



**CENTRAL DAUPHIN**

**CROSS COUNTRY**



**2016 - 2017**



## CD Cross Country News

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Congrats to the following athletes who were honored as All-Stars by the Patriot News

Dax Hoffman, 1st Team Boys Soccer

Alice Onyago-Opiyo, 1st Team Girls Soccer

Mikayla Mustard, 1st Team Girls Soccer

Lydia Smeltz, 2nd Team Girls Field Hockey

Sydney Myers, 1st Team Girls Cross Country

Nate Kaplon, 2nd Team Boys Cross Country

Timmy Cooper, 1st Team Boys Golf

Anna Wickenheiser, 1st Team Girls Volleyball

Alyssa Kimmel, 2nd Team Girls Volleyball

*This was posted on 1-17-2017*



## 2016 CD Sports Fall Season Recap

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[Click here to view the video](#)



## CD Cross Country News

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On Saturday, Sydney Myers finished 9th at the District XC Championships and earned her way to States this weekend. Good luck Sydney.

Nate Kaplon finished 10th and is on his way to States. Nate's 16:09 time moved him up to 3rd on the All-Time list. Please congratulate Nate if you see him today.

*This was posted on 10-31-2016*



## CD Cross Country News

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On Saturday Sydney Myers and Nate Kaplon earned ALL-Mid-Penn Conference honors. Sydney finished 6th in 19:17 and Nate finished 11th in 16:26.

At the Tim Cook Race the following placed in the top 15 finishers:

Freshmen Raechel Bonner, 1st Drew Reeser, 2nd Allie Summerville, 7th Jacob Myers, 7th Aubree Bullers, 8th Gavin Nixon, 13th

Sophomores Julia Wert, 5th Trey Nissley, 9th Victoria Wert, 11th

Juniors Trey Nissley, 9th Emily Groleau, 13th

Seniors Ethan Hutchinson, 5th Mary Grace Redmond, 8th Dan Getz, 11th Leah Heisler, 13th

*This was posted on 10-18-2016*



## CD Cross Country News

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On Saturday the Cross Country teams had a banner day at the 100 team Carlisle Race of Champions.

Highlights included: Nate Kaplon running the 8th fastest time, ALL-TIME for Central Dauphin at 16:23 and Sydney Myers running the fastest ALL-TIME time at 19:00.

Congratulations to two of CD's finest athletes.

*This was posted on 9-29-2016*



## Come Support Fall Sports

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[Click here to view the video](#)



## CD Cross Country Senior Night

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[Click here to view the video](#)

# CD RAM BUZZ

YOUR CD RAMS SPORTS UPDATE

Week of 10/17—Edition 4

## CD FOOTBALL

This past week the Rams tangled with the very gifted Harrisburg Cougars. Both teams were 5-1 heading into play. With at 3-0 score at halftime, Central Dauphin took control by scoring the game's first touchdown in the third quarter. Harrisburg eventually ended up taking the lead in the fourth quarter by converting an impracticable 2-pt conversion. This score left the Rams to drive down the field with just 2 minutes left to play. AJ Millar led the Central Dauphin's offense down the field and into perfect field goal range. This led to kicker Ethan Van Buskirk to put the Rams up by two points with a phenomenal big-time field goal with under a minute to play. The Cougars end up missing wide left and the Rams survive in a nail-bitter. The Trojans of Chambersburg will be the Rams next opponent at home Friday at 7:00 at Landis Field.

## CD FIELD HOCKEY

The girls field hockey team took on the East Pennsboro Panthers in the semi finals of the Mid-Penn Championships on Tuesday night. The Panthers scored twice in the first quarter, but thanks to a goal by Olivia Topp, the Rams started to make a comeback. The girls fell just short of tying the game and ended with an unfortunate loss of 2-1. The girls field hockey team will be back in action in the District Playoffs when they face Dallastown on Wednesday

## CD BOYS SOCCER

Last Tuesday the boys soccer team beat the Red Land Patriots 6-2. Later in the week on Thursday the Rams fell to State College 2-0. In a hard fought game on Saturday the Rams came on top to catch the win against the East Panthers 3-2 to end the regular season.

This Tuesday against Camp Hill the Rams caught the win in double overtime to advance to the Mid Penn conference championship. Dax Hoffman scored the overtime goal to win it for the Rams. The boys will play this Thursday at 7 PM against the Lower Dauphin Falcons at Milton Hershey for the Mid-Penn Championship.

