

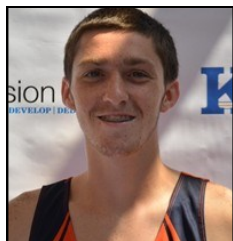


CROSS COUNTRY WEEKLY

OCTOBER 10, 2016

COLONIAL STATES ATHLETIC CONFERENCE — 1 NEUMANN DRIVE — ASTON, PA — 19014 — www.csacsports.com

CSAC MEN'S RUNNER OF THE WEEK



MARCUS WARD
Keystone College
So. - Scranton, Pa.

Ward was the top finisher among CSAC runners on Saturday at the DeSales University, clocking a time of 27:24 on the 8K course to place 55th out of 251 runners in the field. The sophomore's result helped Keystone finish 32nd overall and second among five CSAC teams in the event.

CSAC HONOR ROLL

Chris Golembeski - Marywood University - Jr.

Golembeski led the Pacers to the top CSAC team score at the DeSales Invitational. He finished 69th in the 8K race in a time of 27:49. His mark stands as the 29th fastest time in program history.

CSAC WOMEN'S RUNNER OF THE WEEK



PRISCILLA ORTIZ
Centenary University
Sr. - Denville, N.J.

Ortiz was the first CSAC runner to cross the tape at the DeSales University Invitational on Saturday. She completed the 6K course with a time of 23:01.

CSAC HONOR ROLL

Dana Rose - Gwynedd Mercy University - Fr.

Rose led the Griffins with a time of 25:59 at the DeSales University Invitational over the weekend.

LAST WEEK'S RESULTS

Saturday, October 8

DeSales Invitational

Cabrini M: 34/38; W: NTS

Cedar Crest W: 34/35

Centenary M: 36/38; W: 20/35

Gwynedd Mercy M: NTS; W: NTS

Immaculata M: NTS; W: 28/35

Keystone M: 32/38; W: NTS

Marywood M: 23/38; W: 16/35

Neumann M: 37/38; W: 35/35

Goucher Invitational

Notre Dame W: 5/5

Jack St. Clair Invitational

Rosemont M: 17/19; W: NTS

THIS WEEK'S SCHEDULE

Saturday, October 15

Gettysburg Invitational

Clarks Summit

Keystone

Neumann

Princeton Invitational

Cabrini

Rowan Inter-Regional Invitational

Marywood

Hood Invitational

Notre Dame

2016 RUNNERS OF THE WEEK

Sept. 6:Marcus Ward, So., Keystone

..... Priscilla Ortiz, Sr., Centenary

Sept. 12:Marcus Ward, So., Keystone

..... Priscilla Ortiz, Sr., Centenary

Sept. 19: Matthew Benedict, Jr., Cairn

..... Priscilla Ortiz, Sr., Centenary

Sept. 26:Marcus Ward, So., Keystone

..... Priscilla Ortiz, Sr., Centenary

Oct. 3:Joel Varughese, Fr., Cairn

..... Priscilla Ortiz, Sr., Centenary

Oct. 10:Marcus Ward, So., Keystone

..... Priscilla Ortiz, Sr., Centenary

Oct. 17:

.....

Oct. 24:

.....

AROUND THE CSAC

CABRINI CAVALIERS

Cabrini placed 34th at Saturday's DeSales Invitational. Sophomore **Andrew Sennett** led the Cavaliers with a 112th place finish out of 250 runners. Classmate **Joe Pacifico** crossed the 8K finish line in 189th place. The Cavaliers joined nearly 40 teams at Saturday's DeSales Invitational, but did not record a team score. Freshman **Gemma Pasewicz** led the Cavaliers with a 181st place finish out of 254 runners on the 6K course. Sophomore **Mackenzie Patterson** placed 195th. The Cavaliers will head to Princeton, NJ on Saturday for the Princeton University Invitational.

CAIRN HIGHLANDERS

The Cairn men's cross country team was off this week. They will next race at the Immaculata Invitational on Oct. 20 as a tune up prior to the CSAC Championships on Oct. 29.

CEDAR CREST FALCONS

The Falcons competed at the DeSales University this past week. Four runners hit personal bests. Senior **Hali Sampson** and freshman **Amanda Mann** finished at 28:27 and 28:29 for their season best times.

CENTENARY CYCLONES

The men's team finished 36th out of 38 teams in the 8K event. The women's cross country team placed 20th at the DeSales University Invitational on Saturday. Next up for the Cyclones is the CSAC Championships on October 29.

