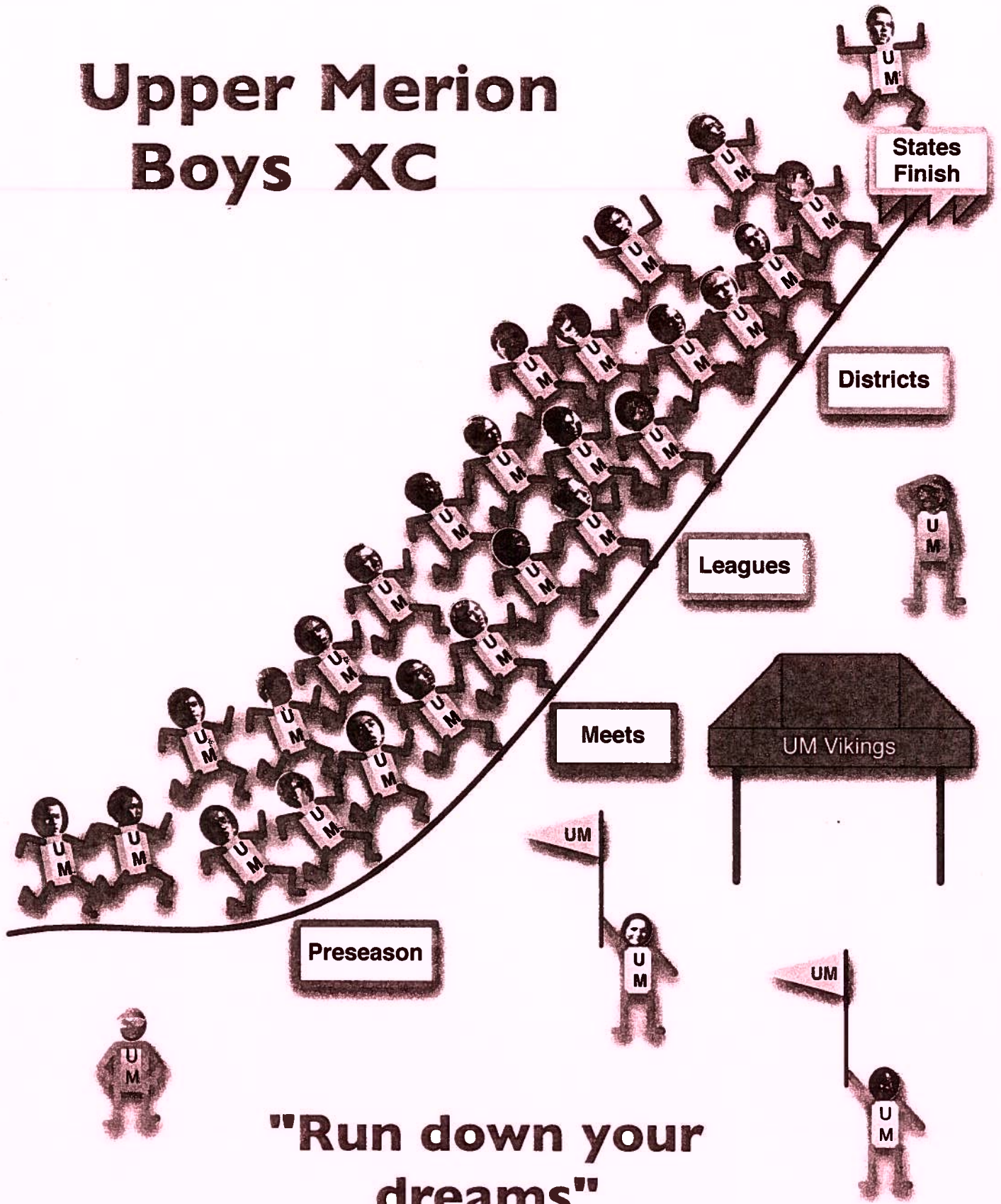


# Upper Merion Boys XC



**"Run down your  
dreams"**

**2013**

# 2013 Boys Cross Country Team

## Seniors

Konstantinos Argiris \*\*\*\*

Dave Burns\*

Austin Cooper\*\*\*

Jonathan Gross \*\*\*\*

Michael Hranek\*\*\*

Jourey Newell\*\*

Aanand Patel \*\*\*\*

Ricardo Stephen\*\*

## Juniors

Thomas Ginnona \*\*\*

Zakaria Khattabi\*\*

Krishna (Vamsi) Rojulpote\*\*

Shareef Shaheen\*\*

Nicholas Tornambe \*\*\*

## Sophomores

Michael (MJ) Aggabao\*\*

Trent Andraka\*\*

Alexander Cammarata\*\*

Noah Falasco\*

Joachim (JoJo) Gallagher\*\*

Phuong Nam Nguyen\*

Nhutquan Nguyen\*

John Peregrim\*\*

Vraj Shah\*\*

## Freshmen

Matthew Izuka\*

Andrew Johnson\*

Alexander Kvetan\*

Dylan Tarbutton\*

\* Denote number of years

# Cross Country Honors

<b>Austin Cooper</b>	<b>4th CB East Invitational 4th Bulldog Invitational 20th Carlisle Invitational 9th Salesianum Invitational SOL Champion 1st Team All League District I Championship - State Qualifier 47th at PIAA State Meet</b>
<b>Zakaria Khattabi</b>	<b>17th CB East Invitational 12th Bulldog Invitational 13th Salesianum Invitational 6th SOL Championship 1st team All League</b>
<b>Jonathan Gross</b>	<b>20th Bulldog Invitational 9th SOL Championship 2nd Team All League Univest Athlete of the Week</b>
<b>Nicholas Tornambe</b>	<b>2nd Team All League 13th SOL Championship</b>
<b>Michael Hranek</b>	<b>2nd Team All League 17th SOL Championship</b>
<b>Konstantinos Argiris</b>	<b>27th JV Bulldog Invitational</b>
<b>Jojo Gallagher</b>	<b>All league honorable mention</b>
<b>Team:</b>	<b>3rd Bulldog Invitational - Small Schools  Suburban I League Sportsmanship Award 2013 (American Conference)</b>

# 2013 Team Record

## Suburban I League Competition

<u>Date</u>	<u>Home</u>	<u>Opponent</u>	<u>Result</u>
09/18	UM 23	Cheltenham 34	W
	UM 19	Plymouth Whitemarsh 39	W
09/25	UM 15	Springfield 50	W
	UM 27	Upper Dublin 28	W
10/02	UM 34	Wissahickon 24	L
	UM 15	Norristown 50	W
10/09	UM 20	Upper Moreland 48	W

Record: 6-1, 2nd Overall

## Invitationals, Leagues and Districts

<u>Date</u>	<u>Race</u>	<u>Varsity Result</u>
08/23	Springford Invitational	
