

MCQUAID JESUIT H.S.

VARSDITY & J.V. CROSS COUNTRY 2006

HIGHLIGHTS

35TH CONSECUTIVE CITY-CATHOLIC CHAMPIONSHIP

DUAL MEET RECORD W-6 L-0

INCLUDING:

17-47 OVER BISHOP KEARNEY

19-40 OVER AQUINAS

BEST INVITATIONAL FINISHES

AUBURN- 3RD , J.V. 1ST

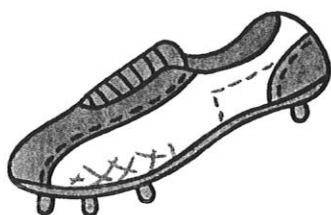
MCQUAID INVITE- 2ND PLACE

PENFIELD- J.V. 2ND

SOUTHERN TIER CLASSIC- 2ND

SENECA PARK- J.V. 3RD

BINGHAMTON- 3RD PLACE, J.V. 1ST





McQuaid Jesuit Knights

Varsity Cross Country 2006 - 2007

McQuaid Cross Country

2006

“Go For It”

Byron Bergen Invite

NAME	Place	Time	05'	Improv
D.J. Seber	3 rd	17:02	16:54	
Dan Plumeri	20 th	18:20	19:42	-1:22
Yigor Vinogradav	23 rd	18:24	21:45	-3:21
Buck O'Rourke	25 th	18:38		
Brian Sparacino	30	18:59	19:14	:-15
Matt DiDonna	33	19:19		
Chris Sponn	35 th	19:23	22:03	-2:40

JV

Aiden Rubery	23 rd	19:42		
Patrick Mueller	24 th	19:46		
Jonatan Ritter	45 th	20:36		
Tom Murray	46 th	20:37	21:11	:-34
Ben Foster	50 th	20:42		
Ricky D'Amato	55 th	20:53		
Happy Gilmore	63 rd	21:19	22:30	-1:11
Chris Cioppa	70 th	21:44		
Phil Alesio	72 nd	21:47	22:28	:-41
Chris Mathew	90 th	22:27		
Connor MacArthur	98 th	22:41	25:03	-2:22
Nate Files	105 th	22:54		
Peter Brett	172 nd	27:36		

VARSITY

1st Fairport (49 points)

2nd Mendon (74 points)

3rd W North (85 points)

4th McQuaid (101 points) (WE ARE FAR BETTER THAN THIS BOYS)

JV was non-scoring

“Don’t be afraid to win, don’t be afraid to lose, never doubt your ability to go for it.”

MCQUAID JESUIT

X-C 2006

MARCUS WHITMAN

9/16 MUDDY

<u>NAME</u>	<u>PLACETIME</u>	<u>PREV.</u>	<u>DIFF</u>	
SEBER	1ST	17:06	16:51	+:15
VINOGRADOV	27TH	18:?		
TRIPP	29TH	18:?		
O'ROURKE	31ST			
PLUMERI	55TH			
SPARACINO	61ST			
DIDONNA	75TH	20:06		
JV.				
SPONN	1ST	19:54	21:27	-1:33
RUBERY	3RD	20:15		
KERNAN	4TH	20:26		
FOSTER	9TH	21:02		
MURRAY	11TH	21:14	20:40	+:34
BURGART	18TH	21:31	19:55	+1:36
GILMORE	23RD	21:36	25:01	-3:25 (WOW)
ALESIO	25TH	21:50	21:56	:-06
RITTER	31ST	22:16		
D'AMATO	44TH	22:23		
MATHEW	45TH	22:34	23:15	:-41
JOHNSON	49TH	23:10		
FILES	84TH	24:08		
BRETT	103RD	25:06		

TEAM SCORES

1) Hf-L 64 pts 2) Clarence 83 pts 3) Penfield 109 4) Webster T. 134 5) McQ 143 pts

Out of 16 schools

Congrats to Derek Seber who beat out a state filled pack. Great going to the whole team. We are still mission in progress. I'm proud of all of you. We are a solid team. Keep working hard. Discipline is the key. Do things even when you don't want to!

