

CROSS COUNTRY

2025 MEN'S RESULTS

DATE	MEET	DISTANCE	PLACE	LOCATION
9/5	DOLAN DUALS	6K	1ST (OUT OF 2)	LOCK HAVEN, PA.
9/12	SPIKED SHOE INVITATIONAL	5.2-MILE	2ND (OUT OF 9)	UNIVERSITY PARK, PA.
10/3	LEHIGH PAUL SHORT RUN (GOLD)	8K	6TH (OUT OF 40)	BETHLEHEM, PA.
10/17	PRINCETON FALL CLASSIC	8K	4TH (OUT OF 31)	PRINCETON, N.J.
10/31	BIG TEN CHAMPIONSHIPS	8K	8TH (OUT OF 15)	EAST LANSING, MICH.
11/14	NCAA MID-ATLANTIC REGIONALS	10K	4TH (OUT OF 28)	BETHLEHEM, PA.
11/22	NCAA XC CHAMPIONSHIPS	8K	-	COLUMBIA, MO.

DOLAN DUALS - SEPTEMBER 5

1ST - 15 PTS (1,2,3,4,5)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Ryan Watson	1/1	17:39.6
Brian DiCola	2/2	17:45.1
Isaac Oppermann	3/3	17:51.5
Jaxon Schoedel	4/4	17:56.8
Adam Kingston	5/UNA	17:59.1
Caiden Leen	6/5	17:59.6
Brendan Flynn	7/6	18:14.7
Jake Borgesi	8/7	18:23.6
Michael Braun	9/UNA	18:27.9
Nick Sloff	10/8	18:29.6
Justin Healey	11/9	18:29.8
Logan Strawser	12/10	18:29.9
Owen Coughlin	13/UNA	18:39.5

SPIKED SHOE INVITATIONAL - SEPTEMBER 13

2ND - 62 PTS (14, 18, 20, 23, 24)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Isaac Oppermann	14/1	25:27.3
Nick Sloff	18/2	25:28.4
Jaxon Schoedel	20/3	25:29.2
Justin Healey	23/4	25:33.6
Adam Kingston	24/5	25:33.7
Brendan Flynn	27/6	25:45.5
Ryan Watson	29/7	25:49.2
Logan Strawser	38/8	26:00.7
Brian DiCola	43/9	26:12.8
Caiden Leen	45/10	26:16.6

LEHIGH PAUL SHORT RUN (GOLD) - OCTOBER 3

6TH - 192 PTS (14, 19, 41, 54, 64)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Nick Sloff	14/1	23:30.9
Brian DiCola	19/2	23:43.1
Jaxon Schoedel	41/3	23:57.8
Logan Strawser	54/4	24:07.7
Brendan Flynn	64/5	24:11.8
Justin Healey	79/6	24:17.1
Caiden Leen	95/7	24:25.7
Isaac Oppermann	116/8	24:37.5
Adam Kingston	163/9	24:55.9
Jake Borgesi	267/10	25:45.8

LEHIGH PAUL SHORT RUN (OPEN) - OCTOBER 3

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Michael Braun	50/UNA	25:02.8
Tyler Rader	69/UNA	25:16.7
Owen Coughlin	112/UNA	25:34.6

PRINCETON FALL CLASSIC - OCTOBER 17

4TH - 199 PTS (18, 29, 45, 47, 66)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Nick Sloff	18/1	23:28.6
Brian DiCola	29/2	23:43.3
Justin Healey	45/3	24:01.6
Caiden Leen	47/4	24:03.3
Brendan Flynn	66/5	24:13.1
Logan Strawser	70/6	24:14.3
Ryan Watson	74/7	24:15.0
Jaxon Schoedel	91/8	24:21.6
Isaac Oppermann	134/9	24:43.4
Adam Kingston	181/10	25:02.2
Jake Borgesi	264/11	25:47.5

