



2013 - 2014



CD Cross Country News

Mitch Coakley (12) and Ben Wilson (11) ran at States on Saturday. Medals were given to the top 25 finishers. The cut off time was 16:41.

Mitch ran 16:52 and finished 34th overall. (Just 9 seconds away.)
Ben ran 16:57 and finished 44th overall. (Just 16 seconds away.)

Mitch was the 6th District 3 finisher and 5th Mid-Penn finisher.
Ben was the 7th District 3 finisher and the 6th Mid-Penn finisher.

This was posted on 11-4-2013



CD Cross Country News

Congratulations to District Cross Country runners for an outstanding day in Hershey yesterday. ALL 12 had course best times; 3 had season best times and 2 where personal best times. The day was highlighted District medal winners Mitch Coakley for his 9th place finish and Ben Wilson for his 17th place finish. Mitch and Ben will be running at the State Championships next week.

This was posted on 10-24-2013



CD Cross Country News

Yesterday the Cross Country teams had a great day running in Hershey. All 12 had course best times on the challenging Parkview XC course. Highlights include District medals for Mitch Coakley for his 9th place finish and Ben Wilson for his 17th place finish. Both Mitch and Ben will be representing CD at the State Championships.

Mitch Coakley, 12 16:36 9th place Course Best

Ben Wilson, 11 16:43 17th place Course Best

Alex Nally, 12 17:31 55th place Course Best

Eric Simons, 11 17:44 67th place Course Best

Matt Coakley, 10 18:56 Course Best

Ryan Seibert, 11 19:17 Course Best

Troy Groleau, 11 19:22 Course Best

Abby Echard, 9 20:39 41st place Course Best

Becca Haist, 9 21:55 Personal Best, Season Best, Course Best

Sarah Smith, 10 22:00 Personal Best, Season Best, Course Best

Lauren Schlusser, 12 22:48 Course Best

Emma Krampe, 10 23:16 Season Best, Course Best

This was posted on 10-24-2013



CDHS Fall Sports Special Report

[Click here to view the video](#)

CD CROSS COUNTRY

GIRLS

Roberta Beard
Hailey Brame
Harlee Collins
Allison Dame
Sarah Dame
Abigail Echard
Sarah Good
Valerie Green
Rebecca Haist
Leah Heisler
Allie Hoffman
Emma Krampe
Rocky Kuhlmann
Gloria McGee
Fiona McPoyle

Chelsea Moody
Molly Oken
Madison Palmer
Mary Grace Redmond
Lauren Schlusser
Susie Schrum
Kalli Seibert
Ryan Seibert
Sarah Smith
Alexa Taylor
Moriah Thoman
Emily Traynor
Lauren Wick
Emily Woolf
Emma Yingst



CD CROSS COUNTRY

BOYS

Nick Belfonti
Corey Bowerman
Aidan Carrigan
Cameron Cassell
Brad Chambers
Matthew Coakley
Mitchell Coakley
Dan Getz
Bestman Ginting
Troy Groleau
Ian Harper
Michael Henning
Wesley Huff
Ethan Hutchinson
Ian Jones
Nathaniel Kaplon
Andrew Kime

William Leuschner
Ryan MacKenzie
Jonah MacMillan
Zach McMinn
Tim Medic
Alex Nally
Nicholas Rabuck
Alex Shaffer
Eric Simons
Jonathan Veli
Lincoln Weinstock
Brandon Weller
Ben Wilson
Jakob Kostelec
Damien Koussis
Ganesh Kumar
Roman Lear-Olimpi





Senior Night Special Report

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