McQuaid X-Country
2006
Auburn Invite 9/23
Mild/Slightly Muddy

NAME	PL.	TIME	L.Y.	Imp.
Team Scoring				
Tripp	7 th	17:40		
O'Rourke	9 th	17:54		
Plumeri	13 th	18:24	19:14	-.50
Sparacino	17 th	18:28	18:24	+:04 (Tripped)
Sponn	25 th	20:13	18:53	-1:20
Seber	DNF			
Vinogradov	DNF			

<u>JV</u>				
DiDonna	1 st	18:41		
Kernan	2 nd	19:00		
Rubery	6 th	19:21		
Mueller	9 th	19:28		
Murray	13 th	19:50	DNR	
Gilmore	16 th	19:59	22:24	-2:25 (WOW)
Ritter	18 th	20:21		
Alesio	19 th	20:24	21:00	-.36
D'Amato	22 nd	20:46		
Wolfs	24 th	20:54	22:02	-1:08
Foster	26 th	21:02		
Mathew	27 th	21:02	DNR	
Johnson	32 nd	21:12		
Cioppa	35 th	21:47		
Brett	37 th	22:02		
Files	46 th	23:18		
Anderson	56 th	27:20		

Team Scoring 1) Auburn 34 pts 2) ESM 48 pts 3)McQ 71 pts

Cobbs Hill

9/26/06

Sunny/ Dry

Vs. Wilson

NAME	TIME	PLACE
Tripp	18:27	1 st
Plumeri	18:32	2 nd
O'Rourke	18:43	3 rd
DiDonna	19:03	4 th
Kernan	19:42	7 th
Spenn	19:54	8 th

JV.

Rubery	19:31
Mueller	19:32
Murray	20:02
Gilmore	20:28
Foster	20:40
Alesio	20:47
Ritter	20:50
Wolfs	21:27
Mathew	22:15
Johnson	22:40
Files	23:17
Brett	23:25
Anderson	27:12

Great Job Knights. The main goal is to work as a team, we did that very well today and everyone benefited. Keep setting goals for yourselves. It's important to understand why we do what we do. Go Knights.

Team Score- (Wilson was incomplete)

McQuaid Invite

9/30/06

Mild/Wet/Soft

<u>NAME</u>	<u>Pl.</u>	<u>Time</u>	<u>LYR</u>	<u>Impr</u>
DJ Seber	2 nd	15:51	15:44	+:06
Buck O'Rourke	22 nd	16:34		
Yigor Vinogradov	30 th	16:49	19:49	
Dan Plumeri	52 nd	17:15		
Brian Sparacino	61 st	17:20		
Matt DiDonna	66 th	17:26		
Chris Sponn	67 th	17:28		

TEAM SCORE

Canon-McMillan	1 st - 163 pts
McQuaid	2nd - 167 pts
Brockport	3 rd - 168 pts

out of 28 teams

Soph race

Sam Kernan	38 th	17:52
Aiden Rubery	52 nd	18:06
Pat Mueller	59 th	18:15
Ben Foster	89 th	18:53
Chris Cioppa	133 rd	19:47
Jeff Johnson	160 th	20:23
Peter Brett	183 rd	20:44
Nate Files	189 th	20:51
Wesley Anderson	238 th	22:50

TEAM SCORE

Rush Henrietta	1 st - 74 pts
Binghampton	2 nd - 91 pts
Burnt Hills	3 rd - 93 pts
McQ	12th - 342 pts

out of 30 teams

JV

Mike Tripp	1 st	16:43
Tom Murray	?	18:35
Chris Burgart	?	18:51
Tyler Gilmore	?	18:51
Phil Alesio	?	19:12
Jon Ritter	?	19:24
Frank Wolfs	?	19:36
Chris Mathew	?	20:57

TEAM SCORE

Fairport	1 st - 20 points
Washingtonville	2 nd - 95 points
Ithaca	3 rd - 123 points
McQuaid	12th - 332 points

out of 29 teams

Cobbs Hill Vs. SOTA

10/3/06

Sunny/Damp/Slow

<u>NAME</u>	<u>TIME</u>	<u>PL.</u>
Seber	18:10	1st
Vinogradov	18:30	2nd
Tripp	18:39	3rd
O'Rourke	18:50	4th
DiDonna	18:54	5th
Plumeri	19:02	8th
Sparacino	19:26	10th

JV

Kernan	19:43
Mueller	19:56
Rubery	20:25
Gilmore	20:38
Ritter	20:44
Foster	21:21
Alesio	21:33
Mathew	22:21
Johnson	22:58
Sponn	23:01
Files	23:21
Brett	25:20
Anderson	25:54

Nice Job guys, don't forget that solid workout we had the day before had an impact on your race. It probably felt a little tougher out there.

