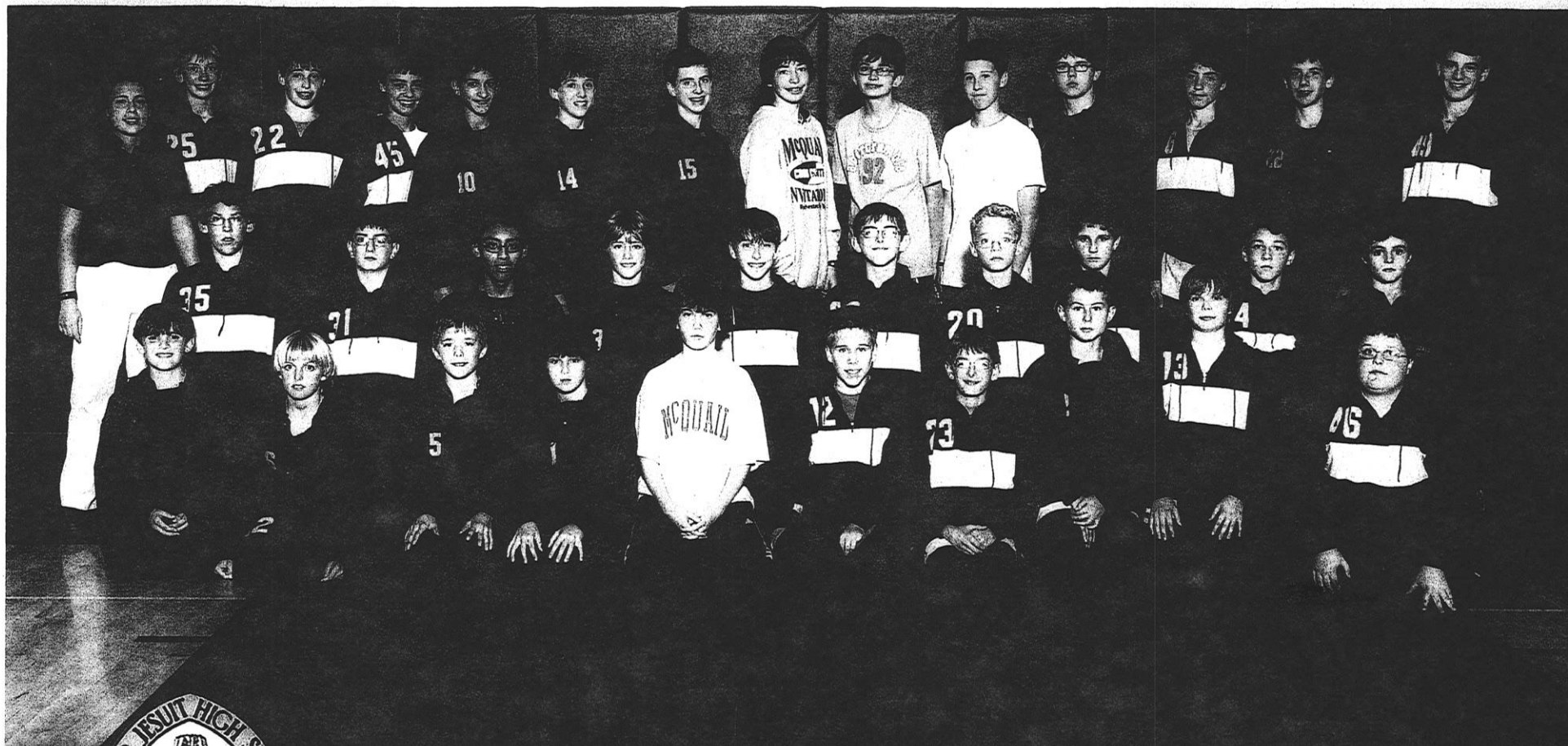
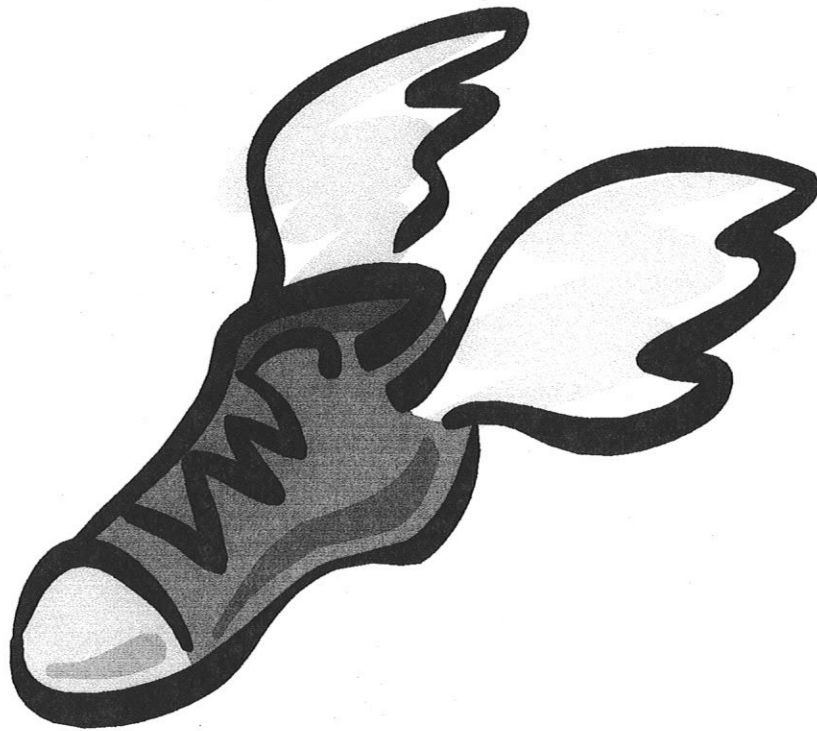




