

## 2018 GOSHEN BOYS CROSS COUNTRY

**Bob Pratt XC Invitational @  
Sunken Meadow State Park**  
Saturday, September 22, 2018

**“In any race there are the moments you feel great, and the moments you feel you're not going to make it.” — Mark Allen**

### Frosh Boys BLUE (1.5 miles)

#/172	NAME	FINISH
1	Hannibal, Greg	<b>7:38.54</b>
7	Rampulla, Andrew	<b>8:13.50</b>
16	Diglio, Jackson	<b>8:28.39</b>
66	Serkes, Daniel	<b>9:34.80</b>
70	Mistretta, Alex	<b>9:38.56</b>
90	Foster, Arun	<b>10:03.9</b>
138	Foster, Kapil	<b>11:30.9</b>
144	Reed, Camden	<b>11:42.9</b>
155	Barbrack, Matthew	<b>12:43.0</b>
157	Grant, Jack	<b>12:45.5</b>
<b>4th place out of 18 scoring teams</b>		

### Varsity Boys BLUE (3.1 miles)

#/249	NAME	FINISH
8	Paneto, Nicolas	<b>17:12.6</b>
11	Perrillo-Sullivan, Stephen	<b>17:29.9</b>
29	Johnson, Andrew	<b>18:14.9</b>
46	Hackman, Aidan	<b>18:53.4</b>
87	Perez, Chris	<b>19:42.1</b>
100	Albanese, Blake	<b>19:53.5</b>
124	Holmes, Garrett	<b>20:08.6</b>
<b>3rd place out of 36 scoring teams</b>		

### JV Boys BLUE (3.1 miles)

#/226	NAME	FINISH
69	Clark, Tallon	<b>21:40.9</b>
78	Pinto, Ryan	<b>22:05.5</b>
109	Molina, Gregory	<b>22:47.7</b>
142	Mistretta, Ryan	<b>23:40.4</b>
147	Garton, Matthew	<b>23:50.0</b>
193	Kanabar, Jenil	<b>26:20.9</b>
--	Arroyo, Brandon	<b>absent</b>
--	Raffa, Christian	<b>absent</b>
<b>14th place out of 20 scoring teams</b>		

### Meet Summary

*Going into this meet, there was a great deal of nervous excitement over the hyped-up Sunken Meadow course and it's notorious hills. After the race, some of our top performers admitted that they held back, not wanting to get worn out and die after going over Snake, Hernia, and Cardiac. Most of them said it was easier than they thought it'd be, they could have gone harder and finished further up if those hills weren't so hyped. To come in 3rd place in team standings and finish in 6th place after all varsity races are merged is pretty impressive, given the admission that "we could've gone harder." It's a testament to your level of fitness and your training. Looking forward, we need to see a couple guys step up. We need to see an increase in passion, dedication, and effort in order to end up in a competitive position at the end of the season. It doesn't matter if you're a senior, a freshman, or anything in between, but it needs to happen. If it does happen, it will make the difference between this being a "rebuilding" year and a "championship" year. Many of our freshmen have been stepping it up, trusting the process, and following the plan. For the 3rd invitational in a row, we've placed extremely well, led by Greg Hannibal. Greg set a new meet record at Bob Pratt, placing in the top 10 all-time at Sunken Meadow. With the Manhattan Invitational coming up in a couple weeks, we're looking forward to seeing who can use the upcoming solid block of training to their advantage and help out the team.*

**“I don't go looking for hills, but when I come to one, I run it.” — Jack Mahurin**

# Bob Pratt Cross Country Invitational

**Date:** September 22nd, 2018

**Location:** Sunken Meadow State Park, Long Island, NY (Home of the NYS Championship Meet)

**Forecast:** Partly Cloudy 72 High/60 Low

## Meet Schedule:

### **Freshman Race: The Fantastic Four is now a full team of six Freshman ladies. First time in Goshen XC history!**

	2018 times	71 total runners	5 total teams
Ysa Paneto	9:21.39		5th 2nd Place Finish
Ofir Folgelman	10:20.91		16th
Madison Schaaff	10:41.20		21st
Anna Duffy	10:41.48		22nd
Emily Peden	11:23.99		35th
Ashley Peden	11:35.40		36th

### **Junior Varsity Race: Look in the mirror. That is your competition. Always strive to get better!**

	2018 times	82 total runners	8 total teams
Angie Santiago	25:13.41		5th 3rd place finish
Stephanie Dahows	26:29.84		17th
Rachel Conklin	27:07.23		24th
Kendra Byrne	28:14.39		32nd
Mary Dawson	30:51.40		49th
Madison Hilliard	30:59.45		50th

### **Varsity Race: Run the first two-thirds of the race with your head and the last third with your heart. \*NYS RANK 16\***

	2018 times	212 total runners	30 total teams
Kayla Schramm	20:03.41		4th 5th place finish
Madison Montgon	21:15.68		12th
Dana Poppe	22:47.30		38th
Jade Kimmel	23:14.38		52nd
Kirsten McKenna	24:31.86		86th
Sara Tippin	24:48.57		99th
Marissa Lombardi	26:12.61		133rd

5:45am: Depart Goshen HS

8:00am: Arrive at Sunken Meadow State Park

8:15am: Team walk/jog of course

8:35am: freshman warm up

9:05am: freshman to the line

**9:15am Girls Freshman Race 1.5 Miles**

9:50am JV warm up

10:20am: freshman to the line

**10:30am Girls Varsity Blue 5K**

11:50am: Junior Varsity warm up

12:20pm: Junior Varsity to the line

**12:30pm: Junior Varsity Blue Race 5K**

1:30pm: Depart Sunken Meadow State Park

4:00pm: Arrive back at Goshen HS

***"TODAY I WILL DO WHAT OTHERS WON'T  
SO TOMORROW I CAN DO WHAT OTHERS CAN'T"***

## Prepare for the meet:

Get a solid night's sleep the night before (and 2 nights before) the meet.

Eat complex carbs (pasta) the evening prior to the meet and eat a light, healthy breakfast the day of.

Stay hydrated! Drink plenty of water the night before and morning of the meet.

Bring snacks and money for concessions and t-shirts.

DO NOT arrive at the HS in only your uniform. Wear long pants, jacket & long sleeve shirt to the meet.

Keep your warmups on until you are about to start the race. We will bring them back to the tent.

## Reminders:

Upon finishing their races, athletes should remain at the finish line to cheer on their teammates

After all athletes have completed the race, the entire group must do a 15 minute cooldown jog, followed by stretches

You may not leave the meet prior to completing the cooldown & stretches. In addition, you must sign out with Coach