

Penn State Altoona Cross Country

Lion Invitational

History 2003 - 2006

Collegiate Women

5,838m

2003

5,000m

2004-2006

LION INVITATIONAL PAST RESULTS - COLLEGIATE WOMEN

2003					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete (5.838 km)</u>	<u>Time</u>
1	Juniata	20	1	Heidi Rickard, Mount Aloysius	24:52.0
2	Penn State Altoona	58	2	Elena Amato, Juniata	25:01.0
3	Mount Aloysius	79	3	Stefanie Rynkewitz, Juniata	25:52.0
4	Pitt Greensburg	92	4	Nancy Hayes, Juniata	25:52.0
5	Pitt Bradford	134	5	Lia Bella, Juniata	26:20.0
			6	Katey Glunt, Juniata	26:20.0
			7	Jessica Hughes, Penn State Altoona	26:25.0
			8	Sarah Bay, Juniata	26:29.0
			9	Jessica Silay, Penn State Altoona	27:52.0
			10	Carol Longenecker, Juniata	28:05.0

2004					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete (5.0 km)</u>	<u>Time</u>
1	Juniata	37	1	Katey Glunt, Juniata	20:34.6
2	Bucknell	45	2	Jennifer O'Connor, Bucknell	20:38.5
3	Penn State XC Club	47	3	Nancy Hayes, Juniata	20:59.8
4	Penn State Altoona	104	4	Alison Cole, Bucknell	21:06.6
5	Pitt Greensburg	152	5	Nicki Stoyer, Bucknell	21:12.5
			6	Erica Marshall, Penn State XC Club	21:21.7
			7	Sarah Bay, Juniata	21:32.7
			8	Jen Novotny, Penn State XC Club	21:52.4
			9	Megan Sowa, Penn State XC Club	22:06.7
			10	Lauren Gates, Juniata	22:11.6

2005					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete (5.0 km)</u>	<u>Time</u>
1	Geneva	28	1	Rebecca VanRegenmorter, Geneva	19:24.6
2	Juniata	35	2	Katey Glunt, Juniata	19:29.4
3	Penn State Altoona	72	3	Susan Fletcher, Geneva	20:04.5
4	Mount Aloysius	135	4	Meagan Crossett, Penn State Altoona	20:06.2
5	Pitt Greensburg	139	5	Kara Richard, Geneva	20:09.8
6	Pitt Johnstown	141	6	Nancy Hayes, Juniata	20:14.6
			7	Demetria Koutsourais, Geneva	20:27.7
			8	Meghan Jones, Juniata	20:40.2
			9	Sarah Bay, Juniata	20:49.4
			10	Aubrey Cyphert, Juniata	20:55.4

2006					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete (5.0 km)</u>	<u>Time</u>
1	Bucknell	39	1	Allyson Sheehan, Saint Francis	20:38.3
2	Robert Morris	45	2	Brittany Strite, Robert Morris	20:51.3
3	Juniata	63	3	Emily Ingle, Robert Morris	20:56.4
4	Saint Francis	79	4	Molly Burke, Bucknell	20:56.9
5	Penn State Altoona	159	5	Sarah Antonaitis, Robert Morris	21:01.5
6	Shenandoah	183	6	Meghan Jones, Juniata	21:05.6
7	Pitt Greensburg	187	7	Lisa Prybella, Bucknell	21:06.6
8	Mount Aloysius	192	8	Ashley Behre, Bucknell	21:18.2
			9	Erin Heidecker, Bucknell	21:28.8
			10	Aubrey Cyphert, Juniata	21:34.2

Top-10 Finishes (2003 - 2006)			
<u>Team</u>	<u>Team</u>	<u>Ind.</u>	<u>Years Team Finished in Top-10</u>
Juniata	4	18	03, 04, 05, 06
Penn State Altoona	4	3	03, 04, 05, 06
Pitt Greensburg	4		03, 04, 05, 06
Mount Aloysius	3	1	03, 05, 06
Bucknell	2	7	04, 06
Geneva	1	4	05
Robert Morris	1	3	06
Penn State XC Club	1	3	04
Saint Francis	1	1	06
Shenandoah	1		06
Pitt Johnstown	1		05
Pitt Bradford	1		03

**PENN STATE ALTOONA LION INVITATIONAL
COLLEGIATE WOMENS RANKINGS (2004-2006)**

Top-35 Overall					
Rank	Athlete	Team	Time	Year	Class
1	VanRegenmorter, Rebecca	Geneva	19:24.6	2005	Fr
2	Glunt, Katey	Juniata	19:29.4	2005	Sr
3	Fletcher, Susan	Geneva	20:04.5	2005	So
4	Crossett, Meagan	Penn State Altoona	20:06.2	2005	Fr
5	Richard, Kara	Geneva	20:09.8	2005	Sr
6	Hayes, Nancy	Juniata	20:14.6	2005	Sr
7	Koutsourais, Demetria	Geneva	20:27.7	2005	Jr
8	Sheehan, Allyson	Saint Francis	20:38.3	2006	Fr
9	O'Connor, Jennifer	Bucknell	20:38.5	2004	Jr
10	Jones, Meghan	Juniata	20:40.2	2005	Fr
11	Bay, Sarah	Juniata	20:49.4	2005	Sr
12	Strite, Brittany	Robert Morris	20:51.3	2006	Jr
13	Cyphert, Aubrey	Juniata	20:55.4	2005	Fr
14	Ingle, Emily	Robert Morris	20:56.4	2006	Fr
15	Burke, Molly	Bucknell	20:56.9	2006	Fr
16	Bella, Lia	Juniata	20:58.2	2005	Jr
17	Miller, Marsha	Geneva	20:59.7	2005	So
18	Antonaitis, Sarah	Robert Morris	21:01.5	2006	Jr
19	Seidel, Kimberly	Penn State Altoona	21:02.5	2005	So
20	Bartolomeo, Beth	Geneva	21:05.6	2005	So
22	Cole, Alison	Bucknell	21:06.6	2004	Jr
21	Prybella, Lisa	Bucknell	21:06.6	2006	Jr
23	Stoyer, Nicki	Bucknell	21:12.5	2004	So
24	Cascino, Leann	Penn State Altoona	21:16.8	2005	So
25	Behre, Ashley	Bucknell	21:18.2	2006	So
26	Heidecker, Erin	Bucknell	21:28.8	2006	Fr
27	Wirginis, Jenn	Pitt Greensburg	21:31.1	2005	So
28	Skovira, Gaby	Bucknell	21:35.7	2006	Fr
29	Rutledge, Sarah	Saint Francis	21:40.0	2006	So
30	Jones, Christina	Juniata	21:43.1	2005	Jr
31	Crowe, Michelle	Robert Morris	21:46.6	2006	Fr
32	Fahy, Meghan	Juniata	21:47.0	2006	Sr
33	Morrison, Sara	Geneva	21:52.7	2005	So
34	DeYoung, Kristen	Bucknell	21:52.9	2006	Fr
35	Winslow, Emma	Penn State Altoona	21:54.7	2005	Fr

**PENN STATE ALTOONA LION INVITATIONAL
COLLEGIATE WOMENS RANKINGS (2004-2006)**

Top-10 Freshmen				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	VanRegenmorter, Rebecca	Geneva	19:24.6	2005
2	Crossett, Meagan	Penn State Altoona	20:06.2	2005
3	Sheehan, Allyson	Saint Francis	20:38.3	2006
4	Jones, Meghan	Juniata	20:40.2	2005
5	Cyphert, Aubrey	Juniata	20:55.4	2005
6	Ingle, Emily	Robert Morris	20:56.4	2006
7	Burke, Molly	Bucknell	20:56.9	2006
8	Heidecker, Erin	Bucknell	21:28.8	2006
9	Skovira, Gaby	Bucknell	21:35.7	2006
10	Crowe, Michelle	Robert Morris	21:46.6	2006

