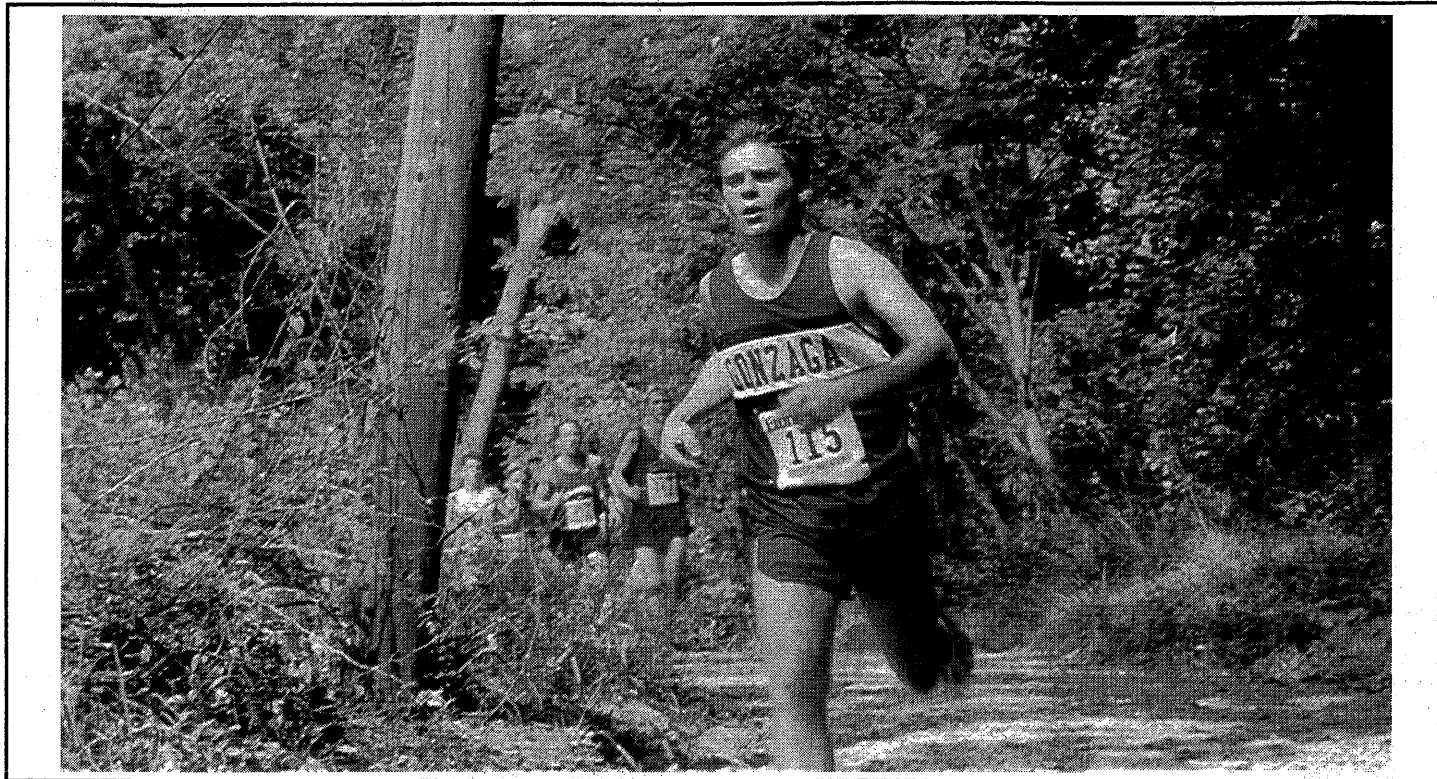


Washington Cross Country

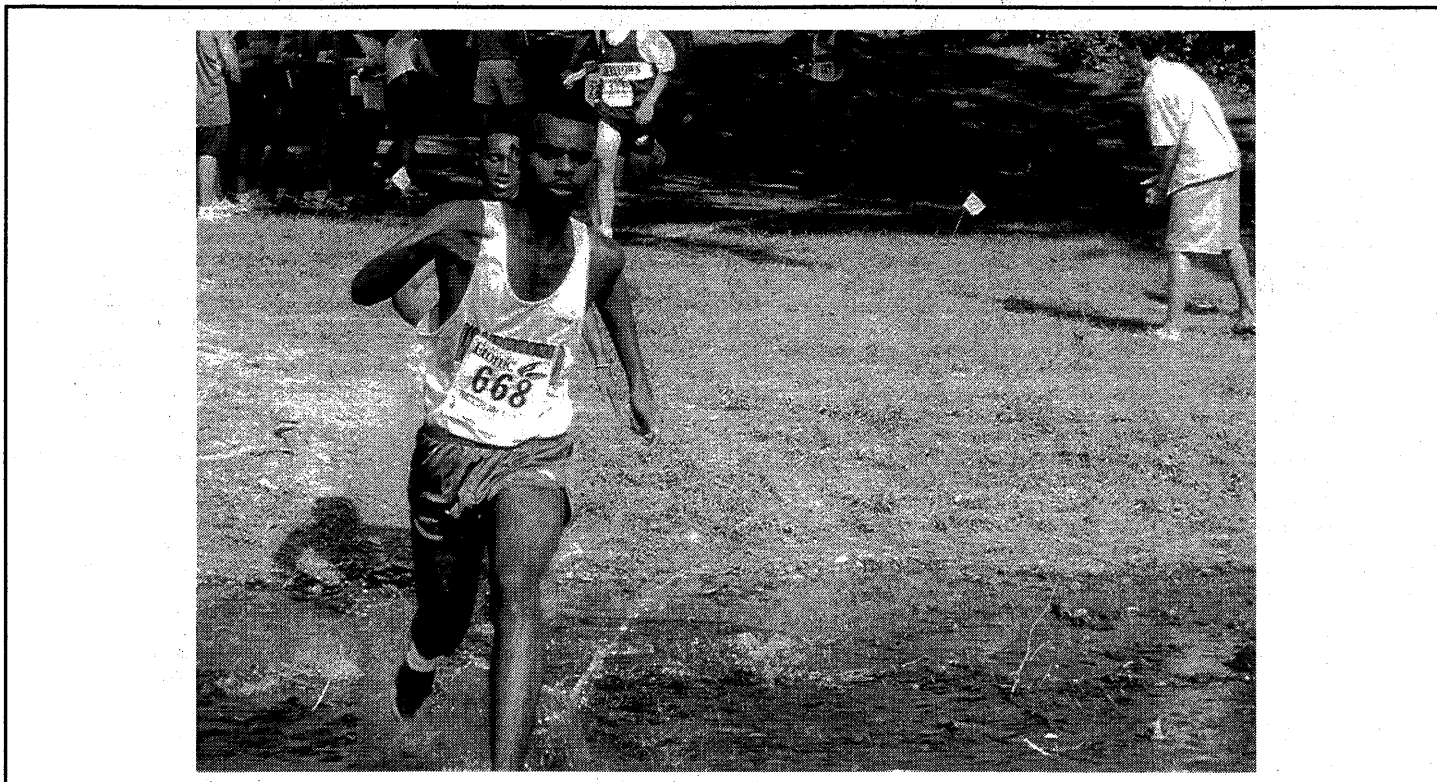
Volume 3

October 3, 1998

Issue 3



SENIOR DAN SWEENEY OF GONZAGA AT THE 1 MILE MARK IN 2ND PLACE (5:08) AT FOOTSTEPS CARDINAL DIVISION.



EVENTUAL FOOTSTEPS DOGWOOD DIVISION WINNER SEID MOHAMMED OF WAKEFIELD CROSSES THE STREAM.

ADIDAS RELAYS AT BULL RUN

SEPT. 19, 1998, ADIDAS 5 X 2 MILE RELAYS AT BULL RUN PARK, BULL RUN 2 MILE LOOP, CENTREVILLE, VA

Relay Team - Men

1. South Lakes, VA Atif Aftab Hayden Kwast Manuel Morales Deven Fellows Alan Webb (9:44 2 mile split)	53:14	6. Hylton, VA 7. Langley, VA 8. O'Connell, VA 9. Paul VI, VA 10. Gonzaga, VA 11. McLean, VA 12. WTWoodson, VA	55:08 55:37 55:45 56:05 56:20 56:40 57:43
2. T.C. Williams, VA Aaron Beck Jon Diamond Busayo Ojumu Brant Snyder Brandon Alexander	53:33	13. Hayfield - B 14. Gonzaga - B 15. Centreville, VA 16. Lee, VA 17. O'Connell - B 18. Osbourn, VA 19. Edison, VA	57:51 58:00 58:05 58:06 58:31 58:41 58:42
3. Hayfield, VA Garret Stokes Kehl Mandt Andrew Sakallaris Elgin Brown Dustin Knudsen	53:38	FRESHMAN 3200 METER RUN	
4. Chantilly, VA Billy Moore Carl Carlsen Steve Green Ricky Loughery Etahn Coffee	54:18	1. Richard Smith, SLakes 2. Nathan Brown, Hylton 3. David Sidell, McLean 4. Colin Chapman, Chantilly 5. John Sidell, McLean 6. Geoffrey Carmichael, TCWilliams 7. Jacob Banelos, Lee 8. Steve Conley, Hayfield 9. Trevor Eales, McLean 10. Matt Coleman, O'Connell	10:54 11:34 11:43 11:44 11:45 11:48 11:56 11:58 12:01 12:02