09/07	CB East Invitational	5th of 12
09/14	Bull Dog Invitational	3rd of 20
09/28	Carlisle Invitational	20th of 32
10/05	Salesianum Invitational	6th of 18
10/18	Suburban I League Championship	2nd of 8
10/25	District One Championship	25th of 56

**Springford Scimvitational**  
**Springford High School**  
**August 23, 2013**

<u>Place</u>	<u>Name</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Ave.</u>
14	Zak Khattabi	5:23	5:50/11:13	5:42/16:55	5:38
18	Nick Tornambe	5:23	5:56/11:19	5:48/17:07	5:42
25	Jon Gross	5:23	6:07/11:30	5:53/17:23	5:47
37	Jojo Gallagher	5:28	6:18/11:46	5:59/17:45	5:55
47	Mike Hranek	5:43	6:35/12:08	6:02/18:10	6:03
71	Konstantinos Argiris	6:00	6:47/12:47	6:15/19:02	6:20
99	Tom Ginnona	6:17	6:51/13:08	6:37/19:45	6:35
130	Vamsi Rojulpote	6:19	7:11/13:30	7:10/20:40	6:53
141	Aanand Patel	6:34	7:35/14:09	7:06/21:15	7:05
146	Dylan Tarbutton	7:18	7:22/14:40	6:48/21:28	7:09
150	Noah Falasco	7:04	7:36/14:40	6:58/21:38	7:12
151	Quan Nguyen	7:04	7:36/14:40	7:02/21:42	7:14
154	Trent Andraka	7:04	7:36/14:40	7:04/21:44	7:14
170	Shareef Shaheen	7:18	7:46/15:04	7:25/22:29	7:29
172	Andrew Johnson	7:18	7:36/14:54	7:38/22:32	7:30
186	MJ Aggabao	7:21	8:06/15:27	8:00/23:27	7:49
187	Alex Cammarata	7:20	8:07/15:27	8:06/23:33	7:51
190	Nam Nguyen	7:30	8:33/16:03	7:51/23:54	7:58
199	Alex Kvetan	7:30	8:33/16:03	7:51/23:54	7:58

Course = 3.0 Miles

# UM vs Pope John Paul (scrimmage)

August 31, 2013

	PLACES					TOTAL
UM	1	2	3	4	8	18
PJP	5	6	7	9	12	39

<u>Place</u>	<u>Runner</u>	<u>Team</u>	<u>Time</u>
1	Nick Tornambe	UM	18:46
2	Austin Cooper	UM	18:46
3	Jojo Gallagher	UM	18:57
4	Jon Gross	UM	19:01
5	Bobby Reinecker	PJP	19:25
6	John Conner	PJP	19:42
7	Nick Wusinich	PJP	19:48
8	Mike Hranek	UM	20:01
9	Kyle Dambrosio	PJP	20:05
10	Konstantinos Argiris	UM	20:38
11	Ricardo Stephen	UM	21:25
12	Tom Ginnona	UM	21:26
13	Vraj Shah	UM	21:34
14	Jourey Newell	UM	21:57
15	Vamsi Rojulpote	UM	22:03
17	Aanand Patel	UM	22:35
18	Noah Falasco	UM	22:52
20	Trent Andraka	UM	22:56
21	Dylan Tarbutton	UM	23:02
22	Quan Nguyen	UM	23:16
25	Shareef Shaheen	UM	23:35
26	Andrew Johnson	UM	23:57
27	Alex Cammarata	UM	24:05
29	MJ Aggabao	UM	25:09
30	Nam Nguyen	UM	25:29
34	Alex Kvetan	UM	27:00