McQuaid Jesuit Knights

Modified Cross Country 2006 - 2007

McQuaid Jesuit
Junior High School Cross Country
Fall 2006
Coach Franca



Congratulations on a successful season

1st Place Finishes: 6
2nd Place Finishes: 3

McQuaid Jesuit
Junior High Cross Country
Marcus Whitman 9/16/2006
2,100 meters; 95 runners
Weather: dry & warm

Name	Time	Place	Last Year	Improvement
1. Ben Zeiss	7:40	1	9:07	- 1:33
2. Gabe Ciminelli	7:54	4		
3. Martin Paz	8:47	19	10:26	- 1:39
4. Levi Bowen	8:55	20		
5. Cal Cooper	8:57	21	10:07	- 1:10
6. Justin Henry	9:03	26		
7. Ryan Orlando	9:11	30		
8. Wyatt Gouldthorpe	9:18	32		
9. Alex Bourdelais	9:24	36		
10. Nick Malahosky	9:27	38	10:12	- .45
11. Kevin Mathew	9:32	41		
12. Aaron Taggart	9:34	42	9:50	- .16
13. Josiah Files	9:39	48		
14. Michael Wolcott	9:48	50		
15. Patrick Delehanty	9:52	54		
16. Mickey Huether	10:09	59	10:40	- .31
17. Michael Eyerman	10:52	75		
18. Connor Finucane	11:00	77		
19. Kevin Kerr	11:13	81		
20. Evan McArthur	13:41	92		
21. Rob Schrader	16:31	94		

Top 9th grader: Ben Zeiss
 Top 8th grader: Gabe Ciminelli
 Top 7th grader: Alex Bourdelais

Scrimmage



“There is no substitute for hard work.”
-Thomas Edison (1847-1931), American inventor

McQuaid Jesuit
Junior High Cross Country
Auburn 9/23/2006
1.45 Miles; 86 runners
Weather: wet, damp, & some sun

