CENTRAL DAUPHIN

CROSS COUNTRY



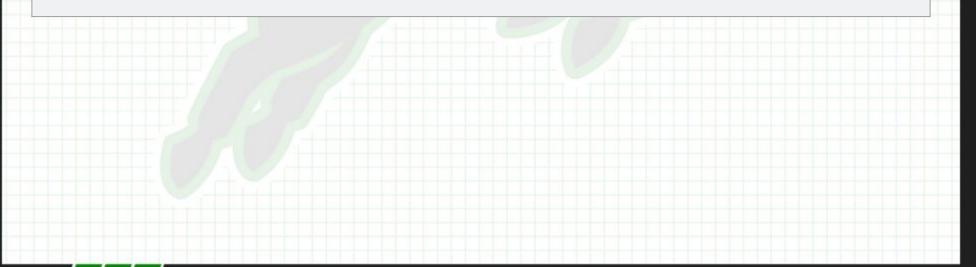


2022 - 2023



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!

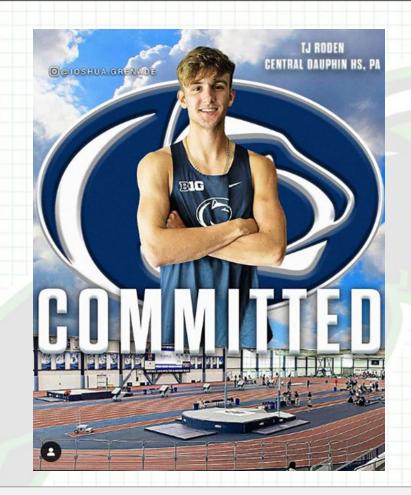
This was posted on 12-14-2022





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





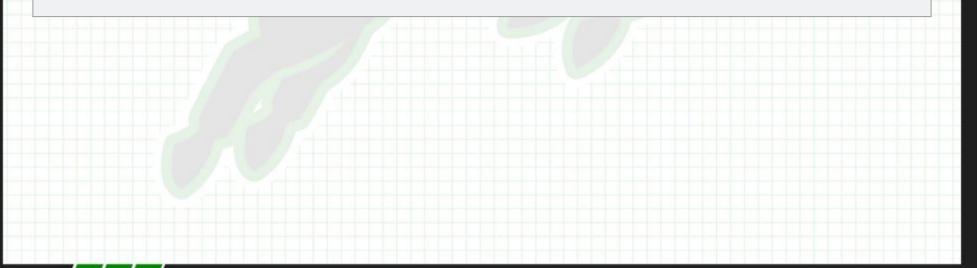
Congratulations and Good Luck to Our Senior Cross Country Runners. Congratulations to TJ Roden for taking the 2022 Mid-Penn Conference Boys XC Championship with 15:52. Great Job TJ!

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!

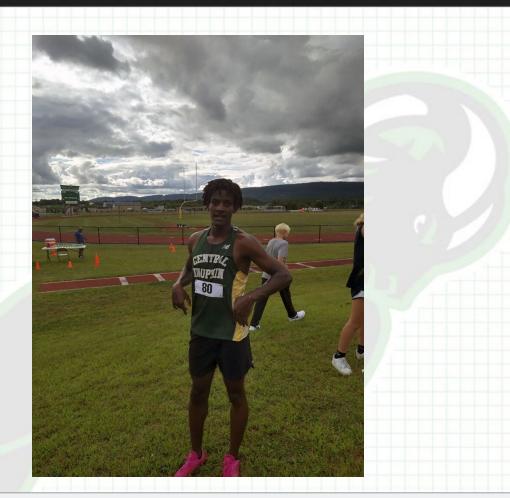
This was posted on 9-7-2022





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

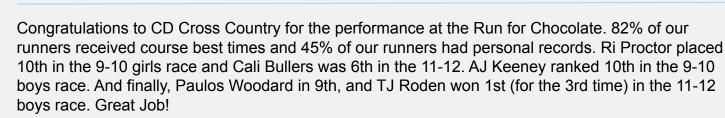
This was posted on 9-7-2022



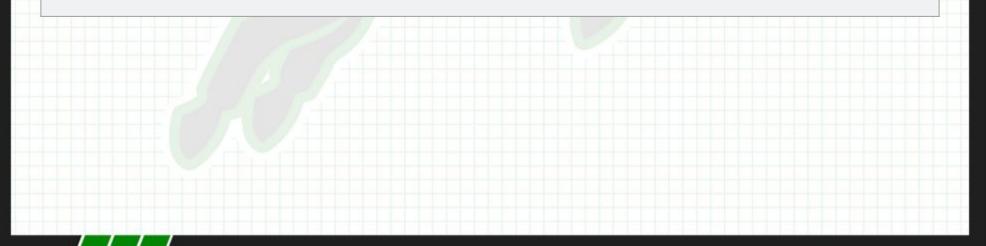


Congratulations to Paulos Woodard for placing 4th in the boy's race against Carlisle. Great Job!

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 |