Run on Upper Merion's 3.1 mile course

# UM vs Hatboro-Horsham (scrimmage)

September 4, 2013

	PLACES					TOTAL
UM	2	4	5	11	12	34
HH	1	3	6	7	8	25

<u>Place</u>	<u>Runner</u>	<u>Team</u>	<u>Time</u>
1	Casey Comber	HH	16:56
2	Austin Cooper	UM	17:43
3	Andrew Doberstein	HH	18:09
4	Nick Tornambe	UM	18:12
5	Jon Gross	UM	18:29
6	Brandon Timm	HH	18:33
7	Adam Melnik	HH	18:34
8	Jake Fisher	HH	18:45
9	Andrew Miller	HH	18:53
10	Dylan Ashbach	HH	18:55
11	Matt Allen	HH	18:56
12	Ryan Preston	HH	18:58
13	Mike Hranek	UM	19:35
14	Matt Swiacki	HH	19:43
15	Dan Bohl	HH	19:51
17	Konstantinos Argiris	UM	19:59
21	Zak Khattabi	UM	20:13
23	Tom Ginnona	UM	20:37
26	Ricardo Stephen	UM	21:08
27	Vamsi Rojulpote	UM	21:24
28	John Peregrim	UM	21:40
29	Noah Falasco	UM	21:43
32	Quan Nguyen	UM	22:06
33	Aanand Patel	UM	22:30
35	Trent Andraka	UM	22:44
36	Dylan Tarbutton	UM	23:14
37	MJ Aggabao	UM	23:24
38	Jojo Gallagher	UM	23:25
39	Andrew Johnson	UM	23:41
40	Alex Cammarata	UM	23:43
41	Nam Nguyen	UM	24:06
42	Shareef Shaheen	UM	24:20
43	Alex Lewis	UM	24:21
DNF	Matt Izuka	UM	16:31 (2 mi)
DNF	Vraj Shah	UM	6:58 (1 mi)
DNF	Alex Kvetan	UM	7:29 (1 mi)

Run on Upper Merion's 3.1 mile course

# Central Bucks East Invitational

## CB East High School

September 7, 2013

<u>Place</u>	<u>Name</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Ave.</u>
Varsity					
4	Austin Cooper	5:18	5:27/10:45	6:06/16:51	5:26
17	Zak Khattabi	5:20	5:41/11:01	6:23/17:24	5:37
27	Nick Tornambe	5:23	5:49/11:12	6:32/17:44	5:43
28	Jon Gross	5:25	5:46/11:11	6:34/17:45	5:43
35	Mike Hranek	5:54	5:54/11:48	6:20/18:08	5:51
39	Jojo Gallagher	5:30	6:03/11:33	6:50/18:23	5:56
51	Konstantinos Argiris	6:02	6:25/12:27	7:19/19:42	6:21
<u>JV</u>					
55	Ricardo Stephen	6:03	6:32/12:35	7:33/20:08	6:30
65	Tom Ginnona	6:07	6:46/12:53	7:32/20:25	6:35
72	Vraj Shah	6:05	6:45/12:50	7:43/20:33	6:38
86	John Peregrim	6:15	6:55/13:10	7:44/20:54	6:45
87	Jourey Newell	6:34	6:43/13:17	7:37/20:54	6:45
99	Noah Falasco	6:46	6:49/13:35	7:32/21:08	6:49
101	Quan Nguyen	6:46	6:49/13:35	7:37/21:13	6:51
102	Vamsi Rojulpote	6:19	7:04/13:23	7:51/21:14	6:51
103	Dylan Tarbutton	6:42	6:52/13:34	7:41/21:15	6:52
105	Trent Andraka	6:46	6:49/13:35	7:43/21:19	6:52
108	Aanand Patel	6:35	7:04/13:39	7:49/21:28	6:55
124	Shareef Shaheen	6:43	7:16/13:59	7:51/22:05	7:07
152	Alex Lewis	6:46	7:29/14:15	8:14/22:29	7:15
155	MJ Aggabao	7:07	7:27/14:34	8:07/22:41	7:19
136	Alex Cammarata	6:57	7:23/14:20	8:24/22:44	7:20
140	Andres Torres	6:57	7:31/14:38	8:24/22:48	7:21
141	Nam Nguyen	7:12	7:31/14:28	8:14/22:49	7:22
165	Alex Kvetan	7:17	8:12/15:29	9:07/24:36	7:56

