

Freshman Cross Country Team Results - 1986

[illegible]

Newark Invitational

Sept. 20, 1986

1.4 mi.

4th of 6

record 2-3

position	name	time	1/4 mi pace
4	Steve Foley	8:45	93.8
8.	Jason Fahy	9:03	97.0
24	Charlie Sadler	9:37	103.0
34	Bing Waldert	9:49	105.2
37	Mark Spagnoli	9:52	105.7
42	Matt Salata	10:03	107.7
44	Andy Monahan	10:05	108.0
50	Chris Parks	10:29	112.3
51	Howie Lewicki	10:33	113.0
60	Chad Bowman	11:02	118.2
65	Frank Miccoli	12:38	135.4

70 runners

8th grade race

Jeremy Knopf	11:06	118.9
David Holmes	11:07	119.1

Tues Cobb's Hill

9/24/86

1.7 mi.

Position	Name	Time	$\frac{1}{4}$ mi pace
3	Matt Sakata	11:10	98.5
4	Howie Lewczyk	11:56	105.1
5	Chad Bowman	12:14	107.9
6	Chris Parks	12:27	109.9
7	Mike Knopf, Jeremy	12:33	110.7
9	Dave Holmes	12:40	111.8
17	Frank Miccoli	14:24	127.1

McQuaid Invitational

Sept. 27, 1986

20

1.50 mi

3rd of 21

record ~~13~~ -

position	name	time	1/4 mi. pa
4	Steve Foley	8:13	82.2
9	Jason Fahy	8:21	83.5
19	Mark Spagnola	8:39	86.5
44	Charlie Sadler	9:09	91.5
49	Matt Salata	9:13	92.2
58	Bing Waldert	9:20	93.3
60	Andy Monohan	9:21	93.5
104	Howie Lewczyk		
106	Chris Parks		
115	Chad Bowman		
130	Jeremy Knopf		
131	Sean O'Donohue		
139	Dave Holmes		
157	Peter Ballard		
169	Frank Miccoli		

St Michael's - 81

Vestal - 125

McQuaid - 12

Pittsford - 161

Frontier - 183

Tuesday Meet GUP

Sept 30, 1986

1.5 mi.

position	name	time	$\frac{1}{4}$ mi. pace
----------	------	------	------------------------

1.	Steve Foley	8:31	85.2
----	-------------	------	------

5.	Chad Bowman	9:44	97.3
----	-------------	------	------

6.	Chris Parks	9:46	97.6
----	-------------	------	------

7.	Peter Ballard	9:50	98.3
----	---------------	------	------

10	Jeremy Knopf	9:52	98.6
----	--------------	------	------

13.	Sean O'Donohue	10:52	108.7
-----	----------------	-------	-------

16.	David Holmes	10:55	109.2
-----	--------------	-------	-------

Baldwinsville Invitational

Oct. 4, 1986

2.0 mi

1st of 13

record 32-5

Conditions: Wet + very muddy

position	name	time	1/4 mi pace
1	Steve Foley	12:13	91.6
10	Jason Fahy	12:40	95.0
11	Mark Spagnola	12:43	95.4
24	Matt Salata	13:22	100.3
29	Andy Monohan	13:40	102.5
43	Bing Waldert	13:59	104.9
46	Charlie Sadler	14:05	105.6
57	Gary Passero	14:21	107.6
70	Howie Lewczyk	14:41	110.1
80	Matt Amoroso	14:48	111.0
82	Chris Parks	14:51	111.4
89	Chad Bowman	15:10	113.8
92	Jeremy Knopf	15:14	114.3
98	Peter Ballard	15:31	116.4
117	Frank Miccoli	16:50	126.3

130+ runners

McQuaid - 75

Vestal - 91

N. Syracuse - 11

Tuesday Meet - Cobb's Hill
Oct. 7, 1986

1.7 mi.

Position	Name	Time	$\frac{1}{4}$ mi. pace
2	Bing Waldert	10:58	96.8
4	Chris Parks	11:25	100.7
5	Matt Amoroso	11:32	101.8
6	Gary Passero	11:41	103.1
7	Chad Bowman	11:42	103.2
8	James Murphy	11:48	104.1
9	Peter Ballard	11:52	104.7
10.	Jeremy Knopf	12:00	105.9
11.	Sean O'Donohue	12:07	106.9
20.	David Holmes	13:26	118.5
21.	Frank Miccoli	13:48	121.8
23.	Kevin Goldenbogen	14:28	127.6
24.	Jerry Czarnecki	14:40	129.6

Fayetteville - Manlius Invitational

Oct. 11, 1986

1.9 mi.

