

North Allegheny Middle School Cross Country

2023

# NAXC – MIDDLE SCHOOL - 2023

Head Coach.....Jason Winschel  
 Assistant Coach.....Dan Williams  
 Assistant Coach.....John McNavage

## The Team:

### Girls

### Boys

Mackenzie Abbs	Cailyn Natali	Fahad Aaban	Brennan Kaminski
Myra Anand	Leila Nocera	Nabeel Abdulmajeed	Taimur Khalid
Adelyn Anderson	Carly O'Connell	Gabriel Balderas	Liam Klingensmith
Sophia Arnold	Hailey Paulson	Leeland Barrett	Neil Mangan
Kaitlyn Beachley	Misaki Qian	Emmett Boyle	Patrick Martin
Sedona Brown	Gwenie Rainey	Denali Brown	Guillermo Martinez
Ayla Bruton	Gabrielle Rempe	McKinley Brown	Leo Martino
Mia Buffat	Elizabeth Richmond	Adam Calhoun	William Ogg
Moriah Burkholder	Olivia Romanow	Evan Clark	Joel Parker
Sophia Campos	Simran Shah	Colin Clarkson	Sam Patterson
Srinika Dasari	Alisha Singh	Drew Cornelius	Jack Pfeiffer
Ava DeJonckheere	Lilli Steffanos	Silas Critchlow	Elliott Shaw
Harlie Donnelly	Samantha Strelick	Patrick Curren	Beckett Smith
Lia Dyczewski	Lydia Stuart	Evan Dickert	Denny Smith
Lilah Hall	Julie Sump	Trent Donnell	Jesse Spence
Taylor Hollins	Ashley Swartz	Bryce Durny	Lucas Stuart
Tyler Hollins	Amelia Torgersen	Henry Evans	Marcus Sturzinger
Sammie Hong	Lana Trimble	Charles Gibson	Carter Thomas
Julie Kubica	Sofiya Ukrayinets	Mason Hartner	Musa Umar
Mary Lucas	Gauri Vashisht	Sourabh Hebbar	Jason Velasquez
Mae Mahoney	Camden Walsh	Kai Helmstadter	Nathan Wach
Alissa Mitts	Emma Warner	Brandt Hoffman	Samuel Walters
London Murphy	Charlotte Wright	Nathan Hou	Anthony Wang
		Kendrick Hsu	Stephen Webber-Plank

## NORTH ALLEGHENY MIDDLE SCHOOL CROSS COUNTRY

**55 YEAR RECORD (1969 - PRESENT):**

**832 – 7**



**2023 NA MIDDLE SCHOOL BOYS' CROSS COUNTRY (7-0)**

<u>NA</u>	<u>VS.</u>	<u>OPPONENT</u>
17	HAMPTON	45
15	SENECA VALLEY	50
17	NORTH HILLS	44
21	BUTLER	40
27	FOX CHAPEL	32
15	SHALER	50
15	PINE-RICHLAND	50

SHARPSVILLE BLUE DEVIL INVITATIONAL = 2<sup>ND</sup> OF 25 TEAMS – 91 POINTS  
NORTH ALLEGHENY INVITATIONAL = 1<sup>ST</sup> OF 11 TEAMS – 27 POINTS

**2023 NA MIDDLE SCHOOL GIRLS' CROSS COUNTRY (7-0)**

<u>NA</u>	<u>VS.</u>	<u>OPPONENT</u>
15	HAMPTON	50
15	SENECA VALLEY	46
15	NORTH HILLS	44
17	BUTLER	43
15	FOX CHAPEL	44
WIN BY	SHALER	FORFEIT
15	PINE-RICHLAND	48

SHARPSVILLE BLUE DEVIL INVITATIONAL = 1<sup>ST</sup> OF 22 TEAMS – 47 POINTS  
NORTH ALLEGHENY INVITATIONAL = 1<sup>ST</sup> OF 11 TEAMS – 23 POINTS









# BOYS

8/25/2023

4:45 PM

Time Trial

82 Degrees, Humid, Overcast

Place	Name	Time		Place	Name	Time		Place	Name	Time		Place	Name	Time	
1	Patterson	1156	I	13	Mangan	1310	M	25	Gibson	1417	M	37	Umar	1715	I
2	Kaminski	1159	M	14	Spence	1335	M	26	Clark	1419	I	38	B. Smith	1800	C
3	Hou	1204	C	15	Sturzinger	1337	I	27	Hebbar	1433	M	39	Velasquez	1845	C
4	D. Smith	1210	I	16	Dickert	1338	M	28	Ogg	1520	I	40	Cornelius	2002	I
5	Critchlow	1242	C	17	Stuart	1349	I	29	Wang	1527	M	41	Boyle	2054	C
6	Calhoun	1245	C	18	Webber-Plank	1353	M	30	Shaw	1538	I	42	Khalid	2104	C
7	Martino	1251	M	19	Wach	1401	I	31	Walters	1549	M	43	Martin	2117	I
8	Durny	1255	C	20	M. Brown	1404	M	32	Donnell	1604	I	44	Thomas	2158	M
9	Clarkson	1258	I	21	Hsu	1407	M	33	Helmstadter	1624	C	45	Klingensmith	2411	C
10	Pfeiffer	1300	M	22	Evans	1410	M	34	Barrett	1632	M	46	Aaban	2416	M
11	Hartner	1305	I	23	D. Brown	1412	M	35	Balderas	1648	M				
12	Parker	1307	C	24	Hoffman	1415	I	36	Curren	1706	M				

9/1/2023

Home vs. Hampton  
78 Degrees, Sunny

NA 17  
Hamp 45

Record: 1-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Patterson	1125	1	12	Stuart	1314	14	23	D. Brown	1422	26	34	Barrett	1605	39
2	Hou	1142	2	13	Hebbar	1316	15	24	Walters	1424	27	35	B. Smith	1637	41
3	Pfeiffer	1153	3	14	Wach	1323	16	25	Martinez	1452	28	36	Umar	1651	42
4	Clarkson	1153	5	15	Webber-Plank	1324	17	26	M. Brown	1501	30	37	Curren	1656	44
5	D. Smith	1154	6	16	Sturzinger	1328	18	27	Clark	1504	31	38	Martin	1831	47
6	Martino	1203	7	17	Hsu	1331	19	28	Ogg	1520	33	39	Boyle	1900	49
7	Calhoun	1211	9	18	Evans	1339	20	29	Helmstadter	1536	34	40	Khalid	1902	50
8	Mangan	1236	10	19	Spence	1343	21	30	Donnell	1537	35	41	Thomas	1926	52
9	Parker	1240	11	20	Hoffman	1357	23	31	Shaw	1544	36	42	Klingensmith	2058	53
10	Durny	1259	12	21	Gibson	1403	24	32	Balderas	1549	37				
11	Dickert	1300	13	22	Wang	1421	25	33	Cornelius	1559	38				53

9/6/2023

Home vs. Seneca Valley  
90 Degrees, Partly Cloudy, Hot, Humid

NA 15  
SV 50

Record: 2-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Patterson	1126	1	13	Hebbar	1313	16	25	D. Brown	1447	32	37	Umar	1802	54
2	Hou	1147	2	14	Wach	1328	17	26	Ogg	1515	34	38	Curren	1813	56
3	Critchlow	1202	3	15	Stuart	1334	18	27	Walters	1519	35	39	Velasquez	1814	57
4	D. Smith	1206	4	16	Webber-Plank	1358	19	28	Donnell	1533	37	40	B. Smith	1814	58
5	Clarkson	1208	5	17	Spence	1410	22	29	Hsu	1533	38	41	Boyle	1826	60
6	Pfeiffer	1219	6	18	Kaminski	1411	24	30	Martinez	1540	39	42	Martin	1907	61
7	Martino	1221	7	19	Gibson	1412	25	31	Helmstadter	1606	43	43	Thomas	1912	62
8	Calhoun	1232	8	20	Sturzinger	1418	27	32	Balderas	1609	44	44	Klingensmith	1920	63
9	Parker	1251	11	21	M. Brown	1425	28	33	Barrett	1646	48	45	Aaban	2637	67
10	Durny	1254	12	22	Wang	1430	29	34	Cornelius	1649	49				
11	Dickert	1258	13	23	Evans	1432	30	35	Khalid	1751	52				
12	Hartner	1300	14	24	Hoffman	1440	31	36	Shaw	1758	53				67