5. Marshall, VA	55:01		

Individual Women

1. Hylton, VA Joyce Towner Richelle Plotz Katie Golden Shainas Ambrose Zorina Hess	1:05:04	6. O'Connell, VA 7. WTWoodson, VA 8. Seneca Valley, MD 9. Paul VI, VA 10. Osbourn, VA 11. Centreville, VA 12. Hylton - B 13. Lee, VA 14. WTWoodson - B 15. South Lakes, VA 16. Marshall, VA 17. Langley - B 18. Chantilly - B 19. Hayfield - B	1:07:43 1:07:52 1:08:10 1:08:34 1:08:46 1:08:48 1:09:24 1:11:32 1:11:43 1:11:51 1:12:18 1:12:34 1:12:53 1:13:19
2. Hayfield, VA Carrie Bennett Jamie Rhea Jessica Idle Amanda Bivens Nikeya Green	1:05:21	FRESHMAN 3200 METER RUN	
3. Chantilly, VA Laurie Yarger Meredith Chapman Kelly Chapman Jamie Dobson Jen Conlin	1:06:34	1. Julia Bellis, SLakes 2. Moriah O'Brien, Osbourn 3. Nicoli Knudsen, Hayfield 4. Patty Jaron, SLakes 5. Kathy Spoth, Paul VI 6. Emily Shuey, TCWilliams 7. Rebecca Hinton, Hayfield 8. Megan Fogarty, Paul VI 9. Kristina Chiaparis, Centreville 10. Lindsey Schultz, Langley	12:14 12:15 13:15 13:16 13:19 13:28 13:29 13:30 13:32 13:41
4. Langley, VA Alex Leader Emily Einstein Heather Sporz Rachel Shipp Leslie Schultz	1:06:39		
5. McLean, VA	1:07:04		

BRIARWOOD INVITATIONAL

SEPT. 19, 1998, BRIARWOOD INVITATIONAL, BELMONT PLATEAU 5K COURSE, PHILADELPHIA, PA Men's winner Coval ran 1st mile in 4:48 & ran 15:48.9-'97 as a soph in just missing Chris Dugan's (NCState) meet record of 15:48.5. Runnerup Fasulo finished 14th overall at the '97 Foot Locker NE Region.

