CENTRAL DAUPHIN

CROSS COUNTRY



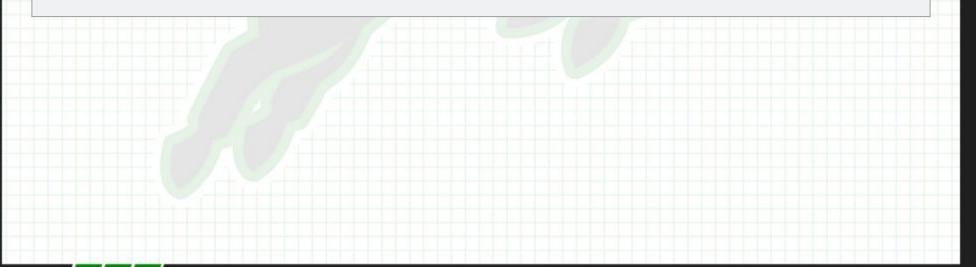


2022 - 2023



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







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	Tea	am		Score	Team Time	Runne Avg	er Avg Mile	5 Man Gap	Finish Ord	ler	S	coring Order	
1	🍿 Mic	lwest		18	1:15:41	15:09	4:53	0:17	1-2-4-5-6-10	D-14	1-2	2-4-5-6-10-14	
2	No	rtheast		61	1:16:53	15:23	4:57	0:22	7-8-12-15-21-	29-31	7-8-1	12-15-19-25-2	26
3	🔥 We	st		65	1:16:59	15:24	4:58	0:28	3-9-18-19-22-	24-25	3-9-1	16-17-20-22-2	23
4	💥 So	uth		87	1:17:40	15:32	5:00	0:24	11-13-20-23-28	3-35-36	11-13	-18-21-24-27	-28
Place	Name		Grade	Team	1	īme	Points	Place	Name	Grade	Team	Time	Poir
1	Kole Mathis	son	12	Midwest	14	:56.6	1	24	Spencer Bradshaw	12	West	15:38.4	22
2	Noah Breke	er	12	Midwest	15	:07.5	2	25	Micah Sanchez	12	West	15:40.9	23
3	Samuel Ha	nsen	12	West	15	:07.7	3	26	Tommy Rice	12	Midwest	15:43.7	

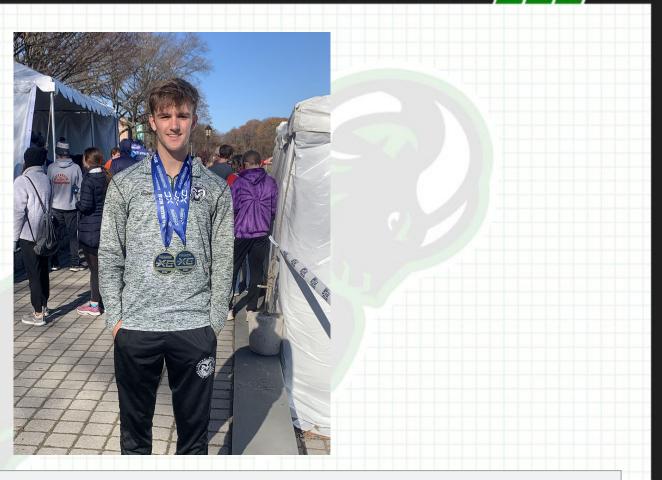
1	Kole Mathison	12	Midwest	14:56.6	1	24	Spencer Bradshaw	12	West	15:38.4	22
2	Noah Breker	12	Midwest	15:07.5	2	25	Micah Sanchez	12	West	15:40.9	23
3	Samuel Hansen	12	West	15:07.7	3	26	Tommy Rice	12	Midwest	15:43.7	
4	Simeon Birnbaum	12	Midwest	15:11.3	4	27	Milo Skapinsky	12	West	15:45.4	
5	Connor Ackley	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 Atchue	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	12	Northeast	16:02.1	
15	Paul Bergeron	11	Northeast	15:26.8	15		Camacho-Bucks				
16	Seth Norder	11	Midwest	15:27.5		38	Marcelo Parra	11	South	16:03.6	
17	Benne Anderson	12	Midwest	15:28.8		39	David Mora	12	South	16:19.6	
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						