BIG TEN CHAMPIONSHIPS - OCTOBER 31

8TH - 213 PTS (23, 40, 52, 53, 58)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Nick Sloff	23/1	24:00.3
Ryan Watson	40/2	24:18.8
Justin Healey	52/3	24:25.8
Brendan Flynn	53/4	24:26.3
Jaxon Schoedel	58/5	24:32.9
Brian DiCola	72/6	24:43.7
Adam Kingston	81/7	24:55.7
Logan Strawser	93/8	25:02.9
Caiden Leen	99/9	25:07.4
Isaac Oppermann	106/10	25:18.9

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NCAA MID-ATLANTIC REGIONALS - NOVEMBER 14

4TH - 91 PTS (6, 13, 16, 21, 35, 36, 72)

<u>INDIVIDUAL</u>	<u>OVERALL/TEAM PLACE</u>	<u>TIME</u>
Nick Sloff	6/1	29:37.0
Brian DiCola	13/2	30:13.0
Brendan Flynn	16/3	30:14.9
Jaxon Schoedel	21/4	30:21.0
Ryan Watson	35/5	30:42.7
Logan Strawser	36/6	30:42.8
Justin Healey	72/7	31:27.3

NCAA CHAMPIONSHIPS - NOVEMBER 22

<u>INDIVIDUAL</u>	<u>OVERALL/TEAM PLACE</u>	<u>TIME</u>
Nick Sloff	132/1	29:49.2

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2025 WOMEN'S RESULTS

DATE	MEET	DISTANCE	PLACE	LOCATION
9/5	DOLAN DUALS	4K	1ST (OUT OF 2)	LOCK HAVEN, PA.
9/12	SPIKED SHOE INVITATIONAL	6K	1ST (OUT OF 10)	UNIVERSITY PARK, PA.
10/3	LEHIGH PAUL SHORT RUN (GOLD)	6K	2ND (OUT OF 40)	BETHLEHEM, PA.
10/17	NUTTYCOMBE INVITATIONAL	6K	7TH (OUT OF 30)	MADISON, WIS.
10/31	BIG TEN CHAMPIONSHIPS	6K	2ND (OUT OF 18)	EAST LANSING, MICH.
11/14	NCAA MID-ATLANTIC REGIONALS	6K	3RD (OUT OF 30)	BETHLEHEM, PA.
11/22	NCAA XC CHAMPIONSHIPS	6K	10TH (OF OUT 32)	COLUMBIA, MO

DOLAN DUALS - SEPTEMBER 5

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

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Liliah Gordon	1/UNA	14:01.4
Ada Rand	2/1	14:06.9
Claire Zubey	3/2	14:07.8
Charlotte Costich	4/3	14:09.6
Katie Dallas	5/4	14:13.0
Eva Kynaston	6/5	14:13.3
Claire Daniels	7/6	14:15.1
Jane Kratz	8/UNA	14:39.9

SPIKED SHOE INVITATIONAL - SEPTEMBER 12

1ST - 19 PTS (1, 3, 4, 5, 6)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Florence Caron	1/1	19:54.7
Claire Zubey	3/2	20:37.3
Ada Rand	4/3	20:42.3
Claire Daniels	5/4	20:44.8
Charlotte Costich	6/5	20:46.3
Lea Hatcher	9/6	20:54.0
Katie Dallas	11/7	20:57.6
Liliah Gordon	20/8	21:30.4
Emma Brooke Levering	21/UNA	21:32.5
Eva Kynaston	27/9	21:45.7
Allison Dougherty	33/10	21:59.4

PAUL SHORT RUN (GOLD) - OCTOBER 3

2ND - 115 PTS (15, 17, 18, 28, 37)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Ada Rand	15/1	20:10.3
Claire Daniels	17/2	20:15.8
Charlotte Costich	18/3	20:17.0
Katie Dallas	29/4	20:25.3
Lea Hatcher	40/5	20:37.0
Allison Dougherty	47/6	20:42.2
Eva Kynaston	85/7	21:06.9
Liliah Gordon	158/8	21:28.9
Hayley Kitching	210/9	21:39.0
Claire Zubey	240/10	21:49.7