Team Men Championship

1. Chaminade, NY 2. Whitman, MD 3. Council Rock, PA 4. Cheltenham, PA 5. LaSalle, PA 6. Coatesville, PA 7. Hunterdon Central, NJ 8. Judge, PA 9. Woodbridge, VA 10. North Penn, PA	74 101 115 140 141 142 166 173 222 223	14. Greg Bielecki, LaSalle 15. Kevin Carroll, Judge 16. Chris Baker, Judge 17. Dave Alkiss, NPenn 18. Jack Webb, NPenn 19. David Azari, Pennsbury 20. Eric Soviero, Chaminade 21. Noah Herzan, Cheltenham 22. Mike Kennedy, Cheltenham 23. Jason Belinke J, Whitman 24. Scott Allen S, Whitman 25. Midah Shapiro, Cheltenham 26. Chad Young, Cheltenham 27. Matthew Lapp, Coatesville 28. Andy Cupland, CRock 29. Chuck Dubois S, Woodbridge 30. Paul Tufaro J, Whitman 31. Dan Fowler S, Woodbridge 32. Tre Stallworth S, Woodbridge 33. Trent Lierman S, Whitman 34. Tim King S, Whitman 35. Adam Rihner S, Woodbridge 36. Jeff Sittnick s, Woodbridge 37. Adam Spicer J, Woodbridge	17:10 17:11 17:13 17:13 17:14 17:14 17:15 17:15 17:15 17:19 17:19 17:21 17:22 17:23 17:23 17:23 17:24 17:24 17:39 17:39 17:58 18:06 18:18 18:23 18:34 18:35 19:03
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Individual Men

1. Dan Coval J, CRock 2. Jon Fasulo S, HCentral 3. Mike Donahue, LaSalle 4. Joe Wiegner, CRock 5. Pete Lindner, Chaminade 6. Jamie Albertine J, Whitman 7. Brian R. Hayes, Chaminade 8. Casey Frazier J, Woodbridge 9. Phil Knowlton S, Whitman 10. Brian J. Hayes, Chaminade 11. Jesse Chalfant, Coatesville 12. Ken Dimarzio, Coatesville 13. Jim Monahan, AWood	16:00 16:23 16:27 16:40 16:53 16:55 17:01 17:01 17:02 17:05 17:07 17:08 17:09
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Team Women Championship

1. Shawnee, NJ 2. North Penn, PA 3. Coatesville, PA 4. Toms River East, NJ 5. Archbishop Ryan, PA 6. Prendergast, PA 7. Archbishop Wood, PA 8. Cardinal O'Hara, PA 9. Lower Merion, PA	58 71 77 86 93 151 153 218 227
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Individual Women

1. Kate Nowak, Coatesville 2. Megan DeSimone, NPenn 3. Chrissy Woodruff, ARyan 4. Diane Schillon, NPenn 5. Jenna Darcy, Shawnee 6. Dianna Polumbo, Shawnee 7. Shannon Klick, Prendergast 8. Sarah McFadden, Prendergast 9. Allison Heydt, Coatesville 10. Cindy Benham, NPenn 11. Kelly Burke, ARyan 12. Marybeth Redheffer, Shawnee 13. Lauren Palmer, TREast 14. Andrea Pricskett, Shawnee	19:50 20:10 20:28 20:38 20:42 20:44 21:08 21:09 21:11 21:12 21:15 21:22 21:31 21:33
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Team Women Division I

1. Hunterdon Central, NJ 2. Council Rock, PA 3. Neshaminy, PA 4. Woodbridge, VA 5. Pennsbury, PA 6. Absegami, NJ 7. St. Hubert's, PA 8. Haverford, PA	54 72 72 88 114 148 159 175
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Individual Women

1. Nicole Wielehowski, CRock 2. Angela Miles, Nesh 3. Nicole Lynn, Nesh 4. Melissa Hollman, HCent 5. Carol Gill S, Woodbridge 6. Coletta Connor, Absegami 7. Shannon Hawrylo, HCent 8. Kim Furman S, Woodbridge 9. Lauren Micir, Nesh 10. Courtney Rich, Haverford 11. Emily Smith, HCent 12. Jackie Kelly, SHubert's 13. Jane Ruffio, CRock 14. Jess Yeager, CRock 20. Catherine Seguin J, Wbridge	20:37 20:47 21:06 21:09 21:11 21:35 21:35 21:39 21:40 21:48 21:57 21:59 22:00 22:01 22:36
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WOODBERRY FOREST INV.

SEPT. 19, 1998, WOODBERRY FOREST INVITATIONAL, WOODBERRY FOREST 5K COURSE, WOODBERRY FOREST, VA

Team Men

1. St. Alban's, DC 2. Woodberry Forest, VA 3. North Stafford, VA 4. Albemarle, VA 5. Trinity Episcopal, VA 6. King George, VA 7. Culpeper, VA 8. Brooke Point, VA 9. Louisa, VA 10. Fork Union, VA	50 87 107 187 195 201 202 221 243 250	5. M. Jones, Tepiscopal 6. Jed Leonard S, Salban's 7. Keeling, Chancellor 8. Jeremy Reed, Nstafford 9. B. Brody, Chancellor 10. Schaeppman, Culpeper 11. Biller, NStafford 12. Hedlund, Jmonroe 13. Chris Muller S, Salban's 14. Stephen Bosco S, Salban's 15. Hough, Bpoint 16. Ted Jones, Salban's 17. Lipscomb, Louisa 18. Lambert, Albemarle 19. R. Kearney, Culpeper 20. G. Campbell, Culpeper 21. Hartunian, SAlban's	17:06 17:09 17:11 17:22 17:34 17:36 17:40 17:45 17:49 17:49 17:57 18:01 18:02 18:06 18:07 18:13 18:13
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Individual Men

1. Braxton Collier s, Salban's 2. Olmstead, Wforest 3. Ben Hoy, FUnion 4. Floweree, WForest	16:36 16:41 16:50 17:02
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Team Women

1. Louisa, VA 2. Brooke Point, VA 3. North Stafford, VA 4. National Cathedral, DC 5. Albemarle, VA 6. Georgetown Visitation, DC 7. Chancellor, VA 8. St. Anne's-Belfield, VA 9. Culpeper, VA 10. St. Catherine's, VA	49 64 105 135 136 144 156 196 200 223
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Individual Women