Varsity- The idea of running at Cobbs Hill this year is to work on things as a team. I saw very little team being utilized. Follow the plan!! Still, you had some great efforts out there.! Keep it up, or get beat down!

TEAM SCORE- McQ (15 points) SOTA (45 points)

Penfield Invite 2006

NOTHING BUT MUD

<u>NAME</u>	<u>PLACE</u>	<u>TIME</u>	<u>LY</u>	<u>IMP.</u>
Kernan	4 th	19:12		
Sponn	5 th	19:16		
Rubery	7 th	19:18		
Mueller	12 th	19:36		
Murray	20 th	19:57		
Ritter	26 th	20:05		
Gilmore	36 th	20:28	22:30	-2:02
Wolfs	46 th	20:48		
Alesio	49 th	20:51	21:12	-:21
Mathew	53 rd	20:56	22:31	-1:35
Johnson	62 nd	21:15		
Cioppa	67 th	21:27		
Ben Foster	76 th	21:41		
Brett	83 rd	21:56		
Files	106 th	22:50		
Anderson	109 th	23:08		

Team Scoring

- 1st place Penfield (44pts)
- 2nd place McQuaid (48 pts)
- 3rd place HF-L (?)

The improvement is getting better each week. 4 points is a reminder of why you leave it all out there during practice and a meet. Keep Shining Boys!

Southern Tier Classic St. Bonaventure

October 7th, 2006
(Perfect Condition; 70's & Dry)

<u>NAME</u>	<u>PLACE</u>	<u>TIME</u>
Derek Seber	4th	17:09
Mike Tripp	7th	17:25
Yigor Vinogradova	15th	17:46
Buck O'Rourke	19th	17:51
Dan Plumeri	54th	18:39
Brian Sparacino	55th	18:44
Matt DiDonna	57th	18:52

Team Score / Clarence (37 pts) McQ (99 pts)
Fredonia (119) Cathedral Prep (PA) (128 pts)

Congrats on putting a good race together today.
A solid 2nd place. The team is really starting to
hit its mark. However we need to close the gap.
A 5th man needs to close that gap. Definitely a
feel good race. I'm proud of all of your efforts.
AIM HIGH, AIM HIGH!!!!!!!!!!

COBBS HILL

10/10

Vs. Edison

NAME	TIME	PLACE	Improv.
DiDonna	18:20	1 st	-:43
Sparacino	18:30	2 nd	
Kernan	18:36	3 rd	-1:06
Sponn	19:33	5 th	:-21
Rubery	20:15	6 th	
Gilmore	20:33	7 th	
Ritter	20:48	9 th	:-02

McQuaid 17 points

Edison 45 points

Vs. Bishop Kearney

NAME	TIME	PLACE	
Seber	17:18	1 st	
Tripp	17:55	2 nd	:-32
Vinogradov	18:00	3 rd	
O'Rourke	18:09	4 th	:-34
Mueller	19:38	7 th	
Murray	19:51	8 th	:-11
Wolfs	20:24	9 th	-1:03
Alesio	21:17	10 th	
Mathew	21:31	11 th	:-44
Files	22:14	12 th	-1:03
Burgart	22:23	13 th	
Gschrey	22:33	14 th	
Foster	23:02	16 th	
Brett	23:12	17 th	:-13
Anderson	23:26	18 th	-3:46

McQuaid: 17 pts

Bishop Kearney: 47 pts.

SENECA PARK

Invite

2006

Flat/Rainy/Muddy & Partly Crazy

NAME	PLACE	TIME
Kernan	12 th	18:20
Rubery	15 th	18:35
Sponn	16 th	18:38
Mueller	17 th	18:41
Gilmore	21 st	18:50
Foster	41 st	19:26
Ritter	55 th	19:53
Wolfs	69 th	20:13
Johnson	74 th	20:22
Mathew	76 th	20:27
Cioppa	86 th	20:41
Burgart	92 nd	20:52
Brett	94	20:56
Files	111 th	21:30
Varsity		
Tripp	11 th	17:05

Great Job KNIGHTS! I can tell your bodies are hurting, but your still running great times. That's a clear indication that you are right on track with system! I'm proud to be your coach, keep grinding out the pain! 2 MORE MEETS for some of you!