Top-10 Sophomores				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Fletcher, Susan	Geneva	20:04.5	2005
2	Miller, Marsha	Geneva	20:59.7	2005
3	Seidel, Kimberly	Penn State Altoona	21:02.5	2005
4	Bartolomeo, Beth	Geneva	21:05.6	2005
5	Jones, Meghan	Juniata	21:05.6	2006
6	Stoyer, Nicki	Bucknell	21:12.5	2004
7	Cascino, Leann	Penn State Altoona	21:16.8	2005
8	Behre, Ashley	Bucknell	21:18.2	2006
9	Wirginis, Jenn	Pitt Greensburg	21:31.1	2005
10	Cyphert, Aubrey	Juniata	21:34.2	2006

Top-10 Juniors				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Koutsourais, Demetria	Geneva	20:27.7	2005
2	Glunt, Katey	Juniata	20:34.6	2004
3	O'Connor, Jennifer	Bucknell	20:38.5	2004
4	Strite, Brittany	Robert Morris	20:51.3	2006
5	Bella, Lia	Juniata	20:58.2	2005
6	Hayes, Nancy	Juniata	20:59.8	2004
7	Antonaitis, Sarah	Robert Morris	21:01.5	2006
8	Cole, Alison	Bucknell	21:06.6	2004
8	Prybella, Lisa	Bucknell	21:06.6	2006
10	Bay, Sarah	Juniata	21:32.7	2004

Top-10 Seniors				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Glunt, Katey	Juniata	19:29.4	2005
2	Richard, Kara	Geneva	20:09.8	2005
3	Hayes, Nancy	Juniata	20:14.6	2005
4	Bay, Sarah	Juniata	20:49.4	2005
5	Fahy, Meghan	Juniata	21:47.0	2006
6	Gochnauer, Kristen	Juniata	22:02.7	2006
7	Gates, Lauren	Juniata	22:04.6	2006
8	Ballantine, Kate	Bucknell	22:11.2	2006
9	Bella, Lia	Juniata	22:16.8	2006
10	Davis, Anna	Geneva	22:25.9	2005

**PENN STATE ALTOONA LION INVITATIONAL
COLLEGIATE WOMENS RANKINGS (2004-2006)**

Top-15 Team Performances

<u>Rank</u>	<u>Team</u>	<u>Year</u>	<u>Top-5 Avg</u>	<u>1-5 Spread</u>	<u>Athletes</u>	<u>Coach</u>
1	Geneva	2005	20:12.6	01:35.1	VanRegenmorter, Fletcher, Richard, Koutsourais, Miller	Bret Otte
2	Juniata	2005	20:25.4	01:26.0	Glunt, Hayes, M. Jones, Bay, Cyphert	Jon Cutright
3	Bucknell	2006	21:17.2	00:38.8	Burke, Prybella, Behre, Heidecker, Skovira	Kevin Donner
4	Robert Morris	2006	21:24.0	01:32.9	Strite, Ingle, Antonaitis, Crowe, Palcic	Michael Smith
5	Penn State Altoona	2005	21:24.2	02:37.2	Crossett, Seidel, Cascino, Winslow, Farace	Douglas Hoover
6	Juniata	2004	21:37.6	02:14.5	Glunt, Hayes, Bay, Gates, C. Jones	Jon Cutright
7	Bucknell	2004	21:41.3	02:26.8	O'Connor, Cole, Stoyer, Barko, Raffety	Kevin Donner
8	Juniata	2006	21:42.8	00:59.0	Jones, Cyphert, Fahy, Gochnauer, Gates	Jon Cutright
9	Saint Francis	2006	21:56.1	02:06.7	Sheehan, Rutledge, May, Lion, Mazurak	Scott Catone
10	Penn State Altoona	2004	23:19.7	01:43.0	Cascino, Hughes, Seidel, Itle, Silay	Douglas Hoover
11	Penn State Altoona	2006	24:23.3	02:16.3	Herbert, Smith, Winslow, Bernardez, Sipe	Douglas Hoover
12	Pitt Greensburg	2005	24:44.6	05:28.7	Wirginis, Painter, Curtis, Sendek, Smith	Joyce Brobeck
13	Pitt Johnstown	2005	24:57.4	03:55.9	Oaks, McKinney, Scopel, Fleischmann, Manfredi	Mary Krestar
14	Mount Aloysius	2005	24:58.6	07:42.4	Cutts, Shuck, Tinkey, Lyons, Delasko	Marilyn Bearer
15	Shenandoah	2006	25:28.2	03:34.5	Carruthers, Kochel, Melton, Krueger, Faulkner	Andrew Marrocco

Collegiate Men

7,728m

2003

7,500m

2004-2006

LION INVITATIONAL PAST RESULTS - COLLEGIATE MEN

2003					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete (7.728 km)</u>	<u>Time</u>
1	Juniata	21	1	Chris Sheaffer, Juniata	28:15.0
2	Penn State Altoona	50	2	Justin Fritzius, Juniata	28:25.0
3	Pitt Greensburg	65	3	Zach Kocian, Pitt Greensburg	28:47.0
4	Pitt Bradford	115	4	Mike Vella, Juniata	28:53.0
			5	Will Cantara, Juniata	29:04.0
			6	Michael Misselwitz, Penn State Altoona	29:04.0
			7	Christian Schmidt, Penn State Altoona	29:13.0
			8	Patrick Comer, Pitt Greensburg	29:23.0
			9	Jason Freeman, Juniata	29:39.0
			10	Matt Chabot, Juniata	29:41.0

2004					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete (7.5 km)</u>	<u>Time</u>
1	Bucknell	37	1	Chris Sheaffer, Juniata	26:18.0
2	Juniata	39	2	David Moore, Penn State XC Club	26:27.6
3	Penn State XC Club	86	3	James Redmond, Bucknell	26:29.6
4	Penn State Altoona	106	4	Zach Kocian, Pitt Greensburg	26:33.4
5	Pitt Greensburg	110	5	Shawn Rumery, Juniata	26:35.1
			6	Billy Duffy, Bucknell	26:38.3
			7	Luke McGuire, Bucknell	26:40.6
			8	Justin Fritzius, Juniata	20:46.1
			9	Chris Brown, Bucknell	26:54.3
			10	Michael Vella, Juniata	26:55.2

2005					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete (7.5 km)</u>	<u>Time</u>
1	Juniata	32	1	Chris Sheaffer, Juniata	25:24.8
2	Geneva	49	2	Jonathan Barthelemy, Penn State Altoona	25:43.9
3	Penn State Altoona	63	3	Andrew Foxenberg, Geneva	25:44.1
4	Pitt Greensburg	89	4	Mike Vella, Juniata	25:52.9
5	Mount Aloysius	149	5	Zach Kocian, Pitt-Greensburg	26:06.2
			6	Phillip Falk, Geneva	26:09.0
			7	Mike Chirdon, Juniata	26:10.5
			8	Shawn Rumery, Juniata	26:22.1
			9	Andrew Rowland, Geneva	26:27.7
			10	Darren VanHouwe, Penn State Altoona	26:42.6

2006					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete (7.5 km)</u>	<u>Time</u>
1	Robert Morris	49	1	John Balouris, Saint Francis	25:26.0
2	Bucknell	53	2	David Holliday, Saint Francis	25:40.6
3	Juniata	71	3	Ryan Parker, Robert Morris	25:54.4
4	Saint Francis	72	4	Phillips Thompson, Robert Morris	25:58.7
5	Penn State Altoona	121	5	Jonathan Barthelemy, Penn State Altoona	26:02.3
6	Pitt Greensburg	144	6	Conor McNamara, Bucknell	26:04.4
7	Mount Aloysius	215	7	Matthew Bailey, Juniata	26:11.8
			8	Shawn Rumery, Juniata	26:12.2
			9	Zak ElManakhly, Bucknell	26:20.1
			10	Kevin Forsythe, Robert Morris	26:21.3