9/13/2023

At North Hills  
72 Degrees, Partly SunnyNA 17  
NH 44

Record: 3-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Patterson	1026	1	12	Durny	1133	14	23	Gibson	1226	28	34	Curren	1433	43
2	Kaminski	1027	2	13	Mangan	1134	15	24	Walters	1230	29	35	Shaw	1433	44
3	Hou	1030	3	14	Hartner	1134	16	25	M. Brown	1233	30	36	Velasquez	1435	45
4	Critchlow	1048	4	15	Hebbar	1151	18	26	Hoffman	1233	31	37	Khalid	1436	46
5	D. Smith	1054	7	16	Spence	1153	19	27	Clark	1303	33	38	Umar	1505	47
6	Pfeiffer	1100	8	17	Hsu	1159	20	28	Martinez	1329	35	39	Boyle	1535	50
7	Clarkson	1103	9	18	Wach	1207	21	29	Helmstadter	1332	36	40	Martin	1609	53
8	Martino	1105	10	19	Webber-Plank	1209	23	30	Donnell	1337	37	41	Thomas	1634	54
9	Calhoun	1111	11	20	D. Brown	1222	25	31	B. Smith	1354	39	42	Klingensmith	1643	55
10	Dickert	1130	12	21	Wang	1223	26	32	Balderas	1354	40	43	Abdulmajeed	2000	57
11	Parker	1132	13	22	Sturzinger	1225	27	33	Cornelius	1422	42	44	Aaban	2051	58

9/20/2023

At Butler  
72 Degrees, CloudyNA 21  
Butler 40

Record: 4-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Patterson	1152	1	12	Dickert	1324	15	23	Durny	1447	29	34	Umar	1711	45
2	Kaminski	1200	3	13	Stuart	1339	17	24	Clark	1459	31	35	Cornelius	1720	47
3	Hou	1221	4	14	Pfeiffer	1339	18	25	Webber-Plank	1511	32	36	Curren	1727	47
4	Critchlow	1241	6	15	Wach	1339	19	26	Martinez	1515	33	37	Khalid	1738	49
5	D. Smith	1244	8	16	Hebbar	1356	20	27	M. Brown	1515	34	38	B. Smith	1742	50
6	Clarkson	1258	8	17	Walters	1358	21	28	Ogg	1552	37	39	Boyle	1746	51
7	Calhoun	1301	9	18	Hsu	1401	22	29	Shaw	1605	38	40	Barrett	1757	52
8	Martino	1315	11	19	Sturzinger	1410	23	30	Helmstadter	1618	40	41	Thomas	1835	53
9	Hartner	1319	12	20	Spence	1414	24	31	Donnell	1627	41	42	Martin	1933	55
10	Parker	1322	13	21	Gibson	1428	26	32	Velasquez	1632	42	43	Aaban	2150	56
11	Mangan	1322	14	22	D. Brown	1447	28	33	Balderas	1640	43				56

9/23/2023

Sharpsville Blue Devil Invitational  
60 Degrees, Overcast91 Points  
2nd of 25 Teams (Norwin – 76)

308 Total runners

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Patterson	934	5	11	Mangan	1048	65	21	Spence	1129	124	31	M. Brown	1241	217
2	Kaminski	940	10	12	Hartner	1054	79	22	Gibson	1148	149	32	Umar	1247	226
3	Hou	956	20	13	Wach	1104	89	23	D. Brown	1148	150	33	B. Smith	1312	242
4	Critchlow	1002	26	14	Parker	1104	90	24	Martinez	1205	173	34	Curren	1318	244
5	Clarkson	1018	37	15	Hebbar	1105	92	25	Wang	1208	180	35	Barrett	1320	246
6	Martino	1023	39	16	Sturzinger	1111	97	26	Hoffman	1212	182	36	Cornelius	1322	248
7	Pfeiffer	1027	42	17	Walters	1113	100	27	Shaw	1222	194	37	Khalid	1357	262
8	D. Smith	1028	44	18	Webber-Plank	1118	110	28	Helmstadter	1234	210	38	Thomas	1444	273
9	Calhoun	1044	55	19	Durny	1120	113	29	Balderas	1239	215	39	Klingensmith	1530	284
10	Dickert	1048	62	20	Hsu	1125	120	30	Donnell	1241	216				

9/27/2023

At Shaler with Fox Chapel  
68 Degrees, NiceNA 15 NA 27  
Shaler 50 FC 32

Record: 6-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Patterson	1105	2	12	Hsu	1237	17	23	D. Brown	1401	38	34	Barrett	1546	57
2	Kaminski	1114	4	13	Hebbar	1237	18	24	Hoffman	1416	40	35	Velasquez	1548	58
3	Hou	1144	6	14	Sturzinger	1245	20	25	Martinez	1423	41	36	Curren	1551	60
4	Critchlow	1154	7	15	Parker	1249	21	26	Wang	1427	42	37	Cornelius	1558	61
5	D. Smith	1202	8	16	Mangan	1250	22	27	Clark	1434	43	38	Boyle	1602	62
6	Clarkson	1206	9	17	Wach	1250	23	28	Balderas	1443	45	39	Khalid	1609	65
7	Martino	1208	10	18	Walters	1259	24	29	Shaw	1444	46	40	B. Smith	1624	68
8	Pfeiffer	1209	12	19	Durny	1300	25	30	M. Brown	1502	48	41	Thomas	1707	70
9	Hartner	1222	13	20	Gibson	1300	26	31	Donnell	1512	51	42	Martin	1725	71
10	Calhoun	1230	14	21	Webber-Plank	1311	29	32	Umar	1513	52	43	Klingensmith	1832	74
11	Dickert	1231	15	22	Spence	1319	30	33	Ogg	1546	56	44	Aaban	2334	75



10/4/2023

Home vs. Pine-Richard  
82 Degrees, Partly Cloudy

NA 15  
P-R 50

Record: 7-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Patterson	1056	1	12	Wach	1207	12	23	Stuart	1318	28	34	Velasquez	1545	41
2	Kaminski	1104	2	13	Mangan	1210	13	24	Clark	1330	29	35	B. Smith	1547	42
3	Hou	1110	3	14	Parker	1211	15	25	D. Brown	1332	31	36	Khalid	1554	44
4	Critchlow	1127	4	15	Dickert	1212	16	26	Martinez	1343	32	37	Cornelius	1625	45
5	Pfeiffer	1130	5	16	Hsu	1217	17	27	Ogg	1436	33	38	Boyle	1633	46
6	D. Smith	1133	6	17	Calhoun	1225	18	28	Donnell	1443	34	39	Martin	1657	48
7	Martino	1136	7	18	Gibson	1238	21	29	Balderas	1444	35	40	Thomas	1723	49
8	Clarkson	1148	8	19	Durny	1258	23	30	Shaw	1456	36	41	Klingensmith	1854	50
9	Hartner	1202	9	20	Walters	1311	24	31	M. Brown	1507	37	42	Aaban	2314	51
10	Hebbar	1204	10	21	Webber-Plank	1315	26	32	Umar	1508	38				
11	Sturzinger	1206	11	22	Spence	1317	27	33	Barrett	1544	40				51

