



McQuaid

Cross Country

1994 MODIFIED PROGRAM

Season Record: W 66 L 6

HIGHLIGHTS: **TOP TEAM** at Irondequoit-Penfield Invitational,
Canandaigua Invitational
Greenman Invitational (Binghamton)
City Catholic Championship
Jesuit Schools Championship (NYC)

TOP RUNNERS: Shane Woityra, Sanjay Narayan, Kevin Freytag,
Matt Davin, Colin Haire, Jim Brasser
Ben Zyla, J.C. Rondash

COACH: Bill Dodd

RYAN, JR. MEMORIAL GYM



AUBURN INVITATIONAL

Race #1 9/17/94 70 degrees - cloudy 1.6 miles 145 runners

Non-Team Scoring Event

Winner - Al Harper - Thousand Islands 9:12

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>1993 Time</u>
Shane Woityra	3	9:28	
Sanjay Narayan	15	9:49	
Kevin Freytag	27	10:16	
Matt Davin	30	10:18	
Colin Haire	39	10:28	

McQUAID TEAM SCORE 114

J.C. Rondash	44	10:34
Ben Zyla	47	10:44
Rob Whitcomb	50	10:46
Joe Kannel	53	10:53
Andy Lyboldt	71	11:14
Tim Perrotta	72	11:18
Brandon Smaglo	90	11:37
John Wegman	97	11:41
Sal Guarnieri	128	12:46
Martin Ferris	131	12:56
Kevin Leckinger	133	13:00
James Martin	136	13:31
Greg Brandon	138	13:49
Colin Murtha	139	13:52
Phil Bonham	140	14:08
Chris O'Connor	142	15:43
Nick Miraglia	DNF	

* MOST IMPRO

H.A.C. INVITATIONAL

Race #2 9/21/94 78 degrees Sunny

52 Runners Non Scoring Team Event - 1.5 miles (Approx.)

WINNER - STEVE RATCLIFF - Edison Tech 8:35

McQUAID RUNNERS

<u>Place</u>	<u>Time</u>	<u>1993 Time 1.3 miles</u>
2	8:47	7:37
6	9:08	
7	9:12	
10	9:18	
11	9:20	8:52
12	9:26	
14	9:39	9:06
16	9:42	
17	9:48	10:01
19	10:04	
20	10:08	
22	10:34	
26	11:16	
27	11:21	
32	11:51	12:43*
33	11:55	
34	11:56	
38	12:00	12:28
41	12:08	
45	12:30	
47	12:53	
50	13:15	
51	13:57	
52	Unknown	

* MOST IMPROVED TIME

B'VILLE INVITATIONAL

Race #3 9/24/94 60 degrees Cloudy

175 Runners - 1.6 miles (Approx.)

WINNER - NICK McGUINNIS - Auburn 10:40

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>1993 Time 2 miles</u>
Shane Woityra	2	10:52	12:47
Colin Haire	15	11:23	13:42
Kevin Freytag	18	11:26	14:33
Matt Davin	32	11:49	
Ben Zyla	46	12:10	
TEAM SCORE	113		
Rob Whitcomb	63	12:30	16:10
Tim Perrotta	74	12:41	
Joe Kannel	76	12:42	
Andy Lyboldt	77	12:43	
John Wegman	96	13:10	
Brandon Smaglo	132	13:53	
Kevin Leckinger	137	14:11	
Sal Guarnieri	148	14:37	
Martin Ferris	149	14:41	
Colin Murtha	153	14:54	
Phil Bonham	164	15:42	19:40*
James Martin	168	16:07	19:45
Chris O'Connor	169	16:49	
Mike Dreher	170	17:03	
Nick Miraglia	175	19:42	

*** MOST IMPROVED TIME**

TEAM SCORING

Central Square A 59

W. Genesee 101

McQUAID 113

1994 Season Record

W 11 L 2

Auburn 125

Corning 142

B'Ville 156

Cicero N.S. 170

Horseheads 234

Oswego 280

Central Sq. B 326

E. Syra-Minoa 422

Ithaca 447

Elmira S. 495

Central Sq. C 642

Fulton INC

Liverpool INC

Nottingham INC

Union Endicott INC

COBBS HILL NON-SCORING SCRIMMAGE RUN

9/27/94 70 degrees Sunny 1.7 miles

WINNER - STEVE RATCLIFF - Edison Tech 10:33

McQUAID RUNNERS

<u>Name</u>		<u>1993 Times</u>
Sanjay Narayan	11:19	
J.C. Rondash	11:34	11:51
Joe Kannel	12:03	
Tim Perrotta	12:06	
Andy Lyboldt	12:20	
John Wegman	12:39	
Brandon Smaglo	13:04	
Martin Ferris	14:04	
Kevin Leckinger	14:20	
Colin Murtha	14:37	
Michael Dreher	15:15	
Phil Bonham	15:30	17:19
James Martin	15:47	17:38*
Chris O'Connor	17:55	
Nick Miraglia	18:28	
Greg Brandon	DNF	