Team Top-10 Finishes (2003 - 2006)			
<u>Team</u>	<u>Team</u>	<u>Ind.</u>	<u>Years Team Finished in Top-10</u>
Juniata	4	16	03, 04, 05, 06
Penn State Altoona	4	5	03, 04, 05, 06
Pitt Greensburg	4	4	03, 04, 05, 06
Bucknell	2	6	04, 06
Mount Aloysius	2		05, 06
Geneva	1	3	05
Robert Morris	1	3	06
Saint Francis	1	2	06
Penn State XC Club	1	1	04
Pitt Bradford	1		03

**PENN STATE ALTOONA LION INVITATIONAL
COLLEGIATE MENS RANKINGS (2004-2006)**

Top-35 Overall					
Rank	Athlete	Team	Time	Year	Class
1	Sheaffer, Chris	Juniata	25:24.8	2005	Sr
2	Balouris, John	Saint Francis	25:26.0	2006	Jr
3	Holliday, David	Saint Francis	25:40.6	2006	Jr
4	Barthelemy, Jonathan	Penn State Altoona	25:43.9	2005	Fr
5	Foxenberg, Andrew	Geneva	25:44.1	2005	Jr
6	Vella, Michael	Juniata	25:52.9	2005	Sr
7	Parker, Ryan	Robert Morris	25:54.4	2006	Sr
8	Thompson, Phillips	Robert Morris	25:58.7	2006	Jr
9	McNamara, Conor	Bucknell	26:04.4	2006	Fr
10	Kocian, Zach	Pitt Greensburg	26:06.2	2005	Jr
11	Falk, Phillip	Geneva	26:09.0	2005	So
12	Chirdon, Mike	Juniata	26:10.5	2005	Jr
13	Bailey, Matthew	Juniata	26:11.8	2006	Fr
14	Rumery, Shawn	Juniata	26:12.2	2006	Jr
15	EIManakhly, Zak	Bucknell	26:20.1	2006	Fr
16	Forsythe, Kevin	Robert Morris	26:21.3	2006	Jr
17	Rowland, Andrew	Geneva	26:27.7	2005	So
18	Redmond, James	Bucknell	26:29.6	2004	Fr
19	Duffy, Billy	Bucknell	26:38.3	2004	Jr
20	Willeford, Baron	Bucknell	26:39.4	2006	Fr
21	McGuire, Luke	Bucknell	26:40.6	2004	Fr
22	VanHouwe, Darren	Penn State Altoona	26:42.6	2005	Fr
23	Gearhart, Trevor	Robert Morris	26:45.2	2006	Jr
24	Fritzius, Justin	Juniata	26:46.1	2004	Jr
25	Merritts, Richard	Penn State Altoona	26:46.8	2005	Jr
26	McGoldrick, Kevin	Bucknell	26:47.1	2006	Fr
27	Hoover, Jason	Juniata	26:50.5	2005	So
28	Conrad, Ryan	Juniata	26:52.7	2005	So
29	Ricker, Austin	Bucknell	26:52.9	2006	Fr
30	Brown, Chris	Bucknell	26:54.3	2004	Fr
31	Bair, Ryan	Saint Francis	26:57.2	2006	So
32	Burns, Griffin	Bucknell	27:00.3	2006	Fr
33	Schmidt, Christian	Penn State Altoona	27:02.0	2004	So
34	Hoover, Eric	Juniata	27:03.7	2006	Jr
35	Barnes, John	Bucknell	27:09.1	2006	Fr

**PENN STATE ALTOONA LION INVITATIONAL
COLLEGIATE MENS RANKINGS (2004-2006)**

Top-10 Freshmen				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Barthelemy, Jonathan	Penn State Altoona	25:43.9	2005
2	McNamara, Conor	Bucknell	26:04.4	2006
3	Bailey, Matthew	Juniata	26:11.8	2006
4	Elmanakhly, Zak	Bucknell	26:20.1	2006
5	Redmond, James	Bucknell	26:29.6	2004
6	Rumery, Shawn	Juniata	26:35.1	2004
7	Willeford, Baron	Bucknell	26:39.4	2006
8	McGuire, Luke	Bucknell	26:40.6	2004
9	VanHouwe, Darren	Penn State Altoona	26:42.6	2005
10	McGoldrick, Kevin	Bucknell	26:47.1	2006

Top-10 Sophomores				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Barthelemy, Jonathan	Penn State Altoona	26:02.3	2006
2	Falk, Phillip	Geneva	26:09.0	2005
3	Rumery, Shawn	Juniata	26:22.1	2005
4	Rowland, Andrew	Geneva	26:27.7	2005
5	Kocian, Zach	Pitt Greensburg	26:33.4	2004
6	Hoover, Jason	Juniata	26:50.5	2005
7	Conrad, Ryan	Juniata	26:52.7	2005
8	Bair, Ryan	Saint Francis	26:57.2	2006
9	Schmidt, Christian	Penn State Altoona	27:02.0	2004
10	Caroleo, Mark	Bucknell	27:10.9	2004

Top-10 Juniors				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Balouris, John	Saint Francis	25:26.0	2006
2	Holliday, David	Saint Francis	25:40.6	2006
3	Foxenberg, Andrew	Geneva	25:44.1	2005
4	Thompson, Phillips	Robert Morris	25:58.7	2006
5	Kocian, Zach	Pitt Greensburg	26:06.2	2005
6	Chirdon, Mike	Juniata	26:10.5	2005
7	Rumery, Shawn	Juniata	26:12.2	2006
8	Sheaffer, Chris	Juniata	26:18.0	2004
9	Forsythe, Kevin	Robert Morris	26:21.3	2006
10	Duffy, Billy	Bucknell	26:38.3	2004

Top-10 Seniors				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Sheaffer, Chris	Juniata	25:24.8	2005
2	Vella, Michael	Juniata	25:52.9	2005
3	Parker, Ryan	Robert Morris	25:54.4	2006
4	Chirdon, Mike	Juniata	26:54.9	2006
5	Brown, Eric	Robert Morris	27:11.8	2006
6	Kocian, Zach	Pitt Greensburg	27:18.9	2006
7	Lampert, Jeremy	Juniata	27:29.8	2005
8	Comer, Patrick	Pitt Greensburg	27:41.2	2005
9	Loser, Adam	Juniata	27:47.8	2005
10	O'Brien, Tom	Saint Francis	30:15.3	2006

**PENN STATE ALTOONA LION INVITATIONAL
COLLEGIATE MENS RANKINGS (2004-2006)**

Top-15 Team Performances

<u>Rank</u>	<u>Team</u>	<u>Year</u>	<u>Top-5 Avg</u>	<u>1-5 Spread</u>	<u>Athletes</u>	<u>Coach</u>
1	Juniata	2005	26:07.2	01:25.7	Sheaffer, Vella, Chirdon, Rumery, J. Hoover	Jon Cutright
2	Robert Morris	2006	26:25.8	01:17.4	Parker, Thompson, Forsythe, Gearhart, Brown	Michael Smith
3	Bucknell	2006	26:32.4	00:48.5	McNamara, Elmanakhly, Willeford, McGoldrick, Ricker	Kevin Donner
4	Geneva	2005	26:38.2	01:48.2	Foxenberg, Falk, Rowland, Heft, Honhold	Bret Otte
5	Bucknell	2004	26:46.7	00:41.4	Redmond, Duffy, McGuire, Brown, Caroleo	Kevin Donner
6	Juniata	2006	26:47.0	01:23.6	Bailey, Rumery, Chirdon, E Hoover, Williams	Jon Cutright
7	Juniata	2004	26:53.5	01:35.1	Sheaffer, Rumery, Fritzius, Vella, Conrad	Jon Cutright
8	Saint Francis	2006	27:06.6	04:49.3	Balouris, Holliday, Bair, Tilger, O'Brien	Scott Catone
9	Penn State Altoona	2005	27:15.8	03:30.0	Barthelemy, VanHouwe, Merritts, Greene, Pellegrine	Douglas Hoover
10	Pitt Greensburg	2005	28:26.6	04:29.5	Kocian, Comer, Eshleman, Finley, Speaks	Joyce Brobeck
11	Penn State Altoona	2006	28:51.4	04:11.2	Barthelemy, Berger, Hanlon, Bradigan, Akers	Douglas Hoover
12	Penn State Altoona	2004	28:57.0	03:12.4	Schmidt, Werner, Norton, Merritts, Dimaiuta	Douglas Hoover
13	Pitt Greensburg	2006	29:34.2	04:37.9	Kocian, Eshleman, Dinger, Finley, Mazzaresse	Joyce Brobeck
14	Pitt Greensburg	2004	29:44.4	05:58.9	Kocian, Comer, Frambach, Speaks, Robinson	Joyce Brobeck
15	Mount Aloysius	2005	33:49.2	06:12.4	Druckenmiller, Oxley, Rummel-Croyle, Bender, Hanik	Marilyn Bearer