Name	Time	Place	Last Year	Improvement
1. Ben Zeiss	8:26	2	9:41	- 1:15
2. Robert Hurlbut	8:31	4	9:00	- .29
3. Gabe Ciminelli	8:39	6		
4. Doug Leclair	9:04	8	9:51	- .47
5. Kealan Devanny	9:12	10		
6. Levi Bowem	9:15	11		
7. Ryan Orlando	9:36	15		
8. Gardy Webber	9:41	16		
9. Justin Henry	9:58	22		
10. Cal Cooper	9:59	23		
11. Nick Malahosky	10:01	25	11:09	- 1:08
12. Wyatt Gouldthorpe	10:11	28		
13. Alex Bourdelais	10:15	30		
14. Kevin Mathew	10:29	36		
15. Cameron Tracy	10:30	37		
16. Aaron Taggart	10:33	40	10:40	- .07
17. Mackenzie Cleary	10:34	43		
18. Mike Eyerman	10:41	46		
19. Ben Colak	10:45	49		
20. Eric Mongeau	11:03	54	11:10	- .07
21. Martin Paz	11:13	56	11:24	- .11
22. Josiah Files	11:30	59		
23. Kevin Kerr	13:11	72		
24.	13:33	75		
25. Evan McArthur	15:55	84		
26. Rob Schrader	16:31	85		

*Whoever ran under Dennis Huff's name for this race was #24 on the team

Top 9th grader: Ben Zeiss

Top 8th grader: Rob Hurlbut

Top 7th grader: Kealan Devanny

1st Place: Cicero-North Syracuse 25

2nd Place: McQuaid Jesuit 30

3rd Place: Auburn 97

McQuaid Jesuit
Junior High Cross Country
McQuaid Invitational 9/30/2006
1.49 Miles; 263 Runners

Weather: damp, some sun, & mild temperature

Name	Time	Place	Last Year	Improvement
1. Ben Zeiss	8:28	5	9:44	- 1:16
2. Robert Hurlbut	8:38	8		
3. Gabe Ciminelli	8:39	10		
4. Doug Leclair	8:52	16	9:48	- .56
5. Dennis Huff	9:14	35	10:16	- 1.02
6. Kiran Rajamani	9:21	37	10:34	- 1.13
7. Kealan Devanny	9:25	43		
8. Levi Bowen	9:30	48		
9. Angelo DeAngelis	9:33	54		
10. Martin Paz	9:34	60	11:23	- 1:49
11. Gardy Webber	9:39	62		
12. Mike Crosby	9:49	73		
13. Cal Cooper	9:5	90		
14. Wyatt Gouldthorpe	10:01	101		
15. Justin Henry	10:03	110		
16. Ryan Orlando	10:04	113		
17. Nick Malahosky	10:06	114		
18. Aaron Taggart	10:14	116	10:10	+ .04
19. Alex Bourdelais	10:24	129		
20. Kevin Mathew	10:29	145		
21. Mike Eyerman	10:29	150		
22. Eric Mongeau	10:30	153	11:09	- .39
23. Patrick Delehanty	10:31	154		
24. Jack Mageria	10:54	155		
25. Mackenzie Cleary	11:00	156		
26. Mickey Huether	11:04	174	10:58	+ .06
27. Connor Finucane	11:06	177		
28. A. J. Whitbeck	11:22	185		
29. Michael Wolcott	11:23	191		
30. Josiah Files	11:36	208		
31. Ben Colak	11:49	230		
32. Kevin Kerr	11:50	231		
33. Russell Hartley	12:28	245		
34. Cameron Treacy	12:36	246		
35. Evan McArthur	15:40	259		
36. Rob Schrader	16:46	260		

Top 9th grader: Ben Zeiss

Top 8th grader: Rob Hurlbut

Top 7th grader: Kealan Devanny

1st place: St. Joe's/St. Michaels

2nd Place: McQuaid Jesuit

McQuaid Jesuit
Junior High Cross Country
Penfield 10/6/2006
1.85 Miles; 183 Runners
Weather: damp, sunny, & warm