## CD CROSS COUNTRY

The Rams had a strong showing at Mid-Penn's this weekend at Big Spring HS. On Saturday, Sydney Myers and Nate Kaplon earned All Mid-Penn Conference honors. Sydney finished 6<sup>th</sup> in 19:17 and Nate Finished 11<sup>th</sup> in 16:26. At the Tim Cook Race, Raechel Bonner took first place for freshman girls and Drew Reeser took 2<sup>nd</sup> for freshman boys. Other ram runners finishing in the top 10 of their age groups were Allie Summerville, Jacob Myers, Aubree Bullers, Julia Wert, Trey Nissley, Ethan Hutchinson, and Mary Grace Redmond. Congrats on a great season Rams!

## CD FOUR DIAMONDS

The Homecoming Tailgate has been **postponed** to this Friday October 21 at 5:45! Students can buy tickets at lunch or at the gate for \$6 which includes the tailgate and admission to the game. Any student who previously bought a tailgate ticket will need to see Mrs. Burger in 164 for a NEW ticket for this Friday's game and tailgate. Also The Four Diamonds T-Shirt contest is running from now until Oct. 28th. The requirements are posted outside the showcase by the library. Remember the slogan is, "fighting hard is the answer; together we will knock out cancer." Also be here this Saturday as Four Diamonds will be hosting a yard sale in the cafeteria! Doors open at 8am and will run till around 1pm.

## CD GIRLS SOCCER

Last week, the girls finished the regular season undefeated with a record of 17-0-1 defeating both Red Land and State College.

In the Mid-Penn Conference Semi-Final match on Tuesday, the girls defeated an also undefeated East Pennsboro 5-2. Jenna Shoop and Chloe Adler both scored two goals to lead the team to another victory. The Rams advance to the Mid-Penn Conference Championship on Thursday at 5 pm at the Milton Hershey Stadium.

## CD GIRLS VOLLEYBALL

Last week the girls volleyball team began wrapping up there season with 3 wins against Red Land, Cedar Cliff, and Carlisle. On Tuesday, the girls got the sweep against Mifflin 3-0 on senior night. The teams next match will be in the District 3 Championship playoffs. The girls are currently sitting at the 7<sup>th</sup> seed and will begin the first round on October 29<sup>th</sup>.

## CD GIRLS TENNIS

The girls tennis team won big at Mid-Penns this past week. Second doubles, Summer Yu and Skyler Oken earned a gold medal, and went undefeated all season. Alexa Schwab also received a silver medal in second singles.

In the first round of districts against L-S, Autumn Burns and Alex Volkov opened the match with a 6-0, 6-0 win. Skyler and Summer followed with another win, 6-4, 6-1. With the match at a deadlock, 2-2, Alexa Schwab clinched the win for the team winning 7-5, 6-2. This past Tuesday the girls played in the second round of the District 3 championships and lost to Dallastown 2-3.

## CD GOLF

On Monday, Timmy Cooper played in the Eastern Regional championship at Golden Oaks. Cooper shot a two-over par 74 to finish in 16<sup>th</sup> place, earning him a spot in the PIAA State Championship next week at Heritage Hills. Good luck Timmy!

CD Ram Buzz  
Sports Update  
Edition 4

# CD RAM BUZZ

YOUR CD RAMS SPORTS UPDATE

Week of 10/10—Edition 3

## CD ATHLETE OF THE WEEK

Freshman soccer player Chloe Adler is this week's athlete of the week. Chloe leads the team in assists this season with 6 assists and has scored a total of 12 goals this season, which is the second most on the team. Chloe has had three goals and an assist in the past three games.

This week's boys athlete of the week is senior soccer player Brady Zeiders. Brady made a huge contribution to the Rams in their win two weeks ago against our huge rivals, the Cumberland Valley eagles, also scoring both goals in their win against Cedar Cliff last week.

## CD GIRLS VOLLEYBALL

Tuesday night the girls volleyball team swept the Chambersburg Trojans 3-0. Allison Stubblefield led the team with 9 kills, and Anna Wickenheiser followed at close second with 8 kills. The girls suffered a tough loss to Cumberland Valley on Thursday, but are back in action Thursday vs Carlisle.

## CD FIELD HOCKEY

The girls field hockey team battled a tough game against the Hershey Trojans on Saturday, but lost 4-0. The Rams celebrated their senior night on Monday taking on the Carlisle Thundering Herd with a goal by Olivia Artz and 3 saves by Lydia Smeltz, but falling 1-2. On Thursday they challenged the Chambersburg Trojans and even though they were unable to score, the girls managed to keep them at only one goal. The field hockey team, determined to end the week in a win, beat State College 2-1.