1. Colleen Connell s, Bpoint 2. Kate Livick, Scatherine's 3. Wilson, Louisa 4. C. George, Louisa	19:57 20:14 20:22 20:30
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FOOTSTEPS - CARDINAL DIVISION

SEPT. 26, 1998, FOOTSTEPS INVITATIONAL, LAKE FAIRFAX PARK 5K COURSE, RESTON, VA (mostly sunny, mid-high 80's)

<u>Men</u> (Rank before meet)	<u>Total</u>	<u>Finishers</u>							<u>Women</u> (Rank before meet)	<u>Total</u>	<u>Finishers</u>						
1. Whitman, MD (#1)	46	6	7	9	10	14	25	36	1. Good Counsel, MD (#8)	49	2	4	6	17	20	45	48
2. West Springfield, VA (#10)	84	5	11	16	17	35	46	50	2. Lake Braddock, VA (#1)	61	1	7	15	16	22	29	
3. Good Counsel, MD (#16)	91	12	13	19	20	27	40	58	3. Quince Orchard, MD (#24)	92	3	5	18	30	36		
4. Lake Braddock, VA (#11)	135	15	21	24	32	43	45	58	4. Hemdon, VA (#18)	111	8	13	19	32	39	46	
5. South Lakes, VA (#19)	153	1	22	26	47	57	64	74	5. Whitman, MD (#19)	114	9	12	24	27	42	47	50
6. Chantilly, VA (#14)	158	2	29	30	31	66	73	75	6. Chantilly, VA (#14)	124	10	21	25	28	40	41	44
7. Paul VI, VA	180	18	28	34	39	61	68	71	7. Paul VI, VA	132	14	23	26	31	38		
8. Hemdon, VA	182	8	33	38	41	62	63	69	8. O'Connell, VA	150	11	33	34	35	37	43	49
9. Gonzaga, DC	198	4	44	48	49	53	55	56									
10. Quince Orchard, MD	223	3	37	51	65	67	70										

Individual Men

(F=Freshman, S=Sophomore, J=Junior, S=Senior)

1. Alan Webb s, Slakes	16:45	26. Deven Fellows, Slakes	18:21
2. Billy Moore S, Chantilly	17:00	27. Ed Branagan S, G Counsel	18:22
3. Chris Graber S, Q Orchard	17:05	28. Paul Costello s, PVI	18:23
4. Dan Sweeney S, Gonzaga	17:10	29. Carl Carlsen J, Chantilly	18:30
5. Peter Lukens S, W Springfield	17:14	30. Steve Green s, Chantilly	18:34
6. Jamie Albertine J, Whitman	17:18	31. Ethan Coffee s, Chantilly	18:36
7. Phil Knowlton S, Whitman	17:21	32. Charles Swannak, L Braddock	18:38
8. Joe DiMarco S, Hemdon	17:27	33. Ramesh Chopra J, Hemdon	18:39
9. Scott Allen S, Whitman	17:33	34. Mike Blanchard S, PVI	18:39
10. Jason Belinkie J, Whitman	17:35	35. Stephen Halla J, W Springfield	18:40
11. Neil Suri J, W Springfield	17:38	36. Dan Bernstein s, Whitman	18:42
12. Justin Hulse s, G Counsel	17:48	37. Chris Sloane, Q Orchard	18:44
13. Kevin Graves F, G Counsel	17:50	38. Brian King, Hemdon	18:47
14. Paul Tufaro J, Whitman	17:54	39. Matt Mozingo S, PVI	18:48
15. Dave Vitto, L Braddock	17:54	40. Geoff Aravanis S, G Counsel	18:51
16. Matt Evans S, W Springfield	17:55	41. Eric Torrey, Hemdon	18:51
17. Alan Chambers J, W Springfield	17:58	42. John Lavoy, O'Connell	18:55
18. Tom Jakob S, PVI	18:05	43. Andy Oppenheim S, L Braddock	18:55
19. Eric Imphong F, G Counsel	18:08	44. Chris McLaughlin, Gonzaga	19:04
20. Matt Hanlon s, G Counsel	18:09	45. David Windsor, L Braddock	19:07
21. Jimmy Judge, L Braddock	18:10	46. Greg Gunn s, W Springfield	19:08
22. Richard Evans F, Slakes	18:13	47. Hayden Kwast S, Slakes	19:08
23. Paul Singh, O'Connell	18:16	48. Matt Stainback, Gonzaga	19:09
24. John Bates, L Braddock	18:17	49. Tim Barrett, Gonzaga	19:11
25. Ryan Cheney S, Whitman	18:19	50. Claran McCann, G Counsel	19:12

Individual Women

(F=Freshman, S=Sophomore, J=Junior, S=Senior)