10/10/2023

North Allegheny Invitational  
60 Degrees, Overcast

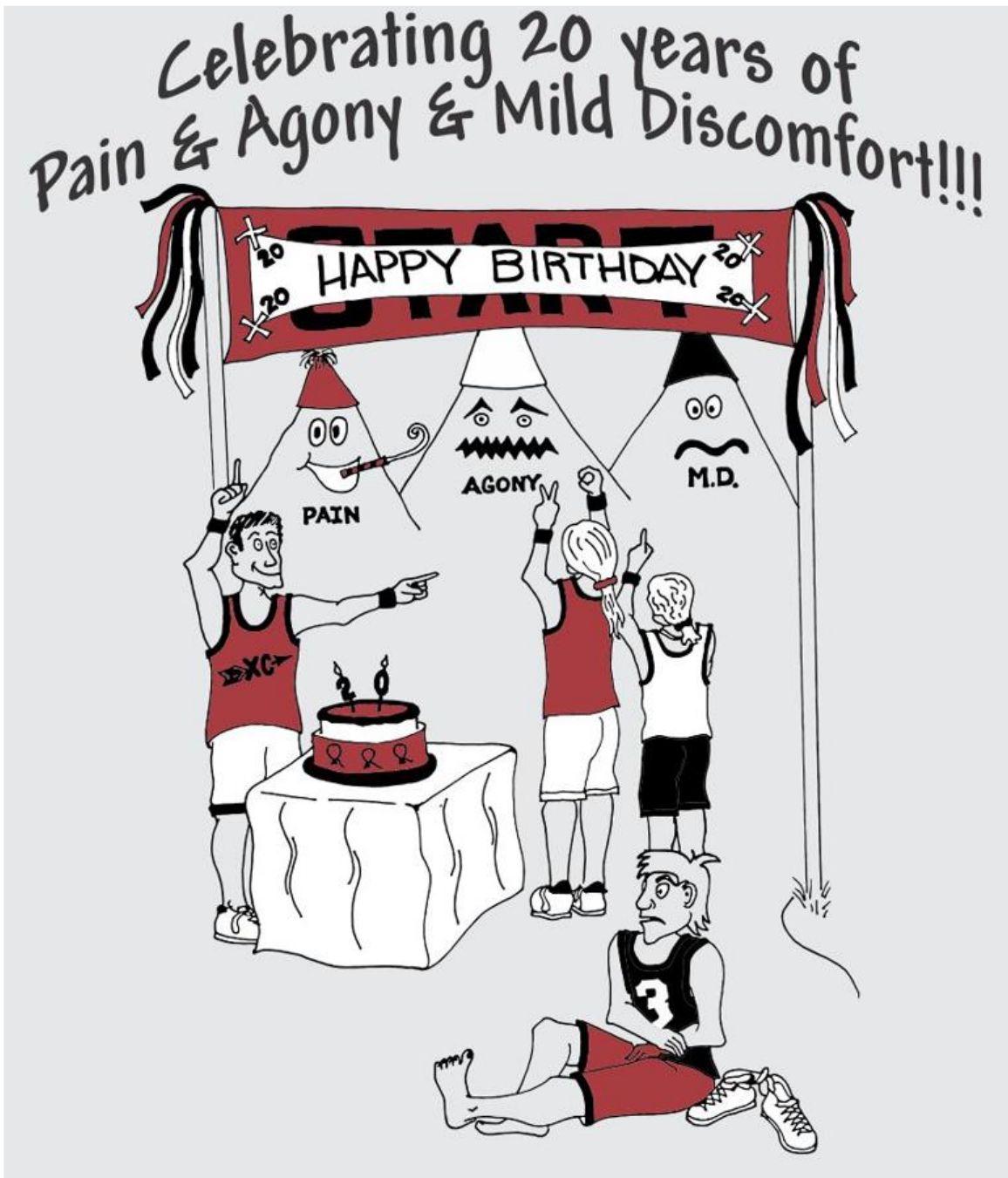
27 Points  
1st of 11 Teams (Fox Chapel - 56)

81 Individuals (Select)  
120 Individuals (Open)

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Patterson	1043	1	12	Hebbar	1216	6	23	D. Brown	1306	24	34	B. Smith	1533	82
2	Kaminski	1045	2	13	Parker	1218	7	24	M. Brown	1315	26	35	Khalid	1533	83
3	Hou	1052	5	14	Dickert	1224	8	25	Martinez	1348	35	36	Curren	1557	90
4	Critchlow	1111	8	15	Durny	1226	10	26	Clark	1349	36	37	Boyle	1558	91
5	Clarkson	1123	11	16	Hsu	1227	11	27	Gibson	1351	37	38	Cornelius	1611	95
6	Pfeiffer	1128	13	17	Sturzinger	1235	14	28	Hoffman	1410	47	39	Martin	1625	97
7	Martino	1135	2	18	Spence	1244	17	29	Shaw	1413	48	40	Velasquez	1634	100
8	D. Smith	1145	22	19	Stuart	1246	18	30	Balderas	1413	50	41	Thomas	1711	106
9	Calhoun	1150	3	20	Walters	1249	20	31	Ogg	1414	51	42	Klingensmith	1800	112
10	Hartner	1155	4	21	Mangan	1252	21	32	Umar	1416	53	43	Aaban	2102	115
11	Wach	1212	5	22	Webber-Plank	1255	22	33	Helmstadter	1420	55				



**NORTH ALLEGHENY**



**TYNANTIONAL**  
**XG INVITATIONAL**



**RUN 2 MILES TO GET 20 FEET...**

**BACKWARDS!**

**There's no such thing as**

**a free ride**

**Cross Country Roads...**

**...Take Me Home**

**PAIN  
PAIN  
PAIN  
PAIN  
THE FEEL**

**WARNING!!!**  
Runners on this course will encounter  
**MILD DISCOMFORT, PAIN**  
and eventually  
**AGONY!**  
Trained at your own risk  
**YOU HAVE BEEN WARNED**

**Celebrating 20 years of  
Pain & Agony & Mild Discomfort!!!**

**HAPPY BIRTHDAY**

**PAIN** **AGONY** **M.D.**

g stuck on Pain and Agony was one thing...  
But this was ridiculous!

**"The Pit of Despair"**

**'Twas the night before  
the NA Invite...**

**Well, at least it was not  
FRIDAY the 13th!**

**He prepared  
for Pain...**

**but didn't account  
for Agony!**

**OH,  
NO!**

**CONFIDENTIAL**

June 17, 2004

RE: New NA Invitational Course Layout

The course design committee has determined that the following hills in the proposed XC course will be retained: Those named "Pain", "Mild Discomfort", and "Agony". However, the hills named "Torment" and "Certain Death" have been judged inhumane and are to be removed from the final course. In light of...

**WHAT???  
What's worse???**

**NA Invitational Archives**  
30T  
Founded  
2004

**HE WAS RUNNING BEHIND..**

**BEFORE EVEN RUNNING!**



# 2023 North Allegheny Invitational

60 Degrees, Overcast, Nice 10/10/2023



## Boys' Select Race

	Team	1	2	3	4	5	Total	6	7
1	North Allegheny	1	2	5	8	11	27	13	22
2	Fox Chapel	3	4	7	19	23	56	62	
3	Butler	6	9	28	36	39	118	42	51
4	Pine-Richland	21	24	25	29	32	131	41	48
5	Seneca Valley	15	30	31	33	34	143	38	40
6	North Hills	18	20	35	43	44	160	52	65
7	Hampton	12	14	54	55	56	191	59	61
8	South Hills Catholic	10	45	46	47	53	201		
9	Riverview	26	27	49	50	58	210	60	67
10	Blessed Francis Seelos	17	37	57	63	68	242	69	
11	Shady Side Academy	16	64	66	70	71	287		

Incomplete Teams: St. Kilian, Avella, Greensburg Salem, Northgate

1	Sam Patterson	8	North Allegheny	10:43
2	Brennan Kaminski	8	North Allegheny	10:45
3	David Culley	8	Fox Chapel	10:50
4	Asher Eckel	7	Fox Chapel	10:51
5	Nathan Hou	8	North Allegheny	10:52
6	Landon Slear	7	Butler	10:57
7	Brady Vukmir	8	Fox Chapel	10:59
8	Silas Critchlow	8	North Allegheny	11:11
9	Jacob Szul	8	Butler	11:14
10	Ethan Hankinson	8	South Hills Catholic	11:18
11	Colin Clarkson	7	North Allegheny	11:23
12	Leo Jarrell	8	Hampton	11:27
13	Jack Pfeiffer	8	North Allegheny	11:28
14	Clem Hall	7	Hampton	11:30
15	Judah Sauers	8	Seneca Valley	11:33
16	Harlan Cooper	8	Shady Side Academy	11:35
17	Jack Davison	8	Blessed Francis Seelos	11:36
18	James Dietz	7	North Hills	11:36
19	Owen Carlin	7	Fox Chapel	11:37
20	Luke Tobik	8	North Hills	11:44
21	John McCabe	8	Pine-Richland	11:44
22	Denny Smith	8	North Allegheny	11:45
23	Henry Harrison	8	Fox Chapel	11:54
24	Jacob Hanselman	7	Pine-Richland	11:55
25	Wyatt Ozelski	8	Pine-Richland	11:56
26	Oscar Smith	8	Riverview	11:59
27	Ben Radelet	7	Riverview	12:03
28	Justin Sellinger	7	Butler	12:03
29	Jesse Thompson	8	Pine-Richland	12:05
30	Christian Wary	7	Seneca Valley	12:06
31	Gavin Hambly	8	Seneca Valley	12:07
32	Bryce Biagini	8	Pine-Richland	12:09
33	Sebastian Rothrock	8	Seneca Valley	12:10

