

2017 NCAA DIVISION II ATLANTIC REGIONAL CROSS COUNTRY CHAMPIONSHIPS MEN'S 10K RESULTS: HOSTED BY LOCK HAVEN



Place	Team Place	No.	First Name	Last Name	School	Year	Time	Pace
1	1	320	Robert	Moser	Shippensburg	SO	30:51.4	4:58
2	2	249	Austin	Pondel	Edinboro	SR	30:52.5	4:59
3	3	315	Alexander	Balla	Shippensburg	SR	30:56.7	4:59
4	4	328	Jeremy	Parsons	Slippery Rock	SR	31:01.7	5:00
5	5	316	Calvin	Conrad-Kline	Shippensburg	SR	31:02.2	5:00
6	6	263	Austin	Cooper	Indiana (Pa.)	SR	31:10.7	5:02
7	7	262	Greg	Beaudette	Indiana (Pa.)	SR	31:15.1	5:02
8	8	231	Jason	Weitzel	Concord	JR	31:20.3	5:03
9	9	229	Justin	Snyder	Concord	SR	31:26.0	5:04
10	10	322	Dominic	Stroh	Shippensburg	JR	31:43.3	5:07
11	11	348	Matthew	Dearth	West Virginia Wesleyan	SR	31:46.7	5:07
12	12	271	Dalton	Trump	Indiana (Pa.)	SR	31:48.6	5:08
13	13	227	Tyler	Kosut	Concord	SR	31:51.4	5:08
14	14	246	Jon	Gusew	Edinboro	SR	31:53.9	5:08
15	15	243	Gene	Baritot	Edinboro	JR	31:56.2	5:09
16	16	324	Sean	Weidner	Shippensburg	JR	31:57.5	5:09
17	17	247	Jared	Hallow	Edinboro	JR	31:58.5	5:09
18	18	250	Steven	Scheetz	Edinboro	SO	32:02.8	5:10
19	19	260	Joseph	Westrick	Gannon	SO	32:04.1	5:10
20	20	293	Ryan	Clifford	Mansfield	JR	32:07.7	5:11
21	21	280	Mitchell	Coakley	Lock Haven	SR	32:11.2	5:11
22	22	284	Patrick	Miller	Lock Haven	SR	32:19.4	5:13
23	23	245	Colton	Cassel	Edinboro	FR	32:21.6	5:13
24	24	218	David	Cecchi	Charleston (W.V.)	FR	32:22.4	5:13
25	25	287	Matt	Taylor	Lock Haven	SR	32:27.7	5:14
26	26	286	Sam	Signor	Lock Haven	SO	32:27.7	5:14
27	27	317	Connor	Holm	Shippensburg	FR	32:32.1	5:15
28	28	265	Sam	Lenze	Indiana (Pa.)	FR	32:33.0	5:15
29	29	333	Josh	Coakley	West Chester	JR	32:34.5	5:15
30	30	267	Noah	Mandel	Indiana (Pa.)	SO	32:35.7	5:15
31	31	196	Danny	Dugan	Bloomsburg	SR	32:37.3	5:15
32	32	199	Nick	McGuire	Bloomsburg	JR	32:37.5	5:16
33	33	228	Michael	Ruhnke	Concord	JR	32:39.6	5:16
34	34	357	Jacob	Bishop	Wheeling Jesuit	FR	32:40.9	5:16
35	35	217	Jake	Casto	Charleston (W.V.)	SR	32:41.3	5:16
36	36	276	Xavier	Gutierrez	Kutztown	JR	32:42.1	5:16
37	37	255	Eric	Ingram	Gannon	JR	32:42.6	5:16
38	38	221	Hunter	Riffle	Charleston (W.V.)	FR	32:47.4	5:17
39	39	236	Casey	Ellis	East Stroudsburg	FR	32:47.9	5:17
40	40	242	Jeremy	Smith	East Stroudsburg	SO	32:50.7	5:18
41	41	200	Thomas	Moser	Bloomsburg	JR	32:54.1	5:18
42	42	198	Declan	McDonald	Bloomsburg	SO	32:55.1	5:18
43	43	355	Colin	Wallace	West Virginia Wesleyan	JR	32:56.9	5:19