Look at that scoring group, 30 seconds that is great!

Cobbs Hill

Vs. East

10/17

<i>NAME</i>	<i>PLACE</i>	<i>TIME</i>	<i>IMPROV</i>
<i>DJ Seber</i>	<i>1st</i>	<i>17:07</i>	<i>-.11</i>
<i>Mike Tripp</i>	<i>2nd</i>	<i>17:28</i>	<i>-.27</i>
<i>Y. Vinogradova</i>	<i>3rd</i>	<i>17:55</i>	<i>-.05</i>
<i>Buck O'Rourke</i>	<i>4th</i>	<i>18:11</i>	<i>-.09</i>
<i>Dan Plumeri</i>	<i>6th</i>	<i>18:25</i>	<i>-.37</i>
<i>Chris Sponn</i>	<i>7th</i>	<i>18:29</i>	<i>-1:04(WOW)</i>
<i>Brian Sparacino</i>	<i>8th</i>	<i>18:30</i>	
<i>Matt DiDonna</i>		<i>18:56</i>	
<i>Patrick Mueller</i>		<i>19:09</i>	<i>-.29</i>
<i>Sam Kernan</i>		<i>19:14</i>	

Team Score (McQ 16pts) (East 40 pts)

JV.

<i>Tyler Gilmore</i>	<i>1st</i>	<i>20:05</i>	<i>-.28</i>
<i>Tom Murray</i>	<i>2nd</i>	<i>20:52</i>	
<i>Aiden Rubery</i>	<i>3rd</i>	<i>20:59</i>	
<i>Phil Alesio</i>	<i>4th</i>	<i>21:07</i>	
<i>Chris Cioppa</i>	<i>5th</i>	<i>21:14</i>	
<i>Chris Burgart</i>	<i>6th</i>	<i>21:37</i>	<i>-.46</i>
<i>Peter Brett</i>	<i>7th</i>	<i>21:58</i>	<i>-1:14(Another Big Drop)</i>
<i>Nate Files</i>	<i>8th</i>	<i>23:15</i>	
<i>Wes Anderson</i>	<i>9th</i>	<i>24:58</i>	

Nice Going- These dual meets are certainly paying off.

Remember, all of these dual meets are small but important steps towards a much larger goal.

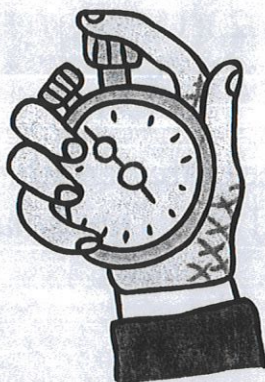
BROWN INVITATIONAL
OCTOBER 21ST, 2006
DRY/WARM/REALLY MUDDY

NAME	PLACE	TIME
DEREK SEBER	13 TH	16:02
YIGOR VINOGRADOVA	92 ND	17:38
BUCK O'ROURKE	97 TH	17:48
MATT DIDONNA	109 TH	18:13
DAN PLUMERI	114 TH	18:16
BRIAN SPARACINO	122 ND	18:28
SAM KERNAN	123 RD	18:29

TEAM SCORES

- 1) SMITHTOWN 72PTS (RANKED TOP 5 IN N.Y)
- 2) GLASTONBURY (CT) 87 PTS
- 3) COLLEGIATE 128 PTS (RANKED #1 IN NY)
- 15TH) MCQUAID JESUIT 388 PTS OUT OF 18 TEAMS IN THE CHAMPIONSHIP RACE.

I'M JUST PROUD TO SEE A YOUNG TEAM LIKE YOURSELVES TOE THE LINE AGAINST SOME OF THE BEST IN THE REGION. THESE EXPERIENCES WILL PAY OFF IN THE FUTURE.