Course = 3.1 Miles



**Bulldog Invitational**  
**Rose Tree Media Park**  
**September 14, 2013**

<u>Place</u>	<u>Name</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Ave.</u>
<b>Varsity</b>					
4	Austin Cooper	5:03	5:22/10:25	5:46/16:10	5:04
12	Zak Khattabi	5:06	5:29/10:35	6:02/16:36	5:22
20	Jon Gross	5:17	5:46/11:03	6:07/17:10	5:32
27	Nick Tornambe	5:19	5:42/11:01	6:17/17:18	5:35
28	Mike Hranek	5:18	5:51/11:09	6:10/17:19	5:35
46	Jojo Gallagher	5:25	6:00/11:25	6:34/17:58	5:48
<b>JV</b>					
27	Konstantinos Argiris	5:35	6:12/11:47	6:37/18:23	5:56
96	Tom Ginnona	5:48	6:39/12:27	7:01/19:27	6:17
113	Jourey Newell	6:09	6:38/12:47	7:01/19:48	6:23
126	Vamsi Rojulpote	6:08	6:45/12:53	7:33/20:26	6:36
150	Alex Lewis	6:11	6:53/13:04	7:30/20:34	6:38
166	Aanand Patel	6:22	7:06/13:28	7:25/20:52	6:44
175	Shareef Shaheen	6:35	7:06/13:41	7:23/21:03	6:48
<b>Novice</b>					
41	Vraj Shah	6:01	6:21/12:22	7:17/19:39	6:20
42	Noah Falasco	6:29	6:36/13:05	6:36/19:41	6:21
57	Dylan Tarbutton	6:28	6:37/13:05	6:58/20:03	6:28
61	John Peregrim	6:08	6:46/12:54	7:14/20:08	6:30
74	Quan Nguyen	6:30	6:41/13:11	7:25/20:36	6:39
76	Trent Andraka	6:32	6:39/13:11	7:27/20:38	6:39
105	Andrew Johnson	6:44	7:14/13:58	7:53/21:51	7:03
109	Alex Cammarata	6:44	7:14/13:58	7:56/21:54	7:04
118	MJ Aggabao	7:05	7:28/14:33	7:35/22:08	7:08
143	Nam Nguyen	7:29	7:39/15:08	7:51/22:59	7:25
164	Alex Kvetan	7:29	7:51/15:20	8:17/23:37	7:37

Course = 3.1 Miles

**UM vs Cheltenham, Plymouth Whitemarsh**  
**September 18, 2013**

	PLACES					TOTAL
UM	1	2	5	7	8	23
C	3	4	6	10	11	34
UM	1	3	4	5	6	19
PW	2	7	9	10	11	39

<u>Place</u>	<u>Runner</u>	<u>Team</u>	<u>Time</u>
1	Austin Cooper	UM	17:14
2	Dan Shalala	PW	17:16
3	Zak Khattabi	UM	17:27
4	Marley Marc	C	17:46
5	Joe Petty	C	17:49
6	Nick Tornambe	UM	17:49
7	Brian Rosenstein	C	18:01
8	Jon Gross	UM	18:07
9	Mike Hranek	UM	18:18
10	Eric Friedland	PW	18:35
11	JoJo Gallagher	UM	18:36
12	Erin Ngo	C	18:46
13	Pat McGrath	PW	18:50
14	Doug Lubo	PW	18:53
15	Andy Rutkowski	C	19:00
19	Ricardo Stephen	UM	19:51
23	Jourey Newell	UM	20:07
31	Tom Ginnona	UM	20:32
33	Vamsi Rojulpote	UM	20:40
34	Noah Falasco	UM	20:44
35	Dylan Tarbutton	UM	20:44
36	Quan Nguyen	UM	20:50
37	Trent Andraka	UM	20:52
41	Alex Lewis	UM	21:42
44	MJ Aggabao	UM	22:13
45	Alex Cammarata	UM	22:22
48	Andrew Johnson	UM	22:42
53	Alex Kvetan	UM	24:41
55	Matt Izuka	UM	25:42

Run on Upper Merion's 3.1 mile course

UM vs Upper Dublin, Springfield  
September 25, 2013

	PLACES					TOTAL
UM	1	2	7	8	9	27
UD	3	4	5	6	10	28
UM	1	2	3	4	5	15
Spring	8	9	10	11	12	50

<u>Place</u>	<u>Runner</u>	<u>Team</u>	<u>Time</u>
1	Austin Cooper	UM	17:00
2	Zak Khattabi	UM	17:01
3	Andrew Stewert	UD	17:32
4	Rob Bonasia	UD	17:34
5	Sam O'Connell	UD	17:36
6	Steve Williamson	UD	17:36
7	Mike Hranek	UM	17:38
8	Nick Tornambe	UM	17:50
9	Jon Gross	UM	17:53
10	Ryan Henderson	UD	19:11
11	Jojo Gallagher	UM	19:11
12	Ryan Hebling	UD	19:55
13	Tom Ginnona	UM	19:57
14	Woosing Jia	UD	20:03
15	Ricardo Stephen	UM	20:09
18	Jourey Newell	UM	20:24
21	John Peregrim	UM	20:38
24	Vamsi Rojulpote	UM	20:47
27	Noah Falasco	UM	21:03
28	Aanand Patel	UM	21:05
29	Quan Nguyen	UM	21:10
30	Trent Andraka	UM	21:11
31	Dylan Tarbutton	UM	21:14
33	Shareef Shaheen	UM	21:26
34	Alex Lewis	UM	21:32
35	MJ Aggabao	UM	21:40
37	Andrew Johnson	UM	21:57
39	Nam Nguyen	UM	22:19
41	Alex Cammarata	UM	22:22
42	Dave Burns	UM	22:23
45	Alex Kvetan	UM	24:59
47	Matt Izuka	UM	25:53

