

CENTRAL DAUPHIN

CROSS COUNTRY

2022



2022 - 2023



CD Cross Country News

Congratulations to XC runner TJ Roden for earning a spot on the Pennlive Boys Cross Country All-Star Team. Great Job!

This was posted on 12-22-2022



CD Cross Country News



Congratulations to XC runner TJ Roden for being named All American this year. Great Job!

This was posted on 12-14-2022



National Championship

Morley Field - Balboa Park - San Diego, CA

Race 2 - Boys - 5K

12/10/2022 - 10:00am

Overall

Place	Team	Score	Team Time	Runner Avg	5 Man Mile	5 Man Gap	Finish Order	Scoring Order
1	Midwest	18	1:15:41	15:09	4:53	0:17	1-2-4-5-6-10-14	1-2-4-5-6-10-14
2	Northeast	61	1:16:53	15:23	4:57	0:22	7-8-12-15-21-29-31	7-8-12-15-19-25-26
3	West	65	1:16:59	15:24	4:58	0:28	3-9-18-19-22-24-25	3-9-16-17-20-22-23
4	South	87	1:17:40	15:32	5:00	0:24	11-13-20-23-28-35-36	11-13-18-21-24-27-28

Place	Name	Grade	Team	Time	Points	Place	Name	Grade	Team	Time	Points
1	Kole Mathison	12	Midwest	14:56.6	1	24	Spencer Bradshaw	12	West	15:38.4	22
2	Noah Breker	12	Midwest	15:07.5	2	25	Micah Sanchez	12	West	15:40.9	23
3	Samuel Hansen	12	West	15:07.7	3	26	Tommy Rice	12	Midwest	15:43.7	
4	Simeon Birnbaum	12	Midwest	15:11.3	4	27	Milo Skapinsky	12	West	15:45.4	
5	Connor Ackley	12	Midwest	15:11.8	5	28	Angel Sanchez	11	South	15:45.6	24
6	Cameron Todd	11	Midwest	15:13.0	6	29	Nathan Lopez	12	Northeast	15:46.3	25
7	Sam Burgess	12	Northeast	15:13.6	7	30	Trey Caldwell	10	West	15:47.8	
8	Drew Griffith	11	Northeast	15:14.4	8	31	Tamrat Gavenas	10	Northeast	15:49.8	26
9	Landon Heemeyer	11	West	15:14.5	9	32	Colin Whitaker	11	Northeast	15:49.9	
10	Hunter Jones	12	Midwest	15:21.1	10	33	TJ Roden	12	Northeast	15:50.2	
11	Rocky Hansen	12	South	15:22.0	11	34	Jeffrey Lewis	12	West	15:51.1	
12	Ryan Pajak	11	Northeast	15:22.9	12	35	Riley Novack	12	South	15:57.3	27
13	Nathan Alchue	12	South	15:23.1	13	36	Ayden Granados	12	South	15:58.9	28
14	Connell Alford	11	Midwest	15:25.9	14	37	Antonio Camacho-Bucks	12	Northeast	16:02.1	
15	Paul Bergeron	11	Northeast	15:26.8	15	38	Marcelo Parra	11	South	16:03.6	
16	Seth Nordor	11	Midwest	15:27.5		39	David Mora	12	South	16:19.6	
17	Benne Anderson	12	Midwest	15:28.8							
18	Grant Morgenfeld	11	West	15:28.9	16						
19	Joshua Bell	11	West	15:31.9	17						
20	Maxwell Hardin	12	South	15:33.1	18						
21	Brian DiCola	12	Northeast	15:34.7	19						
22	Broen Holman	10	West	15:35.3	20						
23	Brayden Marshall	11	South	15:36.1	21						



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12/10/2022 10:28am



CD Cross Country News

Congratulations to TJ Roden on his 33rd place finish at the Champs National HS XC Championships. Great Job!

This was posted on 12-14-2022



CD Cross Country News



Congratulations to TJ Roden for placing 10th at the Northeast Regional in 15:47 qualifying for Nationals. Great Job!

This was posted on 11-29-2022



CD Cross Country News



Congratulation to TJ Roden for committing with Penn State. Great Job!

This was posted on 11-29-2022



CD Cross Country News



Congratulations to TJ Roden for placing 2nd at Districts with 15:23. Also, congratulations to Paulos Woodard for placing 39th with 16:35. Both boys qualified for States. Great Job Guys!