Name	Time	Place	Last Year	Improvement
1. Ben Zeiss	8:40	2	9:00	- .20
2. Robert Hurlbut	8:48	4		
3. Gabe Ciminelli	8:50	5		
4. Doug Leclair	9:08	12	9:42	- .34
5. Kealan Devanny	9:11	16		
6. Angelo DeAngelis	9:26	20		
7. Martin Paz	9:30	22		
8. Dennis Huff	9:42	25	10:00	- .18
9. Gardy Webber	9:47	27		
10. Mike Crosby	9:48	28		
11. Levi Bowen	9:50	29		
12. Ryan Orlando	10:12	38		
13. Aaron Taggart	10:16	40	10:20	- .04
14. Justin Henry	10:22	47		
15. Alex Bourdelais	10:33	52		
16. Nick Malahosky	10:38	54	10:46	- .08
17. Wyatt Gouldthorpe	10:52	61		
18. Mike Eyerman	11:07	75		
19. Cal Cooper	11:18	80	10:27	+ .51
20. Mackenzie Cleary	11:27	89		
21. Patrick Delehanty	11:34	92		
22. Kevin Mathew	11:35	93		
23. Connor Finucane	12:05	108		
24. Mickey Huether	12:26	119	10:31	+ 1:55
25. Michael Wolcott	12:38	124		
26. Josiah Files	12:58	132		
27. Ben Colak	13:12	136		
28. Kevin Kerr	14:23	151		
29. Rob Schrader	17:02	182		
30. Evan McArthur	18:56	183		

Top 9th grader: Ben Zeiss

Top 8th grader: Rob Hurlbut

Top 7th grader: Kealan Devanny

1st Place: McQuaid Jesuit 39

2nd Place: Honeoye-Falls Lima 61

3rd Place: Webster 93

McQuaid Jesuit
Junior High Cross Country
Seneca Park 10/14/2006
2 Miles

Weather: heavy rain, wet, muddy, cold, & overcast

<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Last Year</u>	<u>Improvement</u>
1. Ben Zeiss	13:32	6		
2. Robert Hurlbut	13:38	7		
3. Doug Leclair	13:45	8		
4. Gabe Ciminelli	13:54	9		
5. Kiran Rajamani	14:07	15		
6. Levi Bowen	14:45	22		
7. Angelo DeAngelis	14:46	23		
8. Mike Crosby	14:50	25		
9. Dennis Huff	14:56	31		
10. Martin Paz	14:57	32		
11. Kealan Devanny	15:01	33		
12. Aaron Taggart	15:35	44		
13. Alex Bourdelais	14:38	45		
14. Ryan Orlando	15:41	46		
15. Justin Henry	16:07	57		
16. Cal Cooper	16:17	66		
17. Patrick Delehanty	16:22	72		
18. Connor Finucane	16:34	76		
19. Jack Mageria	16:52	94		
20. Mackenzie Cleary	16:52	103		
21. Josiah Files	17:23	116		
22. Mickey Huether	17:59	122		
23. Ben Colak	18:59	155		
24. Kevin Kerr	19:26	161		
25. Evan McArthur	26:01	169		

Top 9th grader: Ben Zeiss

Top 8th grader: Rob Hurlbut

Top 7th grader: Angelo DeAngelis

1st Place: McQuaid Jesuit

“As long as we are persistent in our pursuit of our deepest destiny, we will continue to grow. We cannot choose the day or the time when we will fully bloom. It will happen in its own time.”