Run on Upper Merion's 3.1 mile course

**Carlisle Invitational**  
**Carlisle High School**  
**September 28, 2013**

<u>Place</u>	<u>Name</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Ave.</u>
<b>Varsity</b>					
20	Austin Cooper	4:58	5:20/10:18	5:53/16:11	5:13
81	Zak Khattabi	5:03	5:33/10:36	6:18/16:54	5:27
130	Jon Gross	5:19	5:44/11:03	6:27/17:30	5:39
141	Mike Hranek	5:18	5:51/11:09	6:28/17:37	5:41
147	Nick Tornambe	5:27	5:50/11:17	6:28/17:45	5:43
193	Jojo Gallagher	5:38	6:13/11:51	6:52/18:43	6:02
<b>JV</b>					
123	Tom Ginnona	6:07	6:19/12:26	6:55/19:21	6:14
127	Ricardo Stephen	5:50	6:21/12:11	7:13/19:24	6:15
132	Noah Falasco	6:16	6:28/12:44	6:48/19:32	6:18
150	Jourey Newell	6:03	6:31/12:34	7:06/19:40	6:21
156	Dylan Tarbutton	6:16	6:28/12:44	7:01/19:45	6:22
173	Vraj Shah	6:09	6:25/12:34	7:22/19:56	6:26
191	Alex Lewis	6:05	6:42/12:47	7:28/20:15	6:31
203	John Peregrim	6:14	6:39/12:53	7:20/20:13	6:31
211	Trent Andraka	6:16	6:37/12:53	7:23/20:16	6:32
224	Vamsi Rojulpote	6:05	6:50/12:55	7:40/20:35	6:38
231	Quan Nguyen	6:35	6:36/13:11	7:23/20:34	6:38
235	Shareef Shaheen	6:27	6:43/13:10	7:34/20:44	6:41
246	Alex Cammarata	6:27	6:33/13:00	7:48/20:48	6:43
270	MJ Aggabao	6:35	6:38/13:13	7:52/21:05	6:48
298	Andrew Johnson	6:27	7:07/13:34	8:03/21:37	6:58
361	Alex Kvetan	7:25	8:10/15:35	8:18/23:53	7:42

Course = 3.1 Miles

# UM vs Wissahickon, Norristown

October 2, 2013

	PLACES					TOTAL
UM	1	4	7	10	12	34
Wiss	2	3	5	6	8	24
UM	1	2	3	4	5	15
Norristown	6	7	8	9	10	40

<u>Place</u>	<u>Runner</u>	<u>Team</u>	<u>Time</u>
1	Austin Cooper	UM	16:40
2	Tristan Marcelis	W	16:50
3	Lukas Marcelis	W	16:53
4	Zak Khattabi	UM	17:22
5	Kyuande Johnson	W	17:23
6	Louie Orehek	W	17:30
7	Jon Gross	UM	17:37
8	Walker Smith	W	17:51
9	Andrew Harman	W	17:57
10	Nick Tornambe	UM	18:29
11	Dan Graeff	W	18:36
12	Matt Gilman	W	18:43
13	Mike Hranek	UM	18:52
14	Nick Ozorowski	N	18:54
15	Adit Laia	W	18:58
22	Vraj Shah	UM	20:03
25	Ricardo Stephen	UM	20:30
27	Konstantinos Argiris	UM	20:36
30	Vamsi Rojulpote	UM	20:40
31	Noah Falasco	UM	20:44
32	John Peregrim	UM	20:45
33	Jojo Gallagher	UM	20:47
34	Jourey Newell	UM	20:52
36	Trent Andraka	UM	21:03
38	Dylan Tarbutton	UM	21:06
40	Quan Nguyen	UM	21:20
41	Shareef Shaheen	UM	21:28
43	Alex Lewis	UM	21:32
45	Nam Nguyen	UM	21:34
46	Alex Cammarata	UM	21:45
48	Dave Burns	UM	21:51
50	Andrew Johnson	UM	22:17
53	MJ Aggabao	UM	22:36
62	Alex Kvetan	UM	25:57