Scholastic Girls

5,000m

2003-2006

LION INVITATIONAL PAST RESULTS - SCHOLASTIC GIRLS

2003					
<u>PI</u>	<u>Team</u>	<u>Score</u>	<u>PI</u>	<u>Athlete</u>	<u>Time</u>
1	Central Cambria	64	1	Megan Elder, Berlin Brothersvalley	20:42.0
2	Baldwin	78	2	Allyson Sheehan, Baldwin	20:55.0
3	Westmont Hilltop	10	3	Sarah Grossi, Canon-McMillan	21:00.0
4	Canon-McMillan	124	4	Ashley Paul, Canon-McMillan	21:16.0
5	Penns Valley	146	5	Julie Yasko, Baldwin	21:24.0
6	Bedford	190	6	Brooke Ridgeley, Central Cambria	21:33.0
7	Marion Center	193	7	Rachel Lanzel, St. Mary's	21:35.0
8	Central (Martinsburg)	236	8	Jamie Illig, Central Cambria	21:36.0
9	Bellwood-Antis	273	9	Carly Brickett, Baldwin	21:40.0
10	Montoursville	274	10	Nikki Stuller, Central (Martinsburg)	21:41.0

2004					
<u>PI</u>	<u>Team</u>	<u>Score</u>	<u>PI</u>	<u>Athlete</u>	<u>Time</u>
1	Baldwin	30	1	Sarah Grossi, Canon-McMillan	20:15.9
2	Central Cambria	84	2	Marissa Umbel, Indiana	20:26.7
3	Penns Valley	87	3	Julie Yasko, Baldwin	20:47.3
4	Forest Hills	138	4	Carly Brickett, Baldwin	20:48.4
5	Bedford	141	5	Rachel Umbel, Indiana	20:55.2
6	Central (Martinsburg)	177	6	Cassie Niebel, Penns Valley	21:06.9
7	Canon-McMillan	180	7	Allyson Sheehan, Baldwin	21:09.4
8	Bishop McCort	188	8	Carly Seymour, Central Cambria	21:10.7
9	Rishland	218	9	Dani Williams, Bishop Guilfoyle	21:20.5
10	Northern Cambria	224	10	Sarah Strayer, Forest Hills	21:23.1

2005					
<u>PI</u>	<u>Team</u>	<u>Score</u>	<u>PI</u>	<u>Athlete</u>	<u>Time</u>
1	Elkins (WV)	55	1	Carly Seymour, Central Cambria	18:39.1
2	Central Cambria	57	2	Heather Saffel, Elkins (WV)	19:18.3
3	Bedford	91	3	Sarah Strayer, Forest Hills	19:44.9
4	Bishop McCort	108	4	Shannon Yingling, Bishop McCort	20:07.6
5	Forest Hills	167	5	Annie Cekada, Central Cambria	20:10.7
6	Penns Valley	174	6	Ashley Wilson, Bedford	20:11.9
7	Philipsburg-Osceola	245	7	Sarah Grossi, Canon-McMillan	20:31.6
8	Somerset	259	8	Cora Fry, Elkins (WV)	21:01.5
9	Richland	281	9	Natalie Miller, Meyersdale	21:06.0
10	Northern Cambria	291	10	Mija Khan, Elkins (WV)	21:07.4

2006					
<u>PI</u>	<u>Team</u>	<u>Score</u>	<u>PI</u>	<u>Athlete</u>	<u>Time</u>
1	Central Cambria	41	1	Carly Seymour, Central Cambria	18:18.3
2	Bishop McCort	145	2	Sarah Strayer, Forest Hills	19:45.0
3	Kiski Area	164	3	Kelsey Seymour, Central Cambria	20:10.6
4	Sherando (VA)	165	4	Annie Cekada, Central Cambria	20:16.1
5	Punxsutawney	177	5	Sarah Grossi, Canon-McMillan	20:20.8
6	Baldwin	181	6	Kristi Domis, Baldwin	20:30.9
7	Penns Valley	187	7	Lauryn MacFawn, Allegany (MD)	21:02.8
8	Forest Hills	187	8	Michelle Erb, Kiski Area	21:08.8
9	Somerset	196	9	Jessica Duffell, Punxsutawney	21:11.1
10	Central (Martinsburg)	307	10	Morgan Eckenrod, Central Cambria	21:14.7

Top-10 Finishes (2003 - 2006)				
	<u>Team</u>	<u>Ind.</u>	<u>Years Team Finished in Top-10</u>	
	Central Cambria	4	9	03, 04, 05, 06
	Penns Valley	4	1	03, 04, 05, 06
	Baldwin	3	7	03, 04, 06
	Forest Hills	3	3	04, 05, 06
	Bedford	3	1	03, 04, 05
	Bishop McCort	3	1	04, 05, 06
	Central (Martinsburg)	3	1	03, 04, 06
	Canon-McMillan	2	5	03, 04
	Northern Cambria	2		04, 05
	Rishland	2		04, 05
	Somerset	2		05, 06
	Elkins (WV)	1	3	05
	Kiski Area	1	1	06
	Punxsutawney	1	1	06
	Bellwood-Antis	1		03
	Marion Center	1		03
	Montoursville	1		03
	Philipsburg-Osceola	1		05
	Sherando (VA)	1		06
	Westmont Hilltop	1		03