This was posted on 10-31-2022



2022 Mid-Penn Conference XC Championship Results

[Click here for more information](#)

This was posted on 10-16-2022



CD Cross Country News

Congratulations and Good Luck to Our Senior Cross Country Runners. Congratulations to TJ Roden for taking the 2022 Mid-Penn Conference Boys XC Championship with 15:52. Great Job TJ!

This was posted on 10-16-2022



CD Cross Country News

Congratulations to TJ Roden for setting a new Cross-Country School Record at the Paul Short Run. 15:01.9. Great Job!

This was posted on 10-4-2022



CD Cross Country News

Congratulations and Good Luck to Our Senior Cross Country Runners.

This was posted on 9-28-2022





CD Cross Country News

Congratulations to TJ Roden for a new CD Course Record of 16:05. Great Job!

This was posted on 9-28-2022

788	1	1	Brian DiCola, Sr	15:52	5:07	Hatboro Horsham
1568	2	2	Brett Kroboth, Sr	16:03	5:10	Peters Township
1345	3	3	Jack Bertram, So	16:05	5:11	North Allegheny
826	4	4	Aidan Hodge, Sr	16:12	5:13	Hempfield
331	5		Timothy Roden, Sr	16:18	5:15	Central Dauphin
1499	6	5	Andrew McGonigle, Sr	16:18	5:15	Owen J. Roberts
824	7	6	Joseph Fahrney, Sr	16:20	5:16	Hempfield
1810	8	7	Jake Borges, Sr	16:35	5:21	South Fayette
1351	9	8	Gregory Kossuth, Sr	16:36	5:21	North Allegheny
1201	10	9	Kamden Kramer, So	16:38	5:22	McDowell
1812	11	10	Roman Galioto, Sr	16:40	5:22	South Fayette
1163	12	11	Cole Stevens, So	16:44	5:24	Manheim Township
1354	13	12	Jackson Pajak, Sr	16:44	5:24	North Allegheny
694	14	13	Rowan Gwin, Jr	16:45	5:24	Fox Chapel Area
1202	15	14	Christian Mattern, Sr	16:46	5:24	McDowell
1813	16	15	Alaa-Eddine Guetari, Jr	16:48	5:25	South Fayette
1152	17	16	Gunner Geib, Jr	16:50	5:26	Manheim Township
1758	18	17	Eli Dewitt, Sr	16:51	5:26	Seneca Valley
1975	19	18	Aryan Abbaraju, Sr	16:55	5:27	Unionville
1349	20	19	Michael Gauntner, Jr	16:55	5:27	North Allegheny
1154	21	20	Adam Kingston, So	16:56	5:28	Manheim Township
1344	22	21	James Behrend, Jr	16:58	5:28	North Allegheny
1873	23	22	Ryan Kovalski, Sr	17:02	5:30	Spring Ford
1907	24	23	Nick Sloff, Sr	17:05	5:30	State College Area
697	25	24	Ethan Vaughan, So	17:19	5:35	Fox Chapel Area
839	26	25	Owen DeMatt, Sr	17:21	5:36	Hempfield Area
1977	27	26	Lucca DiMario, Sr	17:24	5:37	Unionville
1356	28	27	Joey Rempe, Sr	17:27	5:37	North Allegheny
1221	29	28	Evander Lackman, Sr	17:29	5:38	Methacton
716	30	29	Michael Colavito, Jr	17:31	5:39	Garnet Valley
1768	31	30	Max Smith, So	17:34	5:40	Seneca Valley
1567	32	31	Zach Byers, Jr	17:35	5:40	Peters Township
1553	33	32	Ian Johnson, Jr	17:36	5:40	Perkiomen Valley
1986	34	33	Jonathan Stancik, So	17:37	5:41	Unionville
332	35		Paulos Woodard, Sr	17:37	5:41	Central Dauphin
1357	36	34	Vincent Rotunno, Sr	17:37	5:41	North Allegheny
457	37	35	Joshua Miller	17:39	5:41	Coatesville
462	38	36	Tommy Silvester	17:43	5:43	Coatesville
1877	39	37	Augustus Smith, So	17:43	5:43	Spring Ford
366	40	38	Braden Dacheux, Sr	17:47	5:44	Central York
829	41	39	Sam Meyer, So	17:47	5:44	Hempfield
1985	42	40	Lucas Sieser, Jr	17:48	5:44	Unionville
825	43	41	Sam Freedman, Jr	17:48	5:44	Hempfield
1904	44	42	Samuel Endres, Jr	17:50	5:45	State College Area
846	45	43	Antonio Tuttoilmondo, Sr	17:52	5:46	Hempfield Area
1550	46	44	Jason Clifford, Jr	17:52	5:46	Perkiomen Valley
1905	47	45	Isaac Oppermann, So	17:54	5:46	State College Area
786	48	46	Wil Canney, Sr	17:54	5:46	Hatboro Horsham
934	49		Derek Kendig, Sr	17:55	5:47	J P. McCaskey
1157	50	47	Luke Papadimitriou, Sr	17:55	5:47	Manheim Township