*** MOST IMPROVED TIME**

30th ANNUAL McQUAID INVITATIONAL

Race #4 10/1/94 57 degrees Steady Light Rain

Muddy conditions 1.4 miles 20 Teams - 251 Runners finished

WINNING TIME - 7:43

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>1993 Time 1.58 miles</u>
Sanjay Narayan	15	8:26	9:18
Kevin Freytag	21	8:35	10:46
Shane Woityra	30	8:42	9:29
Matt Davin	38	8:48	
Colin Haire	43	8:51	10:18
TEAM SCORE	147		
Jim Brasser	44	8:52	
John Wegman	98	9:28	
Rob Whitcomb	107	9:36	11:40
Andy Lyboldt	144	9:55	
Brandon Smaglo	151	9:59	
Joe Kannel	178	10:15	
Kevin Leckinger	195	10:29	
Sal Guarnieri	203	10:43	
Martin Ferris	209	10:50	
Greg Brandon	211	10:52	
Phil Bonham	225	11:25	14:48
Colin Murtha	226	11:25	
James Martin	233	11:45	15:22*
Mike Dreher	236	11:54	
Chris O'Connor	250	13:28	
Nick Miraglia	251	14:26	

*** MOST IMPROVED TIME**

TEAM SCORING

1.	St. Joes (Buffalo)	82
2.	F - M (Syracuse)	107
3.	Guilderland (Albany)	115
4.	McQUAID	147
5.	Central Square	164
6.	Fairport	194
7.	Niskayuna	241
8.	Corning	264
9.	Auburn	275
10.	Baldwinsville	332
11.	Horseheads	349
12.	St. Michaels	375
13.	Vestal	393
14.	Greece Athena	506
15.	Binghamton	557
16.	Elmira Southside	646
17.	Gates - Chili	672
18.	Irondequoit	695
19.	Webster	701
20.	Rome Free Academy	715

1994 Season Record

W 27 L 5

COBBS HILL NON-SCORING SCRIMMAGE RUN

10/4/94 53 degrees Cloudy 1.7 miles

WINNER - STEVE RATCLIFF - Edison Tech 10:27**McQUAID RUNNERS**

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>1993 Time</u>
Rob Whitcomb	2	11:25	13:10
Andy Lyboldt	4	11:48	
Brandon Smaglo	7	12:41	
Sal Guarnieri	10	13:01	
Colin Murtha	15	13:47	
Martin Ferris	16	13:48	
Mike Dreher	20	14:50	
James Martin	21	14:58	18:24*
Greg Brandon	22	15:03	
Kevin Leckinger	23	15:12	
Phil Bonham	24	15:15	17:16
Chris O'Connor	28	16:29	
Nick Miraglia	31	17:33	

*** MOST IMPROVED TIME**

IRONDEQUOIT - PENFIELD INVITATIONAL

Race #5 10/7/94 72 degrees Sunny

138 Runners - 1.5 miles

WINNER - JOE GARDNER - Albion 8:20

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>1993 Time</u>
Sanjay Narayan	2	8:21	8:37
Colin Haire	6	8:36	9:27
Jim Brasser	8	8:48	
Matt Davin	10	8:52	
Ben Zyla	17	9:06	
TEAM SCORE	<u>43</u>		
J. C. Rondash	18	9:07	
Rob Whitcomb	21	9:12	10:54*
Tim Perrotta	37	9:38	
Joe Kannel	38	9:40	
Andy Lyboldt	39	9:47	
Brandon Smaglo	43	9:56	
Sal Guarneiri	79	10:34	
Kevin Leckinger	96	11:00	
Philip Bonham	105	11:24	
James Martin	106	11:25	12:15
Greg Brandon	107	11:26	
Mike Dreher	124	12:23	
Chris O'Connor	129	13:01	
Nick Miraglia	136	14:33	

* MOST IMPROVED TIME

TEAM SCORING

1.	McQuaid	43	<u>1994 Season Record</u>	
			38 W	5 L
2.	Athena	109		
3.	Greece - Arcadia	136		
4.	Gates - Chili	145		
5.	Pittsford	149		
6.	Victor	155		
7.	Irondequoit	185		
8.	Brockport	214		
9.	Olympia	215		
10.	Webster	250		
11.	Brighton	373		
12.	Spencerport	428		
	Albion	Incl.		
	E. Rochester	Incl.		