-Denis Waitley, Seeds of Greatness

McQuaid Jesuit
Junior High Cross Country
Liverpool 10/21/2006
1.5 Miles

Weather: sunny, extremely muddy, wet, & warm

Name	Time	Place	Last Year	Improvement
1. Rob Hurlbut	9:35	1	12:31	- 2:56
2. Ben Zeiss	9:45	5	13:13	- 3:28
3. Doug Leclair	10:04	11	13:49	- 3:45
4. Gabe Ciminelli	10:06	12		
5. Levi Bowen	10:15	17		
6. Angelo DeAngelis	10:19	21		
7. Mike Crosby	10:38	34		
8. Dennis Huff	10:45.2	40	15:00	- 4:14.8
9. Martin Paz	10:45.4	41	15:53	- 5:07.6
10. Kealan Devanny	10:51	42		
11. Gardy Webber	10:52	44		
12. Aaron Taggart	11:05	50	14:13	- 3:08
13. Justin Henry	11:06	52		
14. Ryan Orlando	11:15	57		
15. Alex Bourdelais	11:16	58		
16. Wyatt Gouldthorpe	11:23	64		
17. Nick Malahosky	11:30	67		
18. Kevin Mathew	11:37	77		
19. Patrick Delehanty	11:47	88		
20. Connor Finucane	11:53	99		
21. Cal Cooper	11:54	100	14:04	- 2:10
22. Mike Wolcott	12:03	110		
23. Eric Mongeau	12:12	115	15:58	- 3:46
24. Mike Eyerman	12:14	116		
25. Mackenzie Cleary	12:15	117		
26. Mickey Huether	12:32	128	15:05	- 2:37
27. Josiah Files	12:33	131		
28. Kevin Kerr	13:04	143		
29. Ben Colak	13:05	144		
30. Evan McArthur	18:43	173		
31. Rob Schrader	12:17	174		

This course was changed from last year 1.7 miles down 1.5

Top 9th grader: Ben Zeiss

Top 8th grader: Rob Hurlbut

Top 7th grader: Angelo DeAngelis

1st Place: McQuaid Jesuit 41

2nd Place: Honeoye-Falls Lima 72

3rd Place: Jamesville-Dewitt 107

McQuaid Jesuit
Junior High Cross Country
City Catholic Championship 10/27/2006
1.7 Miles

<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Last Year</u>	<u>Improvement</u>
1. Mike Crosby	10:42	1		
2. Martin Paz	10:53	2		
3. Dennis Huff	10:59			
4. Gardy Webber	11:00			
5. Justin Henry	11:17			
6. Kealan Devanny	11:18			
7. Wyatt Gouldthorpe	11:23			
8. Aaron Taggart	11:28			
9. Patrick Delehanty	11:32			
10. Ryan Orlando	11:35			
11. Jack Mageria	11:48			
12. Nick Malahosky	11:53			
13. Cal Cooper	11:55			
14. Connor Finucane	12:01			
15. Kevin Mathew	12:25			
16. Alex Bourdelais	12:37			
17. Mike Eyerman	12:38			
18. Josiah Files	12:39			
19. Michael Wolcott	12:56			
20. Eric Mongeau	13:09			
21. Kevin Kerr	13:14			
22. Mickey Huether	13:32			
23. Ben Colak/ Mackenzie Cleary	13:44			
24. Cameron Treacy	15:17			
25. Evan McArthur	17:44			
26. Rob Schrader	20:49			

1st Place: McQuaid Jesuit

“Energy and persistence will conquer all things.”
-Benjamin Franklin (1706-90)

McQuaid Jesuit
Junior High Cross Country
Binghamton 10/28/2006
2 Miles

Weather: extremely heavy rain, windy, foggy, & very cold
(Meet Director said to get adequate race times [on a good day] you can probable take about 1:00 off your time due to weather factor)

Name	Time	Place	Last Year	Improvement
1. Robert Hurlbut	12:54	1		
2. Doug Leclair	13:40	8		
3. Ben Zeiss	13:53	10	13:45	- .08
4. Gabe Ciminelli	13:55	13		
5. Kiran Rajamani	14:11	20		
6. Angelo DeAngelis	14:22	28		
7. Levi Bowen	14:54	36		

1st Place: McQuaid Jesuit

2nd Place: Edswell

3rd Place: Vestal



"Tough times never last, but tough people do."