Run on Norristown's 3.1 mile course

**Salesianum Invitational**  
**Brandywine Creek State Park**  
**October 5, 2013**

<u>Place</u>	<u>Name</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Ave.</u>
<b>Varsity</b>					
9	Austin Cooper	5:14	5:44/10:58	6:49/17:47	5:44
13	Zak Khattabi	5:15	5:57/11:12	6:49/18:01	5:49
28	Jon Gross	5:25	6:10/11:35	7:02/18:37	6:00
54	Nick Tornambe	5:18	6:36/11:54	7:36/19:50	5:41
65	Jojo Gallagher	5:34	6:45/12:19	7:25/19:44	6:22
86	Mike Hranek	5:48	6:37/12:25	7:59/20:24	6:35
<b>JV</b>					
54A	Jourey Newell	6:20	6:53/13:13	7:41/20:54	6:45
24B	Noah Falasco	6:20	6:59/13:19	7:26/21:05	6:48
69A	Konstantinos Argiris	6:14	6:56/13:10	8:09/21:19	6:53
75A	Tom Ginnona	6:07	7:18/13:25	8:22/21:47	7:02
45B	Trent Andraka	6:25	7:15/13:55	8:29/22:24	7:13
91A	Shareef Shaheen	6:40	7:31/14:11	8:15/22:26	7:14
92A	Alex Lewis	6:25	7:29/13:54	8:32/22:26	7:14
95A	Ricardo Stephen	6:14	7:26/13:40	8:51/22:31	7:16
66B	Dave Burns	6:26	8:03/14:29	9:11/23:40	7:38
67B	Quan Nguyen	6:59	7:47/14:46	8:56/23:42	7:39
72B	Nam Nguyen	7:10	7:59/15:09	8:42/23:51	7:42
87B	Alex Cammarata	6:51	8:02/14:53	9:40/24:33	7:55
134A	Aanand Patel	6:30	8:31/15:01	10:33/25:34	8:15
<b>Frosh</b>					
20	Dylan Tarbutton	6:15	7:09/13:24	8:17/21:40	6:59
36	Andrew Johnson	6:24	7:33/13:57	9:15/23:12	6:58
83	Alex Kvetan	7:08	9:29/16:37	10:29/27:06	8:45

Course = 3.1 Miles

# UM vs Upper Moreland

October 9, 2013

	PLACES					TOTAL
UMe	2	3	4	5	6	20
UMo	1	8	9	10	12	40

<u>Place</u>	<u>Runner</u>	<u>Team</u>	<u>Time</u>
1	Billy Donovan	UMO	18:18
2	Jon Gross	UM	18:34
3	Nick Tornambe	UM	18:34
4	Mike Hranek	UM	18:34
5	Zak Khattabi	UM	18:35
6	Jojo Gallagher	UM	18:35
7	Austin Cooper	UM	18:36
8	Kyle Irwin	UMO	18:37
9	Konstantinos Argiris	UM	19:09
10	Nash Seiberlich	UMO	19:21
11	Chris Fleming	UMO	19:32
12	Noah Falasco	UM	19:34
13	Vraj Shah	UM	19:41
14	Jourey Newell	UM	19:43
15	Tom Ginnona	UM	19:56
16	Trent Andraka	UM	19:57
17	Dylan Tarbutton	UM	20:00
18	John Peregrim	UM	20:18
19	Ricardo Stephen	UM	20:19
20	Alex Lewis	UM	20:24
22	Vamsi Rojulpote	UM	20:53
24	Dave Burns	UM	20:56
25	Alex Cammarata	UM	20:57
26	Quan Nguyen	UM	20:59
29	Aanand Patel	UM	21:11
30	Andrew Johnson	UM	21:17
32	MJ Aggabao	UM	22:48
33	Nam Nguyen	UM	22:49
34	Matt Izuka	UM	23:07
DNF	Shareef Shaheen	UM	6:20 (1 mile)

Run on Upper Moreland's 3 mile course

**District One Championship**  
**Lehigh University**  
**October 25, 2013**

<u>Place</u>	<u>Name</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Ave.</u>
<b>Varsity</b>					
25	Austin Cooper	5:03	5:20/10:23	5:32/15:55	5:08
135	Mike Hranek	5:12	5:50/11:02	5:56/16:58	5:28
136	Jon Gross	5:12	5:45/10:57	6:02/16:59	5:29
166	Zak Khattabi	5:03	5:56/10:59	6:08/17:07	5:31
214	Nick Tornambe	5:16	5:55/11:11	6:09/17:20	5:35
304	Noah Falasco	5:38	6:12/11:50	6:28/18:18	5:54
315	Jojo Gallagher	5:28	6:06/11:34	7:00/18:34	5:59
<b><u>JV</u></b>					
	Jourey Newell	5:50	6:15/12:05	6:30/18:34	6:00
	Vraj Shah	5:50	6:15/12:05	6:31/18:36	6:00
	Konstantinos Argiris	5:50	6:21/12:11	6:44/18:55	6:06
	Trent Andraka	5:47	6:24/12:11	6:44/18:55	6:06
	Tom Ginnona	5:44	6:27/12:11	6:45/18:55	6:06
	Ricardo Stephen	5:47	6:27/12:14	6:54/19:07	6:10
	Dylan Tarbutton	5:43	6:31/12:14	6:54/19:07	6:10
	John Peregrim	5:50	6:40/12:30	7:03/19:32	6:18
	Alex Cammarata	5:59	6:31/12:30	7:03/19:32	6:18
	Vamsi Rojulpote	5:55	6:42/12:37	6:56/19:32	6:18
	Shareef Shaheen	6:11	6:43/12:54	6:59/19:52	6:25
	Aanand Patel	6:11	6:56/13:07	6:58/20:05	6:29
	Andrew Johnson	6:11	6:43/12:54	7:13/20:07	6:29
	Quan Nguyen	6:11	6:56/13:07	7:04/20:10	6:30
	Dave Burns	6:02	7:05/13:07	7:28/20:35	6:38
	MJ Aggabao	6:23	7:04/13:27	7:25/20:52	6:44
	Alex Kvetan	6:37	7:22/13:59	7:12/21:11	6:50
	Nam Nguyen	6:37	7:05/13:42	7:32/21:14	6:51
	Matt Izuka	6:37	7:17/13:54	7:36/21:30	6:56