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Place	Team Place	No.	First Name	Last Name	School	Year	Time	Pace
44	44	318	Brian	Iatarola	Shippensburg	SO	32:57.9	5:19
45	45	233	Dan	Buccino	East Stroudsburg	SR	32:59.2	5:19
46	46	241	Mike	Sheptuk	East Stroudsburg	SO	33:01.3	5:19
47	47	282	Michael	Lewis	Lock Haven	SR	33:03.0	5:20
48	48	252	Robert	Danielson	Gannon	SR	33:05.6	5:20
49	49	340	Dylan	Smiley	West Chester	SO	33:06.8	5:20
50	50	272	Derek	Barney	Kutztown	FR	33:07.3	5:20
51	51	288	Luke	Vanderhoff	Lock Haven	SO	33:07.8	5:20
52	52	201	Daniel	Neiswender	Bloomsburg	SR	33:09.8	5:21
53	53	195	Zach	Bitner	Bloomsburg	SO	33:12.0	5:21
54	54	342	Bryce	Childers	West Liberty	FR	33:12.5	5:21
55	55	312	Owen	Keith	Seton Hill	FR	33:18.4	5:22
56	56	266	Ryan	Louther	Indiana (Pa.)	SO	33:22.1	5:23
57	57	234	Thomas	Ciaccio	East Stroudsburg	JR	33:27.5	5:24
58	58	275	Nick	DeGennero	Kutztown	SO	33:28.4	5:24
59	59	325	Daniel	Janyska	Slippery Rock	SO	33:28.9	5:24
60	60	253	Grant	Folgate	Gannon	SR	33:30.8	5:24
61	61	337	Stephen	Kraus	West Chester	FR	33:31.8	5:24
62	62	213	Kyle	Tumpak	California (Pa.)	FR	33:33.4	5:25
63	63	335	Greg	Grunwald	West Chester	SO	33:36.5	5:25
64	64	338	Coby	Mattes	West Chester	FR	33:36.7	5:25
65	65	238	Johnpatrick	Montgomery	East Stroudsburg	SR	33:37.8	5:25
66	66	354	Sean	Snyder	West Virginia Wesleyan	SR	33:41.2	5:26
67	67	313	Sam	Kovalchik	Seton Hill	JR	33:42.1	5:26
68	68	237	Matthew	Lloyd	East Stroudsburg	SO	33:45.1	5:26
69	69	220	Josh	McClung	Charleston (W.V.)	JR	33:45.5	5:26
70	70	278	Jared	Luckanitz	Kutztown	SO	33:48.8	5:27
71	71	248	Mike	McLaughlin	Edinboro	JR	33:49.7	5:27
72	72	268	John Michael	Mihalek	Indiana (Pa.)	SR	33:50.0	5:27
73	73	349	Ian	Frailey	West Virginia Wesleyan	SO	33:51.9	5:27
74	74	216	Maxwell	Allen	Charleston (W.V.)	SO	33:54.2	5:28
75	75	226	Samuel	Haynes	Concord	FR	33:56.2	5:28
76	76	197	Hunter	Jarratt	Bloomsburg	FR	34:00.7	5:29
77	77	258	Garrett	Sutton	Gannon	JR	34:00.9	5:29
78	78	214	Joe	Uliano	California (Pa.)	SO	34:02.9	5:29
79	79	329	Josh	Rader	Slippery Rock	JR	34:03.5	5:29
80	80	362	Devin	Rich	Wheeling Jesuit	SO	34:03.9	5:29
81	81	361	Zack	Henry	Wheeling Jesuit	FR	34:05.7	5:30
82	82	283	Dan	Lorah	Lock Haven	SR	34:06.6	5:30
83	83	208	Micah	Colson	California (Pa.)	SO	34:07.5	5:30
84	84	356	Eric	Wooten	West Virginia Wesleyan	JR	34:09.9	5:30
85	85	256	Nicholas	Samsel	Gannon	SR	34:12.1	5:31
86	86	211	Brett	George	California (Pa.)	SO	34:18.1	5:32