1. Erin Swain J, L Bradd	19:48	26. Kathy Spoth F, PVI	23:07
2. Erin Sicher S, G Counsel	20:05	27. Joanna Zuercher S, Whit	23:11
3. Claudin Hull S, QO	20:17	28. Meredith Chapman J, Chan	23:24
4. Kim Hurney s, GC	20:32	29. Devon Bailey, L Bradd	23:31
5. Lucinda Hull S, QO	20:52	30. Rachel Kanner J, QO	23:33
6. Kate Schilling S, GC	20:55	31. Meghan Ferguson s, PVI	23:35
7. Alice Stolpe S, L Bradd	20:56	32. Kara Jeschke s, Hemdon	23:37
8. Ashley Payne J, Hemdon	21:06	33. Emily Smith S, O'Connell	23:45
9. Nuria Haering s, Whitman	21:15	34. Erika Evans S, O'Connell	23:52
10. Laurie Yarger s, Chantilly	21:21	35. Jamie Pope F, O'Connell	23:53
11. Molly Harkin S, O'Connell	21:28	36. Megan Ryan, QO	24:06
12. Claire White-Crane S, Whitman	21:31	37. Melanie Gedrich J, O'Connell	24:12
13. Libby Wile S, Hemdon	22:00	38. Mariette Millson J, PVI	24:17
14. Rachel Littlefield J, PVI	22:11	39. Mimi Pham J, Hemdon	24:39
15. Jen Gordon, L Bradd	22:14	40. Ashley Dielicki, Chan	24:48
16. Kate Henning, L Bradd	22:15	41. Jen Conlin J, Chan	24:56
17. Monica Tigert J, GC	22:30	42. Carolyn Snyder S, Whit	25:17
18. Meghan Cathey S, QO	22:30	43. Kris Rider S, O'Conn	25:40
19. Barbara Shockley s, Hemdon	22:33	44. Alexis Tsonos, Chan	25:41
20. Erin Blaustein J, GC	22:37	45. Courtney Ritter F, GC	25:50
21. Jamie Dobson J, Chantilly	22:46	46. Daisy Bakke S, Hemdon	26:00
22. Allison Case, L Bradd	22:53	47. Laura Feld F, Whit	26:38
23. Terri Zacharias S, PVI	22:55	48. Carisa Sumter J, GC	26:57
24. Kristin StJohn S, Whitman	22:59	49. Valerie Hoopes S, O'Conn	28:11
25. Kelly Chapman S, Chantilly	23:05	50. Rachelle McManus S, Whit	28:21

FOOTSTEPS - DOGWOOD DIVISION

<u>Men</u>	<u>Total</u>	<u>Finishers</u>						<u>Women</u>	<u>Total</u>	<u>Finishers</u>						
1. Calvert Hall, MD	43	3	4	10	11	15	23	24	1. South Lakes, VA	37	1	4	6	12	14	
2. Jamestown, VA	52	2	7	12	14	17	30	37	2. Jamestown, VA	48	5	8	9	11	15	17
3. Wakefield, VA	83	1	13	16	25	28			3. Carroll, DC	61	2	3	7	23	26	
4. DeMatha, MD	129	9	22	29	33	36	49	53	4. Yorktown, VA	80	10	13	18	19	20	22
5. McLean, VA	137	8	19	34	35	41	48	56	5. St. Andrews Episcopal, VA	113	16	21	24	25	27	

Individual Men

1. Seid Mohammed, Wakefield	17:37	11. Sean King, CHall	18:41
2. Chris Donnell, Jamestown	17:47	12. Brian Phipps, Jamestown	18:45
3. Aaron Johnson, CHall	17:51	13. Harun Iman, Wakefield	18:49
4. Tim Briggs, CHall	17:57	14. Rob Turner, Jamestown	18:55
5. PJ Hart, S Andrew's	18:07	15. Stefan Rukowicz, CHall	18:56
6. W. Walton, Carroll	18:09	16. David Wesley, Wakefield	18:59
7. Bryce Ruiz, Jamestown	18:10	17. Tony Davia, Jamestown	19:02
8. Matt Orr, McLean	18:12	18. T. Weeks, Carroll	19:04
9. Tony Taylor, DeMatha	18:32	19. Andrew Young, McLean	19:16
10. Lance Byrd, CHall	18:38	20. J. Payne, Carroll	19:22

Individual Women

1. Elizabeth Weber J, SLakes	21:52	11. Allison Farr, York	24:22
2. Deanna Jenkins, McLean	22:22	12. Sammy Orange, James	24:34
3. L. Blake, Carroll	22:26	13. Jackie Norris, McNamara	24:45
4. I. Gracia, Carroll	22:50	14. Brooke Marshall, McNamara	24:46
5. Crystal Lamb, SLakes	23:14	15. Ashlee Smith, SLakes	24:48
6. Allison Snow, Jamestown	23:23	16. Song-Yee Han, York	24:58
7. Kelley Elliot, SLakes	23:36	17. Christi Hosenfeld, SLakes	25:00
8. S. Missouri, Carroll	23:56	18. Leigh Deforth, McLean	25:33
9. Kim Fanok, Jamestown	24:17	19. Rachel Cole, James	25:36
10. Krista Peters, Jamestown	24:18	20. Courtney Chapman, McLean	25:52

RANKINGS...RANKINGS...RANKINGS...RANKINGS...RANKINGS...

If you just glanced at this week's HS team rankings for the women and said to yourself, as you looked for the phone number to call in your subscription cancellation, "this guy doesn't have a clue," then this column is for you to consider.

Are the Good Counsel women better than Lake Braddock? Are the Hayfield women better than Robinson? And why are the Jefferson women #1?

The best answer to these questions, I think, is to rank the teams as if their last race (9/26 for most) was the season ending state meet and I was ranking the teams for placement in a final season ending issue. If Great Meadow, for instance, is looked at as the state meet, then Hayfield would finish 2nd in the state and Robinson 4th in the state. If Footsteps, for instance, is looked at as the state meet, then Good Counsel would finish 1st and Lake Braddock would finish 2nd. Hayfield and Good Counsel should get credit for having their top 5 women finish in the heat of this past

weekend, when Robinson and Lake Braddock, unfortunately, had runners drop out. Hayfield and Good Counsel won the survival of the fittest test.

Jefferson is #1 because their last race was at Penn State on 9/19 and they finished 2nd in beating Lake Braddock. Again, Braddock had a runner drop out, so Jefferson won their state meet.

Was it fair when North Carolina State (1-0) beat Florida State (1-0) in football on the field on 9-12 only to have Florida State (1-1) subsequently ranked #11 afterwards (on reputation probably) and NC State (2-0) ranked #20? Absolutely not.

If I had to project and forecast, I'd say that Lake Braddock will beat Good Counsel and Robinson will beat Hayfield when all 4 teams go head to head at W & Mary and Bull Run. But it doesn't matter what I think on paper because what does matter is who beats who after running 3.1 miles. Any comments and ideas are welcome.