CD Cross Country News

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

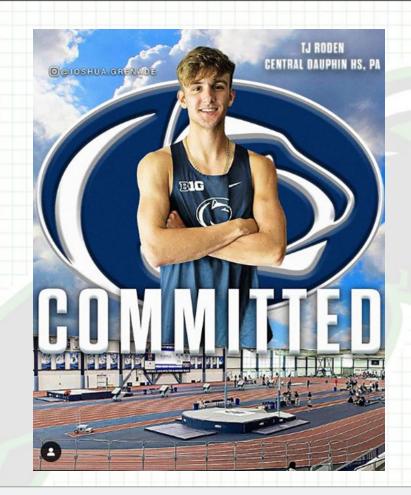
This was posted on 12-14-2022





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





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

This was posted on 11-29-2022





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





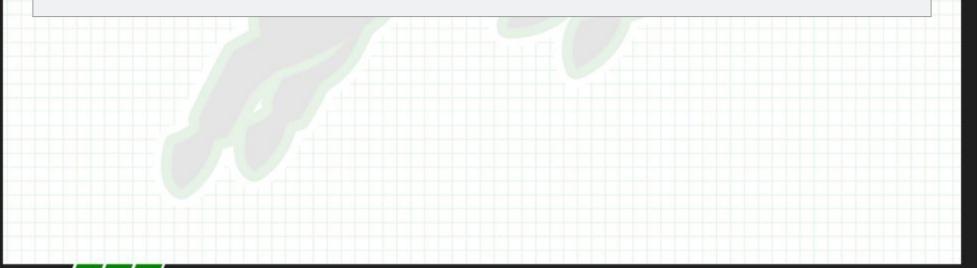
Congratulations and Good Luck to Our Senior Cross Country Runners. Congratulations to TJ Roden for taking the 2022 Mid-Penn Conference Boys XC Championship with 15:52. Great Job TJ!

This was posted on 10-16-2022



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







Congratulations and Good Luck to Our Senior Cross Country Runners.

This was posted on 9-28-2022



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 Borgesi, 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 Kovaleski, Sr	17:02	5:30	Spring Ford
1907	24	23	Nick Sloff, Sr	17:02	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	17:21	5:30	Unionville
1356	28	20		17:24	5:37	North Allegheny
1221	28	28	Joey Rempe, Sr Evander Lackman, Sr	17:29	5:37	Methacton
716	30	29	Michael Colavito, Jr	17:23	5:39	Garnet Valley
1768	31	30	Max Smith, So	17:31	5:39	Seneca Valley
1567	32	31		17:34	5:40	Peters Township
1553	32	32	Zach Byers, Jr	17:35	5:40	
1986		33	Ian Johnson, Jr	17:36	5:40	Perkiomen Valley
332	34	22	Jonathan Stancik, So			Unionville
1357	35 36	24	Paulos Woodard, Sr	17:37	5:41	Central Dauphin
		34	Vincent Rotunno, Sr	17:37	5:41	North Allegheny
457	37	35	Joshua Miller	17:39	5:41	Coatesville
462	38 39	36 37	Tommy Silvester	17:43 17:43	5:43	Coatesville
1877			Augustus Smith, So		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 Siepser, 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 17:55	5:46	Hatboro Horsham
					5:47	J P. McCaskey
934 1157	49 50	47	Derek Kendig, Sr Luke Papadimitriou, Sr	17:55	5:47	Manheim Township