**PENN STATE ALTOONA LION INVITATIONAL
SCHOLASTIC GIRLS RANKINGS (2003-2006)**

Top-50 Overall Girls					
Rank	Athlete	Team	Time	Year	Grade
1	Seymour, Carly	Central Cambria	18:18.3	2006	11
2	Saffel, Heather	Elkins	19:18.3	2005	12
3	Strayer, Sarah	Forest Hills	19:44.9	2005	10
4	Yingling, Shannon	Bishop McCort	20:07.6	2005	12
5	Seymour, Kelsey	Central Cambria	20:10.6	2006	9
6	Cekada, Annie	Central Cambria	20:10.7	2005	9
7	Wilson, Ashley	Bedford	20:11.9	2005	12
8	Grossi, Sarah	Canon-McMillan	20:15.9	2004	10
9	Umbel, Marissa	Indiana	20:26.7	2004	12
10	Domis, Kristie	Baldwin	20:30.9	2006	10
11	Elder, Megan	Berlin Brothersvalley	20:42.0	2003	9
12	Yasko, Julie	Baldwin	20:47.3	2004	11
13	Brickett, Carly	Baldwin	20:48.4	2004	11
14	Sheehan, Allyson	Baldwin	20:55.0	2003	10
15	Umbel, Rachel	Indiana	20:55.2	2004	10
16	Fry, Cora	Elkins	21:01.5	2005	9
17	MacFawn, Lauryn	Allegany (MD)	21:02.8	2006	11
18	Miller, Natalie	Meyersdale	21:06.0	2005	11
19	Niebel, Cassie	Penns Valley	21:06.9	2004	12
20	Khan, Mija	Elkins	21:07.4	2005	11
21	Erb, Michelle	Kiski Area	21:08.8	2006	12
22	Beland, Brittany	Bedford	21:10.5	2005	11
23	Duffell, Jessica	Punxsutawney	21:11.1	2006	12
24	Kitko, Sarah	Philipsburg-Osceola	21:12.9	2005	11
25	Eckenrod, Morgan	Central Cambria	21:14.7	2006	9
26	Paul, Ashley	Canon-McMillan	21:16.0	2003	12
27	Jordan, Alisha	Penns Valley	21:17.5	2005	9
28	Hand, Sara	Central Cambria	21:18.4	2005	11
29	Williams, Dani	Bishop Guilfoyle	21:20.5	2004	10
30	Yingling, Kelsi	Bishop McCort	21:22.1	2005	9
31	Best, Kelly	Baldwin	21:24.5	2004	10
32	Erny, Rachael	Brentwood	21:24.7	2006	11
33	Bracken, Maegan	Central (Martinsburg)	21:29.3	2005	12
34	Maruca, Ali	Central Cambria	21:31.0	2005	9
35	Ridgeley, Brooke	Central Cambria	21:33.0	2003	11
36	Lanzel, Rachel	St. Mary's	21:35.0	2003	12
37	Illig, Jamie	Central Cambria	21:36.0	2003	12
38	Metheny, Sydney	Elkins	21:37.8	2005	11
39	Brooks, Danielle	Williamsburg	21:38.0	2005	10
40	Foor, Kendra	Penns Valley	21:40.0	2004	12
41	Stuller, Nikki	Central (Martinsburg)	21:41.0	2003	9
42	Scarmazzi, Leann	Canon-McMillan	21:42.0	2003	11
43	Farnish, Jessica	Baldwin	21:43.0	2004	12
44	Melhe, Valerie	Bedford	21:43.2	2005	11
45	Mennetti, Jera	Punxsutawney	21:43.2	2006	12
46	Eanes, Allison	Westmont Hilltop	21:43.8	2005	10
47	Biddle, Olivia	Williamsburg	21:44.7	2005	10
48	Kobb, Anna	Penns Valley	21:46.7	2004	12
49	Bloomquist, Heidi	Central (Martinsburg)	21:52.9	2004	12
50	Stover, Julie	Penns Valley	21:53.1	2005	11

**PENN STATE ALTOONA LION INVITATIONAL
SCHOLASTIC GIRLS RANKINGS (2003-2006)**

Top-10 Freshmen				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Seymour, Kelsey	Central Cambria	20:10.6	2006
2	Cekada, Annie	Central Cambria	20:10.7	2005
3	Elder, Megan	Berlin Brothersvalley	20:42.0	2003
4	Grossi, Sarah	Canon-McMillan	21:00.0	2003
5	Fry, Cora	Elkins	21:01.5	2005
6	Seymour, Carly	Central Cambria	21:10.7	2004
7	Eckenrod, Morgan	Central Cambria	21:14.7	2006
8	Jordan, Alisha	Penns Valley	21:17.5	2005
9	Yingling, Kelsi	Bishop McCort	21:22.1	2005
10	Strayer, Sarah	Forest Hills	21:23.1	2004

Top-10 Sophomores				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Seymour, Carly	Central Cambria	18:39.1	2005
2	Strayer, Sarah	Forest Hills	19:44.9	2005
3	Grossi, Sarah	Canon-McMillan	20:15.9	2004
4	Cekada, Annie	Central Cambria	20:16.1	2006
5	Domis, Kristie	Baldwin	20:30.9	2006
6	Sheehan, Allyson	Baldwin	20:55.0	2003
7	Umbel, Rachel	Indiana	20:55.2	2004
8	Williams, Dani	Bishop Guilfoyle	21:20.5	2004
9	Yasko, Julie	Baldwin	21:24.0	2003
10	Best, Kelly	Baldwin	21:24.5	2004

Top-10 Juniors				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Seymour, Carly	Central Cambria	18:18.3	2006
2	Strayer, Sarah	Forest Hills	19:45.0	2006
3	Grossi, Sarah	Canon-McMillan	20:31.6	2005
4	Yasko, Julie	Baldwin	20:47.3	2004
5	Brickett, Carly	Baldwin	20:48.4	2004
6	MacFawn, Lauryn	Allegheny (MD)	21:02.8	2006
7	Miller, Natalie	Meyersdale	21:06.0	2005
8	Khan, Mija	Elkins	21:07.4	2005
9	Sheehan, Allyson	Baldwin	21:09.4	2004
10	Beland, Brittany	Bedford	21:10.5	2005

Top-10 Seniors				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Saffel, Heather	Elkins	19:18.3	2005
2	Yingling, Shannon	Bishop McCort	20:07.6	2005
3	Wilson, Ashley	Bedford	20:11.9	2005
4	Grossi, Sarah	Canon-McMillan	20:20.8	2006
5	Umbel, Marissa	Indiana	20:26.7	2004
6	Niebel, Cassie	Penns Valley	21:06.9	2004
7	Erb, Michelle	Kiski Area	21:08.8	2006
8	Duffell, Jessica	Punxsutawney	21:11.1	2006
9	Paul, Ashley	Canon-McMillan	21:16.0	2003
10	Bracken, Maegan	Central (Martinsburg)	21:29.3	2005

**PENN STATE ALTOONA LION INVITATIONAL
SCHOLASTIC GIRLS RANKINGS (2003-2006)**

Top-25 Team Performances

<u>Rank</u>	<u>Team</u>	<u>Year</u>	<u>Top-5 Avg</u>	<u>1-5 Spread</u>	<u>Athletes</u>	<u>Coach</u>
1	Central Cambria	2006	20:30.6	04:17.1	Seymour, Seymour, Cekada, Eckenrod, Hand	Randy Wilson
2	Central Cambria	2005	20:46.0	03:33.0	Seymour, Cekada, Hand, Maruca, Markovich	Randy Wilson
3	Elkins	2005	21:01.0	02:45.0	Saffel, Fry, Khan, Metheny, Hass	Shellie Burda
4	Baldwin	2004	21:10.0	00:56.0	Yasko, Brickett, Sheehan, Best, Farnish	Richard Wright
5	Bedford	2005	21:40.0	01:32.0	Wilson, Beland, Melhe, Lashley, Buterbaugh	Gary Washington
6	Bishop McCort	2005	21:53.0	02:46.0	S. Yingling, Ke. Yingling, L. Yingling, Formica, Ka. Yingling	Greg Bixel
7	Central Cambria	2003	22:05.0	01:12.0	Ridgeley, Illig, Hand, Markovich, Sossong	Randy Wilson
8	Baldwin	2003	22:16.0	03:03.0	Sheehan, Yasko, Brickett, Yasko, Best	Richard Wright
9	Central Cambria	2004	22:17.0	02:36.0	Seymour, Hand, Kokus, Markovich, Ridgeley	Randy Wilson
10	Penns Valley	2004	22:24.0	02:43.0	Niebel, Foor, Kobb, Smith, Brown	Scott Brooker
11	Forest Hills	2005	22:29.0	04:48.0	Strayer, Styles, Beyer, Oshersky, Ivory	Tom Hunter
12	Forest Hills	2006	22:34.4	04:29.7	Strayer, Styles, Oshersky, Beyer, Burkett	Tom Hunter
13	Kiski Area	2006	22:38.8	03:19.2	Erb, Wheatly, Kimble, Armagost, Kendle	George Argyros
14	Westmont Hilltop	2003	22:39.0	00:58.0	Pozun, Roberts, Urban, Pozun, Kiehart	Michael Harchick
15	Baldwin	2006	22:39.8	03:45.0	Domis, Haffner, Saueret, Hale, Benaiah	Bunny Schmidt
16	Bishop McCort	2006	22:40.8	01:29.9	Ke. Yingling, L. Wood, K. Wood, L. Yingling, Lichvar	Greg Bixel
17	Punxsutawney	2006	22:41.4	02:43.1	Duffell, Mennetti, Wehrle, Wenner, Horner	George Wehrle
18	Penns Valley	2005	22:49.0	03:03.0	Jordan, Stover, Smith, Bechtol, Baier	Scott Brooker
19	Canon-McMillan	2003	22:50.0	04:27.0	Grossi, Paul, Scarmazzi, Duane, Rheam	Mark Galley
20	Sherando (VA)	2006	22:50.6	01:43.8	Watson, Schultz, Steele, Ice, Plaza	Tim Ritter
21	Penns Valley	2006	22:59.4	01:36.9	Jordon, Yarger, Wright, Decker, Grego	Scott Brooker
22	Somerset	2006	23:05.6	01:40.1	Gnagy, Hainzer, Baer, Leadbetter, Murray	Tom Minnick
23	Forest Hills	2004	23:13.0	04:03.0	Strayer, Styles, Beyer, Bard, Ivory	Tom Hunter
24	Penns Valley	2003	23:16.0	02:58.0	Niebel, Kobb, Foor, Brooks, Brown	Scott Brooker
25	Bedford	2004	23:26.0	02:27.0	Wilson, Zack, Mehle, Grimes, Smith	Gary Washington