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Place	Team Place	No.	First Name	Last Name	School	Year	Time	Pace
87	87	364	Austen	Zorick	Wheeling Jesuit	JR	34:18.7	5:32
88	88	219	Cameron	Lee	Charleston (W.V.)	FR	34:24.0	5:33
89	89	254	Ryan	Garich	Gannon	FR	34:39.7	5:35
90	90	210	Caleb	Foster	California (Pa.)	SO	34:44.4	5:36
91	91	294	Ben	Drexler	Mansfield	SR	34:52.8	5:37
92	92	230	Samuel	Thomas	Concord	FR	34:56.2	5:38
93	93	336	James	Jacobson	West Chester	FR	34:57.2	5:38
94	94	300	Ryan	Brennan	Mercyhurst	SR	34:58.0	5:38
95	95	274	Chris	Coates	Kutztown	JR	34:58.6	5:38
96	96	326	Andrew	Maxwell	Slippery Rock	JR	34:58.9	5:38
97	97	327	Jared	Nelson	Slippery Rock	SO	35:00.0	5:38
98	98	344	Ben	Hart	West Liberty	FR	35:06.2	5:39
99	99	352	Isaiah	Robinson	West Virginia Wesleyan	SO	35:11.1	5:40
100	100	302	Danny	Dmuchowski	Mercyhurst	JR	35:16.4	5:41
101	101	212	Blake	Ristau	California (Pa.)	FR	35:21.4	5:42
102	102	222	Caleb	Shirey	Charleston (W.V.)	SO	35:25.0	5:42
103	103	297	Dylan	Rhodes	Mansfield	SO	35:26.9	5:43
104	104	215	Matt	Young	California (Pa.)	FR	35:29.0	5:43
105	105	296	Travis	Keefe	Mansfield	SO	35:31.6	5:44
106	106	310	Micah	Cantaral	Seton Hill	SR	35:38.4	5:45
107	107	223	Jacob	Ashcraft	Concord	SO	35:46.1	5:46
108	108	314	Jerrod	Sunderland	Seton Hill	JR	35:55.5	5:47
109	109	273	Nate	Burkhart	Kutztown	SO	36:00.1	5:48
110	110	334	Michael	Filippo	West Chester	FR	36:02.4	5:48
111	111	353	Adam	Romano	West Virginia Wesleyan	JR	36:05.9	5:49
112	112	311	Amir	Goodwin	Seton Hill	FR	36:06.1	5:49
113	113	345	Jordan	Hosey	West Liberty	SO	36:13.2	5:50
114	114	309	Palmer	Cameron	Seton Hill	FR	36:15.0	5:51
115	115	304	John	Harry	Mercyhurst	SR	36:19.2	5:51
116	116	331	Jonathan	Snyder	Slippery Rock	FR	36:25.3	5:52
117	117	305	Jacob	Kramer	Mercyhurst	SR	36:32.9	5:53
118	118	307	Richard	Titus	Mercyhurst	FR	36:43.9	5:55
119	119	299	Dylan	Bemiss	Mercyhurst	FR	36:52.6	5:57
120	120	290	Carson	Ayers	Mansfield	SR	37:00.6	5:58
121	121	292	Jordan	Cash	Mansfield	FR	37:04.9	5:59
122	122	308	Anthony	Camasso	Seton Hill	SR	37:21.7	6:01
123	123	347	Cole	Wright	West Liberty	FR	37:42.5	6:05
124	124	346	Charles	Welch	West Liberty	SO	37:44.1	6:05
125	125	303	Jacob	Fuhrman	Mercyhurst	SR	38:29.9	6:12
126	126	330	Tanner	Schlater	Slippery Rock	FR	39:15.7	6:20
127	127	358	Michael	Duez	Wheeling Jesuit	SO	39:29.4	6:22
128	128	341	Jared	Beihl	West Liberty	FR	39:29.4	6:22
129	129	343	Michael	Games	West Liberty	SO	45:20.0	7:18

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Men's 10K Team Results
Hosted by Lock Haven