TOP 100 INDIVIDUAL RANKINGS - THRU 9/26

Top 50 Men

1. Daniel Heiner	Senior	Centreville (VA)
Won Great Meadow in 15:57-5k; Next meets: W & Mary and Bull Run		
2. Alan Webb	Sophomore	South Lakes (VA)
Won Footsteps in 16:45-5k; Next meets: Salesianum & Bull Run		
3. Jacob Frey	Senior	Oakton (VA)
2nd-Great Meadow in 16:08-5k; Next meets: W & Mary and Bull Run		
4. Bobby Lockhart	Freshman	Handley (VA)
Won Great Meadow B Division in 16:15-5k; Next meet: W & Mary (?)		
5. Andrew Macleod	Senior	Oakton (VA)
3rd-Great Meadow in 16:17-5k; Next meets: W & Mary and Bull Run		
6. David Glynn	Senior	Walter Johnson (MD)
Won Howard County Striders in 16:09-3 miles; Next: W&Mary & Manhattan		
7. Jonathan Farrell	Senior	Potomac Falls (VA)
4th-Great Meadow in 16:22-5k, 5th-Judges in 16:38-5k; Next meet: Bull Run		
8. Matt Maline	Sophomore	Oakton (VA)
6th-Great Meadow in 16:26-5k; Next meets: W & Mary and Bull Run		
9. Billy Moore	Senior	Chantilly (VA)
2nd-Footsteps in 17:00-5k; Next meets: Bull Run & Georgetown Prep (10-17)		
10. Chris Graber	Senior	Quince Orchard (MD)
3rd-Footsteps in 17:05-5k; Next meets: W & Mary and Manhattan (?)		

11. Dan Sweeney	Senior	Gonzaga (DC)
12. David Ehlert	Senior	Potomac Falls (VA)
13. Peter Lukens	Senior	West Springfield (VA)
14. Jamie Albertine	Junior	Whitman (MD)
15. L. A. Snead	Sophomore	Robinson (VA)
16. Carl Cabaniss	Senior	Stafford (VA)
17. Braxton Collier	Sophomore	St. Alban's (DC)
18. Tim Dumm	Senior	Jefferson (VA)
19. Oscar Giron	Senior	Marshall (VA)
20. Phil Knowlton	Senior	Whitman (MD)
21. David Silver	Junior	Jefferson (VA)
22. Stephen Hayes	Sophomore	Churchill (MD)
23. Todd Warner	Senior	Arundel (MD)
24. Michael Prada	Senior	River Hill (MD)
25. Jimmy Thayer	Junior	Potomac (VA)
26. Chris Feist	Senior	Hylton (VA)
27. Scott Cleveland	—	Hylton (VA)
28. Mike Murray	Senior	Gaithersburg (MD)
29. Joe DiMarco	Senior	Herndon (VA)
30. David Aleman	Junior	Brentsville (VA)
31. Dan Marzluff	Junior	Robinson (VA)
32. Scott Allen	Senior	Whitman (MD)
33. Carlos Hunt	Junior	Westlake (MD)
34. Matt Ostrye	Senior	Severna Park (MD)
35. Ben Coffman	Senior	Wilde Lake (MD)
36. Jason Belinkie	Junior	Whitman (MD)
37. Jamaal Saunders	Junior	Potomac (VA)
38. Brent Snyder	Junior	TCWilliams (VA)
39. Tim Robertson	Senior	Sherando (VA)
40. Mike Styszynski	Junior	River Hill (MD)
41. Seid Mohammed	—	Wakefield (VA)
42. Casey Reardon	Junior	West Potomac (VA)
43. Neil Suri	Junior	West Springfield (VA)
44. Brian Dumm	Sophomore	Robinson (VA)
45. Dwayne Deschon	Junior	James Wood (VA)
46. Doug Drifmeyer	Senior	Lake Braddock (VA)
47. PatReilly	Senior	Jefferson (VA)
48. Justin Hulse	Sophomore	Good Counsel (MD)
49. Andrew Roynestad	Senior	Gaithersburg (MD)
50. Gary Heflin	Junior	Damascus (MD)

Top 50 Women

1. Liz Awtrey	Senior	Robinson (VA)
Won VTech in 18:02-5k & GMeadow in 18:01-5k; Next: WMary & BRun		
2. Kelley Otstott	Sophomore	Jefferson (VA)
Won Penn State in 18:31-5k; Next meets: Salesianum & Bull Run		
3. Erin Swain	Junior	Lake Braddock (VA)
Won Footsteps in 19:48-5k, 3rd-PennSt in 18:45-5k; Next: WMary & BRun		
4. Erin Sicher	Senior	Good Counsel (MD)
2nd-Footsteps in 20:05-5k, 5th-PennSt in 19:29-5k; Next: WMary & BRun		
5. Colleen Connell	Sophomore	Brooke Point (VA)
Won Wdbrry Forest in 19:57-5k, 3rd-GMeadow in 19:27-5k; Next: W & Mary		
6. Nikeya Green	Junior	Hayfield (VA)
4th-Great Meadow in 19:36-5k; Next meets: W & Mary & Bull Run		
7. Robyn Ritter	Senior	Sherando (VA)
Won Judges in 19:59-5k & Great Meadow B in 19:47-5k; Next: N/A		
8. Claudin Hull	Senior	Quince Orchard (MD)
3rd-Footsteps in 20:17-5k; Next meets: W & Mary and Manhattan (?)		
9. Amy Montemerlo	Senior	Lake Braddock (VA)
8th-Penn State in 19:39-5k; Next meets: W & Mary and Bull Run		
10. Nicole Snider	Senior	Jefferson (VA)
10th-Penn State in 19:46-5k; Next meets: Salesianum & Bull Run		

