIGH PAUL SHORT RUN (GOLD)	8K	13TH (OUT OF 44)	BETHLEHEM, PA.
10/18	PRINCETON FALL CLASSIC	8K	8TH (OUT OF 22)	PRINCETON, N.J.
11/1	BIG TEN CHAMPIONSHIPS	-	-	CHAMPAIGN, ILL.
11/15	NCAA MID-ATLANTIC REGIONALS	-	-	UNIVERSITY PARK, PA.
11/23	NCAA XC CHAMPIONSHIPS	-	-	MADISON, WIS.

DOLAN DUALS - SEPTEMBER 6 1ST - 15 PTS (1,2,3,4,5)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Nick Sloff	1/1	17:55.1
Caiden Leen	2/2	17:57.4
Tyler Rader	3/UNA	18:05.6
Brian DiCola	4/3	18:06.9
Ryan Watson	5/4	18:07.6
Hayden Healey	6/5	18:08.1
Justin Healey	7/6	18:08.7
Jake Allen	8/7	18:09.4
Logan Strawser	9/8	18:10.2
Brendan Flynn	10/9	18:11.8
Andrew McGonigle	11/10	18:15.4
T.J. Roden	12/11	18:16.5
Jake Borges	13/12	18:38.7
Chris DeSousa	14/13	18:42.0
Cole Adams	16/14	18:50.5
Caleb Prettyman	17/UNA	18:52.3
James Cicero	18/UNA	18:55.1
Brian McCormack	20/UNA	19:07.7

SPIKED SHOE INVITATIONAL - SEPTEMBER 13 5TH - 165 PTS (25, 28, 29, 37, 46)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Jake Allen	25/1	25:37.4
Brian DiCola	28/2	25:40.4
Nick Sloff	29/3	25:41.3
Justin Healey	38/4	25:53.6
Logan Strawser	47/5	25:58.1
Tyler Rader	49/UNA	25:59.8
Ryan Watson	64/6	26:07.9
Caiden Leen	66/7	26:08.6
Brendan Flynn	67/8	26:08.8
TJ Roden	76/9	26:16.8
Andrew McGonigle	183/10	28:34.5
Hayden Healey	DNF	-
Brian McCormack	UNA/DNF	-
James Cicero	UNA/DNF	-
Caleb Prettyman	UNA/DNF	-

LEHIGH PAUL SHORT RUN (GOLD) - OCTOBER 5 13TH - 393 PTS (41, 56, 59, 114, 123)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Brian DiCola	41/1	24:14.9
Nick Sloff	59/2	24:27.4
Jake Allen	62/3	24:28.2
Tyler Rader	117/4	24:51.9
Justin Healey	129/5	24:57.0
Ryan Watson	133/6	24:58.1
T.J. Roden	135/7	24:59.5
Caiden Leen	180/8	25:18.4
Logan Strawser	195/9	25:23.8
Hayden Healey	210/10	25:28.7

PRINCETON FALL CLASSIC - OCTOBER 18 8TH - 222 PTS (21, 39, 40, 57, 65)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Nick Sloff	21/1	23:22.2
Jake Allen	40/2	23:43.3
Brian DiCola	41/3	23:43.9
Ryan Watson	61/4	23:59.4
Brendan Flynn	69/5	24:04.5
Caiden Leen	80/6	24:10.5
Justin Healey	101/7	24:23.2
T.J. Roden	108/8	24:27.3
Tyler Rader	111/9	24:27.3
Logan Strawser	136/10	24:44.4
Andrew McGonigle	141/11	24:46.5

BIG TEN CHAMPIONSHIPS - NOVEMBER 1

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
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NCAA MID-ATLANTIC REGIONALS - NOVEMBER 15

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
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NCAA XC CHAMPIONSHIPS - NOVEMBER 23

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
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CROSS COUNTRY

2024 WOMEN'S RESULTS

DATE	MEET	DISTANCE	PLACE	LOCATION
9/6	DOLAN DUALS	4K	1ST (OUT OF 2)	LOCK HAVEN, PA.
9/13	SPIKED SHOE INVITATIONAL	6K	1ST (OUT OF 17)	UNIVERSITY PARK, PA.
9/27	NUTTYCOMBE WISCONSIN INVITATIONAL	6K	10TH (OUT OF 25)	MADISON, WIS.
10/5	LEHIGH PAUL SHORT RUN (GOLD)	6K	-	BETHLEHEM, PA.
10/18	PRINCETON FALL CLASSIC	6K	4TH (OUT OF 22)	PRINCETON, N.J.
11/1	BIG TEN CHAMPIONSHIPS	-	-	CHAMPAIGN, ILL.
11/15	NCAA MID-ATLANTIC REGIONALS	-	-	UNIVERSITY PARK, PA.
11/23	NCAA XC CHAMPIONSHIPS	-	-	MADISON, WIS.