34	Jack Riehl	8	Seneca Valley	12:20
35	Gavin Bartus	8	St. Kilian	12:25
36	Ben McCarty	8	North Hills	12:26
37	Drew Weifenbaugh	8	Butler	12:35
38	Ethan Hiserodt	8	Blessed Francis Seelos	12:42
39	Keagan Dowd	8	Seneca Valley	12:45
40	Camden Schaefer	7	Butler	12:50
41	Ian Maloney	7	Seneca Valley	12:50
42	Collin McKissick	8	Pine-Richland	13:00
43	Nathaniel Wise	7	Butler	13:02
44	Trevor Francis	7	North Hills	13:04
45	Evan Carson	8	Northgate	13:04
46	Jack Mondy	8	St. Kilian	13:05
47	Chase Nelson	7	North Hills	13:08
48	Billy Winschel	8	South Hills Catholic	13:08
49	Marco Aguilar	7	South Hills Catholic	13:11
50	Owen Derda	7	South Hills Catholic	13:12
51	Angelo Hancox	7	Pine-Richland	13:12
52	Owen Orbich	8	Riverview	13:18
53	Abe Smith	7	Riverview	13:21
54	Brady Petsinger	8	Butler	13:24
55	Jude Stango	7	North Hills	13:25
56	Michael Murphy	8	South Hills Catholic	13:34
57	Aiden Jordan	8	Greensburg Salem	13:36
58	Caden Jordan	8	Greensburg Salem	13:37
59	David Adler	7	Hampton	13:38
60	Kaden Mytinger	7	Hampton	13:44
61	Bryant Kearns	7	Avella	14:04
62	Jack Miller	8	Hampton	14:05
63	Gunner Kopriva	8	Blessed Francis Seelos	14:10
64	Lucas Bauer	8	Riverview	14:10
65	Luke Sieg	7	Hampton	14:14
66	Ben Raphael	8	Riverview	14:19

## Boys' Select Race (continued)

67	Lucas Pott	7	Hampton	14:22
68	Olympic Serrao	7	Fox Chapel	14:26
69	Rylan Greene	8	Blessed Francis Seelos	14:27
70	Luke Harper	8	St. Kilian	14:29
71	Henry Beukema	8	Shady Side Academy	14:30
72	Ben Baculik	7	North Hills	14:31
73	Shalin Thosani	8	Shady Side Academy	15:07
74	Max Renock	8	Riverview	15:44

75	Zach Throckmorten	7	Avella	15:49
76	Eric Wheeler	7	Blessed Francis Seelos	15:57
77	Connor Nee	7	Blessed Francis Seelos	16:55
78	Cole West	7	Shady Side Academy	17:45
79	Nathan Gratner	8	Northgate	18:30
80	Ethan Rugh	7	Greensburg Salem	18:48
81	Paul Salakhutdinov	7	Shady Side Academy	21:31



## Boys' Open Race

1	Jack Hurley	8	Eden Christian	11:32
2	Leo Martino	8	North Allegheny	11:35
3	Adam Calhoun	8	North Allegheny	11:50
4	Mason Hartner	7	North Allegheny	11:55
5	Nathan Wach	8	North Allegheny	12:12
6	Sourabh Hebbar	8	North Allegheny	12:16
7	Joel Parker	7	North Allegheny	12:18
8	Evan Dickert	8	North Allegheny	12:24
9	Drake Miller	7	Sewickley Academy	12:24
10	Bryce Durny	8	North Allegheny	12:26
11	Kendrick Hsu	7	North Allegheny	12:27
12	Zachary Haigh	8	Fox Chapel	12:33
13	Will Huffmyer	8	Avonworth	12:34
14	Marcus Sturzinger	8	North Allegheny	12:35
15	Fern Echevarria Conte	8	Fox Chapel	12:39
16	Carter Fincher	8	Fox Chapel	12:42
17	Jesse Spence	7	North Allegheny	12:44
18	Lucas Stuart	8	North Allegheny	12:46
19	Miles Bailey	8	Eden Christian	12:48
20	Samuel Walters	8	North Allegheny	12:49
21	Neil Mangan	7	North Allegheny	12:52
22	Stephen Webber-Plank	8	North Allegheny	12:55
23	Evan Vukmir	7	Fox Chapel	13:00
24	Denali Brown	7	North Allegheny	13:06
25	Blair Adkins	7	Shaler	13:11
26	McKinley Brown	7	North Allegheny	13:15
27	Leland Wilson	7	Fox Chapel	13:20
28	Julian McDonald	8	Fox Chapel	13:24
29	Luke Anderson	8	Hampton	13:30
30	Ethan Wirt	7	Fox Chapel	13:34
31	Reid Stanczak	7	Fox Chapel	13:35
32	Diego Pelfrey	8	Fox Chapel	13:43
33	Jackson Anglium	8	Seneca Valley	13:46
34	Alexander Harsh	7	Seneca Valley	13:47
35	Guillermo Martinez	8	North Allegheny	13:48
36	Evan Clark	7	North Allegheny	13:49
37	Charles Gibson	8	North Allegheny	13:51
38	Elijah Gretz	7	Seneca Valley	13:51
39	Cody Blum	7	North Hills	13:54
40	Corban Reed	8	Eden Christian	14:00
41	Zachary Bonner	8	Eden Christian	14:00
42	Zach Mayer	7	North Hills	14:02
43	Luke Robbins	8	Butler	14:02
44	Andrew Ray	8	Eden Christian	14:03
45	Nathan Kettel	8	Eden Christian	14:05
46	Easton Floris	7	Butler	14:06
47	Brandt Hoffman	7	North Allegheny	14:10
48	Elliott Shaw	7	North Allegheny	14:13
49	Max Youkers	8	Fox Chapel	14:13
50	Gabriel Balderas	8	North Allegheny	14:13

51	Liam Ogg	8	North Allegheny	14:14
52	Benjamin Groom	8	Eden Christian	14:15
53	Musa Umar	8	North Allegheny	14:16
54	Elijah Navoney	8	Pine-Richland	14:17
55	Kai Helmstadter	8	North Allegheny	14:20
56	Jachob Duran	8	Seneca Valley	14:23
57	Kieran Kelley	7	Seneca Valley	14:24
58	Ben Reilly	8	Eden Christian	14:25
59	Leo Pedicone	7	Seneca Valley	14:30
60	Cameron Smith	8	Butler	14:40
61	Carson Beck	8	Eden Christian	14:41
62	Logan Hoffman	7	Pine-Richland	14:43
63	Josh Hickman	7	Hampton	14:48
64	Noah Sample	8	Eden Christian	14:50
65	Porter Case	8	Avonworth	14:50
66	Bryce Baer	7	Fox Chapel	14:53
67	Nate McDermott	7	Shaler	14:54
68	Alex Langman	8	North Hills	14:57
69	Nico Alfaro	7	Sewickley Academy	14:58
70	Cael Waltemire	7	Seneca Valley	15:00
71	Evan Kenna	7	Shaler	15:09
72	Seth Mihok	8	Hampton	15:11
73	Sawyer Peters	7	Riverview	15:16
74	Cole Neiswender	7	Seneca Valley	15:18
75	Jakson Semmler	7	Butler	15:20
76	Greyson Peters	7	Riverview	15:22
77	Grant Miller	7	Seneca Valley	15:26
78	Andrew Mainiero	8	Shaler Area	15:29
79	Keenan Flaherty	8	Shaler Area	15:31
80	Eli Evanosky	7	Hampton	15:32
81	Stephen Novick	7	North Hills	15:33
82	Beckett Smith	8	North Allegheny	15:33
83	Taimur Khalid	7	North Allegheny	15:33
84	Jackson Fairley	8	North Hills	15:35
85	Zachary Bal	7	Shaler Area	15:37
86	Jack Markovic	7	Fox Chapel	15:42
87	Xavier Wright	7	Seneca Valley	15:51
88	Dominic Petrucci	7	Hampton	15:52
89	Logan Snow	8	Seneca Valley	15:52
90	Patrick Curren	7	North Allegheny	15:57
91	Emmett Boyle	7	North Allegheny	15:58
92	Henry Matthews	7	Fox Chapel	16:06
93	Henrick Taube	8	Hampton	16:09
94	Andrew Zhang	7	Hampton	16:10
95	Drew Cornelius	8	North Allegheny	16:11
96	Elliott Ross	7	Avonworth	16:20
97	Patrick Martin	7	North Allegheny	16:25
98	Gavin Powers	7	North Hills	16:29
99	Timothy Korey	7	North Hills	16:34
100	Jason Velasquez	8	North Allegheny	16:34