11. Christina Bureson	Junior	Mount Vernon (VA)
12. Samia Akbar	Senior	Oakton (VA)
13. Kim Hurney	Sophomore	Good Counsel (MD)
14. Heidi Sondermann	Senior	North Stafford (VA)
15. Alexis Wieroniey	Senior	Northern (MD)
16. Cristin Romano	Senior	Magruder (MD)
17. Lee McDuff	Sophomore	River Hill (MD)
18. Nicole Williams	Junior	Osborn Park (VA)
19. Maria Barber	Junior	West Springfield (VA)
20. Maggie Marriott	Junior	West Springfield (VA)
21. Lucinda Hull	Senior	Quince Orchard (MD)
22. Carrie Bennett	Sophomore	Hayfield (VA)
23. Kate Schilling	Senior	Good Counsell (MD)
24. Sarah Pettit	Senior	Magruder (MD)
25. Katie Sloan	Senior	Glen Burnie (MD)
26. Dionne Evans	Sophomore	Garfield (VA)
27. Leah McBride	Senior	Garfield (VA)
28. Michelle Awtrey	Freshman	Robinson (VA)
29. Kim Milbourn	Senior	Robinson (VA)
30. Meghan Hoffman	Freshman	West Potomac (VA)
31. Alice Stolpe	Senior	Lake Braddock (VA)
32. Carol Gill	Senior	Woodbridge (VA)
33. Richelle Plotz	—	Hylton (VA)
34. Ashley Payne	Junior	Herndon (VA)
35. Kate Frande	Junior	Mount Hebron (MD)
36. Nuria Haering	Sophomore	Whitman (MD)
37. Laurie Yarger	Sophomore	Chantilly (VA)
38. Kim Milans	Junior	Walter Johnson (MD)
39. Molly Harkin	Senior	O'Connell (VA)
40. Claire White-Crane	Senior	Whitman (MD)
41. Jennifer Lapetoda	—	Loudoun County (VA)
42. Rebecca Griffin	Senior	West Potomac (VA)
43. Tiffany Stotler	Junior	James Wood (VA)
44. Kristee Sherry	—	Jefferson (VA)
45. Dana Dabbenigno	Freshman	Broad Run (VA)
46. Julianna Dudas	Junior	Jefferson (VA)
47. Ginny Horner	Sophomore	Gaithersburg (MD)
48. Lauren Chaikin	—	Marshall (VA)
49. Becky Chwan	Senior	Severna Park (MD)
50. Bonnie Sowa	Senior	Severna Park (MD)

THE CAVALIER INVITATIONAL

SEPT. 19, 1998, THE CAVALIER INVITATIONAL, CHARLOTTESVILLE, VA

Men	Total	Finishers							Women	Total	Finishers						
1. Georgetown, DC	58	2	5	11	19	21	22	23	1. Virginia, VA	39	1	8	9	10	11	17	19
2. James Madison, VA	66	3	12	14	17	20	25	28	2. Clemson, SC	62	3	12	13	14	20	33	34
3. North Carolina, NC	74	7	9	10	15	33	35	40	3. North Carolina, NC	78	2	5	21	24	26	31	35
4. Clemson, SC	89	4	16	18	24	27	34	38	4. Eastern Kentucky, KY	83	7	15	16	22	23	25	28
5. Eastern Kentucky, KY	101	1	6	26	29	39	41	42	5. James Madison, VA	84	4	6	18	27	29	30	32
6. Virginia, VA	114	8	13	30	31	32	36	37									

Individual Men (8k)			Individual Women (5k)				
1. Daniel Koech, EKent	24:56	26. David Spiller, JMU	26:35	1. Jamie Sutherland, UVA	17:31	26. Susan Kozub, UVA	19:17
2. Justin McCarthy, Gtown	24:59	27. Charlie Moore, EKent	26:40	2. Trish Nervo, UNC	18:01	27. Jennifer Wheeler, EKent	19:20
3. Ben Cooke, JMU	25:10	28. John Oliver, Gtown	26:41	3. Beth Ahern, Clem	18:10	28. Kathlene Meehan, UVA	19:21
4. Joe Gibson, Clem	25:17	29. Gabriel Buerkle, Gtown	26:43	4. Heather Hanscom, JMU	18:12	29. Beth George, UNC	19:23
5. David Rodrigues, Gtown	25:20	30. Adam Daniels, Gtown	26:43	5. Julie Smith, UNC	18:16	30. Carin Ward, JMU	19:27
6. Mohammed Khayr, EKent	25:27	31. DJ Dillard, Clem	26:49	6. Keisha Banks, JMU	18:18	31. Megan Schwartz, UVA	19:28
7. Nick Winkel, UNC	25:29	32. Jason Long, JMU	26:51	7. Jenni Brown, EKent	18:21	32. Celestina Ogbolugo, EKent	19:29
8. Bob Thiele, UVA	25:31	33. David Muchungo, EKent	26:53	8. Cheryl Twomey, UVA	18:26	33. Michelle Smith, JMU	19:30
9. Todd Morgan, UNC	25:41	34. Tom DeSordo, UVA	26:57	9. Ellen Dwyer, UVA	18:27	34. Dawn Cleary, UVA	19:31
10. Bill Jackson, UNC	25:43	35. Michael Fox, JMU	26:57	10. Frances Warner, UVA	18:28	35. Shontya Bready, JMU	19:32
11. John Jordan, Gtown	25:45	36. Rick Davis, UVA	26:58	11. Astrid Gotthardt, UVA	18:31	36. Laura Nelson, UNC	19:34
12. Russ Coleman, JMU	25:47	37. Rob Pearce, UVA	26:58	12. Jullanne Littman, Clem	18:33	37. Sara Carpenter, JMU	19:38
13. Matt Illian, UVA	25:52	38. Matt Tabor, UNC	27:02	13. Shannon Schoppman, Clem	18:36	38. Jessica Hyams, Clem	19:47
14. Eric Post, JMU	25:55	39. Jason Putnam, Clem	27:04	14. Jennifer Meador, Clem	18:36	39. Sarah Blossom, EKent	19:55
15. Chris Bennett, UNC	26:08	40. Matt Weiss, UNC	27:08	15. Hannah Benjamin, EKent	18:37	40. Brantley Epps, Clem	20:05
16. Estaban Diaz, Clem	26:09	41. Brad Stapleton, Gtown	27:11	16. Theresa Olsen, EKent	18:39	41. Martha Hoelzer, UNC	20:09
17. Michael Smith, JMU	26:10	42. Ray Weeden, UVA	27:18	17. Dana Coons, UVA	18:40	42. Christine Torreele, JMU	20:12
18. Jason Meany, Clem	26:12	43. Jeff Binggeli, UVA	27:21	18. Bridget Quenzer, JMU	18:45	43. Jessica Allison, JMU	20:20
19. John Evan Hornsby, Gtown	26:18	44. Rich Zielinski, Gtown	27:22	19. Jessica Thomas, UVA	18:52	44. Abbey Hartman, Clem	20:25
20. Scott Davis, JMU	26:19	45. Isidro Pimenttel, Gtown	27:23	20. Erika VanReenen, Clem	18:55	45. Colleen Chapman, JMU	20:32
21. Chris Marchall, Gtown	26:20	46. Steve Alexander, Clem	27:24	21. Kim Timberlake, UNC	18:56	46. Maria Thomas, JMU	20:32
22. Matt Dunn, Gtown	26:31	47. Sota Ogawa, EKent	27:31	22. Heather Davel, EKent	18:58	47. Lindsay Larsen, UVA	20:36
23. Kyle Smits, Gtown	26:33	48. Matt Day, UVA	27:31	23. Mindy Stadler, EKent	18:59	48. Meghan Phillips, UNC	20:37
24. Ryan Demers, Clem	26:33	49. Matt Tooman, Clem	27:33	24. Sarah Folse, UVA	19:02	49. Sarah Burkett, JMU	20:40
25. Corey Smith, Gtown	26:34	50. William Short, JMU	27:36	25. Rebecca Walker, UNC	19:05	50. Waynitra Thomas, JMU	20:41