Scholastic Boys

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2003-2006

LION INVITATIONAL PAST RESULTS - SCHOLASTIC BOYS

2003					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete</u>	<u>Time</u>
1	Baldwin	60	1	David Mock, Westmont Hilltop	16:34.0
2	Central Cambria	89	2	Frank Eanes, Westmont Hilltop	17:05.0
3	Penns Valley	136	3	Judson Brooker, Penns Valley	17:30.0
4	Marion Center	163	4	Jeff Haines, Baldwin	17:34.0
5	Westmont Hilltop	166	5	Jordan Astorino, Curwensville	18:04.0
6	Canon-McMillan	192	6	Chris Herdman, Blairsville	18:11.0
7	DuBois	263	7	Dan Clark, West Branch	18:14.0
8	Brookville	263	8	Mike Meade, Baldwin	18:14.0
9	Blairsville	273	9	Tim Phillips, Baldwin	18:17.0
10	Bellwood-Antis	280	10	Jimmy Thomas, Central Cambria	18:19.0

2004					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete</u>	<u>Time</u>
1	Greensburg CC	62	1	Donnie Sanner, Meyersdale	16:59.8
2	Baldwin	116	2	Judson Brooker, Penns Valley	17:04.9
3	Penns Valley	125	3	Mike Meade, Baldwin	17:05.3
4	Canon-McMillan	143	4	Alex Krupey, Greensburg CC	17:24.3
5	DuBois	145	5	Chris Herdman, Blairsville	17:39.3
6	Blairsville	150	6	Dan Clark, West Branch	17:41.9
7	Central Cambria	183	7	Bill Moore, Blairsville	17:45.2
8	Forest Hills	251	8	Shane Simmons, Central Cambria	17:56.3
9	Bellwood-Antis	253	9	Aaron Bell, Bellwood-Antis	17:57.7
10	Chestnut Ridge	270	10	Ryan Curley, DuBois	18:03.6

2005					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete</u>	<u>Time</u>
1	Central Cambria	87	1	Travis Dean, Westmont Hilltop	16:21.2
2	Canon-McMillan	89	2	Shane Simmons, Central Cambria	17:00.8
3	Penns Valley	111	3	Cory Kaufman, Somerset	17:02.7
4	Bishop McCort	156	4	Billy Moore, Blairsville	17:09.8
5	Elkins (WV)	157	5	Nate Tovornik, Canon-McMillan	17:11.9
6	Forest Hills	210	6	Mitch Rosko, Bishop McCort	17:12.5
7	Jersey Shore	210	7	John-Mark Stoltz, DuBois	17:15.6
8	Richland	238	8	Nathan Brown, Penns Valley	17:18.0
9	Penns Manor	247	9	Kyle Gibson, Canon-McMillan	17:21.2
10	Somerset	248	10	Bryant Cummings, Elkins (WV)	17:23.1

2006					
<u>Pl</u>	<u>Team</u>	<u>Score</u>	<u>Pl</u>	<u>Athlete</u>	<u>Time</u>
1	Sherando (VA)	54	1	Travis Dean, Westmont Hilltop	16:56.1
2	Baldwin	56	2	Kyle Gibson, Canon-McMillan	17:02.7
3	Kiski Area	103	3	Steve Mszyczo, Kiski Area	17:19.0
4	Canon-McMillan	114	4	Christopher Snyder, McConnellsburg	17:24.4
5	Westmont Hilltop	212	5	Ryan Witt, Sherando (VA)	17:25.0
6	Jersey Shore	214	6	Julian Rankin, Canon-McMillan	17:26.4
7	Penns Valley	218	7	T.J. Hobart, Baldwin	17:32.6
8	Central Cambria	263	8	Nathan Aaron, Baldwin	17:35.8
9	Bishop McCort	270	9	David Adley, Baldwin	17:38.5
10	St. Mary's	377	10	Mike Garver, Bishop McCort	17:41.5

Top-10 Finishes (2003 - 2006)			
	<u>Team</u>	<u>Ind.</u>	<u>Years Team Finished in Top-10</u>
	Canon-McMillan	4	03, 04, 05, 06
	Central Cambria	4	03, 04, 05, 06
	Penns Valley	4	03, 04, 05, 06
	Baldwin	3	03, 04, 06
	Blairsville	2	03, 04
	Westmont Hilltop	2	03, 06
	Bishop McCort	2	05, 06
	DuBois	2	03, 04
	Bellwood-Antis	2	03, 04
	Forest Hills	2	04, 05
	Jersey Shore	2	05, 06
	Elkins (WV)	1	05
	Greensburg CC	1	04
	Kiski Area	1	06
	Sherando (VA)	1	06
	Somerset	1	05
	Brookville	1	03
	Chestnut Ridge	1	04
	Marion Center	1	03
	Penns Manor	1	05
	Richland	1	05
	St. Mary's	1	06