PAUL SHORT RUN (OPEN) - OCTOBER 3

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Emma Brooke Levering	7/UNA	21:07.0
Sarah Pickering	9/1	21:17.3
Jane Kratz	18/UNA	21:39.5
Carolyn Tarpley	35/2	22:14.4
Lauren Stine	57/UNA	22:29.0

NUTTYCOMBE INVITATIONAL - OCTOBER 17

7TH - 19 PTS (15, 41, 44, 61, 86)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Florence Caron	15/1	20:07.2
Charlotte Costich	41/2	20:32.4
Ada Rand	44/3	20:33.1
Lea Hatcher	61/4	20:48.1
Claire Daniels	86/5	21:02.4
Katie Dallas	131/6	21:26.1
Claire Zubey	140/7	21:31.7
Hayley Kitching	200/8	22:23.1

BIG TEN CHAMPIONSHIPS - OCTOBER 31

2ND - 78 PTS (4, 8, 12, 25, 29)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Florence Caron	4/1	19:51.7
Charlotte Costich	8/2	20:11.7
Ada Rand	12/3	20:23.3
Claire Daniels	25/4	20:36.1
Lea Hatcher	29/5	20:43.2
Allison Dougherty	35/6	20:52.6
Claire Zubey	49/7	21:04.6
Eva Kynaston	58/8	21:15.9
Katie Dallas	71/9	21:30.3
Liliah Gordon	78/10	21:35.4
Hayley Kitching	84/11	21:43.3
Sarah Pickering	103/12	22:01.6

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NCAA MID-ATLANTIC REGIONALS - NOVEMBER 14

3RD - 76 PTS (4, 9, 14, 23, 26, 27, 31)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Florence Caron	4/1	19:35.7
Ada Rand	9/2	19:48.1
Claire Daniels	14/3	19:54.7
Lea Hatcher	23/4	20:07.6
Allison Dougherty	26/5	20:12.6
Claire Zubey	27/6	20:20.9
Katie Dallas	31/7	20:35.7

NCAA CHAMPIONSHIPS - NOVEMBER 22

10TH - 406 PTS (14, 93, 116, 119, 156, 178, 221)

INDIVIDUAL	OVERALL/TEAM PLACE	TIME
Florence Caron	14/1	19:00.6
Charlotte Costich	93/2	19:55.2
Ada Rand	116/3	20:01.8
Claire Daniels	119/4	20:02.7
Allison Dougherty	156/5	20:17.4
Lea Hatcher	178/6	20:25.9
Claire Zubey	221/7	20:49.4

CROSS COUNTRY

MEN'S
INDIVIDUAL
RESULTS

JAKE BORGESI | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	8/7	18:23.6
Paul Short Run (10/3)	267/10	25:45.8
Princeton Fall Classic (10/17)	264/11	25:47.5

MICHAEL BRAUN | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	9/UNA	18:27.9
Paul Short Run (10/3)	50/UNA	25:02.8*

OWEN COUGHLIN | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	13/UNA	18:39.5
Paul Short Run (10/3)	112/UNA	25:34.6*

BRIAN DICOLA | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	2/2	17:45.1
Spike Shoe (9/13)	43/9	26:12.8
Paul Short Run (10/3)	19/2	23:43.1
Princeton Fall Classic (10/17)	29/2	23:43.3
Big Ten Championship (10/31)	72/6	24:43.7
NCAA Mid-Atlantic's (11/14)	13/2	30:13.0

BRENDAN FLYNN | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	7/6	18:14.7
Spike Shoe (9/13)	27/6	25:45.5
Paul Short Run (10/3)	64/5	24:11.8
Princeton Fall Classic (10/17)	66/5	24:13.1
Big Ten Championship (10/31)	53/4	24:26.3
NCAA Mid-Atlantic's (11/14)	16/3	30:14.9