-Dr. Robert Schuller

McQuaid Jesuit
Junior High Cross Country
All Saints Invitational 10/31/2006
2 Miles

Weather: wet & cool

Name	Time	Place	Last Year	Improvement
1. Robert Hurlbut	12:23	2	13:11	- .48
2. Gabe Ciminelli	12:40	3		
3. Doug Leclair	12:54	4	13:39	- .45
4. Angelo DeAngelis	12:55	5		
5. Levi Bowen	13:23	7		
6. Martin Paz	13:44	9	14:46	- 1:02
7. Gardy Webber	13:50	10		
8. Mike Crosby	13:54	11		
9. Kealan Devanny	13:55	12		
10. Dennis Huff	14:04	13	14:57	- .53
11. Justin Henry	14:14	17		
12. Aaron Taggart	14:30	18	14:39	- .09
13. Wyatt Gouldthorpe	14:32	19		
14. Patrick Delehanty	14:39	21		
15. Alex Bourdelais	14:45	22		
16. Nick Malahosky	14:48	23	14:59	- .11
17. Kevin Mathew	14:53	24		
18. Connor Finucane	14:55	25		
19. Ryan Orlando	15:01	26		
20. Mike Eyerman	15:07	28		
21. Jack Mageria	15:19	31		
22. Josiah Files	15:26	33		
23. Eric Mongeau	15:30	35	15:09	+ .21
24. Michael Wolcott	16:05	38		
25. Ben Colak	16:11	39		
26. Mickey Huether	16:13	40	14:53	+ 1.20
27. Kevin Kerr	17:15	48		
28. Evan McArthur	23:18	64		
29. Rob Schrader	26:36	65		

Top 9th grader: Ben Zeiss

Top 8th grader: Rob Hurlbut

Top 7th grader: Angelo DeAngelis

1st Place: McQuaid Jesuit

Injured: Ben Zeiss & Kiran Rajamani

Obligation: Cal Cooper

McQuaid Jesuit
Junior High Cross Country
Jesuit Championships 11/18/2006
1.65 Miles

Weather: sunny, warm, very little breeze

Name	Time	Place	Last Year	Improvement
1. Robert Hurlbut	8:59	2	9:45	- .46
2. Gabe Ciminelli	9:22	8		
3. Angelo DeAngelis	9:37	17		
4. Ben Zeiss	9:37.4	18	9:58	- .20.6
5. Doug Leclair	9:37.9	19		
6. Levi Bowen	9:53	30		
7. Kiran Rajamani	10:03	35		
8. Martin Paz	10:17	39		

1st Place: Gonzaga
2nd Place: McQuaid Jesuit
3rd Place: Regis



"Never, never, never give up."