101	Lukas Olexsak	8	Butler	16:36
102	Easton Ritz	8	Fox Chapel	16:37
103	Griffith Fortunato	7	Eden Christian	16:38
104	Declan Dunlap	7	Hampton	16:42
105	Trey Duscheck	8	Butler	16:48
106	Carter Thomas	8	North Allegheny	17:11
107	Sean Hart	7	Seneca Valley	17:35
108	Quinn O'Keefe	8	North Hills	17:38
109	Martin Motschman	7	Fox Chapel	17:39
110	Brooks Hahl	7	Fox Chapel	17:40

111	Ollie Scherrah	7	Riverview	17:59
112	Liam Klingensmith	8	North Allegheny	18:00
113	Mason Kraynik	7	Butler	18:14
114	Cooper Kosek	7	North Hills	19:51
115	Fahad Aaban	8	North Allegheny	21:02
116	Jackson Rademacher	7	North Hills	21:34
117	Wyatt Profozich	8	Hampton	22:12
118	Paul Brisky	7	Sewickley Academy	22:24
119	Max Luffy	8	Sewickley Academy	22:25
120	Desmond Moore	7	Avonworth	29:06



## Girls' Select Race

	Team	1	2	3	4	5	Total	6	7
1	North Allegheny	1	2	4	5	11	23	20	37
2	Fox Chapel	7	12	14	15	18	66	27	33
3	Blessed Francis Seelos	3	10	19	30	36	98	40	60
4	Butler	8	13	21	23	38	103	48	63
5	Seneca Valley	6	22	24	29	34	115	39	41
6	Pine-Richland	16	25	26	28	45	140	62	65
7	North Hills	9	17	31	51	52	160	66	69
8	St. Kilian	35	43	44	46	50	218	55	61
9	Avonworth	32	42	47	56	57	234	58	59
10	Shady Side Academy	49	53	54	70	71	297		
11	Avella	64	67	68	72	73	344		

Incomplete Teams: Hampton, Greensburg Salem, Northgate, South Hills Catholic, Riverview, Eden Christian

1	Mary Lucas	8	North Allegheny	11:39
2	Annalese Haring	7	Eden Christian	11:40
3	Samantha Strelick	7	North Allegheny	11:54
4	Caroline Sell	8	Blessed Francis Seelos	12:11
5	Lydia Stuart	8	North Allegheny	12:11
6	Mackenzie Abbs	8	North Allegheny	12:24
7	Siena Varlotta	8	Seneca Valley	12:29
8	Ella Shevchuk	8	Fox Chapel	12:30
9	Kyra Olivares	8	Butler	12:31
10	Ayla Werner	8	North Hills	12:45
11	Anne Puhalla	8	Blessed Francis Seelos	12:49
12	Leila Nocera	8	North Allegheny	12:50
13	Bridget Hemingray	8	Fox Chapel	12:54
14	Zari Golojuh	8	Butler	12:54
15	Sydney Kimmons	7	Fox Chapel	12:54
16	Maeve Sherry	7	Fox Chapel	12:57
17	Taylor Bulevich	7	Pine-Richland	12:58
18	Clara Curtis	8	South Hills Catholic	12:59
19	Elissa O'Kelly	7	North Hills	13:01
20	Claire Loudice	7	Fox Chapel	13:02
21	Annafrancesca Liberati	8	Blessed Francis Seelos	13:13
22	Ashley Swartz	8	North Allegheny	13:15
23	Avery Sintz	8	Butler	13:18
24	Madison Tomazewski	7	Seneca Valley	13:22
25	Lucy Douth	8	Butler	13:23
26	Natalia Colonello	7	Seneca Valley	13:27
27	Juliana Hunkele	7	Pine-Richland	13:31
28	Lauren Bellissimo	8	Pine-Richland	13:31
29	Cecilia Sumrok	8	Fox Chapel	13:36
30	Addison Franchak	8	Pine-Richland	13:39
31	Charlotte Mitchell	7	Seneca Valley	13:41
32	Katie Miller	7	Blessed Francis Seelos	13:41
33	Jocelyn Sauer	8	North Hills	13:42

34	Hadley Reid	8	Avonworth	13:43
35	Phoebe Van Gehuchten	7	Fox Chapel	13:44
36	Monique Polas	7	Seneca Valley	13:47
37	Anna Morris	8	St. Kilian	13:49
38	Claire Karsman	7	Blessed Francis Seelos	13:50
39	Grace Sosnak	7	South Hills Catholic	13:50
40	Misaki Qian	8	North Allegheny	13:51
41	Maya Keffalas	7	Butler	13:53
42	Annelise Dykstra	8	Seneca Valley	13:54
43	Madeline Sell	8	Blessed Francis Seelos	13:59
44	Lilly Zock	7	Seneca Valley	13:59
45	Norah Anderson	8	Avonworth	14:04
46	Kendall Stewart	8	St. Kilian	14:06
47	Farrah Anderson	7	Greensburg Salem	14:10
48	Riley Kontul	8	St. Kilian	14:11
49	Lyla Carroll	7	Hampton	14:14
50	Brooklyn Knox	7	Pine-Richland	14:14
51	Erin Burke	8	St. Kilian	14:16
52	Trinity Klicker	7	Avonworth	14:17
53	Anna Witt	8	Butler	14:19
54	Amanda Li	7	Shady Side Academy	14:20
55	Maia Strinden	7	South Hills Catholic	14:23
56	Elle Degnan	7	St. Kilian	14:25
57	Molly Schneider	7	North Hills	14:27
58	Johanna Flynn	8	North Hills	14:32
59	Ella Kiger	7	Shady Side Academy	14:36
60	Aspen Peterson	7	Shady Side Academy	14:39
61	Aislyn Schessler	7	St. Kilian	14:41
62	Hildegard Gate	8	Hampton	14:42
63	Brooke Aufman	8	Avonworth	14:49
64	Ella Clarke	8	Avonworth	14:51
65	Kaitlyn Klaum	7	Avonworth	14:53
66	Lyla Fischer	7	Avonworth	14:57



## Girls' Select Race (continued)

67	Kirsten Levarse	8	Riverview	15:01
68	Lily Narvett	8	Blessed Francis Seelos	15:09
69	Anna Wishart	7	St. Kilian	15:09
70	Samantha Angelo	8	Pine-Richland	15:16
71	Hazel Bender	8	Hampton	15:25
72	Sienna Stutz	7	Butler	15:28
73	Becca Valasek	7	Riverview	15:33
74	Aubrey Debnar	8	Avella	15:35
75	Claudia Van Driel	7	Pine-Richland	15:51
76	Tessa Filioni	8	Hampton	15:55

77	Hailey Heiles	8	North Hills	16:16
78	Jillian Kaboly	8	Greensburg Salem	16:19
79	Sofie Kozak	7	Avella	16:21
80	Hannah Amaissmeier	8	Avella	16:44
81	Izzy Sim	8	North Hills	17:40
82	Uma Pathe	8	Shady Side Academy	18:00
83	Veronika McCarl	8	Shady Side Academy	18:46
84	Abby Gaylee	7	Avella	20:32
85	Sophia Nash	7	Northgate	21:49
86	Leah Rush	7	Avella	22:54