1.	35	Shippensburg	(31:18.3 156:31.1 1:06.1)	
1	1	Robert Moser	SO	30:51.4
2	3	Alexander Balla	SR	30:56.7
3	5	Calvin Conrad-Kline	SR	31:02.2
4	10	Dominic Stroh	JR	31:43.3
5	16	Sean Weidner	JR	31:57.5
6	(27)	Connor Holm	FR	32:32.1
7	(44)	Brian Iatarola	SO	32:57.9
2.	66	Edinboro	(31:44.8 158:43.9 1:10.3)	
1	2	Austin Pondel	SR	30:52.5
2	14	Jon Gusew	SR	31:53.9
3	15	Gene Baritot	JR	31:56.2
4	17	Jared Hallow	JR	31:58.5
5	18	Steven Scheetz	SO	32:02.8
6	(23)	Colton Cassel	FR	32:21.6
7	(71)	Mike McLaughlin	JR	33:49.7
3.	83	Indiana (Pa.)	(31:52.7 159:23.1 1:25.0)	
1	6	Austin Cooper	SR	31:10.7
2	7	Greg Beaudette	SR	31:15.1
3	12	Dalton Trump	SR	31:48.6
4	28	Sam Lenze	FR	32:33.0
5	30	Noah Mandel	SO	32:35.7
6	(56)	Ryan Louthier	SO	33:22.1
7	(72)	John Michael Mihalek	SR	33:50.0
4.	138	Concord	(32:14.7 161:13.5 2:35.9)	
1	8	Jason Weitzel	JR	31:20.3
2	9	Justin Snyder	SR	31:26.0
3	13	Tyler Kosut	SR	31:51.4
4	33	Michael Ruhnke	JR	32:39.6
5	75	Samuel Haynes	FR	33:56.2
6	(92)	Samuel Thomas	FR	34:56.2
7	(107)	Jacob Ashcraft	SO	35:46.1
5.	141	Lock Haven	(32:29.8 162:29.0 0:51.8)	
1	21	Mitchell Coakley	SR	32:11.2
2	22	Patrick Miller	SR	32:19.4
3	25	Matt Taylor	SR	32:27.7
4	26	Sam Signor	SO	32:27.7
5	47	Michael Lewis	SR	33:03.0
6	(51)	Luke Vanderhoff	SO	33:07.8
7	(82)	Dan Lorah	SR	34:06.6

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6.	198	Bloomsburg	(32:50.8 164:13.8 0:32.5)	
1	31	Danny	Dugan	SR 32:37.3
2	32	Nick	McGuire	JR 32:37.5
3	41	Thomas	Moser	JR 32:54.1
4	42	Declan	McDonald	SO 32:55.1
5	52	Daniel	Neiswender	SR 33:09.8
6	(53)	Zach	Bitner	SO 33:12.0
7	(76)	Hunter	Jarratt	FR 34:00.7
7.	227	East Stroudsburg	(33:01.4 165:06.6 0:39.6)	
1	39	Casey	Ellis	FR 32:47.9
2	40	Jeremy	Smith	SO 32:50.7
3	45	Dan	Buccino	SR 32:59.2
4	46	Mike	Sheptuk	SO 33:01.3
5	57	Thomas	Ciaccio	JR 33:27.5
6	(65)	Johnpatrick	Montgomery	SR 33:37.8
7	(68)	Matthew	Lloyd	SO 33:45.1
8.	240	Charleston (W.V.)	(33:06.2 165:30.8 1:31.8)	
1	24	David	Cecchi	FR 32:22.4
2	35	Jake	Casto	SR 32:41.3
3	38	Hunter	Riffle	FR 32:47.4
4	69	Josh	McClung	JR 33:45.5
5	74	Maxwell	Allen	SO 33:54.2
6	(88)	Cameron	Lee	FR 34:24.0
7	(102)	Caleb	Shirey	SO 35:25.0
9.	241	Gannon	(33:04.8 165:24.0 1:56.8)	
1	19	Joseph	Westrick	SO 32:04.1
2	37	Eric	Ingram	JR 32:42.6
3	48	Robert	Danielson	SR 33:05.6
4	60	Grant	Folgate	SR 33:30.8
5	77	Garrett	Sutton	JR 34:00.9
6	(85)	Nicholas	Samsel	SR 34:12.1
7	(89)	Ryan	Garich	FR 34:39.7
10.	266	West Chester	(33:17.3 166:26.3 1:02.2)	
1	29	Josh	Coakley	JR 32:34.5
2	49	Dylan	Smiley	SO 33:06.8
3	61	Stephen	Kraus	FR 33:31.8
4	63	Greg	Grunwald	SO 33:36.5
5	64	Coby	Mattes	FR 33:36.7
6	(93)	James	Jacobson	FR 34:57.2
7	(110)	Michael	Filippo	FR 36:02.4