DOLAN DUALS - SEPTEMBER 6 1ST - 15 PTS (1,2,3,4,5)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Faith DeMars	1/1	13:51.4
Claire Zubey	2/2	13:54.8
Allison Dougherty	3/3	13:56.4
Lea Hatcher	4/4	14:06.8
Claire Daniels	5/5	14:14.5
Katie Dallas	6/6	14:24.2
Eva Kynaston	7/UNA	14:26.8
Carolyn Tarpley	8/7	14:29.2
Maddie Miller	10/UNA	15:01.1
Ashley Pines	11/8	15:02.6
Samantha Hayes	12/9	15:23.8
Willow Myers	16/10	15:54.2

SPIKED SHOE INVITAIONAL - SEPTEMBER 13 1ST - 42 PTS (2, 6, 7, 11, 16)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Florence Caron	2/1	20:03.9
Sophia Toti	6/2	20:35.5
Maddie Ullom	7/3	20:39.1
Allison Dougherty	11/4	20:44.1
Claire Daniels	16/5	20:52.5
Claire Zubey	17/6	20:54.6
Faith DeMars	26/7	21:05.4
Lea Hatcher	32/8	21:12.1
Sarah Pickering	51/9	21:37.5
Ada Rand	54/UNA	21:38.7
Katie Dallas	58/10	21:39.5
Eva Kynaston	59/UNA	21:39.6
Carolyn Tarpley	81/11	21:56.6
Samantha Hayes	160/12	23:23.0
Willow Myers	186/13	23:43.6

NUTTYCOMBE WISCONSIN INVITATIONAL - SEPTEMBER 27 10TH - 273 PTS (2, 37, 59, 63, 112)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Florence Caron	2/1	20:03.2
Hayley Kitching	37/2	20:50.8
Sophia Toti	59/3	21:05.4
Maddie Ullom	63/4	21:07.5
Claire Daniels	113/5	21:35.7
Faith DeMars	136/6	21:47.9
Allison Dougherty	141/7	21:50.6
Claire Zubey	150/8	21:58.8

LEHIGH PAUL SHORT RUN (GOLD) - OCTOBER 5

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Lea Hatcher	16/1	20:30.3
Ada Rand	43/2	20:58.8
Carolyn Tarpley	99/3	21:24.6
Katie Dallas	153/4	21:49.6

PRINCETON FALL CLASSIC - OCTOBER 18 4TH - 128 PTS (3, 27, 31, 32, 35)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Florence Caron	3/1	19:25.1
Hayley Kitching	27/2	20:17.8
Maddie Ullom	31/3	20:22.7
Sophia Toti	32/4	20:25.2
Lea Hatcher	35/5	20:25.9
Claire Daniels	38/6	20:32.3
Ada Rand	44/7	20:40.9
Allison Dougherty	51/8	20:45.5
Faith DeMars	57/9	20:51.0
Claire Zubey	63/10	20:53.8
Katie Dallas	96/11	21:08.6
Carolyn Tarpley	124/12	21:33.5
Charlotte Costich	175/13	22:17.9

BIG TEN CHAMPIONSHIPS - NOVEMBER 1

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
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CROSS COUNTRY

NCAA MID-ATLANTIC REGIONALS - NOVEMBER 15

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
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NCAA XC CHAMPIONSHIPS - NOVEMBER 23

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
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CROSS COUNTRY

MEN'S
INDIVIDUAL
RESULTS

COLE ADAMS | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals	16/14	18:50.5

JAKE ALLEN | GR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	8/7	18:09.4
Spiked Shoe (9/13)	25/1	25:37.4
Paul Short Run (10/5)	62/3	24:28.2
Princeton Fall Classic (10/18)	40/2	23:43.3

JAKE BORGESI | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	13/12	18:38.7

JAMES CICERO | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	18/UNA	18:55.1

CHRISTOPHER DESOUSA | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	14/13	18:42.0

BRIAN DICOLA | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	4/3	18:06.9
Spiked Shoe (9/13)	28/2	25:40.4
Paul Short Run (10/5)	41/1	24:14.9
Princeton Fall Classic (10/18)	41/3	23:43.9

BRENDAN FLYNN | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	10/9	18:11.8
Spiked Shoe (9/13)	67/8	26:08.8
Princeton Fall Classic (10/18)	69/5	24:04.5

JUSTIN HEALEY | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	7/6	18:08.7
Spiked Shoe (9/13)	38/4	25:53.6
Paul Short Run (10/5)	129/5	24:57.0
Princeton Fall Classic (10/18)	101/7	24:23.2

HAYDEN HEALEY | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	6/5	18:08.1
Paul Short Run (10/5)	210/10	25:28.7

CAIDEN LEEN | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	2/2	17:57.4
Spiked Shoe (9/13)	66/7	26:08.6
Paul Short Run (10/5)	180/8	25:18.4
Princeton Fall Classic (10/18)	80/6	24:10.5

BRIAN MCCORMACK | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	20/UNA	19:07.7

ANDREW MCGONIGLE | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	11/10	18:15.4
Spiked Shoe (9/13)	183/10	28:34.5
Princeton Fall Classic (10/18)	141/11	24:46.5

CALEB PRETTYMAN | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	17/UNA	18:52.3