## CD BOYS SOCCER

Boys soccer beat Cedar Cliff 2-0 with both goals scored by senior Brady Zeiders. In game two of the week, the Rams caught another win with goal scored by Nate Smithers. The boys will be back in action this week Thursday at State College.

## CD CROSS COUNTRY

On Saturday the XC teams had a banner day at the 100 team Carlisle Race of Champions with Nate Kaplan running the 8th fastest time, ALL-TIME for CD at 16:23 and Sydney Myers running the fastest ALL-TIME time at 19:00.

On October 4<sup>th</sup> the Rams hosted their last home meet and senior night against Chambersburg. The boys were led once again by seniors Nate Kaplan and Dylan Leto. The girls team won their meet and were led by a second place finish from Sydney Myers. The Rams will be back in action on the 15<sup>th</sup> for Mid Penns!

## CD FOUR DIAMONDS

**TAILGATE POSTPONED:** Tailgate has been postponed to Friday, October 21. See Mrs. Burger to exchange your old Tailgate ticket for a new one. Tickets will be sold at all lunches next week and also at the football game.

## CD GIRLS SOCCER

After this week, the girls soccer team remained undefeated with a record of 14-0-1. Last Tuesday the girls beat Cedar Cliff for the second time this season with the final score being 4-1. The team also took down Carlisle with a score of 2-1. Freshman goalie Cassy Baker continues to lead the team to victory with a total of 18 saves this week. The girls play Red Land and State College next week to end the regular season. Playoffs will start the following week.

## CD FOOTBALL

Last week, the Central Dauphin Rams football team faced off against, bitter rival, Cumberland Valley. Leading up to this game the two teams' bad blood continued to get heated. The game was a hard nose fought battle with both teams barely letting up. CD's defense only held the Eagles to one controversial offensive touchdown late in the game. The defense only allowed 211 total yards of CV's offense. However, CD's offense had the upper hand with 23 first downs and 392 yards total offense. Micah Parsons was running the ball like a freight train picking up 100 yards on just 15 carries. AJ Millar finished with 135 yards and a touchdown. CD will face Harrisburg away this Saturday the at 1:00.

## CD GOLF

This week, the Rams golf team competed in the District III Championship in York, PA. The boys team finished 3rd place, shooting a 329. Timmy Cooper shot 81, and Jarret Brightbill & Richie Kass shot 82 to lead the Rams on Tuesday. It was a great season for the golf team, as they were just one step away from the state championship. Timmy Cooper, Jake Aaron, and Richie Kass played Friday in the individual district championship. Timmy was the only one to qualify to the Eastern Regionals Monday.

## CD GIRLS TENNIS

In the final week of regular season for girls tennis, the Mid-Penn Champions took on Carlisle Thundering Herd this past Tuesday. Maddie Schwab, being the only single to win for CD, beat Carlisle's Meg Ulrich 6-2, 6-4. First and second doubles came out on top as well. Alex and Autumn won their sets 6-3, 6-3. While Skyler and Summer had a tougher match winning 6-0, 7-6, 9-7. The girls are playing for Mid-Penn Individuals and then onto Districts.

CD Ram Buzz  
Sports Update  
Edition 3

# CD RAM BUZZ

YOUR CD RAMS SPORTS UPDATE

Week of 10/4—Edition 2

## CD ATHLETE OF THE WEEK

Two weeks ago the boys' athlete of the week was senior soccer captain Jake Grove. During the week Grove had 2 goals and 3 assists going into the mid-point in the season.

Two weeks ago the girls' athlete of the week was sophomore tennis player Alexa Schwab. Alexa remains a strong #2 player for the Rams with a 12-1 record this season.

This week's girl athlete of the week is soccer player Haley Luckenbill. At the LDC Tournament last weekend, Haley lead the team to two victories, including the championship, scoring a total of five goals in two games. As one of the captains of the team, Haley continues to lead the team in goals scored this season with 11.

Timmy Cooper's week was nothing less than historic. In the last three regular season matches, Cooper shot a 70, 69, and 68 making him 9 under par for the week. At the Mid-Penn championship, he shot a -7, 65 to win the individual championship. His score also led the golf team to its first Mid-Penn title since 2005.

