

2018 GOSHEN BOYS CROSS COUNTRY

Warwick Wave Mania Invitational

Sanfordville Elementary School

Saturday, September 8

I love controlling a race, chewing up an opponent. Let's get down and dirty. Let's fight it out. It's raw, animalistic, with no one to rely on but yourself. There's no better feeling than that. --Adam Goucher

JV Boys I (3.09 miles)

#/123	NAME	2018 TIME	2017 TIME
51	Clark, Tallon	21:13.9	FROSH
53	Holmes, Garrett	21:30.2	19:27
76	Molina, Gregory	22:47.6	FROSH
82	Arroyo, Brandon	23:18.1	22:37
93	Kanabar, Jenil	24:28.1	--
97	Garton, Matthew	24:50.2	--
101	Mistretta, Ryan	25:09.6	--
111	Raffa, Christian	26:47.4	--
8th place out of 9 scoring teams			

Varsity Boys II (3.09 miles)

#/88	NAME	2018 TIME	2017 TIME
3	Paneto, Nicolas	16:26.7	16:44.0
5	Perrillo-Sullivan, Stephen	16:35.3	17:19.9
12	Johnson, Andrew	17:06.3	18:41.1
30	Hackman, Aidan	17:58.2	19:06.8
40	Perez, Christopher	18:29.5	18:49.6
44	Albanese, Blake	18:36.3	19:24.0
62	Pinto, Ryan	20:08.6	21:48.1
4th place out of 13 scoring teams			

Freshmen Boys (1.5 miles)

#/126	NAME	TIME
1	Hannibal, Greg	7:50.4
7	Rampulla, Andrew	8:17.4
16	Diglio, Jackson	8:34.8
39	Serkes, Daniel	9:12.7
43	Mistretta, Alex	9:17.4
46	Foster, Arun	9:20.5
108	Reed, Camden	11:00.3
112	Foster, Kapil	11:12.1
118	Barbrack, Matthew	12:10.9
119	Grant, Jack	12:13.0
2nd place out of 12 scoring teams		

Meet Summary

For the third year in a row, we began our invitational meet season at Warwick's Wave Mania. While we've considered attending other meets to kick off the season, there's no better place than Warwick to begin a successful season. There will always be something special about competing in Warwick -- those who competed at Fast Times last spring can attest to that. Not even a week ago, Goshen dominated the Warwick Lions Club Labor Day 5k, and this weekend we returned, displaying a high level of athleticism and a great deal of potential against a strong, competitive field. Comparing results from a year ago, many athletes crushed their times. Our varsity squad held their own, with most guys cutting more than a minute from their times last year. The varsity II race was one of the best team matchups I've ever seen. Between Scarsdale (87), FDR (88), Manhasset (89), and Goshen (89), it was an extremely close race. When all was said and done, we were only 3 POINTS from winning the race. Our top 3 guys did an outstanding job of stepping into their new roles as leaders of the team. They ran with heart and pushed themselves to a new level of competitiveness. While the rest of the varsity squad also ran well and made great improvements, we find ourselves once again in need of a couple athletes to step up. In order for us to ensure our success into the post season this year, we'll need to have a much closer 1-5 split. From what I've seen so far, I have confidence that this group is more than capable. It will come down to things like sleep, nutrition, and mental preparedness that will ultimately make the difference. It will come down to a few more athletes adopting the mentality which was developed over the past few years of never missing a workout, never making excuses, never allowing anything to get in the way of your success. Our freshmen got their first taste of success this weekend, finishing second in team standings out of 12 scoring teams. As the season continues, they will no doubt become faster and stronger. Overall, this was a great beginning to the season. Let's keep the energy and excitement going. Whether it's your first year or fourth year, challenge yourself and find a way to step up and contribute to the team. If everyone contributes, the whole team will benefit.

Full Results

<https://live.fultonaccuratetiming.com/meets/1454/xc-events/51948>

Photos

If anyone has photos or videos from Wave Mania, please share them and we'll create an online album.

Wave Mania Cross Country Invitational

Date: September 8th, 2018

Location: Sanfordville Elementary School XC Course

Forecast: Mostly Cloudy 70 high/52 low

Pack: Uniform and clothing for all weather conditions! *Bring some fruit and lots of water*

Depart: 7:30am *JV MUST USE THE RESTROOM BEFORE LEAVING HIGH SCHOOL*

Arrive: 8:00am; Entire team jog of course 8:10am (*JV goes ahead*)

Meet Schedule:

7:30AM: Depart GHS

8:00AM: Arrive at Sanfordville Elem

8:10AM: Team jog of course

8:31AM: JV warmup/stretch

8:51AM: JV report to line

9:01AM: JV race (3.09 miles)

10:16AM: Varsity warmup/stretch

10:36AM: Varsity report to line

10:46AM: Varsity race (3.09 miles)

11:11AM: Freshmen warmup/stretch

11:31AM: Freshmen report to line

11:41PM: Freshmen race (1.5 miles)

1:00PM: Depart Warwick

1:30PM: Return to GHS

Junior Varsity Race: "Clear your mind of can't"-Samuel Johnson; Put your training to the test!

2018

Rachel Conklin	27:44.0
Stephanie Dahows	25:48.0
Kirsten McKenna	23:05
Madison Hilliard	30.36.0

Varsity Race: "One mile at a time, my race, my pace"- Unknown; Control every second!

2018

Kayla Schramm	19:01.5	4th Place
Madison Montgorn	20:39.4	13th Place
Dana Poppe	21:37.8	35th Place
Jade Kimmel	22:16.6	55th Place
Sara Tippin	23:30.7	77th Place
Marissa Lombardi	23:47.8	83rd Place
Angie Santiago	23:52.3	84th Place

Freshman Race: The Fantastic Four is at it for the first time this season!

2018

Ofir Folgelman	10:21.8	7th Place
Ysa Paneto	9:59.9	4th Place
Ana Duffy	11:01.7	19th Place
Emily Peden	10:53.8	18th Place

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

"A DREAM YOU DREAM ALONE IS ONLY A DREAM. A DREAM YOU DREAM TOGETHER IS REALITY" -John Lennon