CANANDAIGUA INVITATIONAL - C.C.F.L.

Race #6 10/15/94 46 degrees Sunny

68 Runners - 3,000 meters

WINNER - NICK McGUINNIS - AUBURN 12:04**McQUAID RUNNERS**

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>1993 Time</u>
Shane Woityra	2	12:11	12:57
Sanjay Narayan	3	12:13	12:44
Jim Brasser	7	12:49	
Colin Haire	8	12:50	13:48
Kevin Freytag	<u>10</u>	12:57	14:17
TEAM SCORE	<u>30</u>		
Matt Davin	11	13:04	
J.C. Rondash	15	13:37	14:25
Rob Whitcomb	16	13:39	15:36
Tim Perrotta	22	13:51	
John Wegman	30	14:14	
Andy Lyboldt	39	14:45	
Joe Kannel	43	14:53	
Brandon Smaglo	46	15:14	
Sal Guarneiri	50	15:43	
James Martin	54	16:35	19:11
Colin Murtha	55	16:37	
Martin Ferris	56	16:38	
Kevin Leckinger	57	16:47	
Philip Bonham	61	18:03	20:48*
Greg Brandon	62	18:04	
Mike Dreher	63	18:08	
Chris O'Connor	67	19:54	

***MOST IMPROVED TIME**

TEAM SCORING:

McQuaid	30
Baldwinsville	53
Auburn	82
Canandaigua	148
Geneva	167
Sodus	168
Wayne -	Inc1

1994 Season Record
W 43 L 5

COBBS HILL NON-SCORING SCRIMMAGE RUN

10/18/94 Tuesday 66 degrees Cloudy 1.7 miles

WINNER - SHANE WOITYRA - 10:00

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>1993 Time</u>
Shane Woityra	1	10:00	10:17
Sanjay Narayan	2	10:05	10:44
Colin Haire	3	10:25	11:05
Matt Davin	4	10:26	
Kevin Freytag	6	10:33	12:20
J.C. Rondash	7	10:52	12:02
Rob Whitcomb	8	11:16	13:02
John Wegman	9	11:17	
Ben Zyla	10	11:21	
Tim Perrota	11	11:33	
Joe Kannel	12	11:35	
Andy Lyboldt	14	11:54	
Brandon Smaglo	15	12:01	
Sal Guarneiri	18	12:57	
Colin Murtha	20	13:04	
Martin Ferris	23	13:11	
James Martin	24	13:16	16:27*
Phil. Bonham	29	13:42	15:30
Mike Dreher	30	13:48	
Greg Brandon	31	14:37	
Chris O'Connor	37	15:55	

* MOST IMPROVED TIME

COMPARISON - COBBS HILL RACES

<u>NAME</u>	<u>9/27/94</u>	<u>10/18/94</u>	<u>CHANGE</u>
S. Narayan	11:19	10:05	1:14
J.C. Rondash	11:34	10:52	:42
J. Kannel	12:03	11:35	:28
T. Perrota	12:06	11:33	:33
A. Lyboldt	12:20	11:54	:26
J. Wegman	12:39	11:17	1:22
B. Smaglo	13:04	12:01	1:03
M. Ferris	14:04	13:11	:53
C. Murtha	14:37	13:04	1:33
M. Dreher	15:15	13:48	1:27
P. Bonham	15:30	13:42	1:48
C. O'Connor	17:55	15:55	2:00*

*** MOST IMPROVED TIME**

CLARENCE FALL CLASSIC

Race #7 10/22/94 56 degrees Cloudy

139 Runners 28 Teams - 3,000 meters

WINNER - SHANE WOITYRA - McQUAID 10:09

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>
Shane Woityra	1	10:09
Sanjay Narayan	2	10:11
Colin Haire	9	10:41
Matt Davin	11	10:43
Kevin Freytag	12	10:47
TEAM SCORE	<u>35</u>	
Ben Zyla	22	11:03
J.C. Rondash	30	11:16
Rob Whitcomb	32	11:21
John Wegman	43	11:46
Joe Kannel	44	11:48
Tim Perrotta	53	12:00
Brandon Smaglo	84	12:36
Andy Lyboldt	88	12:44
Kevin Leckinger	92	12:47
Martin Ferris	109	13:39
Sal Guarneira	110	13:46
Greg Brandon	127	14:43
James Martin	129	14:48
Mike Dreher	130	14:54
Chris O'Connor	131	14:59

1.	St. Joe's	32
2.	McQUAID	35
3.	Addison	157
4.	Akron	225
5.	Victor	270
6.	Amherst	283
7.	Clarence	296
8.	Lewiston Porter	322
9.	Allegany	333
10.	Barker	341
11.	Oakfield-Alabama	364
12.	Batavia	371
13.	Lancaster	486

1994 Season Record
W 54 L 6

Incomplete - Medina, Newfane, Olean, Penfield, Randolph,
 Starpoint, Sweet Home, Wheatland-Chili, Wilson
 Frewsburg, Spencerport, Canisus, Albion, Alden,
 Frankinville.