JUSTIN HEALEY | GR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	11/9	18:29.8
Spike Shoe (9/13)	23/4	25:33.6
Paul Short Run (10/3)	79/6	24:17.1
Princeton Fall Classic (10/17)	45/3	24:01.6
Big Ten Championship (10/31)	52/3	24:25.8
NCAA Mid-Atlantic's (11/14)	72/7	31:27.3

ADAM KINGSTON | SFR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	5/UNA	17:59.1
Spike Shoe (9/13)	24/5	25:33.7
Paul Short Run (10/3)	163/9	24:55.9
Princeton Fall Classic (10/17)	181/10	25:02.2
Big Ten Championship (10/31)	81/7	24:55.7

CAIDEN LEEN | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	6/5	17:59.6
Spike Shoe (9/13)	45/10	26:16.6
Paul Short Run (10/3)	95/7	24:25.7
Princeton Fall Classic (10/17)	47/4	24:03.3
Big Ten Championship (10/31)	99/9	25:07.4

ISAAC OPPERMAN | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	3/3	17:51.5
Spiked Shoe (9/13)	14/1	25:27.3
Paul Short Run (10/3)	116/8	24:37.5
Princeton Fall Classic (10/17)	134/9	24:43.4
Big Ten Championship (10/31)	106/10	25:18.9

TYLER RADER | SO

MEET	OVERALL/TEAM PLACE	TIME
Paul Short Run (10/3)	69/UNA	25:16.7*

JAXON SCHOEDEL | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	4/4	17:56.8
Spike Shoe (9/13)	20/3	25:29.2
Paul Short Run (10/3)	41/3	23:57.8
Princeton Fall Classic (10/17)	91/8	24:21.6
Big Ten Championship (10/31)	58/5	24:32.9
NCAA Mid-Atlantic's (11/14)	21/4	30:21.0

NICK SLOFF | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	10/8	18:29.6
Spike Shoe (9/13)	18/2	25:28.4
Paul Short Run (10/3)	14/1	23:30.9
Princeton Fall Classic (10/17)	18/1	23:28.6
Big Ten Championship (10/31)	23/1	24:00.3
NCAA Mid-Atlantic's (11/14)	6/1	29:37.0
NCAA Championships (11/22)	132/1	29:49.2

LOGAN STRAWSER | JR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	12/10	18:29.9
Spike Shoe (9/13)	38/8	26:00.7
Paul Short Run (10/3)	54/4	24:07.7
Princeton Fall Classic (10/17)	70/6	24:14.3
Big Ten Championship (10/31)	93/8	25:02.9
NCAA Mid-Atlantic's (11/14)	36/6	30:42.8

RYAN WATSON | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	1/1	17:39.6
Spike Shoe (9/13)	29/7	25:49.2
Princeton Fall Classic (10/17)	74/7	24:15.0
Big Ten Championship (10/31)	40/2	24:18.8
NCAA Mid-Atlantic's (11/14)	35/5	30:42.7

*Ran in open race

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WOMEN'S
INDIVIDUAL
RESULTS

FLORENCE CARON | GR

MEET	OVERALL/TEAM PLACE	TIME
Spiked Shoe (9/12)	1/1	19:54.7
Nuttycombe Invite (10/17)	15/1	20:07.2
Big Ten Championship (10/31)	4/1	19:51.7
NCAA Mid-Atlantic's (11/14)	4/1	19:35.7
NCAA Championship (11/22)	14/1	19:00.6

CHARLOTTE COSTICH | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	4/3	14:09.6
Spike Shoe (9/12)	6/5	20:46.3
Paul Short Run (10/3)	18/3	20:17.0
Nuttycombe Invite (10/17)	41/2	20:32.4
Big Ten Championship (10/31)	8/2	20:11.7
NCAA Championship (11/22)	93/2	19:55.2

KATIE DALLAS | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	5/4	14:13.0
Spike Shoe (9/12)	11/7	20:57.6
Paul Short Run (10/3)	29/4	20:25.3
Nuttycombe Invite (10/17)	131/6	21:26.1
Big Ten Championship (10/31)	71/9	21:30.3
NCAA Mid-Atlantic's (11/14)	31/7	20:35.7

