

10th Annual CNS Invitational

CNS High School

5/23/2009

Results

Event 8 Boys 1600 Meter Run Novice

Round 1

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Brian Wisely	Baldwinsville	5:07.71
	1:13.53(1:13.53)	2:35.35(1:21.82) 3:55.50(1:20.15)	5:07.71(1:12.21)
2	Josh Sinay	CNS	5:10.98
	1:13.09(1:13.09)	2:32.42(1:19.34) 3:54.50(1:22.08)	5:10.98(1:16.48)
3	Daniel Oonk	Baldwinsville	5:12.34
	1:12.32(1:12.32)	2:30.87(1:18.55) 3:54.61(1:23.74)	5:12.34(1:17.73)
4	Alan Munoz	CNS	5:13.87
	1:12.76(1:12.76)	2:31.68(1:18.92) 3:54.17(1:22.50)	5:13.87(1:19.70)
5	Ben Jackson	Faith Heritage	5:16.59
	1:13.68(1:13.68)	2:34.32(1:20.64) 4:01.07(1:26.76)	5:16.59(1:15.53)
6	Andy Schemerhorn	Auburn	5:19.92
	1:14.48(1:14.48)	2:32.86(1:18.39) 3:56.91(1:24.05)	5:19.92(1:23.01)
7	Alex Waters	CNS	5:20.12
	1:14.28(1:14.28)	2:37.45(1:23.18) 4:03.27(1:25.82)	5:20.12(1:16.86)
8	Tom McCandrew	CNS	5:22.58
	1:15.66(1:15.66)	2:37.78(1:22.13) 4:02.86(1:25.08)	5:22.58(1:19.72)
9	Tom Caraher	CNS	5:26.27
	1:17.86(1:17.86)	2:40.68(1:22.82) 4:05.45(1:24.77)	5:26.27(1:20.83)
10	James Gressel	RFA	5:32.74
	1:14.24(1:14.24)	2:38.28(1:24.04) 4:04.56(1:26.28)	5:32.74(1:28.19)
11	Thomas Gymburch	RFA	5:33.07
	1:15.26(1:15.26)	2:39.09(1:23.83) 4:07.85(1:28.77)	5:33.07(1:25.22)
12	Gannon Andrews	CNS	5:36.55
	1:17.16(1:17.16)	2:40.99(1:23.84) 4:10.17(1:29.18)	5:36.55(1:26.38)
13	Colin Burke	Westhill	5:37.49
	1:17.34(1:17.34)	2:43.92(1:26.59) 4:12.85(1:28.94)	5:37.49(1:24.64)
14	Jon Moore	Westhill	5:49.31
	1:22.37(1:22.37)	2:52.32(1:29.95) 4:22.32(1:30.01)	5:49.31(1:26.99)
15	Alex Tabone	Auburn	5:51.21
	1:17.90(1:17.90)	2:49.92(1:32.03) 4:22.88(1:32.97)	5:51.21(1:28.33)
16	Dominick Sesso	Mexico	6:12.15
	1:18.75(1:18.75)	2:52.28(1:33.53) 4:32.85(1:40.58)	6:12.15(1:39.30)
17	Coglitore Joe	CNS	6:25.49
	1:27.99(1:27.99)	3:11.20(1:43.21) 5:04.60(1:53.41)	6:25.49(1:20.90)
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Austin Davis	JD	4:47.17

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	1:09.47(1:09.47)	2:22.81(1:13.35)	3:37.74(1:14.93)	4:47.17(1:09.43)
2 Ken Ryan		CNS		4:52.68
	1:10.28(1:10.28)	2:23.51(1:13.24)	3:37.48(1:13.97)	4:52.68(1:15.21)
3 Rob Donadio		CNS		4:54.36
	1:09.90(1:09.90)	2:26.22(1:16.32)	3:43.81(1:17.60)	4:54.36(1:10.56)
4 Ryan Thomas		CNS		4:57.35
	1:10.08(1:10.08)	2:24.80(1:14.72)	3:43.11(1:18.32)	4:57.35(1:14.24)
5 Joshua Wilcox		South Jefferson		4:58.49
	1:11.43(1:11.43)	2:26.43(1:15.01)	3:46.23(1:19.81)	4:58.49(1:12.26)
6 Joshua McCormick		South Jefferson		4:58.58
	1:11.09(1:11.09)	2:25.80(1:14.71)	3:43.23(1:17.44)	4:58.58(1:15.35)
7 Dylan Smith		Pulaski		5:00.93
	1:09.59(1:09.59)	2:25.17(1:15.59)	3:46.61(1:21.45)	5:00.93(1:14.32)
8 Brendon Lutnick		Grand Island		5:01.73
	1:09.85(1:09.85)	2:25.77(1:15.92)	3:46.03(1:20.26)	5:01.73(1:15.71)
9 Alex Meuse		Watertown		5:02.43
	1:14.06(1:14.06)	2:32.24(1:18.19)	3:52.12(1:19.88)	5:02.43(1:10.32)
10 Stephen Rathbun		CNS		5:02.79
	1:10.39(1:10.39)	2:26.05(1:15.66)	3:45.38(1:19.34)	5:02.79(1:17.41)
11 Mitchell Lamb		Westhill		5:04.33
	1:12.81(1:12.81)	2:30.55(1:17.75)	3:49.60(1:19.05)	5:04.33(1:14.74)
12 Taylor Walsh		Central Square		5:06.86
	1:08.21(1:08.21)	2:25.39(1:17.19)	3:46.63(1:21.24)	5:06.86(1:20.23)
13 Mike Kavanagh		CNS		5:10.96
	1:08.18(1:08.18)	2:24.43(1:16.25)	3:47.56(1:23.13)	5:10.96(1:23.41)
14 Josh Bean		Baldwinsville		5:11.33
	1:13.12(1:13.12)	2:33.91(1:20.80)	3:57.81(1:23.90)	5:11.33(1:13.52)
15 James Fleming		Baldwinsville		5:15.16
	1:10.59(1:10.59)	2:28.26(1:17.68)	3:51.75(1:23.49)	5:15.16(1:23.41)
16 Chris Rosenberger		Watertown		5:20.91
	1:12.03(1:12.03)	2:32.10(1:20.07)	3:58.16(1:26.07)	5:20.91(1:22.76)