Area

Area

Area



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



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

¢ Name	\$ Bib	≎ Finish Time	♦ Finish Place	Name	¢ Bib	≎ Finisl Time
CELIANA SCHNEIDER	52	19:02.0	1 0	TIMOTHY RODEN II	279	15:51
MONCAVAGE	177	19:02.3	2		217	16:09
CALI BULLERS	57	19:50.7	3 🖪	CAUSAK	242	16:19
HALEY CONNER CONNER	176	19:53.7	4 G		353	16:22
BERARDUCCI	164	19:54.0	5 🖪		312	16:31
	173	19:57.7	6 C	CONNOR PETULA	227	16:38
	35	20:10.5	7 0	CORY MIDURI	322	16:40
MAKENZIE STELLMACH	13	20:14.6	8 🕑	PAULOS WOODARD	284	16:42
	136	20:14.9	9 C	CORNELIUS	391	16:52
	49	20:17.9	10	MASON ENGLISH	316	16:58
S SEANA DOUGHTERY	71	20:19.3	11		2359	17:00
	135	20:23.9	12	VISETH MENG	250	17:02
	127	20:26.4	13	DONNELLY	424	17:03
	172	20:34.0	14 0	OWEN SPARKS	257	17:04
	55	20:40.3	15	JAKE PERHONITCH	253	17:05
	47	20:47.3	16	MATT	431	17:08
TAYLOR ATKINSONS	91	20:54.4	17 G	GAVIN SHEETZ	309	17:09
			-			
	29	21:10.3	18 🛛	SCHAEDLER	207	17:13
	Calify and a second se	Image: Schneider 52 Schneider 177 Image: Schneider 176 Image: Schneider 176 Image: Schneider 176 Image: Schneider 178 Image: Schneider 173 Image: Schneider <td< td=""><th>Name D BB Time Image: Schwalber 52 1902.0 MATE 52 1902.0 MATE 57 1950.7 BallLERS 57 1950.7 Aller CONNER 176 1953.7 ABBY 176 1953.7 ABBY 173 1957.7 Ball Arker 173 1957.7 ELEANA 173 1957.7 ELEANA 13 20.14.6 SCHAFFER 13 20.14.6 MARKENZE 136 20.14.9 WERTZ 136 20.14.9 WERTZ 136 20.14.9 WERTZ 136 20.14.9 WERTZ 136 20.19.3 SEANA 135 20.23.9 SEANA 135 20.23.9 SEANA 135 20.20.4 AVERY 127 20.34.0 PELLY 127 20.34.0 SCAHARENZE 55 20.40.3</th><td>Numb S and S mark Pace S Image: State Sta</td><td>Num Dial Time Piece Name </td><td>Numb Sold Turk Place Numb Numb Sold Turk</td></td<>	Name D BB Time Image: Schwalber 52 1902.0 MATE 52 1902.0 MATE 57 1950.7 BallLERS 57 1950.7 Aller CONNER 176 1953.7 ABBY 176 1953.7 ABBY 173 1957.7 Ball Arker 173 1957.7 ELEANA 173 1957.7 ELEANA 13 20.14.6 SCHAFFER 13 20.14.6 MARKENZE 136 20.14.9 WERTZ 136 20.14.9 WERTZ 136 20.14.9 WERTZ 136 20.14.9 WERTZ 136 20.19.3 SEANA 135 20.23.9 SEANA 135 20.23.9 SEANA 135 20.20.4 AVERY 127 20.34.0 PELLY 127 20.34.0 SCAHARENZE 55 20.40.3	Numb S and S mark Pace S Image: State Sta	Num Dial Time Piece Name 	Numb Sold Turk Place Numb Numb Sold Turk



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





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

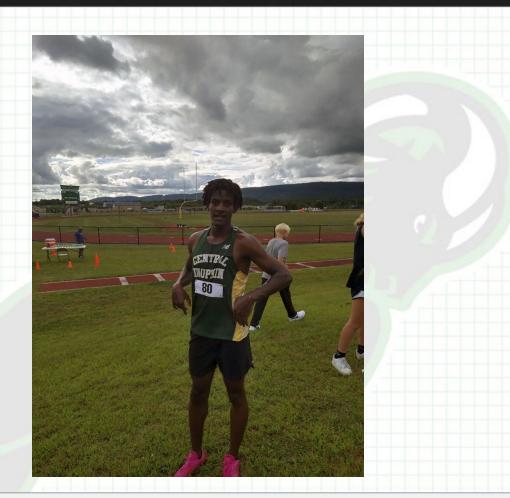
This was posted on 9-7-2022





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

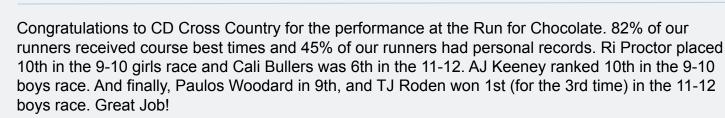
This was posted on 9-7-2022



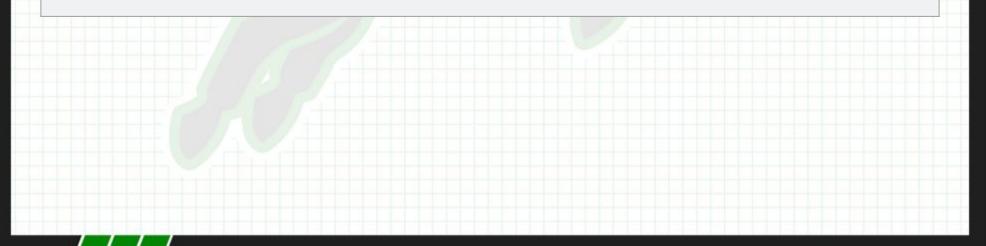


Congratulations to Paulos Woodard for placing 4th in the boy's race against Carlisle. Great Job!

This was posted on 9-7-2022



This was posted on 9-1-2022



A	thlete	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:

A	thlete	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:

A	thlete	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:

A	thlete	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:

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**



 $\frac{\text{CD CROSS COUNTRY}}{2022}$

CD CROSS COUNTRY





CENTRAL DAUPHIN CROSS COUNTRY 2022-2023

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

Day	Date	Depart Time	Start Time	<u>Event</u>	Finish (Return) Time
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	Oc† 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