McQuaid Jesuit Cross Country 2006
Junior Varsity
Liverpool Longbranch Park 10/21/06
Sunny, extremely muddy and wet
3.0 mile course

Place	Points	Name	Time	Class Place
14.	14	Chris Sponn	18:05.1	1
16.	16	Patrick Mueller	18:12.4	2
19.	18	Aiden Rubery	18:24.2	3
40.	31	Tom Murray	19:00.7	6
58.	46	Tyler Gilmore	19:25.4	15
63.	49	Chris Mathew	19:29.8	17
65.	51	Jonathan Ritter	19:36.4	19
66.		Ben Foster	19:36.7	20
68.		Phil Alesio	19:39.0	22
74.		Chris Cioppa	19:52.1	25
75.		Jeff Johnson	19:54.3	26
82.		Peter Brett	20:02.0	29
89.		Chris Burgart	20:16.7	31
94.		Nate Files	20:32.3	34
113.		Wes Anderson	21:15.4	41

Team Finish

Place	Points	School Name
1.	28	Cicero-North Syracuse
2.	30	Liverpool
3.	109	Baldwinsville
4.	125	McQuaid Jesuit
5.	187	Fairport

Cobbs Hill Vs. Marshall

10/24

NAME	PLACE	TIME	IMP
Sam Kernan	1 st	18:45	
Chris Sponn	2 nd	18:57	
Mueller	3 rd	19:15	
Aiden Rubery	4 th	19:32	
Tom Murray	5 th	19:41	-.10
Ben Foster	6 th	19:45	-.55
Tyler Gilmore	7 th	19:53	-.12
Jonathan Ritter		20:24	-.24
Phil Alesio		20:35	-.12
Frank Wolfs		20:49	
Chris Mathews		20:58	-.33
Chris Cioppa		21:00	-.14
Peter Brett		21:38	-.20
Nate Files		22:15	
Wes Anderson		24:31	

Team Score- (McQ 15 pts) (Marshall 50 pts)

ANOTHER GOOD SHOW KNIGHTS!!!

McQuaid runners top rival Aquinas

The Knights take third at Binghamton Invitational

Aquinas and Binghamton - always two high points of the McQuaid cross country schedule - produced a convincing win and a respectable third last week as the Knights closed out the regular season.

After clinching their 35th straight City-Catholic championship with a win over Marshall on Tuesday, the Knights claimed six of the top seven places against Aquinas for a 19-40 victory.

Only a strong race by Aquinas senior Dan Sirianni, who finished second, averted a sweep as seniors Derek Seber (1) and Dan Plumeri (6), juniors Yigor Vinogradov (4) and Brian Sparacino (7), soph Tom O'Rourke (5), and freshman Mike Tripp (3) dominated the scoring. Seber's victory came in a time of 16:53, missing by just a second the school record he set in the AQ meet last year.

On Saturday, in very wet conditions at the Ely Golf Course in Binghamton, the Knights were missing Seber because of a training rules violation and Plumeri

because of an ACT conflict, but still managed to place third out of 12 schools.

Tripp rose to the occasion and actually led the field into the final mile before the wicked Ely hills caught up with him. He wound up sixth and O'Rourke took 10th to pace the team. Sparacino (24), Vinogradov (35) and soph Matt DiDonna (42) completed the scoring.

The sub-varsity squads both came through with narrow victories, edging Union-Endicott, 53-60, in the JV race and squeaking past Maine-Endwell, 52-55, at the junior high level.

Junior Chris Spenn (2), sophs Pat Mueller (6) and Tyler Gilmore (19) and freshmen Aidan Rubery (4) and Jonathan Ritter (22) did the JV dirty work. Eighth-grader Robert Hurlbut highlighted them by winning the junior high race over a demanding two-mile course. His back-up came from freshmen Ben Zeiss (7) and Kiran Kaumani (19) and eighth-graders Gabe Ciminelli (10) and Doug Leclair (15). Rajamani's closing spurt made the difference, just as it had in an earlier 4500 win over Brighton. His spurt took him past three runners, including M-

E's fifth man, in the race's closing yards.

It was the fourth straight invitational victory for coach Danielle Franca's squad, which now looks forward to its final outing in the Jesuit Schools meet in New York City on Nov. 18.

While two van loads of runners were heading to Binghamton on Friday, the rest of McQuaid's runners were picking up some hardware in the City-Catholic individual championships at Cobbs Hill.

Plumeri and fellow senior Tom Murray placed third and fifth in the varsity race, followed by senior Phil Alessio (7), junior Frank Wolfs (9), and soph Chris Cioppa (10).