CLARKS SUMMIT DEFENDERS

CSU had off this week as they began training for this Saturday's Gettysburg Invitational. This will be the team's final preparation before the CSAC Championships on October 29.

GWYNEDD MERCY GRIFFINS

The Gwynedd Mercy University men's cross country team competed in the DeSales University Invitational over the weekend. **Matt Brown** paced the Griffins with a time of 28:48. **Dana Rose** led the Griffin women with a time of 25:59.

AROUND THE CSAC

IMMACULATA MIGHTY MACS

Immaculata's men's and women's cross country teams were at the DeSales Invitational this past weekend. The Mighty Mac women placed 28th while the men's team did not score. **Mackenzie Greene** was the top runner for the IU women with a time of 26:47 for 146th place overall out of 255 competitors. **Emily Cardie** wasn't far behind with a 149th-place finish in 26:52, and **Paula Barrett** ran the 6K course in 27:20 for 162nd place. The IU men were led by **Michael Wamsher**, who finished the 8K course in a time of 34:09 to place 207th. Immaculata will not be back in action until October 20 when it hosts the Immaculata Invitational.

KEYSTONE GIANTS

Keystone finished 32nd out of 38 teams on Saturday at the DeSales University Invitational and were second among five CSAC squads in the 8K race. **Marcus Ward** was the top CSAC finisher in the race, placing 55th in the 251-runner field and was followed by teammates **Carl Joseph** (191st) and **JT Colapietro** (213th). Keystone's women had four runners complete the 6K course on Saturday at the DeSales University Invitational, but did not register a team score. **Nicole Delevan** led the Giants with a 189th place finish and was followed by **Tameka Wood**, who placed 192nd in the 255-runner race. Keystone will next compete on Friday in the 11th Annual Saints Invitational hosted by Emmanuel College in Boston.

MARYWOOD PACERS

The Marywood cross country teams competed at the DeSales Invitational Saturday. The women took 16th place out of 35 teams, and the men were 23rd out of 38 programs. The Pacers were the top CSAC team in both standings. **Kelby Cole** placed 64th place in a time of 24:30. **Stephanie Juarez Ventura** stepped it up as the team's No. 2 finisher with a 26:05 finish. On the men's side, **Chris Golembeski** continued his torrid pace by finishing 69th. His time of 27:49 stands as the 29th fastest run in program history. **Devon Clarke** matched his PR of 28:04 for the third time in his career, providing the team's 41st fastest time in school history. Marywood will compete at Rowan on Saturday.

NEUMANN KNIGHTS

Neumann competed in the DeSales University Invitational this past Saturday. In the 8K race, the Knights finished in 37th place in the competition. **Nafees Norris** led the way for Neumann tallying a time of 33:20. **Stephen Battle** and **Kasib Darden** finished just behind with times of 33:36 and 33:42 respectively. Neumann competed in the DeSales University Invitational this past Saturday. In the 6K race, the Knights finished in 35th place in the race. **Siobhan Cunningham** led the way with a time of 30:36 for the Knights. **Rachel Wolters** (32:11), **Faith Fayiah** (32:48), **Amirah Guerrero** (33:42), **Julia Howell** (33:49) and **Nicole Mortimer** (34:29) also competed for the Knights. Neumann will next be in action this Saturday as they will compete in the Gettysburg Invitational.

NOTRE DAME GATORS

The Notre Dame of Maryland cross country team competed in the Goucher College Cross Country Classic on Saturday and placed fifth. Senior **Jane Lebherz** led the Gators with a 23rd place finish on the 6k, crossing the line in 31:46. Freshman **Adamary K. Sanchez-Martinez** was the second Gator to finish, as the rookie placed 32nd with a time of 33:38.4. The Gators will compete in the Hood College Open on Saturday. Meet time is 11 a.m.

ROSEMONT RAVENS

This past Saturday Rosemont competed in the Jack St. Clair Invitational hosted by Philadelphia University. In the Men's 8k race the Raven men finished 17th out of 19 teams. Rosemont's best finisher was **Dylan Carson** who finished 55th of 162 in a time of 31:58.3. **John Crozier** was next best with a career-best time of 32:14.3. **Damian Zitzman** and **Brandon Jones** rounded out the team by also setting career-best times. The women's team also competed in the Jack St. Clair Invitational on Saturday. The individual runners **Cassie Rehnert** (28:33.8), **Palar Mulbah** (32:06.5) and **Abigail Wolfe** (39:33.2) all put their best foot forward and represented the school the best they could. The next time they will hit the track for a competitive race is on 10/20 at the Immaculata Invitational.