COBBS HILL NON-SCORING SCRIMMAGE RUN

10/25/94 49 degrees Cloudy 1.7 miles 33 Runners

WINNER - ROB WHITCOMB - 11:06

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>9/27/94 Time</u>
Rob Whitcomb	1	11:06	
John Wegman	2	11:07	12:39
Joe Kannel	3	11:17	12:03
Tim Perrotta	4	11:34	12:06
Andy Lyboldt	5	11:50	12:20
Brandon Smaglo	11	12:48	13:04
Sal Guarneiri	12	12:49	
Colin Murtha	15	13:02	14:37
Martin Ferris	17	13:16	14:04
Greg Brandon	23	14:05	
James Martin	24	14:10	15:47
Mike Dreher	25	14:11	15:15
Philip Bonham	27	14:40	15:30
Chris O'Corr	32	15:33	17:55*

*** MOST IMPROVED TIME**

29th ANNUAL GREENMAN MEMORIAL CROSS COUNTRY RUN

10/25/94 Saturday 45 degrees Sunny

2.0 miles Ely Park, Binghamton

WINNER - IAN KETCHAM - Elmira Southside 12:11

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>1993 Time</u>
Sanjay Narayan	3	12:20	13:21
Shane Woityra	6	12:39	13:19
Colin Haire	8	12:50	14:13
Kevin Freytag	11	13:05	
Matt Davin	<u>13</u>	13:07	

TEAM SCORE 41

J.C. Rondash	20	13:30
Jim Brasser	21	13:33
Ben Zyla	25	13:37

JR. HIGH - B RACE

WINNER - NICK IRVING - ELMIRA FREE ACADEMY 13:17

<u>McQUAID Runners</u>	<u>Place</u>	<u>Time</u>
Rob Whitcomb	7	14:07
Tim Perrotta	17	14:55

1. McQuaid	41	<u>1994 Record</u>	
		W	L
		62	6
2. Corning	69		
3. Horseheads	99		
4. Vestal	160		
5. Union Endicott	161		
6. Elmira Southside	174		
7. Binghamton	176		
8. Chenango Forks	202		
9. Chenango Valley	216		

INCOMPLETE

Elmira Free Academy, Ithaca, Johnson City,
Maine Endwell, Oswego Free Academy, South Vestal

CITY CATHOLIC CHAMPIONSHIP - COBBS HILL

11/1/94 49 degrees Rainy 1.7 miles

McQUAID RUNNERS

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>9/27/94</u>	<u>1993</u>
Sanjay Narayan	1	10:01	11:19	10:50
Colin Haire	2	10:27	-----	12:07
Kevin Freytag	3	10:32	-----	12:22
Matt Davin	4	10:46	-----	-----
Jim Brasser	5	10:55	-----	-----
J.C. Rondash	6	11:02	11:34	12:36
Joe Kannel	7	11:11	12:03	-----
Rob Whitcomb	8	11:13	-----	13:28
Andy Lyboldt	10	12:10	12:20	-----
Sal Guarneiri	12	12:38	-----	-----
Brandon Smaglo	13	12:45	13:04	-----
Colin Murtha	14	12:52	14:37	-----
Martin Ferris	16	13:21	14:04	-----
James Martin	18	13:44	15:47	21:07* *
Phil Bonham	19	14:19	15:30	15:56
Mike Dreher	20	14:27	15:15	-----
Chris O'Connor	22	15:38	17:55*	

* * MOST IMPROVED TIMES
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11/19/94 49th Annual Jesuit Schools Championship
Van Cortland Park NYC 50 degrees Sunny 1.65 miles

TEAM SCORING: 1. McQuaid 45 1994 Final Record
W 66 L 6

2. Loyola (Maryland) 51
3. St. Joseph's (Pa.) 52
4. Regis (NYC) 73
5. Fordham Prep (NYC) 119

INCL.

- St. Peter's (N.J.)
Scranton Prep (Pa.)
Xavier (NYC)
Georgetown Prep (Wash D.C.)

INDIVIDUALS:

4. Sanjay Narayan 9:18
5. Matt Davin 9:21
9. Jim Brasser 9:35
11. Kevin Freytag 9:39
16. Shane Woityra 9:53

TEAM SCORE

45

21. Ben Zyla 10:07