CD Cross Country News



Congratulations to TJ Roden for finishing fifth in the Carlisle XC Invitational. Great Job!

This was posted on 9-26-2022



CD Cross Country News

Congratulations to Cali Bullers for improving by over a minute from last season, and placing 12th in the Ben Bloser Girls Race in 19:57. Great Job!

This was posted on 9-19-2022



CD Cross Country News

Congratulations to TJ Roden for finishing second in the Ben Bloser Boys Race. Great Job!

This was posted on 9-19-2022



CD Cross Country News

Congratulations to CD Cross Country for the performance at Cumberland Valley. Out of 28, 27 had course best times. Preston Baker achieved a PR and will be Performer of the Meet (POM). Ally Lock had the best finish and will be the other POM. Great Job!

This was posted on 9-14-2022

Finish Place	Name	Bib	Finish Time
1	E ELIANA SCHNEIDER	52	19:02.0
2	K KATE MONCAVAGE	177	19:02.3
3	C CALI BULLERS	57	19:50.7
4	H HALEY CONNER CONNER	176	19:53.7
5	A ABBY BERARDUCCI	164	19:54.0
6	E ELEANA SCHAFFER	173	19:57.7
7	H HAYLEE ERME	35	20:10.5
8	M MAKENZIE STELLMACH	13	20:14.6
9	R REBECCA WERTZ	136	20:14.9
10	L LIZZIE LOWE	49	20:17.9
11	S SEANA DOUGHTERY	71	20:19.3
12	S SOPHIA TREGLIA	135	20:23.9
13	R RILEY BELL	127	20:26.4
14	A AVERY ROHRER	172	20:34.0
15	J JILLIAN TOBIAS	55	20:40.3
16	A AUDREY FUGATE	47	20:47.3
17	T TAYLOR ATKINSONS	91	20:54.4
18	E ERIN ROCHE	29	21:10.3

Finish Place	Name	Bib	Finish Time
1	T TIMOTHY RODEN II	279	15:51.9
2	T TOMMY CRUM	217	16:09.4
3	B BEN CAUSAK	242	16:19.8
4	G GRIFFIN RIDLER	353	16:22.3
5	R RAMN URENA	312	16:31.7
6	C CONNOR PETULA	227	16:38.9
7	C CORY MIDURI	322	16:40.5
8	P PAULOS WOODARD	284	16:42.9
9	C CORNELIUS CUMMINGS	391	16:52.9
10	M MASON ENGLISH	316	16:58.7
11	L LANDON BRUBAKER	2359	17:00.4
12	V VISETH MENG	250	17:02.0
13	I IAN DONNELLY	424	17:03.5
14	O OWEN SPARKS	257	17:04.2
15	J JAKE PERHONITCH	253	17:05.6
16	M MATT MALONE	431	17:08.9
17	G GAVIN SHEETZ	309	17:09.5
18	N NATE SCHAEGLER	207	17:13.4



CD Cross Country News

Congratulations to CD Cross Country for the performance at the LVC Dutchman Invite. Top award winners are 1st place TJ Roden at 15:50, 3rd place Cali Bullers at 19:50, and 8th place Paulos Woodard at 16:42. Great Job!

This was posted on 9-11-2022



CD Cross Country News



Congratulations to Cali Bullers for winning the girl's race against Carlisle. Great Job!

This was posted on 9-7-2022



CD Cross Country News



Congratulations to TJ Roden for winning the boy's race against Carlisle. Great Job!

