

**BURNT HILLS DELUGE**  
**CROSS COUNTRY**  
**RACE SUMMARY**

**NXN NEW YORK REGIONALS**  
**CHAMPIONSHIP / OPEN RACES**  
**SATURDAY, NOVEMBER 26, 2016**  
**BOWDOIN PARK // WAPPINGERS FALLS**  
**5 K / 3.1 MILES**

CHAMPIONSHIP BOYS		218 RUNNERS			MID 40'S, VARIABLE, SOME MUD			
No.	Name	Year	Time	Pace	Course PR	OA Place	TEAM Place	FEDS
1	Aidan Gillooley	SO	16:30	5:19	NEW (31 SEC.)	21	13	17:01
2	Tyler Berg	SO	16:54	5:27	16:44	38	25	16:44
3	Evan Brennan	SO	17:09	5:31	16:35	59	40	16:35
4	David Metacarpa	FR	17:34	5:40	17:26	100	71	17:26
5	<u>Michael Bashant</u>	<u>SR</u>	<u>17:36</u>	<u>5:40</u>	<u>17:26</u>	<u>103</u>	<u>74</u>	<u>17:44</u>
6	Luke Gobel	SR	17:54	5:46	17:46	123	93	18:06
7	<u>Nick Hunziker</u>	<u>SO</u>	<u>18:50</u>	<u>6:04</u>	<u>18:09</u>	<u>183</u>	<u>148</u>	<u>18:35</u>

**TEAM SCORING (29 Teams)**

1	Manlius XC	114
2	Liverpool	145
3	Corning TC	174
4	Watkins Glen RC	179
5	<u>Racing City TC [Saratoga]</u>	<u>198</u>
6	Warwick XC	223
7	<u>Deluge XC [BH-BL]</u>	<u>223</u>
8	Hammer Squad [Smithtown]	229
9	Mount XC	250
10	<u>Finger Lake XC [Ithaca]</u>	<u>252</u>

**TEAM AVE. TIME**

**17:08**

**1 - 5 SPR: 66 SEC.**

OPEN BOYS		218 RUNNERS			MID 40'S, VARIABLE, SOME MUD			
No.	Name	Year	Time	Pace	Course PR	OA Place	TEAM Place	
1	Michael Messere	JR	17:47	5:44	NEW	19	15	
2	Kevin Board	FR	18:15	5:53	NEW	40	31	
3	Logan Short	JR	18:57	6:06	NEW (45 SEC.)	73	56	
4	Colin Swain	JR	19:10	6:10	NEW	65	62	
5	<u>Ryan Leech</u>	<u>SO</u>	<u>19:15</u>	<u>6:12</u>	<u>NEW</u>	<u>94</u>	<u>67</u>	
6	<u>Ryan Sheppard</u>	<u>SO</u>	<u>19:32</u>	<u>6:18</u>	<u>NEW (47 SEC.)</u>	<u>109</u>	<u>78</u>	

**TEAM SCORING (29 Teams)**

1	1480 RUN	83
2	Churchville RC	109
3	Radarc Running [BSPA]	112
4	Flying Dutch [Guilderland]	138
5	<u>Rush-Henrietta TC</u>	<u>147</u>
6	Crusaders AMDG	214
7	<u>Deluge XC [BH-BL]</u>	<u>231</u>
8	Falcon TC	248
9	TartanStrong [Scotia]	261
10	<u>Greater Rotterdam RR</u>	<u>280</u>

**TEAM AVE. TIME**

**18:40**

**1 - 5 SPR: 88 SEC.**