## CD GIRLS VOLLEYBALL

On Monday, the girls volleyball team swept Cumberland Valley 3-0 in one of their biggest games of the season. Anna Wickenheisser led the team with a total of 10 kills, followed by Natalie Hillman with 9. Lindsey Dunn had 20 assists and Alyssa Kimmel dug 14 balls for the rams. On Tuesday they followed up with another win against Red Land. The volleyball team will be back in action on Tuesday, October 4<sup>th</sup> when they play Chambersburg at home.

## CD FIELD HOCKEY

The girls Field Hockey team suffered a loss of 4-1 early on this week against Exeter Township on Saturday. Though it was a tough loss, the girls managed to regroup by Monday to defeat the Cedar Cliff Colts 4-0. Goals were scored by Carlee Williams, Micki Butler, and 2 by Olivia Artz. On Thursday, the Rams celebrated a major victory against the Cumberland Valley Eagle, winning 4-2. Kailey Smith, Micki Butler, and Sydney Breen racked up Central Dauphin's 4 goals.

## CD BOYS SOCCER

Last Tuesday the boys soccer team battled through 100 minutes of regulation and overtime to tie Chambersburg 3-3. Later in the week, the boys outplayed the heavily favored Cumberland Valley Eagle's to win 1-0. The lone goal was scored by senior Brady Zeiders. The boys will be taking on Carlisle's Thundering Herd on Tuesday October 4<sup>th</sup> at 5:30 in a double header with the girls.

## CD CROSS COUNTRY

The cross country teams had a successful senior night on Tuesday, September 27<sup>th</sup> at a tri meet vs. State College and Mifflin County. Sydney Myers broke the girls school record with a time of 19:46 for a first place finish. Top runner for the boys was Nate Kaplon who finished in 2<sup>nd</sup> place, Nate ran the 8<sup>th</sup> fastest time ALL TIME for CD runner, finishing his 5K in 16:23.

## CD FOUR DIAMONDS

Come to the Homecoming Tailgate on Saturday, October 8 at 12:45 before the football game. There will be food and drinks there as well as your favorite tailgate games. The price will be \$6 dollars which includes admission to the game. Long sleeve homecoming t-shirts will also be sold for \$15. Tickets & t-shirts will be sold at all lunches. Come and show your support! Proceeds benefit the Four Diamonds Club!

## CD GIRLS SOCCER

The girls soccer team remained undefeated with a record of 11-0-1 at week's end. Last weekend the team defeated Greencastle-Atrim and Lower Dauphin to bring home the 1<sup>st</sup> place trophy in the Falcon Bash Tournament. Tuesday the girls traveled to Chambersburg and brought home a 4-1 victory. With their 1-0 upset against Cumberland Valley on Thursday, the girls secured the number one spot in the Mid-Penn Commonwealth. Come out and support the boys and girls teams double header Tuesday October 4<sup>th</sup> at Landis Field for breast cancer night. The boys game starts at 5:30 followed by the girls at 7:00. The girls are back in action at Landis on Thursday October 6<sup>th</sup> against Carlisle for senior night.

## CD FOOTBALL

Last week, the Central Dauphin Rams football team faced off against, West Shore opponent, Carlisle Thundering Herd. CD scored early with a 66-yard touchdown catch by Syllas Pope, and a 20-yard run by Mike Wise. The Rams regained momentum, after a Carlisle TD, by scoring on a 53-yard touchdown pass to Dylan Weaver. CD led at halftime 41-14 and finished the game winning 55-21. Central Dauphin's defense dominated, limiting Carlisle to a total of 5 yards rushing. Carlisle QB Eric Harris was also picked off three times by Harry Padilla, Andrew Johnson, and Trey Paul.

## CD GOLF

This week, the Central Dauphin boys golf team captured the 2016 Mid-Penn championship at Dauphin Highlands, shooting a 307 to hold off Mechanicsburg and Cumberland Valley. In addition to Timmy Cooper's 75, Richie Kass shot 78 and Jake Aaron shot 79. The Rams team advances to the District III Championship on Tuesday at Briarwood.

CD girls golf competed this past week at Mid-Penn Championships. Anna McCormick finished with an 85 to place fifth and Bella Reece shot a 100. McCormick and Reece will travel to Briarwood Friday, October 7 to compete in individual District III Championship.

## CD GIRLS TENNIS

The girls tennis team took on their rival Cumberland Valley this past Tuesday. Alexa Schwab won a pivotal match for the Rams against CV's Valerie Motter. Both sets of doubles, Alex Volkov and Autumn Burns, and Skyler Oken and Summer Yu, won as well. The girls take on the Carlisle Thundering Herd next Tuesday and then move into the Mid-Penn Championships.