This was posted on 9-7-2022



CD Cross Country News

Congratulations to Paulos Woodard for placing 4th in the boy's race against Carlisle. Great Job!

This was posted on 9-7-2022



CD Cross Country News

Congratulations to CD Cross Country for the performance at the Run for Chocolate. 82% of our runners received course best times and 45% of our runners had personal records. Ri Proctor placed 10th in the 9-10 girls race and Cali Bullers was 6th in the 11-12. AJ Keeney ranked 10th in the 9-10 boys race. And finally, Paulos Woodard in 9th, and TJ Roden won 1st (for the 3rd time) in the 11-12 boys race. Great Job!

This was posted on 9-1-2022

	Athlete	Team	Score	Time
1	RODEN, Timothy	Central Dauphin	--	17:06.5
2	ALANDER, Joey	Hershey	--	17:29.8
3	SINGH, Shernel	South Western	--	17:32.4
4	SINGH, Shernan	South Western	--	17:40.7
5	NAMATKA, Andrew	East Pennsboro Area SD	--	17:42.3
6	LISZKA, Eddie	Hershey	--	17:44.1
7	MIDURI, Cory	Lower Dauphin	--	17:50.6
8	KENDIG, Derek	J.P. McCaskey	--	17:53.1
9	WOODARD, Paulos	Central Dauphin	--	18:00.3
10	ENGLISH, Mason	Lower Dauphin	--	18:05.1
11	KELLY, Nick	Hershey	--	18:21.9
12	DIVEL, Allen	South Western	--	18:57.3
13	DUNKELBERGER, Jacob	Lower Dauphin	--	18:57.8
14	TYLER, Austin	South Western	--	19:04.2
15	WENGER, Blake	Big Spring	--	19:06.9

Boys 11th / 12th Grade Top 15 at Run for Chocolate:

	Athlete	Team	Score	Time
1	RAMAN, Vinay	Hershey	--	17:58.0
2	ABRAHAM, Jacob	Hershey	--	18:37.2
3	RICHARD, Sam	J.P. McCaskey	--	18:44.1
4	MURPHY, Joe	Hershey	--	18:52.9
5	MCKELVIE, Nathan	Lower Dauphin	--	19:12.3
6	CHAPPELL, William	Hershey	--	19:20.5
7	REZA, Robert	Lower Dauphin	--	19:47.1
8	LONDON, Tyran	J.P. McCaskey	--	19:48.5
9	OSBAUGH, Lennon	Big Spring	--	20:07.1
10	KEENEY, Alan	Central Dauphin	--	20:19.9
11	EVERETT, Brandon	Lower Dauphin	--	20:25.2
12	CARNES, Ford	Lower Dauphin	--	20:27.0
13	HARASKE, Chase	Lower Dauphin	--	20:30.0
14	TRACY, Evan	South Western	--	20:47.0
15	TURNER, Aric	Milton Hershey	--	21:01.3

Boys 9th / 10th Grade Top 15 at Run for Chocolate:

	Athlete	Team	Score	Time
1	PREPUTNICK, Brooke	Hershey	--	19:39.3
2	SHERTZER, Isabella	J.P. McCaskey	--	20:54.6
3	BREUNINGER, Milana	J.P. McCaskey	--	20:55.8
4	WILSON, Ally	Hershey	--	21:06.9
5	THIRY, Gabrielle	J.P. McCaskey	--	21:15.1
6	BULLERS, Cali	Central Dauphin	--	21:22.0
7	LYN-SUE, Rachel	Hershey	--	21:54.8
8	WATSON, Paige	South Western	--	21:55.1
9	ATKINSON, Taylor	Lower Dauphin	--	22:43.6
10	WELSH, Jessalyn	East Pennsboro Area SD	--	22:52.7
11	DEPASQUA, Anslee	Northern	--	23:02.0
12	WASHINGTON, Danuyse	Milton Hershey	--	23:30.2
13	SHOKRALLA, Rain	Milton Hershey	--	23:32.5
14	VINCENT, Caleigh	Pequea Valley HS	--	23:38.8
15	LIU, Yanwei	Hershey	--	23:43.7

Girls 11th / 12th Grade Top 15 at Run for Chocolate:

