



2005

MEN'S CROSS COUNTRY

News & Notes

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*Central Connecticut State • Fairleigh Dickinson • Long Island • Monmouth • Mount St. Mary's
Quinnipiac • Robert Morris • Sacred Heart • St. Francis (NY) • St. Francis (PA) • Wagner*

NEC Men's Cross Country (Week 3 - September 20, 2005)

Athlete of the Week

Ryan Sheehan, St. Francis (PA)
Sr., Pittsburgh, PA/Baldwin

Sheehan is tabbed the Athlete of the Week after he bested his competition by 16 seconds en route to a first place finish at the Red Flash Invitational. The two-time NEC Outstanding Performer finished the 8K course in 25:54, setting a new course record. Sheehan led the Red Flash to a second place finish overall.

Rookie of the Week

Matthew Logie, Mount St. Mary's
Fr., Germantown, MD/Northwest

Logie is tabbed Rookie of the Week for his top-ten finish at the Red Flash Invitational, a meet that had nine NEC schools competing. Logie navigated the 8K course in 27:08. With his 10th place finish, he was the top NEC freshman finisher at the meet.

Top Seven Times List

Central Connecticut State

9/17 - Ted Owen Invitational (2nd out of 3 - 33 points)
8,000 meters

Ted Varga	28:13
David Hunt	28:26
Charles Ngetich	28:52
Matthew Whalen	29:09
Kyle Langlis	29:20
Kevin Becroft	30:06
Michael Schnieder	32:23

Fairleigh Dickinson

Did not compete last week.

Long Island

9/17 - Red Flash Invitational (7th out of 12 - 207 points)
8,000 meters

Craig Cocchio	27:23
Gerardo Calixto	28:30
Steve McElligott	28:53
Edwin Martinez	30:09
Igdalias Mendez	30:09

Monmouth

9/17 - Red Flash Invitational (5th out of 12 - 150 points)
8,000 meters

Randy Hadzor	27:58
Steve Chennells	28:37
Dustin Coleman	28:41
Ryan Madrid	29:01
Marc Pollifrone	29:14
Justin Murray	29:58
J.R. Barnes	30:03

Mount St. Mary's

9/17 - Red Flash Invitational (4th out of 12 - 94 points)
8,000 meters

Zach Emerson	27:08
Matthew Logie	27:08
Morgan Sowell	27:49
Dustin Bauer	27:54
Justin Brackett	28:06
Kelly Grisier	28:41
Ian Andrews	28:47

Quinnipiac

9/17 - Red Flash Invitational (3rd out of 12 - 87 points)
8,000 meters

Jeff Roginielewicz	27:16
Matt Warren	27:19
Greg Brink	27:28
Richard Heffron III	27:41
Terence Moriarty	27:52
Sam Wood	28:03
Nicholas Rezendes	28:22

Robert Morris

9/17 - Red Flash Invitational (6th out of 12 - 197 points)
Did not report times.

Sacred Heart

9/17 - Red Flash Invitational (10th out of 12 - 250 points)
8,000 meters

Tyler Arnett	28:55
John Kentworthy	28:58
Steven Zito	29:10
Robert Gill	30:06
Joseph Palma	30:21
Robert McDermott	31:55
Robert Boerjes	32:16

St. Francis (NY)

9/17 - Red Flash Invitational (11th out of 12 - 342 points)
Did not report times.

St. Francis (PA)

9/17 - Red Flash Invitational (2nd out of 12 - 56 points)
8,000 meters

Ryan Sheehan	25:54
A.J. Suravicz	26:39
Pat Quinn	26:55
Michael Tilger	27:30
Caleb Fritz	27:59
Josh Fritz	28:33
David Holliday	29:19

Wagner

9/17 - Red Flash Invitational (9th out of 12)
8,000 meters

Mouhamed Halwani	27:37
Andrew Casas	28:56
Kyle Sultzter	29:12
Andrew Keating	30:04
Allen Koehler	32:30

NEC Men's Cross Country

Championships

October 29, 2005

Hosted by St. Francis (PA)



NEC Athlete of the Week

Sept. 7	Matt Caporaso, Monmouth
Sept. 13	Randy Hadzor, Monmouth
Sept. 20	Ryan Sheehan, St. Francis (PA)

NEC Rookie of the Week

Sept. 7	Ted Varga, Central Connecticut
Sept. 13	Luis German, Sacred Heart
Sept. 20	Matthew Logie, Mount St. Mary's