1st of 6

record 37-5

position	name	time	1/4 mi. pace
1.	Jason Fahy *	11:44	92.6
2.	Steve Foley *	11:49	93.6
5	Marc Spagnola *	12:04	95.6
13	Matt Salata	12:25	98.0
16	Charlie Sadler	12:32	98.9
24	Andy Monahan	12:52	101.6
34	Bing Waldert	13:07	103.6

* ran extra distance

48 runners

McQuaid 37
Oswego 69
CNSJ 72

Fayetteville-Manlius Invitational
Freshman Extras Race
Oct. 11, 1986

1.9 mi.

position	name	time	$\frac{1}{4}$ mi. pace
3	Howie Lewczyk	12:53	101.7
4	Gary Passero	12:57	102.2
7	James Murphy	13:26	106.1
11	Chad Bowman	13:37	107.5
12	Peter Ballard	13:38	107.6
15	Jeremy Knopf	13:44	108.4
22	Matt Amoroso	14:11	112.0
31	David Holmes	15:17	120.7
33	Frank Miccoli	15:45	124.2
35	Jerry Czarnecki	16:06	127.1
36	Kevin Goldenbogen	16:16	128.4

44 runners

Tuesday Meet Cobb's

Oct. 14, 1986

position	name	Time	1/4 mi. pace
1	Jason Fahy	10:03	88.7
4	Andy Monahan	11:09	98.4
5	Gary Passera	11:15	99.3
7	Chris Parks	11:28	101.2
9	James Murphy	11:39	102.8
10	Peter Ballard	11:42	103.2
12	Matt Amoroso	12:02	106.2
13	Sean O'Donohue	12:10	107.4
21	Frank Miccoli	13:12	116.5
23	David Holmes	13:16	117.1
31	Jerry Czarnecki	14:07	124.6
32	Kevin Goldenbogen	14:18	126.2

Auburn Invitational

Oct. 18, 1986 - very muddy

2.0 mi.

1st of 10

44-5

position	name	time	1/4 mi. pace
1.	Steve Foley	12:20	92.5
6.	Jason Fahy	12:46	95.8
13.	Mark Spagnola	12:59	97.4
21.	Matt Salata	13:15	99.4
24	Charlie Sadler	13:19	99.9
31.	Andy Monahan	13:50	103.8
42.	Chris Parks	14:04	105.5
43.	Bing Waldert	14:04	105.5
47	Howie Lewczyk	14:15	106.9
50	Gary Passero	14:23	107.9
64.	Peter Ballard	15:04	113.0
71	Jeremy Knopf	15:19	114.9
74	Matt Amoreso	15:27	115.9
75	Shawn O'Donoghue	15:31	116.4
98.	Jerry Czarnecki	18:37	139.6

McQuaid-65

CNS - 74

B'ville 92

Oswego - 102 etc.

102 runners.

Tuesday Meet at Cobb's
Oct. 21, 1986

1.7 mi.

position	name	time	$\frac{1}{4}$ mi. pace
2	Mark Spagnola	10:14	90.3
3	Charlie Sadler	10:41	94.3
4	Bing Waldert	10:43	94.6
7	Howie Lewczyk	10:53	96.0
8	Gary Passero	11:05	97.8
10	Matt Amoroso	11:13	99.0
11	Peter Ballard	11:18	99.7
12.	James Murphy	11:45	103.7
15.	Chad Bowman	11:54	105.0
20	Frank Miccoli	12:36	111.2
30	Jerry Czarnecki	14:19	126.3

Greenman Invitational
Binghamton, N.Y.
Oct. 25, 1986

31 mi

2nd of 5

49-6

position	name	time	1/4 mi pace
1	Steve Foley	11:48	84.3
10	Jason Fahy	12:32	89.5
11	Mark Spagnola	12:36	90.0
18	Matt Salata	13:06	93.6
20	Charlie Sadler	13:08	93.8
32	Howie Lewczyk	13:41	97.7
33	Chris Parks	13:46	98.3

Vestal-55

McQuaid -60

Maine-Endwell-79

City Catholic Championships

Tuesday Oct 28, 1986

1.7 mi. 1st of 3 record 51-6

position	name	time	1/4 mi pace
1	Jason Fahy	9:38	85.0
2	Steve Foley	9:44	85.9
3	Mark Spagnola	10:23	91.6
4	Matt Salata	10:29	92.5
6	Andy Monahan	10:43	94.6
7	Charlie Sadler	10:51	95.7
9	Bing Waldert	10:58	96.8
11	Howie Lewczyk	11:06	97.9
13	Chris Parks	11:18	99.7
15	Jeremy Knopf	11:43	103.4
16	Chad Bowman	11:44	103.5
17	Peter Ballard	11:47	104.0
20	Sean O'Donoghue	12:06	106.8
22	Frank Miccoli	12:57	114.3
24	Jerry Czarnecki	15:35	137.5

All-Comers Meet

Oct. 31, 1986

1.50 miles

Genesee Valley Park

1st of 4

record 54-6

position	name	time	1/4 mi. pace
1	Steve Foley	8:23	83.8
3	Jason Fahy	8:25	84.2
6	Mark Spagnola	8:45	87.5
10	Matt Salata	9:12	92.0
12	Charlie Sadler	9:14	92.3
16	Bing Waldert	9:35	95.8
19	Jeremy Knopf	9:38	96.3
23	Matt Amoroso	9:54	99.0
25	Peter Ballard	10:04	100.7
28	Chad Bowman	10:24	104.0
29	Sean O'Donoghue	10:29	104.8
32	Frank Miccoli	10:47	107.8
39	Jerry Czarnecki	12:29	124.8

McQuaid-32 Hilton-42

Jesuit Championships.

Nov. 15, 1986

1.65 mi.

1st of 4

Van Cortlandt Pk

record 57-6

position	name	time	1/4 mi pace
1	Steve Foley	8:52	80.6
2	Jason Fahy	8:57	81.4
3	Mark Spagnola	9:26	85.8
7	Matt Salata	9:38	87.6
9	Charlie Siedler	9:49	89.2
12	Andy Monahan	9:53	89.8
24	Bing Waldert	10:18	93.6