CURRENT NCAA DIVISION I RANKINGS

Men	Points	Previous Ranking	Women	Points	Previous Ranking
1. Stanford (14)	397	1	1. Brigham Young (9)	225	1
2. Arkansas (2)	385	2	2. Stanford	216	2
3. Colorado	367	3	3. Providence	199	6
4. North Carolina State	311	6	4. Colorado	197	4
5. Arizona	300	17	5. Michigan	192	5
6. Providence	297	14	6. Wake Forest	166	14
7. Michigan	280	5	7. Georgetown	161	11
8. Oklahoma State	269	7	8. Arizona	145	23
9. Oregon	244	4	9. Wisconsin	144	10
10. Michigan State	241	9	10. North Carolina State	135	8
11. Northern Arizona	240	24	11. Dartmouth	132	3
12. Wisconsin	193	8	12. Arkansas	127	9
13. William & Mary	192	13	13. Northern Arizona	126	29
14. Montana	191	18	14. Washington	116	15
15. Notre Dame	190	11	15. Missouri	112	13
16. Iona	152	15	16. Oregon	88	7
17. Portland	144	23	17. Minnesota	73.5	27
18. Washington State	111	10	18. William & Mary	67	26
19. BYU	101	35	19. Florida	65	17
20. Georgetown	100	20	20. UCLA	46.5	34
21. Minnesota	89	16	21. West Virginia	39	21
22. Illinois State	53	28	22. Baylor	30	22
23. Washington	50	21	23. Utah State	24	NR
24. Utah	48	NR	24. Cornell	22	32
25. Princeton	44	NR	25. Bowling Green	18	24
26. Weber State	43	12	26. Villanova	15	25
27. Dartmouth	28	33	27. Weber State	14	16
28. Miami (OH)	15	26	28. South Florida	10	NR
29. James Madison	13	25	29. Nebraska	9	20
29. Colorado State	13	32	30. Boston College	3	12
31. Nebraska	12	27	30. Tennessee	3	NR
32. Western Kentucky	11	NR	32. Texas	2	NR
33. Arizona State	9	NR	32. Notre Dame	2	32
34. Bucknell	8	NR	34. Penn State	1	NR
35. Mt St. Mary's	6	43			
35. South Florida	6	38			
37. Missouri	4	40			
38. Alabama	3	42			
38. Pennsylvania	3	NR			
40. Florida	2	28			
40. Navy	2	30			
42. Iowa	1	34			

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TOP 25 HS TEAMS

(Flip to page 7 for further team rankings info)

MEN (Previous ranking)

1. Whitman, MD (1)
2. Jefferson, VA (2)
3. Oakton, VA (3)
4. Robinson, VA (8)
5. T.C. Williams, VA (12)
6. Gaithersburg, MD (5)
7. West Springfield, VA (10)
8. Good Counsel, MD (16)
9. Lake Braddock, VA (11)
10. Hylton, VA (6)
11. Potomac Falls, VA (9)
12. Sherando, VA (24)
13. James Wood, VA (7)
14. Severna Park, MD (NR)
15. Hayfield, VA (13)
16. Handley, VA (NR)
17. Potomac, VA (15)
18. Woodbridge, VA (4)
19. Stafford, VA (NR)
20. St. Alban's, DC (20)
21. River Hill, MD (17)
22. West Potomac, VA (18)
23. South Lakes, VA (19)
24. Chantilly, VA (14)
25. Brentsville, VA (NR)

WOMEN (Previous ranking)

1. Jefferson, VA (3)
2. Good Counsel, MD (8)
3. Lake Braddock, VA (1)
4. Hayfield, VA (17)
5. Robinson, VA (2)
6. West Springfield, VA (4)
7. Walter Johnson, MD (5)
8. Langley, VA (6)
9. Sherando, VA (11)
10. North Stafford, VA (NR)
11. Woodbridge, VA (NR)
12. Hylton, VA (12)
13. Severna Park, MD (9)
14. R. Montgomery, MD (13)
15. Broad Run, VA (7)
16. Brooke Point, VA (10)
17. West Potomac, VA (15)
18. Quince Orchard, MD (24)
19. Garfield, VA (NR)
20. Loudoun County, VA (NR)
21. W. T. Woodson, VA (21)
22. James Wood, VA (16)
23. Herndon, VA (18)
24. Whitman, MD (19)
25. Chantilly, VA (14)

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