## Girls' Open Race

1	Cailyn Natali	7	North Allegheny	13:09
2	Elisabeth Wissner	7	Fox Chapel	13:14
3	Ava DeJonckheere	8	North Allegheny	13:42
4	Sophia Campos	8	North Allegheny	13:47
5	Elizabeth Richmond	7	North Allegheny	13:57
6	Maya Julian	8	Seneca Valley	14:07
7	Erin Hull	8	Eden Christian	14:10
8	Hailey Paulson	8	North Allegheny	14:12
9	Gabrielle Rempe	8	North Allegheny	14:16
10	London Murphy	8	North Allegheny	14:21
11	Kaitlyn Beachley	8	North Allegheny	14:29
12	Adelyn Anderson	8	North Allegheny	14:30
13	Carson Hemingray	7	Fox Chapel	14:30
14	Gwenie Rainey	7	North Allegheny	14:31
15	Lauren Schmutz	7	Fox Chapel	14:31
16	Maya Vyas	7	Fox Chapel	14:34
17	Lily Rice	8	Fox Chapel	14:39
18	Anna Schroeder	7	Fox Chapel	14:44
19	Kate Mulzet	7	Blessed Francis Seelos	14:46
20	Hazel Clifford	7	Fox Chapel	14:52
21	Kendall Onyshko	8	Seneca Valley	14:56
22	Leena Aprile	7	Seneca Valley	14:57
23	Addison Thiel	8	Blessed Francis Seelos	14:59
24	Corinne Sample	8	Fox Chapel	15:04
25	Mara Menges	7	Fox Chapel	15:04
26	Camrhyn Banachoski	7	Fox Chapel	15:06
27	Krishna Thakkar	8	Pine-Richland	15:08
28	Cleo Cirunay	8	Butler	15:08
29	Allison Kiley	7	Blessed Francis Seelos	15:10
30	Isabella Sroufe	8	Fox Chapel	15:11
31	Sofia Squeglia	7	Fox Chapel	15:13
32	Emma Schweikert	7	Blessed Francis Seelos	15:16
33	Reagan Hagar	7	Fox Chapel	15:17
34	Olivia Romanow	7	North Allegheny	15:17
35	Sedona Brown	7	North Allegheny	15:18
36	Fiona Gregory	7	Fox Chapel	15:20
37	Anna Fowler	7	Avonworth	15:23
38	Madilyn Connors	8	Seneca Valley	15:24
39	Ainsley Faber	7	Seneca Valley	15:28
40	Mia McDowell	8	Blessed Francis Seelos	15:29
41	Sophia Naylor	7	Seneca Valley	15:30
42	Lily Ewing	8	Pine-Richland	15:33
43	Adella Boy	7	Fox Chapel	15:33
44	Alexandra Wagner	7	Blessed Francis Seelos	15:37
45	Lilli Steffanos	8	North Allegheny	15:39
46	Jada Lichtenwalter	7	St. Kilian	15:39
47	Mia Buffat	8	North Allegheny	15:39
48	Mae Mahoney	7	North Allegheny	15:40
49	Haley Dzadovsky	8	Avonworth	15:53
50	Carly O'Connell	8	North Allegheny	15:56

51	Brooklyn Wan	7	Fox Chapel	15:59
52	Eliana Wellman	8	Fox Chapel	16:08
53	Jessica Kreutzer	7	Eden Christian	16:14
54	Camden Walsh	8	North Allegheny	16:25
55	Harlie Donnelly	8	North Allegheny	16:26
56	Lana Trimble	8	North Allegheny	16:27
57	Simran Shah	7	North Allegheny	16:32
58	Charlotte Klingenberg	8	Avonworth	16:36
59	Leah Timmons	8	Pine-Richland	16:38
60	Lizzie Feterik	8	Pine-Richland	16:43
61	Emma Warner	7	North Allegheny	16:44
62	Maelie Conti	7	Fox Chapel	16:49
63	Taylor Hollins	7	North Allegheny	16:56
64	Julia Janicki	8	Eden Christian	16:56
65	Haaseni Ramkumar	8	North Hills	17:16
66	Eibhlin McConnell	8	North Hills	17:20
67	Rylie Rubino	7	Eden Christian	17:23
68	Emma Koster	7	Sewickley Academy	17:25
69	Lia Dyczewski	7	North Allegheny	17:28
70	Ayla Bruton	8	North Allegheny	17:29
71	Vivian Hubbard	7	Fox Chapel	17:40
72	Clarissa Calabro	8	Avonworth	17:41
73	Ellie Begley	7	Blessed Francis Seelos	17:45
74	Katelyn Hottenstein	8	Avonworth	17:46
75	Haya Al-Qassab	7	Pine-Richland	17:46
76	Julie Kubica	7	North Allegheny	17:51
77	Mia Neuhart	7	Eden Christian	17:54
78	Mary Kennedy	8	Blessed Francis Seelos	17:54
79	Mabel Koloshinsky	8	Fox Chapel	17:56
80	Joss Perkovich	7	Riverview	18:04
81	Violet Zappas	7	Pine-Richland	18:14
82	Moriah Burkholder	7	North Allegheny	18:18
83	Mickie Stetor	8	Seneca Valley	18:38
84	Delaney Winner	8	North Hills	18:41
85	Ayushi Saxeng	7	Avonworth	18:43
86	Kaeli Kobylinski	7	Fox Chapel	18:53
87	Sammie Hong	8	North Allegheny	18:55
88	Marena Luhn	7	Eden Christian	19:03
89	Helena Hubert	7	Eden Christian	19:06
90	Aliza Zimmerman	7	Eden Christian	19:30
91	Gauri Vashisht	7	North Allegheny	19:34
92	Lily Salmond	8	Shady Side Academy	19:36
93	Angela Tu	8	Shady Side Academy	19:37
94	Sophia Arnold	7	North Allegheny	19:54
95	Charlotte Wright	7	North Allegheny	20:01
96	Isabella Windfelder	8	St. Kilian	20:01
97	Ella Loughran	7	Riverview	20:09
98	Chloe Sanders	8	Hampton	20:18
99	Srinika Dasari	7	North Allegheny	20:27
100	Alisha Singh	7	North Allegheny	20:30

101	Stella Avondolio	7	Fox Chapel	20:32
102	Myra Anand	7	North Allegheny	20:36
103	Bri Hogg	8	North Hills	20:37
104	Ella Roth	7	Fox Chapel	20:44
105	Malak Eldib	7	Fox Chapel	21:54
106	Alissa Mitts	8	North Allegheny	22:05
107	Tyler Hollins	8	North Allegheny	22:14

108	Allison Guan	8	Shady Side Academy	22:15
109	Amelia Torgersen	7	North Allegheny	22:19
110	Julie Sump	7	North Allegheny	22:36
111	Lilah Hall	7	North Allegheny	22:45
112	Luciana Ganoza	7	Blessed Francis Seelos	24:12
113	Zhiqing Hou	7	Fox Chapel	24:23
114	Kennedy McDonald	8	North Hills	25:40





# GIRLS

**8/25/2023**

4:15 PM

Time Trial

82 Degrees, Humid, Overcast

Place	Name	Time		Place	Name	Time		Place	Name	Time		Place	Name	Time	
1	Strelick	1242	I	10	Rempe	1555	M	19	Steffanos	1922	I	28	Hong	2502	M
2	Lucas	1250	C	11	Richmond	1622	C	20	Donnelly	1926	I	29	Warner	2505	C
3	Stuart	1332	C	12	Campos	1636	M	21	Anderson	2008	M	30	Dasari	2607	M
4	Nocera	1410	I	13	Paulson	1756	I	22	Bruton	2008	M	31	Burkholder	2607	C
5	Abbs	1411	M	14	Romanow	1809	M	23	Buffat	2051	C	32	Wright	2839	I
6	Swartz	1431	I	15	Brown	1814	M	24	Beachley	2051	C	33	Hall	2941	C
7	Murphy	1504	M	16	Mahoney	1818	M	25	Kubica	2133	M	34	Ty. Hollins	3014	I
8	Qian	1529	C	17	O'Connell	1842	I	26	Trimble	2133	M	35	Mitts	3026	C
9	Natali	1551	C	18	Walsh	1859	I	27	Ta. Hollins	2319	I	36	Torgerson	3037	C

**9/1/2023**

Home vs. Hampton  
78 Degrees, Sunny

NA 15  
Hamp 50

**Record: 1-0**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Strelick	1236	1	11	Paulson	1536	12	21	Romanow	1818	26	31	Dyczewski	2157	38
2	Lucas	1241	2	12	Campos	1600	13	22	Walsh	1824	27	32	Wright	2319	39
3	Stuart	1312	3	13	Richmond	1606	14	23	Brown	1833	28	33	Dasari	2424	41
4	Nocera	1343	4	14	Beachley	1639	17	24	Trimble	1914	30	34	Anand	2424	42
5	Abbs	1420	5	15	Buffat	1656	18	25	Mahoney	1925	31	35	Singh	2426	43
6	Swartz	1432	6	16	Steffanos	1721	19	26	Shah	1941	32	36	Sump	2506	44
7	Qian	1434	7	17	O'Connell	1802	22	27	Kubica	2040	33	37	Hall	2514	45
8	Natali	1438	8	18	Anderson	1806	23	28	Burkholder	2103	35	38	Mitts	2515	46
9	Murphy	1447	9	19	Bruton	1807	24	29	Ta. Hollis	2144	36	39	Ty. Hollins	2550	47
10	Rempe	1522	11	20	Donnelly	1816	25	30	Warner	2145	37	40	Torgerson	2616	48/48