In the JV race, junior Chris Mathew took his first victory, followed by junior Chris Gschrey (5), and sophs Jeff Johnson (2), Peter Brett (4), Nate Files (6), and Wes Anderson (7). *Streck*

Freshman Mike Crosby took first in the junior high race after classmate Martin Paz (2) set the early pace. Then came a stream of Black and Gold with Dennis Ruff, Garry Webber, Justin Henry, Kealan Devaney and Wyatt Gouldthorpe all finishing in 25 seconds.

City Catholic Championships

Varsity
Cobbs Hill
10/27/06

1.	East HS	17:46
2.	East HS	17:53
3.	Dan Plumeri	18:27
4.	Edison Tech	18:52
5.	Tom Murray	19:30
6.	SOTA	19:49
7.	Phil Alesio	20:01
8.	Frank Wolfs	20:10
9.	SOTA	20:25
10.	Chris Cioppa	20:30
11.	Chris Burgart	20:45

City Catholic Championships

Junior Varsity
Cobbs Hill
10/27/06

1.	Chris Mathew	20:45
2.	Jeff Johnson	20:48
3.	Wilson	21:30
4.	Peter Brett	21:33
5.	Chris Gshrey	21:41
6.	Nate Files	22:07
7.	Wes Anderson	23:18
8.	Wilson	25:56

Binghamton Invite

October 28th, 2006

WET/Very Cold/mud, mud, mud

Varsity

<u>NAME</u>	<u>PLACE</u>	<u>TIME</u>	<u>IMPRO</u>
Mike Tripp	6 th	17:38	
Buck O'Rourke	10 th	17:52	
Brian Sparacino	24 th	18:24	+:27
Yigor Vinogradova	35 th	18:42	-:38 (lost shoe)
Matt DiDonna	42 nd	18:56	
Sam Kernan	61 st	19:48	

Team Score/ Corning 84pts/ Union Endicott
(91 pts) McQ (3rd) (117pts)/ out of 15 teams.

JV

Chris Spohn	2 nd	18:36	-1:06
Aiden Rubery	4 th	18:54	
Pat Mueller	6 th	19:06	
Tyler Gilmore	17 th	19:52	
Jonathan Ritter	24 th	20:05	
Ben Foster	27 th	20:09	

Great Job JV SQUAD! You look very poised out there. Incredible. Another nice finish for the Varsity as well. Every runner should be back again next year. Here's to a great race and a great future. A BIG MEET NEXT WEEK!!!!!!

SECTIONAL CHAMPIONSHIPS

MARCUS WHITMAN

2006

(COLD/HARD FOOTING & MUD)

<u>NAME</u>	<u>PLACE</u>	<u>TIME</u>	<u>IMP(LY)</u>
MIKE TRIPP	12TH	17:51	
YIGOR VINOGRADOVA	32ND	18:44	
BUCK O'ROURKE	35TH	18:52	
BRAN SPARACINO	42ND	19:03	-:13
MATT DIDONNA	46TH	19:22	
SAM KERNAN	47TH	19:23	
DAN PLUMERI	51ST	19:37	

TEAM SCORES

1ST PLACE (VICTOR 54PTS)

2ND PLACE (BRIGHTON 57PTS)

3RD PLACE (MENDON 94PTS)

4TH PLACE (PITT SUTH 101 PTS)

5TH PLACE (IRONDEQUOIT 164 PTS)

6TH PLACE (MCQ 167 PTS) OUT OF 12 TEAMS

**GENTLEMEN- GREAT EFFORT!!! THIS SEASON IS FOR
EXPERIENCE. WE SHOULD RETURN OUR TOP SIX
RUNNERS NEXT YEAR! GREAT SEASON AND NICE JOB OUT
THERE. I TRULY BELIEVE YOU HAVE WHAT IT TAKES!!**

JESUIT CHAMPIONSHIPS

VaN CoRtLaNdT PaRk
(November 18th 2006)
(Temp: 40 degrees and dry)

VARSAITY

NAME	PLACE	TIME	ImPro.
Mike Tripp	10th	13:57	
Buck O'Brien	21st	14:15	
Yigor Vinogradova	24th	14:17	-1:10
Brian Sparacino	26th	14:21	:-42
Matt DiDonna	34th	14:33	
Dan Plumeri	?	14:53	
Sam Kernan	?	15:03	