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11.	277	West Virginia Wesleyan	(33:17.4 166:26.6 2:23.2)	
1	11	Matthew	Dearth	SR 31:46.7
2	43	Colin	Wallace	JR 32:56.9
3	66	Sean	Snyder	SR 33:41.2
4	73	Ian	Frailey	SO 33:51.9
5	84	Eric	Wooten	JR 34:09.9
6	(99)	Isaiah	Robinson	SO 35:11.1
7	(111)	Adam	Romano	JR 36:05.9
12.	309	Kutztown	(33:37.1 168:05.2 2:16.5)	
1	36	Xavier	Gutierrez	JR 32:42.1
2	50	Derek	Barney	FR 33:07.3
3	58	Nick	DeGennero	SO 33:28.4
4	70	Jared	Luckanitz	SO 33:48.8
5	95	Chris	Coates	JR 34:58.6
6	(109)	Nate	Burkhart	SO 36:00.1
13.	335	Slippery Rock	(33:42.6 168:33.0 3:58.3)	
1	4	Jeremy	Parsons	SR 31:01.7
2	59	Daniel	Janyska	SO 33:28.9
3	79	Josh	Rader	JR 34:03.5
4	96	Andrew	Maxwell	JR 34:58.9
5	97	Jared	Nelson	SO 35:00.0
6	(116)	Jonathan	Snyder	FR 36:25.3
7	(126)	Tanner	Schlater	FR 39:15.7
14.	399	California (Pa.)	(34:09.3 170:46.3 1:11.0)	
1	62	Kyle	Tumpak	FR 33:33.4
2	78	Joe	Uliano	SO 34:02.9
3	83	Micah	Colson	SO 34:07.5
4	86	Brett	George	SO 34:18.1
5	90	Caleb	Foster	SO 34:44.4
6	(101)	Blake	Ristau	FR 35:21.4
7	(104)	Matt	Young	FR 35:29.0
15.	409	Wheeling Jesuit	(34:55.8 174:38.6 6:48.5)	
1	34	Jacob	Bishop	FR 32:40.9
2	80	Devin	Rich	SO 34:03.9
3	81	Zack	Henry	FR 34:05.7
4	87	Austen	Zorick	JR 34:18.7
5	127	Michael	Duez	SO 39:29.4

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16.	439	Mansfield	(35:00.0	174:59.6	4:52.9)
=====					
1	20	Ryan Clifford	JR	32:07.7	
2	91	Ben Drexler	SR	34:52.8	
3	103	Dylan Rhodes	SO	35:26.9	
4	105	Travis Keefe	SO	35:31.6	
5	120	Carson Ayers	SR	37:00.6	
6	(121)	Jordan Cash	FR	37:04.9	
17.	448	Seton Hill	(34:56.1	174:40.5	2:47.7)
=====					
1	55	Owen Keith	FR	33:18.4	
2	67	Sam Kovalchik	JR	33:42.1	
3	106	Micah Cantaral	SR	35:38.4	
4	108	Jerrod Sunderland	JR	35:55.5	
5	112	Amir Goodwin	FR	36:06.1	
6	(114)	Palmer Cameron	FR	36:15.0	
7	(122)	Anthony Camasso	SR	37:21.7	
18.	512	West Liberty	(35:59.7	179:58.5	4:31.6)
=====					
1	54	Bryce Childers	FR	33:12.5	
2	98	Ben Hart	FR	35:06.2	
3	113	Jordan Hosey	SO	36:13.2	
4	123	Cole Wright	FR	37:42.5	
5	124	Charles Welch	SO	37:44.1	
6	(128)	Jared Beihl	FR	39:29.4	
7	(129)	Michael Games	SO	45:20.0	
19.	544	Mercyhurst	(35:58.1	179:50.4	1:45.9)
=====					
1	94	Ryan Brennan	SR	34:58.0	
2	100	Danny Dmuchowski	JR	35:16.4	
3	115	John Harry	SR	36:19.2	
4	117	Jacob Kramer	SR	36:32.9	
5	118	Richard Titus	FR	36:43.9	
6	(119)	Dylan Bemiss	FR	36:52.6	
7	(125)	Jacob Fuhrman	SR	38:29.9	