**9/6/2023**

Home vs. Seneca Valley  
90 Degrees, Partly Cloudy, Hot, Humid

NA 15  
SV 46

**Record: 2-0**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Strelick	1247	1	11	DeJonckheere	1634	16	21	Donnelly	1911	33	31	Warner	2457	45
2	Lucas	1328	2	12	Richmond	1648	17	22	Paulson	1957	34	32	Wright	2500	46
3	Stuart	1332	3	13	Beachley	1721	20	23	Anderson	2000	35	33	Sump	2513	47
4	Abbs	1332	4	14	Buffat	1730	23	24	Bruton	2010	36	34	Hall	2529	48
5	Nocera	1359	5	15	Romanow	1810	26	25	Steffanos	2024	37	35	Ta. Hollins	2531	49
6	Qian	1447	7	16	Mahoney	1835	27	26	Kubica	2203	39	36	Arnold	2534	50
7	Rempe	1508	10	17	O'Connell	1837	28	27	Burkholder	2255	41	37	Mitts	2817	51
8	Murphy	1512	11	18	Brown	1839	29	28	Dasari	2327	42	38	Ty. Hollins	2827	52
9	Natali	1554	13	19	Trimble	1848	31	29	Hong	2338	43	39	Torgerson	2942	53
10	Campos	1615	15	20	Walsh	1859	32	30	Dyczewski	2346	44				53

**9/13/2023**

At North Hills  
72 Degrees, Partly Sunny

NA 15  
NH 44

**Record: 3-0**

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Strelick	1100	1	12	Paulson	1335	15	23	Walsh	1518	28	34	Anand	2020	47
2	Lucas	1117	2	13	Campos	1346	17	24	Steffanos	1518	29	35	Sump	2103	48
3	Stuart	1136	3	14	Richmond	1401	18	25	Brown	1523	30	36	Warner	2104	49
4	Nocera	1203	4	15	Mahoney	1409	19	26	Donnelly	1541	31	37	Mitts	2112	50
5	Abbs	1218	5	16	Rainey	1413	21	27	Trimble	1606	33	38	Wright	2127	51
6	Swartz	1244	9	17	DeJonckheere	1433	22	28	Kubica	1724	38	39	Hall	2130	52
7	Murphy	1255	10	18	Buffat	1453	23	29	Burkholder	1727	39	40	Ty. Hollins	2212	53
8	Qian	1313	11	19	Anderson	1455	24	30	Ta. Hollins	1803	40	41	Torgersen	2243	54
9	Natali	1326	12	20	Bruton	1507	25	31	Dasari	1805	42				
10	Rempe	1330	13	21	Beachley	1508	26	32	Dyczewski	1806	43				
11	Romanow	1334	14	22	O'Connell	1517	27	33	Vashisht	1901	46				55

9/20/2023

At Butler  
72 Degrees, CloudyNA 17  
Butler 43

Record: 4-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Strellick	1248	1	12	DeJonckheere	1616	17	23	Walsh	1831	29	34	Singh	2421	42
2	Lucas	1314	2	13	Campos	1623	18	24	Bruton	1851	30	35	Warner	2422	43
3	Stuart	1335	3	14	Paulson	1633	19	25	Steffanos	1852	31	36	Dasari	2422	44
4	Abbs	1422	5	15	Richmond	1648	20	26	Shah	1852	32	37	Dyczewski	2424	45
5	Nocera	1423	6	16	Rainey	1702	22	27	Donnelly	1931	33	38	Anand	2429	46
6	Swartz	1436	7	17	Mahoney	1704	23	28	Kubica	2043	35	39	Sump	2438	47
7	Murphy	1528	11	18	Beachley	1717	24	29	Burkholder	2049	36	40	Mitts	2504	48
8	Qian	1533	12	19	Brown	1717	25	30	Ta. Hollins	2131	37	41	Wright	2509	49
9	Rempe	1611	14	20	Buffat	1721	26	31	rimble	2133	38	42	Hall	2544	50
10	Natali	1612	15	21	Anderson	1739	27	32	Hong	2219	39	43	Ukrayinets	2746	51
11	Romanow	1614	16	22	O'Connell	1825	28	33	Vashisht	2342	41	44	Torgersen	3115	52/52

9/23/2023

Sharpsville Blue Devil Invitational  
60 Degrees, Overcast47 Points  
1st of 22 Teams (Norwin - 72)

272 Total runners

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Lucas	1014	2	9	Natali	1220	66	17	Mahoney	1307	105	25	Arnold	1534	215
2	Strellick	1033	4	10	Paulson	1224	70	18	DeJonckheere	1312	106	26	Ty. Hollins	1915	260
3	Stuart	1039	6	11	Richmond	1226	76	19	Beachley	1330	126	27	Mitts	1920	262
4	Abbs	1112	19	12	Campos	1235	81	20	Buffat	1351	142	28	Sump	1934	264
5	Nocera	1112	20	13	Romanow	1239	85	21	Anderson	1355	148	29	Torgersen	1938	265
6	Swartz	1139	29	14	Rempe	1244	86	22	Ta. Hollins	1401	149				
7	Murphy	1213	54	15	Rainey	1307	103	23	Shah	1407	156				
8	Qian	1218	64	16	Brown	1307	104	24	Steffanos	1524	212				

9/27/2023

At Shaler with Fox Chapel  
68 Degrees, NiceNA NA 15  
Shaler - Forfeit FC 44

Record: 6-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Lucas	1209	1	12	Rempe	1518	23	23	Bruton	1701	45	34	Dyczewski	2144	62
2	Strellick	1210	2	13	Murphy	1529	25	24	Donnelly	1706	46	35	Singh	2201	63
3	Abbs	1253	3	14	Paulson	1531	26	25	Trimble	1740	47	36	Vashisht	2204	64
4	Stuart	1255	4	15	Rainey	1547	29	26	Mahoney	1800	49	37	Wright	2207	66
5	Nocera	1308	5	16	Beachley	1609	33	27	Steffanos	1843	53	38	Ty. Hollins	2347	69
6	Swartz	1351	7	17	Anderson	1613	34	28	Kubica	1905	54	39	Sump	2348	70
7	Qian	1423	12	18	Brown	1621	38	29	Burkholder	1926	55	40	Mitts	2357	71
8	Natali	1429	14	19	O'Connell	1634	39	30	Ta. Hollins	2028	58	41	Hall	2406	72
9	DeJonckheere	1441	17	20	Walsh	1636	40	31	Hong	2051	59	42	Torgersen	2454	74
10	Campos	1459	20	21	Buffat	1638	42	32	Warner	2141	60				
11	Richmond	1506	21	22	Romanow	1647	43	33	Dasari	2143	61				74

10/4/2023

Home vs. Pine-Richand  
82 Degrees, Partly CloudyNA 15  
P-R 48

Record: 7-0

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Strellick	1144	1	12	Rempe	1438	14	23	Steffanos	1724	33	34	Dasari	2231	49
2	Lucas	1204	2	13	Anderson	1506	17	24	Bruton	1724	34	35	Singh	2236	50
3	Stuart	1234	3	14	Rainey	1526	19	25	Donnelly	1731	35	36	Anand	2241	51
4	Abbs	1237	4	15	Richmond	1540	20	26	Romanow	1742	36	37	Wright	2354	52
5	Nocera	1302	5	16	Paulson	1549	21	27	Walsh	1801	38	38	Mitts	2503	53
6	Swartz	1325	7	17	Beachley	1553	22	28	Ta. Hollins	1817	39	39	Hall	2508	54
7	Natali	1359	8	18	Buffat	1557	23	29	Kubica	1952	42	40	Ty. Hollins	2621	55
8	Qian	1407	9	19	Brown	1601	24	30	Dyczewski	2143	45	41	Torgersen	2711	56
9	Murphy	1414	10	20	O'Connell	1606	25	31	Warner	2143	46				
10	Campos	1417	11	21	Mahoney	1640	28	32	Vashisht	2147	47				
11	DeJonckheere	1424	13	22	Trimble	1650	31	33	Arnold	2201	48				56

10/10/2023

North Allegheny Invitational  
60 Degrees, Overcast

23 Points  
1st of 11 Teams (Fox Chapel - 66)

86 Individuals (Select)  
114 Individuals (Open)

Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A	Place	Name	Time	O/A
1	Lucas	1139	1	13	Rempe	1416	9	25	Donnelly	1626	55	37	Wright	2001	95
2	Strellick	1154	3	14	Murphy	1421	10	26	Trimble	1627	56	38	Dasari	2027	99
3	Stuart	1211	5	15	Beachley	1429	11	27	Shah	1632	57	39	Singh	2030	100
4	Abbs	1224	6	16	Anderson	1430	12	28	Warner	1644	61	40	Anand	2036	102
5	Nocera	1250	12	17	Rainey	1431	14	29	Ta. Hollins	1656	63	41	Mitts	2205	106
6	Natali	1309	1	18	Romanow	1517	34	30	Dyczewski	1728	69	42	Ty. Hollins	2214	107
7	Swartz	1315	22	19	Brown	1518	35	31	Bruton	1729	70	43	Torgersen	2219	109
8	DeJonckheere	1342	3	20	Steffanos	1539	45	32	Kubica	1751	76	44	Sump	2236	110
9	Campos	1347	4	21	Buffat	1539	47	33	Burkholder	1818	82	45	Hall	2245	111
10	Qian	1351	40	22	Mahoney	1540	48	34	Hong	1855	87				
11	Richmond	1357	5	23	O'Connell	1556	50	35	Vashisht	1934	91				
12	Paulson	1412	8	24	Walsh	1625	54	36	Arnold	1954	94				













## All-Time Records on the Three Degree Trail

Times indicate that individual's best performance on the course at MMS since its inception in 2004.