Course = 3.1 Miles



PIAA State Championship  
Hershey Parkview Course, Hershey, PA  
November 2, 2013

<u>Place</u>	<u>Name</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Ave.</u>
47	Austin Cooper	5:02	5:32/10:34	6:25/16:59	5:28

Course = 3.1 Miles

2013	8/23/13 at Spring Ford (*3 mi)	PJP HOME 8/31/13	HH HOME 9/04/13	CB East 9/07/1	Bulldog 9/14/13	PW, C HOME 9/18/13	UD, S HOME 9/25/13	Carlisle 9/28/2013	Wiss, N @Norristown 10/2/13	Salesianum 10/5/13	@U Moreland 10/9/13 (*3 mi)	Leagues at Lehigh 10/18/13	Districts at Lehigh 10/25/13	States at Hershey 11/2/13
K Argiris	19:02	20:38	19:59	19:41	<b>18:23</b>				20:36	21:19	19:09	19:10	18:55	
Dave Burns							22:23		21:59	23:40	20:56	20:50	<b>20:35</b>	
Austin Cooper		18:46	17:43	16:50	16:10	17:14	17:00	16:11	16:50	17:47	18:36	16:08	<b>15:55</b>	16:59
Jon Gross	17:23	19:01	18:29	17:44	17:10	18:07	17:53	17:30	17:37	18:37	18:34	17:16	<b>16:59</b>	
Mike Hranek	18:10	20:01	19:35	18:08	17:19	18:18	17:38	17:37	18:52	20:24	18:34	17:23	<b>16:58</b>	
Jourey Newell		21:57		20:54	19:48	20:07	20:24	19:40	20:52	20:54	19:43	18:58	<b>18:34</b>	
Aanand Patel	21:15	22:35	22:30	21:27	20:52		21:05			25:34	21:11	20:43	<b>20:05</b>	
Ricardo Stephen		21:25	21:08	20:07		19:51	20:09	19:24	20:30	22:31	20:15	19:33	<b>19:07</b>	
Tom Ginnona	19:45	21:26	20:37	20:25	19:27	20:32	19:57	19:21	21:06	21:47	19:56	19:25	<b>18:55</b>	
Zak Khattabi	16:55		20:13	17:24	<b>16:36</b>	17:27	17:01	16:54	17:22	18:01	18:34	17:01	17:07	
Vamsi Rajulpote	20:40	22:03	21:24	21:14	20:26	20:40	20:47	20:35	20:40		20:53	19:57	<b>19:32</b>	
Shareef Shaheen	22:29	23:35	24:20	22:04	21:03		21:26	20:44	21:32	22:26		20:14	<b>19:52</b>	
Nick Tornambe	17:07	18:46	18:12	17:44	17:18	17:49	17:50	17:45	18:29	19:30	18:34	17:37	<b>17:20</b>	
MJ Aggabao	23:27	25:09	23:24	22:41	22:08	22:13	21:40	21:05	22:36		22:48	21:01	<b>20:51</b>	
Trent Andraka	21:44	22:56	22:44	21:18	20:38	20:52	21:11	20:16	21:03	22:24	19:57	19:25	<b>18:55</b>	
Alex Cammarata	23:33	24:05	23:43	22:43	21:54	22:22	22:22	20:48	21:51	24:33	20:57	20:26	<b>19:32</b>	
Noah Falasco	21:38	22:52	21:43	21:07	19:41	20:44	21:03	19:32	20:44	21:05	19:34	18:31	<b>18:18</b>	
Jojo Gallagher	17:45	18:57	23:25	18:23	<b>17:58</b>	18:36	19:11	18:43	20:47	19:44	18:36	18:24	18:34	
Nam Nguyen	23:54	25:29	24:06	22:48	22:59		22:19		21:45	23:51	22:49	21:46	<b>21:13</b>	
Quan Nguyen	21:42	23:16	22:06	21:12	20:36	20:50	21:10	20:34	21:28	23:42	20:59	21:00	<b>20:10</b>	
John Peregrim			21:40	20:53	20:08		20:38	20:13	20:45		20:18	19:57	<b>19:32</b>	
Vraj Shah		21:34	dnf	20:33	19:39			19:56	20:03		19:41	19:07	<b>18:34</b>	
Matt Izuka			dnf			25:42	25:53				23:07	23:10	<b>21:30</b>	
Andrew Johnson	22:32	23:57	23:41		21:51	22:42	21:57	21:37	22:17	23:12	21:17	20:57	<b>20:07</b>	
Alex Kvetan	23:54	27:00		24:36	23:37	24:41	24:59	23:53	25:57	27:06		22:26	<b>21:11</b>	
Dylan Tarbutton	21:28	23:02	23:14	21:15	20:03		21:14	19:45	21:20	21:40	20:00	19:37	<b>19:07</b>	