TYLER RADER | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	3/UNA	18:05.6
Spiked Shoe (9/13)	49/UNA	25:59.8
Paul Short Run (10/5)	117/4	24:51.9
Princeton Fall Classic (10/18)	111/9	24:27.3

T.J. RODEN | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	12/11	18:16.5
Spiked Shoe (9/13)	76/9	26:16.8
Paul Short Run (10/5)	135/7	24:59.5
Princeton Fall Classic (10/18)	108/8	24:27.3

NICK SLOFF | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	1/1	17:55.1
Spiked Shoe (9/13)	29/3	25:41.3
Paul Short Run (10/5)	59/2	24:27.4
Princeton Fall Classic (10/18)	21/1	23:22.2

LOGAN STRAWSER | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	9/8	18:10.2
Spiked Shoe (9/13)	47/5	25:58.1
Paul Short Run (10/5)	195/9	25:23.8
Princeton Fall Classic (10/18)	136/10	24:44.4

RYAN WATSON | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	5/4	18:07.6
Spiked Shoe (9/13)	64/6	26:07.9
Paul Short Run (10/5)	133/6	24:58.1
Princeton Fall Classic (10/18)	61/4	23:59.4

CROSS COUNTRY

WOMEN'S
INDIVIDUAL
RESULTS

FLORENCE CARON | SR

MEET	OVERALL/TEAM PLACE	TIME
Spiked Shoe (9/13)	2/1	20:03.9
Nuttycombe Invite (9/27)	2/1	20:03.2
Princeton Fall Classic (10/18)	3/1	19:25.1

CHARLOTTE COSTICH | JR

MEET	OVERALL/TEAM PLACE	TIME
Princeton Fall Classic (10/18)	175/13	22:17.9

KATIE DALLAS | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	6/6	14:24.2
Spiked Shoe (9/13)	58/10	21:39.5
Paul Short (10/5)	153/4	21:49.6
Princeton Fall Classic (10/18)	96/11	21:08.6

CLAIRE DANIELS | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	5/5	14:14.5
Spiked Shoe (9/13)	16/5	20:52.5
Nuttycombe Invite (9/27)	113/5	21:35.7
Princeton Fall Classic (10/18)	38/6	20:32.3

FAITH DEMARS | R-SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	1/1	13:51.4
Spiked Shoe (9/13)	26/7	21:05.4
Nuttycombe Invite (9/27)	136/6	21:47.9
Princeton Fall Classic (10/18)	57/9	20:51.0

ALLISON DOUGHERTY | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	3/3	13:56.4
Spiked Shoes (9/13)	11/4	20:44.1
Nuttycombe Invite (9/27)	141/7	21:50.6
Princeton Fall Classic (10/18)	51/8	20:45.5

LEA HATCHER | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	4/4	14:06.8
Spiked Shoe (9/13)	32/8	21:12.1
Paul Short Run (10/5)	16/1	20:30.3
Princeton Fall Classic (10/18)	35/5	20:25.9

SAMANTHA HAYES | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	12/9	15:23.8
Spiked Shoe (9/13)	160/12	23:23.0

HAYLEY KITCHING | JR

MEET	OVERALL/TEAM PLACE	TIME
Nuttycombe Invite (9/27)	37/2	20:50.8
Princeton Fall Classic (10/18)	27/2	20:17.8

EVA KYNASTON | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	7/UNA	14:26.8
Spiked Shoe (9/13)	59/UNA	21:39.6

MADDIE MILLER | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	10/UNA	15:01.1

WILLOW MYERS | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	16/10	15:54.2
Spiked Shoe (9/13)	186/13	23:43.6

SARAH PICKERING | JR

MEET	OVERALL/TEAM PLACE	TIME
Spiked Shoe (9/13)	51/9	21:37.5

ASHLEY PINES | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	11/8	15:02.6
Spiked Shoe (9/13)	DNF	-

ADA RAND | FR

MEET	OVERALL/TEAM PLACE	TIME
Spiked Shoe (9/13)	54/UNA	21:38.7
Paul Short Run (10/5)	43/2	20:58.8
Princeton Fall Classic (10/18)	44/7	20:40.9

CAROLYN TARPLEY | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	8/7	14:29.2
Spiked Shoe (9/13)	81/11	21:56.6
Paul Short Run (10/5)	99/3	21:24.6
Princeton Fall Classic (10/18)	124/12	21:33.5

SOPHIA TOTI | GR

MEET	OVERALL/TEAM PLACE	TIME
Spiked Shoe (9/13)	6/2	20:35.5
Nuttycombe Invite (9/27)	59/3	21:05.4
Princeton Fall Classic (10/18)	32/4	20:25.2

MADDIE ULLOM | GR

MEET	OVERALL/TEAM PLACE	TIME
Spiked Shoe (9/13)	7/3	20:39.1
Nuttycombe Invite (9/28)	63/4	21:07.5
Princeton Fall Classic (10/18)	31/3	20:22.7

CLAIRE ZUBEY | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/6)	2/2	13:54.8
Spked Shoe (9/13)	17/6	20:54.6
Nuttycombe Invite (9/27)	150/8	21:58.8
Princeton Fall Classic (10/18)	63/10	20:53.8