



## Cross Country Record Book

## **TOP TIMES (As of 1990)**

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### 5000m Race (Sunken Meadow Top 20)

NAME:	TIME	YEAR
Matt Tooman	16:44	1993
Joe Parks	16:48	2005
Mike Maceiko	17:05	1991
L. Rocky	17:15	1992
Phil Lammens	17:33	1993
Chris Cox	17:42	2016
Mike Wolpensinger	17:53	1991
Phil Lammers	17:56	1993
Ryan Brooks	17:57	2018
Ginley Reina	17:57	1991
Andrew Schaefer	17:59	2012
Dave Flareau	18:00	1991
Gino Reina	18:08	1991
Tyler Neilson	18:10	2018
Joe Ranni	18:11	2014
Warren Millien	18:16	2018
Sal Furio	18:17	2005
Jarrett Parks	18:22	2008
Chris Kauter	18:26	1996
Brandon Lynch	18:29	2011

### 5000M Race Sub 17:00 (Any Course other than SM)

NAME:	TIME	YEAR
Matt Tooman	15:26	1994
Mike Maceike	15:59	1992
Joe Parks	16:00	2005
Tyler Neilson	16:48	2018
Andrew Schaefer	16:51	2013
Chris Cox	16:52	2016
Warren Millien	16:54	2018
Joe Ranni	16:57	2014

### 3 Mile Race (Any Course)

NAME:	TIME	YEAR
Mike Maceiko	15:51	1992
Matt Tooman	16:05	1992
L. Rocky	16:05	1992
Steve Reynaga	16:28	1995
M. Stud	16:38	1992
Mike Wolpensinger	16:56	1990
Andrew Schaefer	17:09	2012
Joe Ranni	17:12	2014
John Hartz	17:20	1992
James Calcagno	17:20	1995

### 2.8 Mile Race (Sunken Meadow Top 7)

NAME:	TIME	YEAR
Chris Cox	15:13	2016
Tyler Neilson	15:32	2018
Ryan Brooks	15:47	2018
Warren Millien	16:04	2018
Matt Calogianes	16:27	2017
Tahir Tuzun	16:32	2018
Anthony Vassallo	16:35	2018

### 2.5 Mile Race (Van Cortland Park)

NAME:	TIME	YEAR
Matt Tooman	13:28	1993
M. Stud	13:45	1992
L. Rocky	13:48	1992
Chris Cox	14:06	2016
Joe Ranni	14:09	2014
Alvin Sime	14:46	2014
?. Rabbit	15:00	1992
Vince Cotrone	15:03	2014
?. Prep	15:12	1992

Individual Awards (As of 1990)

All-League Honors

Jarrett Foster	1990
Mike Wolpensinger	1990
Mike Maceiko	1991
Mike Wolpensinger	1991
Gino Renia	1991
Jarrett Foster	1991
Matt Tooman	1992
Mike Maceiko	1992
John Hartz	1992
David Flareau	1992
Gina Reina	1992
Phil Lemmens	1992
John Hartz	1993
Matt Tooman	1993
Steeve Reynaga	1995
James Calcagno	1995
Keith Galea	1995
Bob Hunt	1995
Chris Kauter	1997
Joe Parks	2005
Brandon Lynch	2011
Andrew Schaefer	2012
Andrew Schaefer	2013
Joe Ranni	2014
Alvin Sime	2014
Alvin Sime	2015
Chris Cox	2015
Chris Cox	2016
Ryan Brown	2016
Ryan Brooks	2017
Ryan Brooks	2018
Tyler Neilson	2018
Warren Millien	2018
Tahir Tuzun	2018

All-Division

Mike Maceiko	1990
Matt Tooman	1993
Phil Lammens	1993
Joe Parks	2005
Joe Ranni	2014
Ryan Brooks	2018
Tyler Neilson	2018

All-County

Mike Maceiko	1990
Matt Tooman	1993
Phil Lammens	1993

All-State

Mike Maceiko	1992
Matt Tooman	1993
Matt Tooman	1994
Joe Parks	2005

Team Championships (As of 1990)  
Cross Country

League Champions

1990  
1991  
1992  
1993  
1994  
1995

Division Champions

County Champions

1992  
1993

*Runner Up*

2005  
2014  
2018

*Runner Up*

1993

*Runner Up*

State Champions

**1992**