CD Ram Buzz  
Sports Update  
Edition 2

# CD RAM BUZZ

SEPTEMBER: SPORTS UPDATE

## CD ATHLETE OF THE WEEK

This week's male athlete of the week is football tight-end Grant Smith. He caught 3 catches for 128 yards against the Susquehanna Indians and scored a touchdown.

This week's female athlete of the week is girls soccer goalie Cassidy Baker. Against Cumberland Valley, Carlisle, and Cedar Cliff she had a total of 19 saves. In addition, she helped her team win 3 shutouts

## CD FOOTBALL

Last week, the football team faced off against the Susquehanna Township Indians. After the first half ending at 17-9 in the Rams favor, the Rams picked up their game coming out of the half with a momentum changing 84 yard touchdown catch by Grant Smith. Grant finished the game with 3 catches for 128 yards. Quarterback AJ Millar also had a good game with 239 total yards. The Rams beat the Indians 31-9 and are 2-0 heading into division play.

## CD FIELD HOCKEY

After a rough start, the Rams made up for it with a 3 game win streak. They stole the game from the Huskies and ended with a 3-1 win thanks to goals scored by Olivia Artz, Kailey Smith, and Sydney Breen. Next the girls took on the Thundering Herd at Carlisle, and Micki Butler scored the only goal of the game winning 1-0. The Rams finished off the week with their third win in a row, a 3-1 victory against the Chambersburg Trojans.

## CD BOYS SOCCER

This past weekend the boys soccer team fell to Cumberland Valley 7-2. CD goals were scored by Lukas Kuehne and Shane Marolf. This past Tuesday, the boys turned it around beating Cedar Cliff 1-0. The lone CD goal was scored by Jake Grove. Later in the week the boys dominated their match against Carlisle winning 3-0. All the scoring came from senior captains Dax Hoffman, Nate Smithers, and Jake Grove. The boys are back in action Tuesday when they travel to Red Land at 3:45.

## CD CROSS COUNTRY

The boys and girls cross country teams ran in the Lebanon Valley College Invitational on 9/9. Both teams finished second out of 18 teams. For the boys side, Nate Kaplon took first with an incredible time of 16:49. For the girls, Sydney Myers finished 3rd with a time of 20:05. On Tuesday, 9/13, both teams took on Cumberland Valley n Ranked Carlisle. Nate Kaplon finished 4th out of 89 runners. The girls lost to Carlisle but upset Cumberland Valley with help from a Sydney Myers 1st place finish. The teams are back in action on 9/27 against Mifflin County.

## CD GIRLS SOCCER

This past Saturday the girls soccer traveled to Cumberland Valley and battled them to a 0-0 draw. Cassidy Baker had 9 saves in the match. On Tuesday, the Lady Rams traveled to Cedar Cliff and won 3-0. Scoring for the Rams were Haley Luckenbill (2 goals) and Chloe Adler. Cassidy Baker had 6 saves for another shutout. On Thursday, The girls soccer team traveled to Carlisle and won 2-0. Haley Luckenbill scored both of the goals during the contest. The girls are back in action tomorrow morning at CD High School vs Waynesboro at 11:30.

## CD GIRLS VOLLEYBALL

This week the Girls Volleyball team faced Cedar Cliff in their first home game of the season. Lindsey Dunn had 17 assists, Carson Sniegocki and Natalie Hilman both led the team with 6 kills, helping boost the Rams to a 3-0 victory over the Colts. Come support the girls next Monday at home as they take on the Waynesboro Indians.

## CD GOLF

This week, the Rams Boys golf team played two matches at Mountain View CC and The Country Club of Harrisburg. At Mountain View the boys finished third, led by Jake Aaron's 79. At Harrisburg, it was a tough 2nd place finish for the Rams, losing by one shot to Lower Dauphin. Timmy Cooper finished first with a 76 and Jake Aaron tied for 3rd shooting 80. The ram golfers are back on the course next Monday at Colonial Country Club.

The girls golf team had a strong showing at Valley Green Golf Course this Wednesday, coming in 2nd place to State College and bringing in 3 top ten finishers - Bella Recce (90), Anna McCormick(92), & Brooke Frey (93). The girls golf team is back at it next Tuesday when they travel to Mayapple to take on Boiling Springs.