-Sir Winston Churchill (1874-1965), British statesman & prime minister

McQuaid Jesuit
Junior High Cross Country
2006
Cobbs Hill Meets

TEAM MEMBER	Grade	10/10	10/17	10/24
Bourdelais, Alex	7		12:46	13:24
Bowen, Levi	9	9:54 (9)	10:45	
Ciminelli, Gabe	8	9:08 (2)	10:02	
Cleary, Mackenzie	7	11:54		
Colak, Ben	7	12:39	13:58	13:24
Cooper, Cal	8			
Crosby, Mike	9	9:47 (7)	10:49	11:18
DeAngelis, Angelo	7		10:27	
Delehanty, Patrick	7	11:02	11:35	11:54
Devanny, Kealan	7	10:08		11:36
Eyerman, Michael	7	11:41	12:44	12:53
Files, Josiah	8	12:41	12:57	13:10
Finucane, Connor	7		12:20	12:43
Gouldthorpe, Wyatt	8	11:16		
Henry, Justin	8	11:00		11:33
Huether, Michael (Mickey)	8	12:45	13:31	14:08
Huff, Dennis	8	10:10		11:19
Hurlbut, Robert G.	7	9:29 (5)	9:57	
Kerr, Kevin	7	13:31		13:55
Leclair, Doug	8	9:47 (6)	10:24	
Mageria, Jack	7	11:24		12:00
Malahosky, Nick	8			11:49
Mathew, Kevin	8	11:01		12:44
McArthur, Evan	9	16:20		19:07
Mongeau, Eric	8	12:37		13:42
Orlando, Ryan	8	10:26		12:19
Paz, Martin	9	10:21		11:06
Rajamani, Kiran	9	9:53 (8)	10:26	
Schrader, Robert (Rob)	7	22:52 sick	21:18	22:14
Taggart, Aaron	9	10:56	11:25	12:00
Treacy, Cameron	7		14:44	
Webber, Gardner (Gardy)	7	10:15	11:02	11:26
Wolcott, Michael	8	11:39		12:45
Zeiss, Ben	9	9:18 (3)		

10/10 date is without the big hill 1.65

10/17 & 10/24 are with the big hill: 1.7 miles

McQuaid Jesuit
Junior High Cross Country
2006
Time Trials

TEAM MEMBER	Grade	1 Mile	1 Mile	1 Mile	400m	400m	800m
		9/12	10/11	10/21	9/13	10/21	10/21
		Dry	Rainy	Cold/windy	Dry	Cold/windy	Cold/windy
Bourdelaais, Alex	7	7:44	7:39	7:19	80	88	
Bowen, Levi	9	6:18	6:18	6:05		75	
Ciminelli, Gabe	8	5:40	5:39		69		
Cleary, Mackenzie	7		7:39	7:23		94	
Colak, Ben	7	7:32	7:37	7:50	93	1:02	3:56
Cooper, Cal	8	6:21		6:30	78		3:15
Crosby, Mike	9	6:20	6:24	6:04	72	84	2:56
DeAngelis, Angelo	7	6:18		5:58	72	72	3:03
Delehanty, Patrick	7	7:25	7:10	7:06	85	90	3:24
Devanny, Kealan	7	6:18	6:18	6:24	74	84	3:18
Eyerman, Michael	7	8:00			92		
Files, Josiah	8	8:14		7:38	85	92	3:38
Finucane, Connor	7				86		
Gouldthorpe, Wyatt	8		6:40		82		
Henry, Justin	8	6:45	6:48	6:44	79	87	3:19
Huether, Michael (Mickey)	8	7:33	7:48	8:07	89	1:04	4:01
Huff, Dennis	8	6:17	6:17	6:17	75	81	3:10
Hurlbut, Robert G.	7	5:53			68		
Kerr, Kevin	7	7:50	7:57	7:54	1:42	1:00	3:47
Leclair, Doug	8	6:12	5:56	5:56	72		
Mageria, Jack	7			6:40		85	
Malahosky, Nick	8		6:57		82		
Mathew, Kevin	8	7:34	6:44	6:57	83	87	3:41
McArthur, Evan	9	10:58	9:08	8:30 hurt;3 laps	1:48	1:10	5:02
Mongeau, Eric	8	7:10			80		
Orlando, Ryan	8	6:22	6:42	3:03 sick;2 laps		90	
Paz, Martin	9	6:07	6:16	5:57	68	71	3:13
Rajamani, Kiran	9	6:17	6:11		68		
Schrader, Robert (Rob)	7	7:06 (2 laps)	13:04	13:21	1:47	2:32	5:34
Taggart, Aaron	9	6:32	6:29	7:05	67	75	3:50
Treacy, Cameron	7	7:46	8:32				
Webber, Gardner (Gardy)	7	6:36	6:39	6:28	82	89	3:18
Wolcott, Michael	8	7:10	7:16		84		
Zeiss, Ben	9	5:40	5:35		69		