



2021 - 2022



TJ Roden was a consistent presence at the front of the pack this fall, recording top-10 finishes in a number of early season invitational including wins at Hershey's Run for the Chocolate and the LVC Dutchmen Invitational. He went on to earn 5th place at the Mid-Penn Championship and 4th at the District 3-3A meet, before grabbing a state medal for the second consecutive year, finishing 21st in 16:34. Roden closed his season out by traveling to Huntsville, Alabama for the Garmin Running Land Cross Country Championship, where he ran 15:20 for 5K, the fastest time by a Mid Penn boy this year. Great Job TJ!

This was posted on 1-3-2022



CD Cross Country News

11-06-2021 PIAA Championships Hershey Parkview

10-22-2021 CD @ Susquehanna Veterans Park

09-28-2021 CD Tri-Meet

09-21-2021 Mifflin County HS

09-18-2021 Ben Bloser - Bulldog Invitational

09-14-2021 CD Tri-Meet

09-07-2021 Central Dauphin @ Carlisle

08-31-2021 Run For Chocolate





Congratulations TJ on running a 15:20.74 at the 2021 Garmin Running Lane Cross Country Championships. Great Job TJ!

This was posted on 11-29-2021







Congratulations TJ on finishing 30th at the Eastbay X-C Northeast Regional 2021 with a time of 16:05.10. Great Job!

This was posted on 11-29-2021

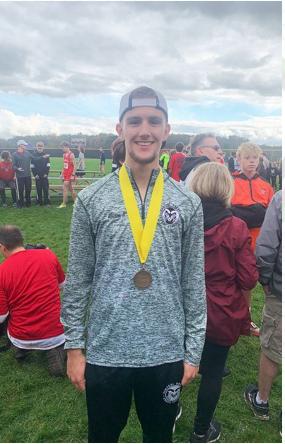




Congratulations TJ Roden for placing 21st at States. TJ finished with a 16:34 time. This is his PR on the Parkview course. Great Job TJ!

This was posted on 11-8-2021







Congratulations TJ Roden for placing 4th at Districts. Great Job TJ!

This was posted on 10-31-2021



Good luck to Cali Bullers, TJ Roden, Cooper Ofak, Sean Frist, Connor Foxwell, and Daniel McKnight at Districts today, Big Spring High School 2pm.

This was posted on 10-31-2021



CD Cross Country News

XC Scores

Boys: CD 23 - Susquehanna 38 (W) Girls: CD 24 - Susquehanna 35 (W)

Cali Bullers - 1st place

Great Job!

This was posted on 10-25-2021





Congratulations Cali Buller placing 33rd with 21:09 and TJ Roden placing 5th with 16:26 in Mid Penn Cross Country. Both move on to districts. Also, congratulations Cooper Ofak, Sean Frist, Connor Foxwell, and Daniel McKnight for making districts. Great Job!

This was posted on 10-18-2021





Congratulations and Good Luck to our Senior XC Runners.

This was posted on 9-29-2021





Congratulations Cali Bullers for taking 3rd and TJ Roden for winning the boys race with LD and Chambersburg. Great Job!

This was posted on 9-29-2021





Congratulations Cali Bullers for taking 3rd and TJ Roden for winning the boys race with LD and Chambersburg. Great Job!

This was posted on 9-29-2021



Carlisle XC Boys Invite - Top 4 CD Runners (All Ran Their Best Times)

Cooper Ofak 17:45 (PR)

Caleb Mendolia 19:45 (PR)

Conner Foxwell 19:56 (PR)

Dominic Jordan 20:13

Carlisle XC Invite - Top CD Female Finisher

Cali Bullers 21:42

Great Job!

This was posted on 9-27-2021





Congratulations TJ Roden for the 7th place 16:43 finish at the PIAA Foundation Meet in Hershey. Great Job!

This was posted on 9-27-2021



September 21, 2021 - XC Results

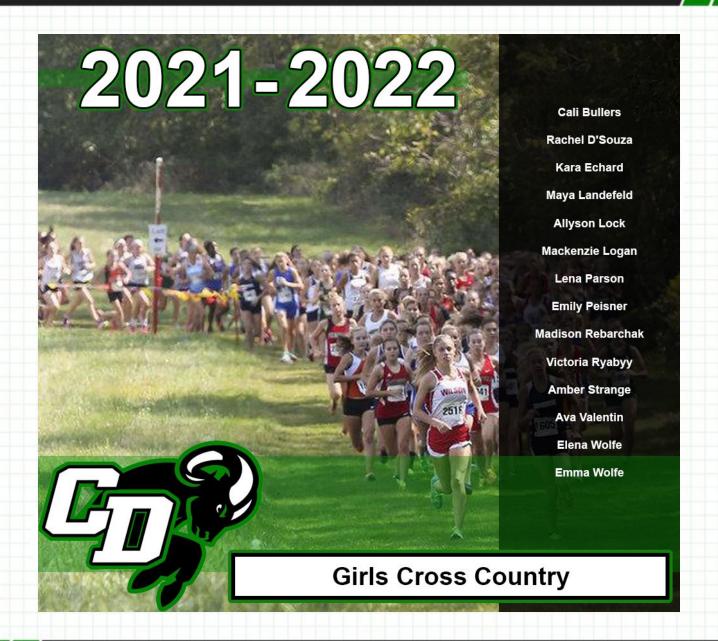
Boys:

Central Dauphin 41 - Mifflin County 20 (L) Central Dauphin 43 - State College 20 (L) TJ Roden 1st Overall - 16:03

Girls:

Central Dauphin 17 - Mifflin County 41 (W) Central Dauphin 50 - State College 15 (L) Cali Bullers 6th Overall - 21:08

This was posted on 9-23-2021









Congratulations to TJ Roden for his 4th place finish at the Ben Bloser Invite. Great Job!

This was posted on 9-20-2021



Congratulations to TJ Roden for his win at the LVC Invite in 15:48. Great Job!

This was posted on 9-13-2021



CD Cross Country News

Congratulations to TJ Roden for finishing 1st and Cali Bollers for finishing 3rd against Carlisle yesterday. Great Job!

This was posted on 9-8-2021