**PENN STATE ALTOONA LION INVITATIONAL
SCHOLASTIC BOYS RANKINGS (2003-2006)**

Top-50 Overall					
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>	<u>Grade</u>
1	Dean, Travis	Westmont Hilltop	16:21.2	2005	11
2	Mock, David	Westmont Hilltop	16:34.0	2003	12
3	Sanner, Donnie	Meyersdale	17:00.0	2004	12
4	Simmons, Shane	Central Cambria	17:00.8	2005	12
5	Gibson, Kyle	Canon-McMillan	17:02.7	2006	11
5	Kaufman, Cory	Somerset	17:02.7	2005	12
7	Brooker, Judson	Penns Valley	17:05.0	2004	12
7	Eanes, Frank	Westmont Hilltop	17:05.0	2003	11
7	Meade, Mike	Baldwin	17:05.0	2004	11
10	Moore, Bill	Blairsville	17:09.8	2005	12
11	Tovornick, Nate	Canon-McMillan	17:11.3	2005	11
12	Rosko, Mitch	Bishop McCort	17:12.5	2005	12
13	Stoltz, John-Mark	DuBois	17:15.6	2005	12
14	Brown, Nathan	Penns Valley	17:18.0	2005	10
15	Mszyco, Steve	Kiski Area	17:19.0	2006	12
16	Cummings, Bryant	Elkins	17:23.1	2005	11
17	Krupey, Alex	Greensburg Central Catholic	17:24.0	2004	12
18	Snyder, Christopher	McConnellsburg	17:24.4	2006	12
19	Witt, Ryan	Sherando (VA)	17:25.0	2006	12
20	Rankin, Julian	Canon-McMillan	17:25.8	2005	10
21	Hobart, TJ	Baldwin	17:32.6	2006	10
22	Haines, Jeff	Baldwin	17:34.0	2003	12
23	Aaron, Nathan	Baldwin	17:35.8	2006	12
23	Zurbuch, Alex	Elkins	17:35.8	2005	10
25	Adley, David	Baldwin	17:38.5	2006	11
26	Herdman, Chris	Blairsville	17:39.0	2004	12
27	Spisak, Jim	Bishop McCort	17:40.1	2005	9
28	Garver, Mike	Bishop McCort	17:41.5	2006	11
29	Sheehan, Corey	Central Cambria	17:41.8	2005	9
30	Clark, Dan	West Branch	17:42.0	2004	12
31	Witt, Colby	Sherando (VA)	17:42.9	2006	10
32	Stiefvater, Danny	Sherando (VA)	17:43.4	2006	10
33	Tucker, Steven	Richland	17:43.6	2005	11
34	Whitson, Sean	Sherando (VA)	17:44.2	2006	11
35	Curley, Ryan	DuBois	17:46.4	2005	12
36	Swanson, Andrew	Forest Hills	17:47.7	2005	12
37	Seymour, Zach	Central Cambria	17:50.0	2005	12
38	Eanes, Giles	Westmont Hilltop	17:51.8	2005	11
39	Moyes, Chuck	Kiski Area	17:52.1	2006	11
39	Young, Rodney	Forest Hills	17:52.1	2005	12
41	Eisenhauer, Ian	Jersey Shore	17:53.6	2006	10
42	Doyle, Tom	Baldwin	17:53.8	2006	11
43	Luksik, Andy	Bishop McCort	17:55.0	2006	10
44	Guichard, Scott	Sherando (VA)	17:56.5	2006	10
45	Peacock, Ben	Central Cambria	17:57.2	2005	12
46	Eddy, Craig	Somerset	17:57.5	2006	11
47	Bell, Aaron	Bellwood-Antis	17:58.0	2004	12
48	Brooker, Matt	Penns Valley	17:58.5	2006	10
49	Wolfe, Chris	Baldwin	17:59.2	2006	12
50	Koches, Steven	Penns Manor	17:59.6	2005	12

**PENN STATE ALTOONA LION INVITATIONAL
SCHOLASTIC BOYS RANKINGS (2003-2006)**

Top-10 Freshmen				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Spisak, Jim	Bishop McCort	17:40.1	2005
2	Sheehan, Corey	Central Cambria	17:41.8	2005
3	Brooker, Matt	Penns Valley	18:00.6	2005
4	Dean, Travis	Westmont Hilltop	18:20.0	2003
5	Foster, Cody	St. Mary's	18:28.6	2006
6	Steinburg, Phil	Central Cambria	18:30.0	2006
7	Rankin, Julian	Canon-McMillan	18:31.0	2004
8	Adley, David	Baldwin	18:34.0	2004
8	Tovornik, Nate	Canon-McMillan	18:34.0	2003
10	Hatch, Ben	Bellwood-Antis	18:35.0	2004

Top-10 Sophomores				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Brown, Nathan	Penns Valley	17:08.0	2005
2	Gibson, Kyle	Canon-McMillan	17:21.2	2005
3	Rankin, Julian	Canon-McMillan	17:25.8	2005
4	Hobart, TJ	Baldwin	17:32.6	2006
5	Zurbuch, Alex	Elkins	17:35.8	2005
6	Witt, Colby	Sherando (VA)	17:42.9	2006
7	Stiefvater, Danny	Sherando (VA)	17:43.4	2006
8	Garver, Mike	Bishop McCort	17:49.1	2005
9	Eisenhauer, Ian	Jersey Shore	17:53.6	2006
10	Luksik, Andy	Bishop McCort	17:55.0	2006

Top-10 Juniors				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Dean, Travis	Westmont Hilltop	16:21.2	2005
2	Gibson, Kyle	Canon-McMillan	17:02.7	2006
3	Eanes, Frank	Westmont Hilltop	17:05.0	2003
3	Meade, Mike	Baldwin	17:05.0	2004
5	Tovornick, Nate	Canon-McMillan	17:11.9	2005
6	Cummings, Bryant	Elkins	17:23.1	2005
7	Rankin, Julian	Canon-McMillan	17:26.4	2006
8	Brooker, Judson	Penns Valley	17:30.0	2003
9	Adley, David	Baldwin	17:38.5	2006
10	Garver, Mike	Bishop McCort	17:41.5	2006

Top-10 Seniors				
<u>Rank</u>	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>
1	Mock, David	Westmont Hilltop	16:34.0	2003
2	Dean, Travis	Westmont Hilltop	16:56.1	2006
3	Sanner, Donnie	Meyersdale	17:00.0	2004
4	Simmons, Shane	Central Cambria	17:00.8	2005
5	Kaufman, Cory	Somerset	17:02.7	2005
6	Brooker, Judson	Penns Valley	17:05.0	2004
7	Moore, Billy	Blairsville	17:09.8	2005
8	Rosko, Mitch	Bishop McCort	17:12.5	2005
9	Stoltz, John-Mark	DuBois	17:15.6	2005
10	Mszyco, Steve	Kiski Area	17:19.0	2006

**PENN STATE ALTOONA LION INVITATIONAL
SCHOLASTIC BOYS RANKINGS (2003-2006)**

Top-25 Team Performances

<u>Rank</u>	<u>Team</u>	<u>Year</u>	<u>Top-5 Avg</u>	<u>1-5 Spread</u>	<u>Athletes</u>	<u>Coach</u>
1	Sherando (VA)	2006	17:42.0	00:31.5	R Witt, C Witt, Stiefvater, Whitson, Guichard	Tim Ritter
2	Baldwin	2006	17:43.4	00:26.6	Hobart, Aaron, Adley, Doyle, Wolfe	Rich Wright
3	Canon-McMillan	2005	17:48.4	01:36.3	Tovornik, Gibson, Rankin, Bissiere, Jucha	Mark Galley
4	Cental Cambria	2005	17:50.8	01:45.2	Simmons, Sheehan, Seymour, Peacock, Salkeld	Randy Wilson
5	Penns Valley	2005	18:04.0	01:13.1	Brown, Brooker, Lynch, Ford, Nicosia	Terry Glunt
6	Kiski Area	2006	18:04.8	01:15.7	Mszyco, Moyes, Higgins, Wehrle, Nigra	George Argyros
7	Canon-McMillan	2006	18:07.0	01:57.4	Gibson, Rankin, Gregory, Tovornik, Johnston	Mark Galley
8	Greensburg Central Catholic	2004	18:07.6	01:06.4	Krupey, Garlets, Matta, Wright, Chelednik	Kreg Mendus
9	Bishop McCort	2005	18:18.0	02:22.6	Rosko, Spisak, Garver, Seidel, Puchko	Greg Bixel
10	Elkins	2005	18:19.4	01:59.7	Cummings, Zurbuch, Kwasniewski, Ferguson, Hedrick	Shellie Burda
11	Baldwin	2004	18:24.5	01:56.2	Meade, Adley, Phillips, Aaron, Wallander	Bill Veith
12	Baldwin	2003	18:28.2	01:45.0	Haines, Meade, Phillips, Powell, Kelly	Bill Veith
13	Penns Valley	2004	18:29.4	02:07.1	Brooker, Stover, Lynch, Brown, Nicosia	Terry Glunt
14	Forest Hills	2005	18:40.8	02:17.2	Swanson, Young, Gallaher, Moyer, Kush	Tom Hunter
15	Westmont Hilltop	2006	18:41.6	03:17.8	Dean, Suler, G Eanes, Brownlee, Godash	Michael Harchick
16	Canon-McMillan	2004	18:45.4	00:47.2	Ryan, Rankin, Jucha, Tovornick, Gibson	Mark Galley
17	Westmont Hilltop	2005	18:45.8	03:46.1	Dean, G. Eanes, Majcher, Brownlee, Godish	Mike Harchick
18	Blairsville	2004	18:45.9	02:30.7	Herdman, Moore, Taylor, Carter, Varrato	Dan Cunkleman
19	Jersey Shore	2005	18:48.0	01:22.0	Lengel, Eisenhauer, Tibbens, Welshans, Jones	Gary Stiner
20	Westmont Hilltop	2003	18:49.4	04:39.0	Mock, F. Eanes, Dean, Barton, Wilkinson	Michael Harchick
21	DuBois	2004	18:51.0	01:31.6	Curley, Stoltz, Kear, Kimberling, Tagliaferre	Scott Sullivan
22	Penns Valley	2006	18:51.2	02:02.5	M Brooker, Brown, Lynch, Ford, Kistler	Terry Glunt
23	Somerset	2005	18:52.4	03:29.4	Kaufman, deVries, Zimmerman, Minnick, Boose	Tom Minnick
24	Central Cambria	2003	18:53.0	01:10.0	Thomas, Kokus, Seymour, Salkeld, Tickerhoof	Randy Wilson
25	Richland	2005	18:53.6	01:57.0	Tucker, Sichak, Marshall, Hartland, Ronan	Pat Shirt

