



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

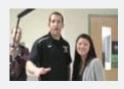


#### **CD Cross Country News**

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

# (I) (ROSS (OUNTRY

**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 Suste Schrum Kalli Seibert Ryan Seibert Sarah Smith Alexa Taylor Mortal Thoman **Emily Traynor** Lauren Wiek **Emily Woolf** Emma Yingst

## (I) (ROSS (OUNTRY

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

BO<u>YS</u>

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**

Click here to view the video