



2019 - 2020



## CD Cross Country News

Congratulations to TJ Roden for his 10th place finish at the Mid-Penn Championships in October. He followed that with an impressive 3rd place finish at the District Championships with a 16:10 time. That places him 4th on the All-Time fastest times list in the school's history. And on Saturday, TJ finished 29th at the State Championships making him the top 9th grader in Pennsylvania. Way to go TJ!

*This was posted on 11-6-2019*



## CD Cross Country News



Congratulations Freshman TJ Roden for finishing 29th in the State in AAA. Great Year!

*This was posted on 11-3-2019*



## CD Cross Country News



Congratulations Freshman TJ Roden. TJ placed 3rd at the District 3 Championship (16:10.1). This was the 4th fastest All-Time by a CD runner. Great Job!

*This was posted on 10-28-2019*



## CD Cross Country News

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Mid Penn Cross Country Championship Results:

Boys:

TJ Roden 10th

J Myers 21

L Cook 64

Girls:

C Bullers 45

R Bonner 69

Great Job!

*This was posted on 10-15-2019*



## CDXC Senior Night



Congratulations and good luck to our Senior Cross Country Runners.

*This was posted on 9-25-2019*



## CDXC Senior Night Special Report

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[Click here to view the video](#)



## CD Fall Sports Preview Special Report

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[Click here to view the video](#)



## CD Cross Country News

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Boys XC falls 26-36 to CV. TJ Roden out kicks J Myers to go 1-2. Girls lose 16-45. Cali Bullers top CD finisher in 5th.

*This was posted on 9-18-2019*



## CD Cross Country News

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XC Results at Ben Bloser Bulldog Invite:

7 Medals

Varsity Boys finished 6th

TJ Roden 10th

Jacob Myers 14th

JV Race:

Jack Riley 7th

Cooper Ofak 15th

Braden Berkebile 23th

Lexi Gibo 23rd

Ally Lock 30th

Great Job!

*This was posted on 9-16-2019*



## CD Cross Country News

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Congratulations TJ Roden who finished 1st, Myers who finished 3rd, and Cook who finished 7th against State College and Chambersburg. Great Job!

### Boys Scores

25 Chambersburg - 34 Central Dauphin

17 Central Dauphin - 45 State College

15 Chambersburg - 48 State College

### Girls Scores

15 Chambersburg- 48 Central Dauphin

27 Central Dauphin - 28 State College

15 Chambersburg - 50 State College

*This was posted on 9-11-2019*



## CD Cross Country News

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Boys finished 3rd at LVC Dutchmen invite. Led by Frosh TJ Roden 11th and Jacob Myers 13th.

Great Job RAMS!

*This was posted on 9-9-2019*

# Central Dauphin Girls XC

## Seniors

Raechel Bonner  
Aubree Bullers  
Lexi Gibo  
Mariel Miller  
Liza Szobocsan

## Sophomores

Kara Echard  
Charvi Patel  
Emma Pietsch  
Victoria Ryabyy

## Juniors

Olivia Acri  
Lyndsay Arms  
Janai Lockhart  
Emma Murphy  
Makenna Thrush  
Sarah Wick

## Freshmen

Cali Bullers  
Rachel D'Souza  
Allyson Lock  
Rylee Maass



# CENTRAL DAUPHIN

## BOYS XC



### SENIORS

DEVIN CARRIGAN  
CAMERON CHAMP  
BECK HESLER  
JACOB MYERS  
GAVIN NIXON  
ETHAN PHIPPS  
DREW REESER  
PARKER SELL  
TANNER WEARICH

### SOPHOMORES

BRADEN BERKBILE  
SEAN FRIST  
RYAN HANSHAW  
JOSHUA MYERS  
COOPER OFAK

### JUNIORS

RYAN BARACH  
LOGAN COOK  
HUNTER FISHER  
DEVON KENNEDY  
KEEGAN MAIN  
LUKE NISSLEY  
JACOB POYER  
JOHN RILEY

### FRESHMEN

TUCKER CARRIGAN  
RYAN EMERY  
CONNOR FOXWELL  
DANIEL MCKNIGHT  
CALEB MENDOLIA  
JOSEPH O'NEILL  
TIMOTHY RODEN  
CARTER STORRY  
NOAH TOWSEN



## CD Cross Country News

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XC Results:

Boys: Carlisle 23 - CD 36

Girls: Carlisle 16 - CD 46

*This was posted on 9-4-2019*



## CD Cross Country News

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Cross Country Run for Chocolate Results in Hershey:

- Fr TJ Roden finishes 1st n 9/10 grade race. 3rd fastest time of the day.
- Sr J Myers finished 3rd n 11/12 race.
- Sr R Bonner finished 7th in 11/12 grade girls race.

Great Job RAMS!

*This was posted on 8-29-2019*