Junior High Girls

2,500m

2006

**PENN STATE ALTOONA LION INVITATIONAL
JUNIOR HIGH GIRLS RANKINGS (2006)**

Top-15 Overall					
Rank	Athlete	Team	Time	Year	Class
1	Wright, Emily	Central Cambria	10:31.0	2006	8
2	Seymour, Kendall	Central Cambria	10:43.0	2006	8
3	Rumon, Madisin	Kiski	10:45.0	2006	8
4	Diller, Kayla	Kiski	10:48.0	2006	8
5	Spisak, Jill	Bishop McCort	11:13.0	2006	8
6	Ritter, Falyn	Kiski	11:14.0	2006	8
7	Jackson, Kylie	Kiski	11:18.0	2006	8
8	Smoter, Megan	Bishop McCort	11:41.0	2006	8
9	McMaster, Brittany	Kiski	11:45.0	2006	8
10	Meeder, Rachel	Kiski	11:53.0	2006	8
11	Hempel, Tess	Kiski	12:36.0	2006	8
12	Murray, Claire	Kiski	12:37.0	2006	7
13	Hospodar, Lauren	Kiski	12:38.0	2006	8
14	Feydt, Tori	Kiski	12:38.0	2006	8
15	McDaniel, Emily	Kiski	12:41.0	2006	8

In 2006, the Kiski Area team of Rumon, Diller, Ritter, Jackson, and McMaster posted a top-5 average time of 11:10.0. In doing so, they established the course record for a team. They were coached by Tom Berzonsky.

Junior High Boys

2,500m

2006

**PENN STATE ALTOONA LION INVITATIONAL
JUNIOR HIGH BOYS RANKINGS (2006)**

Top-15 Overall					
Rank	<u>Athlete</u>	<u>Team</u>	<u>Time</u>	<u>Year</u>	<u>Class</u>
1	Wygonik, Matthew	Kiski	09:02.0	2006	8
2	Brown, Mitchell	Central Cambria	09:58.0	2006	8
3	King, Chad	Bishop McCort	10:09.0	2006	8
4	Cade, Nathan	Richland	10:21.0	2006	8
5	Snyder, Ryan	Harrison (Baldwin)	10:33.0	2006	8
6	Gibson, Justin	Canonsburg (Canon-McMillan)	10:44.0	2006	7
7	Galley, Andrew	Mellon (Mt. Lebanon)	11:01.0	2006	8
8	Greguric, Alex	Harrison (Baldwin)	11:25.0	2006	8
9	Papariello, Ryan	Harrison (Baldwin)	11:52.0	2006	7
10	Capozzoli, Ben	Harrison (Baldwin)	12:12.0	2006	7
11	Luksic, P.J.	Bishop McCort	12:12.0	2006	7
12	McElwain, John	Kiski	12:29.0	2006	7
13	Goga, Nick	Harrison (Baldwin)	13:24.0	2006	7
14	Gibson, Connor	Somerset	14:23.0	2006	7
15	Callipare, A.J.	Kiski	14:24.0	2006	7

In 2006, the Harrison (Baldwin) team of Snyder, Greguric, Papariello, Capozzoli, and Goga posted a top-5 average time of 11:10.0. In doing so, they established the course record for a team. They were coached by Bunny Schmidt.

Open Race

5,000m

2003-2006

**PENN STATE ALTOONA LION INVITATIONAL
OPEN RACE RANKINGS (2003-3006)**

Top-30 Women			
Rank	Athlete	Year	Time
1	Loner, Jessi	2003	20:08.0
2	Kovack, Shannon	2006	21:08.0
3	Brown, Deanna	2004	22:05.8
4	Pearson, Tammy	2003	22:19.0
5	Marshall, Erica	2003	22:21.0
6	Seymour, Kelsey	2005	22:36.0
8	Bearer, Marilyn	2005	22:45.0
7	Erny, Kristen	2003	22:45.0
9	Farace, Krista	2005	23:13.0
10	Carpinello, Denise	2005	23:14.0
11	Sowa, Megan	2003	23:23.0
12	Knuth, Jen	2006	23:34.0
13	Seymour, Kendall	2005	24:26.0
14	Yingling, Kelsi	2004	24:26.8
15	Cowan, Chelsea	2004	24:28.5
16	Dobo, Kelly	2006	24:34.0
17	McCombie, Christina	2004	26:02.3
18	Gunnnett, Renee	2004	27:17.6
19	Yingling, Leah	2004	27:19.2
20	Mazurak, Cindy	2004	28:06.7
21	Woy, Theresa	2005	28:56.0
22	Lieb, Janet	2004	29:26.6
23	Basso, Stephanie	2006	30:18.0
24	Crooks, Rebecca	2003	31:04.0
25	Hammond, Katlyn	2005	31:05.0
26	Huber, Christy	2006	33:06.0
27	Holtrup, Claudia	2003	33:55.0
28	Nicklis, Kimberly	2003	35:12.0
29	Dunkle, Laura	2003	36:22.0
30	Yeager, Heather	2003	39:01.0

Top-30 Men			
Rank	Athlete	Year	Time
1	Rietscha, Ed	2003	17:52.0
2	Manfred, Matthew	2003	18:04.0
3	Marrocco, Andrew	2006	18:20.0
4	Morrissey, Edward	2005	18:36.0
5	Allison, Brian	2005	18:51.0
6	Yoder, Doug	2006	18:51.0
7	Goodin, Isaac	2006	18:59.0
8	Rosko, Mitch	2006	19:01.0
9	Easton, Eric	2005	19:21.0
10	Otterbine, Tommy	2003	19:24.0
11	Reid, Terry	2003	19:24.0
12	Ayers, Steve	2003	19:30.0
13	Cunkelman, Dan	2003	19:34.0
14	Meskay, Tom	2003	19:55.0
15	Gibson, Kyle	2003	20:00.0
16	Echalk, Mike	2003	20:04.0
17	Wilson, Randy	2003	20:15.0
18	Maust, Zach	2006	20:16.0
19	Muthler, Mark	2005	20:20.0
20	Clark, Conrad	2006	20:21.0
21	Orr, Rob	2005	20:27.0
22	Cormer, Chris	2003	20:42.0
23	Tew, Jason	2005	20:43.0
24	Dean, Jason	2005	20:44.0
25	Houck, Marc	2006	20:44.0
26	Campbell, Cooper	2005	20:49.0
27	Johnston, Colin	2004	20:51.0
28	Blankenship, Larry	2003	21:05.0
29	Perry, Doug	2006	21:05.0
30	Kurtz, Christopher	2004	21:20.5