	Athlete	Team	Score	Time
1	COOK, Cali	South Western	--	22:41.7
2	RESSLER, Aubrey	Pequea Valley HS	--	22:45.4
3	HERSHBERGER, Savanna	Northern Bedford	--	22:54.4
4	WINDER, Evy	Hershey	--	23:31.5
5	HAYLEE, Wiestling	Lower Dauphin	--	23:35.2
6	LUCABAUGH, Georgia	South Western	--	23:41.6
7	GULA, Lauren	Lower Dauphin	--	23:48.4
8	SMITH, Julia	South Western	--	23:58.6
9	BURNETT, Riley	Hershey	--	24:21.2
10	PROCTOR, Rianna	Central Dauphin	--	24:32.8
11	FORTENBERRY, Alayna	Lower Dauphin	--	24:46.9
12	THOMASON, Cecilia	South Western	--	25:09.5
13	WEAVER, Kate	Lower Dauphin	--	25:15.9
14	ROBERTSON, Torree	Lower Dauphin	--	25:16.9
15	MILLER, Julianne	Central Dauphin	--	25:17.0

Girls 9th / 10th Grade Top 15 at Run for Chocolate:

CD CROSS COUNTRY

2022

**Cali Bullers
Rachel D'Souza
Samantha Fletcher
Peyton Gesford
Annalyse Granitz
Maya Landefeld
Allyson Lock
Mackenzie Logan
Julianne Miller
Emily Peisner
Prakriti Pokhrel
Rianna Proctor
Ella Raback
Lakiesha Tamang
Ava Valentin**

GIRLS TEAM



CD CROSS COUNTRY

2022

**Preston Baker
Mike Beers
Matthew Buck
Anthony Caba
Ty Elbertson
Nathan Fletcher
Jackson Heinbaugh
Konrad Hercher
Alan (AJ) Keeney
Keegan Kepner
Omer Khan
Jake Kiesow
Daniel McKnight
Caleb Mendolia
Nelson Nwokeji
Joseph (Connor) O'Neill
Samuel Parson
Timothy Roden II
Carter Storry
Logan Towsen
Noah Towsen
Daniel Tulloch
Paulos Woodard**

BOYS TEAM

CENTRAL DAUPHIN CROSS COUNTRY 2022-2023

MEET SCHEDULE (Updated as of 07/25/22)

<u>Day</u>	<u>Date</u>	<u>Depart Time</u>	<u>Start Time</u>	<u>Event</u>	<u>Finish (Return) Time</u>
Tues	Aug 30	2:15pm	4:00pm	at Run for Chocolate, Shank Park Hershey	6:45pm (7:30pm)
Tues	Sept 6	HOME	4:30pm	vs. Carlisle	6:00pm
Sat	Sept 10	7:00am	9:00am	at LVC Invite, Union Canal Tunnel Park, Lebanon	12:30pm (1:30pm)
Tues	Sept 13	2:15pm	4:30pm	at Cumberland Valley w/CD East	6:30pm (7:30pm)
Sat	Sept 17	10:00am	12:00am	at Ben Bloser-Bulldog Invite, Big Spring HS, Newville	2:00pm (3:00pm)
Tues	Sept 20	1:45pm	4:30pm	at Mifflin Co. w/St. College, Indian Valley Elementary	6:30pm (8:30pm)
Sat	Sept 24	7:00am	9:00am	at Race of Champions, Carlisle HS	1:30pm (2:30pm)
Sat	Sept 24	7:00am	9:00am	at PIAA Foundation Meet, Hershey	2:00pm (3:00pm)
Tues	Sept 27	HOME	4:30pm	vs. Lower Dauphin + Chambersburg (Senior Night)	6:00pm (8:30pm)
Fri	Sept 30	11:00am	1:00pm	at Paul Short Run, Lehigh University, Hellertown	6:30pm (10:00pm)
Sat	Oct 15	11:00am	1:00pm	at Mid-Penn Championships, Big Spring HS	5:00pm (6:00pm)
Sat	Oct 15	11:00am	4:30pm	at Tim Cook Memorial, Big Spring HS	5:00pm (6:00pm)
Fri	Oct 21	2:15pm	4:00pm	at Susquehanna, Veteran's Park	5:30pm (6:00pm)
Sat	Oct 29	9:30am	11:00am	at District 3 Championships, Big Spring HS	4:45pm (6:30pm)
Sat	Nov 6	7:00am	9:00am	at State Championships, Hershey	2:30pm