CLAIRE DANIELS | SR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	7/6	14:15.1
Spike Shoe (9/12)	5/4	20:44.8
Paul Short Run (10/3)	17/2	20:15.8
Nuttycombe Invite (10/17)	86/5	21:02.4
Big Ten Championship (10/31)	25/4	20:36.1
NCAA Mid-Atlantic's (11/14)	14/3	19:54.7
NCAA Championship (11/22)	119/4	20:02.7

ALLISON DOUGHERTY | SR

MEET	OVERALL/TEAM PLACE	TIME
Spike Shoe (9/12)	33/10	21:59.4
Paul Short Run (10/3)	47/6	20:42.2
Big Ten Championship (10/31)	35/6	20:52.6
NCAA Mid-Atlantic's (11/14)	26/5	20:12.6
NCAA Championship (11/22)	156/5	20:17.4

LILIAH GORDON | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	1/UNA	14:01.4
Spike Shoe (9/12)	20/8	21:30.4
Paul Short Run (10/3)	158/8	21:28.9
Big Ten Championship (10/31)	78/10	21:35.4

LEA HATCHER | SR

MEET	OVERALL/TEAM PLACE	TIME
Spike Shoe (9/12)	9/6	20:54.0
Paul Short Run (10/3)	40/5	20:37.0
Nuttycombe Invite (10/17)	61/4	20:48.1
Big Ten Championship (10/31)	29/5	20:43.2
NCAA Mid-Atlantic's (11/14)	23/4	20:07.6

NCAA Championship (11/22) 178/6 20:25.9

HAYLEY KITCHING | SR

MEET	OVERALL/TEAM PLACE	TIME
Paul Short Run (10/3)	210/9	21:39.0
Nuttycombe Invite (10/17)	200/8	22:23.1
Big Ten Championship (10/31)	84/11	21:43.3

JANE KRATZ | FR

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	8/UNA	14:39.9
Paul Short Run (10/3)	18/UNA	21:39.5*

EVA KYNASTON | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	6/5	14:13.3
Spike Shoe (9/12)	27/9	21:45.7
Paul Short Run (10/3)	85/7	21:06.9
Big Ten Championship (10/31)	58/8	21:15.9

EMMA BROOKE LEVERING | FR

MEET	OVERALL/TEAM PLACE	TIME
Spike Shoe (9/12)	21/UNA	21:32.5
Paul Short Run (10/3)	7/UNA	21:07.0*

SARAH PICKERING | SR

MEET	OVERALL/TEAM PLACE	TIME
Paul Short Run (10/3)	9/1	21:17.3*
Big Ten Championship (10/31)	103/12	22:01.6

ADA RAND | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	2/1	14:06.9
Spike Shoe (9/12)	4/3	20:42.3
Paul Short Run (10/3)	15/1	20:10.3
Nuttycombe Invite (10/17)	44/3	20:33.1
Big Ten Championship (10/31)	12/3	20:23.3
NCAA Mid-Atlantic's (11/14)	9/2	19:48.1
NCAA Championship (11/22)	116/3	20:01.8

LAUREN STINE | FR

MEET	OVERALL/TEAM PLACE	TIME
Paul Short Run (10/3)	57/UNA	22:29.0*

CAROLYN TARPLEY | JR

MEET	OVERALL/TEAM PLACE	TIME
Paul Short Run (10/3)	35/2	22:14.4*

CLAIRE ZUBEY | SO

MEET	OVERALL/TEAM PLACE	TIME
Dolan Duals (9/5)	3/2	14:07.8
Spike Shoe (9/12)	3/2	20:37.3
Paul Short Run (10/3)	240/10	21:49.7
Nuttycombe Invite (10/17)	140/7	21:31.7
Big Ten Championship (10/31)	49/7	21:04.6
NCAA Mid-Atlantic's (11/14)	27/6	20:20.9
NCAA Championship (11/22)	221/7	20:49.4

*Ran in open race