Bold denotes season best for 3.1 miles

## UMXC Top 25 for the Home Course 2008-2013

Rank	Name	Time	Year
<b>1</b>	<b>Austin Cooper</b>	<b>17:00</b>	<b>2013</b>
<b>2</b>	<b>Zak Khattabi</b>	<b>17:01</b>	<b>2013</b>
<b>3</b>	<b>Austin Cooper</b>	<b>17:14</b>	<b>2013</b>
<b>4</b>	Austin Cooper	17:22	2012
<b>5</b>	<b>Zak Khattabi</b>	<b>17:27</b>	<b>2013</b>
<b>6</b>	Zak Khattabi	17:38	2012
<b>6</b>	<b>Mike Hranek</b>	<b>17:38</b>	<b>2013</b>
<b>7</b>	<b>Austin Cooper</b>	<b>17:43</b>	<b>2013</b>
<b>8</b>	Nick Tornambe	17:46	2012
<b>9</b>	<b>Nick Tornambe</b>	<b>17:49</b>	<b>2013</b>
<b>10</b>	<b>Nick Tornambe</b>	<b>17:50</b>	<b>2013</b>
<b>11</b>	<b>Jon Gross</b>	<b>17:53</b>	<b>2013</b>
<b>12</b>	Luca Merone	18:03	2008
<b>13</b>	James O'Toole	18:05	2008
<b>14</b>	Luca Merone	18:06	2009
<b>15</b>	Luca Merone	18:07	2009
<b>15</b>	<b>Jon Gross</b>	<b>18:07</b>	<b>2013</b>
<b>16</b>	James O'Toole	18:10	2008
<b>17</b>	<b>Nick Tornambe</b>	<b>18:12</b>	<b>2013</b>
<b>18</b>	Austin Cooper	18:16	2012
<b>18</b>	Zak Khattabi	18:16	2012
<b>19</b>	Nick Tornambe	18:17	2012
<b>20</b>	<b>Mike Hranek</b>	<b>18:18</b>	<b>2013</b>
<b>21</b>	Nick Tornambe	18:23	2011
<b>22</b>	James O'Toole	18:27	2008
<b>22</b>	Jon Gross	18:27	2012
<b>23</b>	<b>Jon Gross</b>	<b>18:29</b>	<b>2013</b>
<b>24</b>	Luca Merone	18:32	2008
<b>25</b>	Austin Cooper	18:34	2011
<b>25</b>	Nick Tornambe	18:34	2011

# Suburban One League Meet

## Lehigh University

October 18, 2013

<u>Place</u>	<u>Name</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Final</u>	<u>Ave.</u>
<u>Varsity</u>					
1	Austin Cooper	5:10	5:28/10:38	5:30/16:08	5:12
6	Zak Khattabi	5:10	5:44/10:54	6:07/17:01	5:29
9	Jon Gross	5:18	5:52/11:10	6:06/17:16	5:34
13	Mike Hranek	5:19	6:00/11:19	6:04/17:23	5:36
17	Nick Tornambe	5:22	6:03/11:25	7:25/17:37	5:41
25	Jojo Gallagher	5:37	6:19/11:56	6:28/18:24	5:56
<u>JV</u>					
64	Noah Falasco	5:56	6:14/12:10	6:21/18:31	5:58
110	Jourey Newell	5:56	6:16/12:12	6:46/18:58	6:07
120	Vraj Shah	5:56	6:18/12:14	6:53/19:07	6:10
129	Konstantinos Argiris	5:42	6:29/12:11	6:59/19:10	6:11
149	Trent Andraka	5:56	6:33/12:29	6:56/19:25	6:16
150	Tom Ginnona	6:02	6:33/12:35	6:50/19:25	6:16
166	Ricardo Stephen	5:56	6:33/12:29	7:04/19:33	6:18
173	Dylan Tarbutton	6:08	6:26/12:34	7:03/19:37	6:20
204	Alex Lewis	5:58	6:38/12:36	7:16/19:52	6:25
212	Vamsi Rojulpote	6:02	6:43/12:45	7:12/19:57	6:26
213	John Peregrim	6:07	6:44/12:51	7:06/19:57	6:26
226	Shareef Shaheen	6:17	6:43/13:00	7:14/20:14	6:32
237	Alex Cammarata	6:19	6:48/13:07	7:19/20:26	6:35
267	Aanand Patel	6:21	7:09/13:30	7:13/20:43	6:41
277	Dave Burns	5:58	7:18/13:16	7:34/20:50	6:43
283	Andrew Johnson	6:34	7:01/13:35	7:22/20:57	6:45
288	Quan Nguyen	6:37	7:02/13:39	7:21/21:00	6:46
291	MJ Aggabao	6:37	7:02/13:39	7:22/21:01	6:47
319	Nam Nguyen	6:45	7:15/14:00	7:46/21:46	7:01
341	Alex Kvetan	6:58	7:59/14:37	7:49/22:26	7:14
358	Matt Izuka	7:09	7:52/15:01	8:09/23:10	7:28

Course = 3.1 Miles