## CD GIRLS TENNIS

The girls tennis team traveled to Mechanicsburg this past Monday, defeating the Wildcats 5-0. On Wednesday, they took on Cedar Cliff winning yet again, 4-1. Alexa Schwab fought a hard three hour battle to get the win in her match. The girls take on Palmyra, Mifflin, and Red Land next week. Come out to the home match against Mifflin for senior night next Wednesday!

## CD TWITTER

Follow the following CD affiliated Twitter accounts:

- @CDAthletics—Official updates on CD Sports
- @CDHSRams—Official Twitter account of CDHS
- @Rams\_ATC—Rams athletic training account
- @CDHS4Diamonds—CD 4 Diamonds Updates
- @CDRamMob—Official account of the CD Student Section
- @CDActionNews—Account for the morning news



CD Ram Buzz  
Sports Update  
Edition 1

# GIRLS CROSS COUNTRY

# 2016

**RAEHEL BONNER**

**AUBREE BULLERS**

**EMMA DURNIN**

**ABIGAIL ECHARD**

**EMILY GROLEAU**

**REBECCA HAIST**

**MEGAN HANLON**

**ASHLEY HECK**

**LEAH HEISLER**

**INGRID HROBUCHAK**

**ALEXANDRA HOSEY**

**SYDNEY MYERS**

**ANGELEAH NOEL**

**MARY GRACE REDMOND**

**KATELYND SHEARER**

**SADIE SMITH**

**ALLIE SUMMERVILLE**

**JULIA WERT**

**VICTORIA WERT**

**LAUREN WICK**

**KATIE WITTMAN**



**HEAD COACH**

**RICK LEUSCHNER**

# 2016 Boys Cross Country

**Josh Adams**

**Jared Barninger**

**Aaron Brown**

**Aidan Carrigan**

**Devin Carrigan**

**Brad Chambers**

**Brian Cochran**

**Shawn D'Souza**

**Ganon Etzweiler**

**Dan Getz**

**Ryan Hanlon**

**Will Henning**

**Beck Heshler**

**Matt Hoffman**

**Ethan Hutchinson**

**Devon Johnson**

**Nate Kaplon**

**Dylan Leto**

**Ryan Mackenzie**

**Jacob Myers**

**Trey Nissley**

**Brad Owens**

**Sean Phillips**

**Logan Pliszka**

**Mark Redmond**

**Drew Reeser**

**Michael Schehr**

**Andrew Strange**

**Lance Truskey**

**Timothy Ulsh**

**Lincoln Weinstock**



## CD Cross Country News

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On Saturday, the Rams Cross Country Teams had a banner day with 8 medalists at the 30 team Bloser-Bulldog Invitational. The following were medalists: Boys Varsity - 10th, Nate Kaplon, Girls Varsity - 11th, Sydney Myers, Boys JV - 7th, Jacob Myers, 12th, Drew Reeser, 21st, Ethan Hutchinson, Girls JV - 27th, Aubree Bullers, 29th, Leah Noel, and 30th, Katie Wittman.

*This was posted on 9-23-2016*



## CD Cross Country News

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Yesterday the Boys Cross Country Team lost to Carlisle and Cumberland Valley but Nate Kaplon was 4th out of 89 runners. The girls cross country team lost to Carlisle but upset Cumberland Valley. Sydney Myers won the race, Lauren Wick was 6th and Abbie Echard was 10th.

*This was posted on 9-14-2016*



## CD Cross Country News

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On Saturday, the Cross Country Teams scored BIG at the Dutchmen Invitational. The girls finished 2nd out of 18 teams with Sydney Myers finishing 3rd overall with Lauren Wick close behind in 7th overall. The boys also finished 2nd out of 18 teams with Nate Kaplon winning the race to be crowned as individual champion. Come out to see the tams race Cumberland Valley and Nationally Ranked Carlisle Boys tomorrow here at CD.

*This was posted on 9-12-2016*



### CD Cross Country News

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Sydney Myers won the girls cross country race on Friday to lead us past rival CD East 25 to 32. Nate Kaplon won the boys race in our defeat 22 to 39. Both teams are in first place in the Mid-Penn.

*This was posted on 9-6-2016*



### CD Cross Country News

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The Central Dauphin Cross Country, Indoor Track and Track and Field teams provide students with the opportunity to compete and improve themselves throughout the school year. The Cross Country team competes in late summer/fall. Indoor Track and Field is offered as a club sport in the winter. Spring is Outdoor Track and Field season.