### **BOYS (Sub-10:50)**

	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>
1	Jack Bertram	North Allegheny	9:45	10/5/2020
2	Scott Seel	North Allegheny	10:13	9/29 & 10/12/2010
3	Mike Becich	North Allegheny	10:15	10/13/2009
4	John Faye	Hempfield	10:19	10/7/2008
	Zachary Leachman	Mars	10:19	10/13/2015
6	Mike Gauntner	North Allegheny	10:22	10/8/2019
7	Ryan Gil	North Allegheny	10:25	10/10/2006
	Mark Brown	Greensburg Salem	10:25	10/7/2014
	Luca Flitcraft	Sts. Peter and Paul	10:25	10/11/2022
10	Christian Fitch	Fox Chapel	10:27	10/13/2015
11	James Behrend	North Allegheny	10:28	10/4/2019
12	Dan McGoey	North Allegheny	10:29	10/13/2015
	Samuel West	Seneca Valley	10:29	10/8/2019
14	Cameron Binda	Greensburg Salem	10:30	10/7/2014
15	Jacob Greco	North Allegheny	10:32	10/11/2012
16	Tyler Palenchak	Gateway	10:34	10/7/2008
17	Matt McGoey	North Allegheny	10:35	10/12/2010
18	Bobby Lutz	North Allegheny	10:38	10/11/2012
19	TJ Robinson	North Allegheny	10:39	10/8/2013
20	Joe Kush	North Hills	10:40	9/29/2006
	Dylan Binda	Greensburg Salem	10:40	10/7/2014
	Ryan Barry	North Allegheny	10:40	10/10/2017
23	Mike Meehan	North Allegheny	10:42	10/7/2008
	Joe Cafaro	Hampton	10:42	10/7/2014
25	Tim Compton	North Allegheny	10:43	10/11/2016
	<b>Sam Patterson</b>	<b>North Allegheny</b>	<b>10:43</b>	<b>10/10/2023</b>
27	Derek Schwartz	North Allegheny	10:44	10/13/2009
	Seth Ketler	Seneca Valley	10:44	10/7/2014
29	Rene Abdalah	North Allegheny	10:45	10/13/2015
	<b>Brennan Kaminski</b>	<b>North Allegheny</b>	<b>10:45</b>	<b>10/10/2023</b>
31	Jason Galaska	North Allegheny	10:46	9/16/2015
32	Matt Robertson	North Allegheny	10:47	10/12/2004
	Sam Holdcroft	North Allegheny	10:47	10/7/2008
	Andrew Manz	North Allegheny	10:47	10/11/2011
	Luke Turkovich	North Allegheny	10:47	10/7/2014
	Nico Castracani	Fox Chapel	10:47	10/11/2016
	Rowan Gwin	Fox Chapel	10:47	10/8/2019
38	John Ejzak	Knoch	10:48	10/11/2012
	Noah Beveridge	Butler	10:48	10/8/2013
	Robby Shymansky	Fox Chapel	10:48	10/7/2014
41	Ben Goehring	North Allegheny	10:49	10/12/2010

## All-Time Records on the Three Degree Trail

Times indicate that individual's best performance on the course at MMS since its inception in 2004.

### GIRLS (Sub-12:10)

	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>
1	Marianne Abdalah	North Allegheny	10:47	10/11/2012
2	Clara Savchik	North Allegheny	11:07	10/8/2013
3	Madeleine Davison	North Allegheny	11:19	10/11/2011
4	Sydney Kuder	North Allegheny	11:20	10/4/2019
5	Ally Meehan	North Allegheny	11:28	10/8/2013
6	Haley Long	Mars	11:32	10/11/2022
7	Alex Gambill	North Allegheny	11:35	10/7/2008
8	Rachel Hockenberry	North Allegheny	11:38	10/10/2017
9	<b>Mary Lucas</b>	<b>North Allegheny</b>	<b>11:39</b>	<b>10/10/2023</b>
10	Caroline Daggett	North Allegheny	11:40	9/30/2014
	<b>Annalese Haring</b>	<b>Eden Christian</b>	<b>11:40</b>	<b>10/10/2023</b>
12	Maura Mlecko	North Allegheny	11:44	10/10/2017
	<b>Samantha Strellick</b>	<b>North Allegheny</b>	<b>11:44</b>	<b>10/4/2023</b>
14	Lindsay Holdcroft	North Allegheny	11:45	9/28 & 10/11/2005
	Laura Carter	Fox Chapel	11:45	10/4/2019
16	Lexi Sundgren	North Allegheny	11:48	10/9/2018
17	Chloe Grzyb	Peters Township	11:49	10/7/2011
18	Camille Swirsding	North Allegheny	11:50	10/5/2020
19	Eva Kynaston	North Allegheny	11:51	10/4/2019
	Ella Yanni	Pine-Richland	11:51	10/12/2021
21	Annika Urban	Fox Chapel	11:52	10/7/2014
	Paige Damico	Seneca Valley	11:52	10/11/2022
23	Jolene Kunkel	Knoch	11:54	10/10/2006
	Kevyn Fish	Hampton	11:54	10/8/2019
25	Caroline Cwalina	North Allegheny	11:56	10/7/2009
26	Samantha Hennen	Shaler	11:58	10/10/2017
27	Elaina Balouris	Hampton	12:00	10/11/2005
28	Abby Pitcairn	Fox Chapel	12:01	10/11/2012
	Stefanie Cwalina	North Allegheny	12:01	10/11/2016
30	Kate Aldrich	Seneca Valley	12:02	10/7/2014
	Gracie Plastino	St. Kilian	12:02	10/11/2022
32	Cristina Frazzini	Butler	12:03	10/7/2008
	Brianna Schwartz	Shaler	12:03	10/12/2010
	Hannah Yang	North Allegheny	12:03	10/8/2019
	Anna Getz	North Allegheny	12:03	10/6/2021
36	Alex Rode	North Hills	12:04	10/7/2008
	Grace Lazzara	Bl. Francis Seelos	12:04	10/8/2019
	Teagan Yurocko	Pine-Richland	12:04	10/12/2021
39	Kim Goehring	North Allegheny	12:05	10/7/2008
40	Maddy Adams	North Allegheny	12:06	10/7/2008
	Lauren Neugebauer-Wagner	Hampton	12:06	10/12/2010
	Greta Lazzara	Fox Chapel	12:06	10/8/2013
	Clara Kelley	Fox Chapel	12:06	10/8/2019
44	Mariah Custer	Laurel Highlands	12:08	10/13/2009
	Malia Anderson	Greensburg Salem	12:08	10/7/2014
	Teresa Davison	North Allegheny	12:08	10/13/2015
	Lily Ries	North Allegheny	12:08	10/11/2022
48	Annah Kunes	McKeesport	12:09	10/8/2019



**“I’ll tell you one thing, I love every one of them... [T]here is a breaking point in each race when you wonder if all the sacrifice is really worth it. You think, ‘why should I do this? I don’t have to run this hard.’ But that’s when I think about them. They keep me going.”**

This was the American distance running legend Steve Prefontaine talking about his fans. We apply these words to the NA families who support us so well and inspire these kids in ways that often go unspoken. We thank you.







# North Allegheny Middle School Cross Country 2023