JV

Aiden Rubert	?	14:59	
Pat Mueller	?	15:03	
Chris Spohn	?	15:12	-1:08
Tom Murray	?	15:27	:-25
Tyler Gilmore	?	15:29	-1:27
Jonathan Ritter	?	16:39	
Ben Foster	?	16:00	
Phil Alesio	?	16:03	:-28
Chris Mathew	?	16:05	-1:27
Peter Brett	?	16:15	
Jeff Johnson	?	16:26	
Nate Files	?	16:38	
Chris Cioppa	?	16:52	
Wes Anderson	?	17:52	
Willie Murray	?	18:12	

NOW THAT'S THE WAY TO FINISH THE SEASON!

VARSAITY- 1st place St. Joes 50 pts / St. Peters Prep 70 pts / Loyola 80pts / McQ 115 pts

J.V.- 1 place St. Joes 27 pts / Gonzaga 62pts / McQ 90 pts

Young runners finish strong for McQuaid

For the first time in recent memory – and perhaps ever – McQuaid Jesuit's scoring strength came entirely from the ranks of its young runners in the Knights' final two meets of the season.

On Saturday, the 62nd annual Jesuit Schools meet at New York City's Van Cortlandt Park, freshman Mike Tripp took 10th to lead his team to a fifth-place finish. His scoring support came from sophs Tom O'Rourke (21) and Matt DiDonna (34) and juniors Yigor Vinogradov (24) and Brian Sparacino (26).

"Our only senior in the race, Captain Dan Plumeri, did a great job of keeping our group

tight going into the hills, but his bum knees couldn't handle the down hills," said coach Todd Stewart, after heading up McQuaid's annual excursion to the Big Apple. "I'm really pleased with the improvement our guys have shown."

Tripp's and O'Rourke's races were especially notable, coming in their first crack at the VCP 2.5-mile course. Tripp's time of 13:57 was a freshman all-time best for the Knights.

In his previous race at the Section 5 Class A sectionals, Tripp achieved another first, winning the Bob Bossert Memorial Cup as the top Catholic school finisher. It marked the only time that

award has gone to a freshman since it was first given to honor the Aquinas runner who died while a midshipman at the Naval Academy in 1965.

To take the cup home, Tripp had to beat the time posted by Aquinas junior Dan Sirianni in the previous race. He did that in style, by 27 seconds, in placing 12th as McQuaid's top runner. The same four teammates were his back-ups: Vinogradov (32), O'Rourke (35), Sparacino (42) and DiDonna (46).

The freshman touch showed up in the Jesuit JV race, as well, with Aidan Rubery pacing 15 McQuaid runners while placing ninth. Close behind

was soph Pat Mueller in 12th and junior Chris Spohn in 18th. Teamwise, the Knights took third behind St. Joseph's of Philadelphia and Gonzaga of D.C.; helped along by senior Tom Murray (25) and junior Tyler Gilmore (26).

McQuaid was defending champion in the junior high race, but yielded its crown to Gonzaga by a 50-64 score. Eighth-grader Robert Hurlbut had a strong race to finish second in 8:57 over the 1.65-mile course. Classmates Gabe Ciminelli (8) and Doud Leclair (19), seventh-grader Angelo DeAngelis (17) and freshman Ben Zeiss (18) completed the scoring.

NAME	Total Miles	Fastest Mile	Slowest Mile	Average Mile
VINOGRADOV	19	5:22	6:38	
GILMORE	19	5:50	8:00	
SEBER	17	5:11	7:15	
PLUMERI	17	5:19	7:08	
FOSTER	17	6:08	7:02	
SPONN	17	5:42	6:56	
O'ROURKE	17	5:30	6:59	
SPARACINO	15	5:30	6:25	
DIPASQUALE	15	6:06	8:03	
T. MURRAY	13	6:23	10:34	
J. RITTER	12	6:34	8:44	
CIOPPA	6	6:32	7:39	
MCARTHUR	6	6:28	7:01	
D'AMATO	5	5:57	6:23	
MUELLER	1	6:13	6:13	
W. MURRAY	1	7:19	7:19	
COACH STEWART	7	5:30	5:42	
GUEST	26			
MONEY RAISED	29-Aug	\$2,510		