

INDIVIDUAL RESULTS

Runner John Appelbaum '76

Date	Course	Course Distance	Average Mile	1 Mile	2 Miles	3 Miles	4 Miles	5 Miles	Final Time	Place
9-7-73	College Course	2 mi		5:55	6:11	1st Time Trial			12:06	10
9-11-73	College Course	2		5:33	6:02	Blue-White Meet			11:35	7
9-15-73	North West H.S.	2 mi + 40 yds			5:56	North West Inv.			15:44	59
9-19-73	College Course	2		5:32	5:56	Parkway West			11:28	9
9-21-73	College Course	2		5:46	6:11	Parkway Central			11:57	7
9-29-73	Sioux Passage	2				Hazelwood Inv.			12:24	57
10-2-73	College Course	2		5:30	5:44	C.B.C.			11:14	3
10-6-73	Jeff Barracks	2		5:39	5:47	Hancock Inv.			11:26	74
10-9-73	College Course	2		5:28	6:05	Vianney			11:33	11
10-12-73	O'Fallon Park	2				Beaumont Inv.			11:28	24
10-16-73	College Course	2		5:38	5:45	Desmet			11:23	12
10-19-73	O'Fallon Park	2				Time Trial			11:32	31
10-24-73	Shaw Park	2.25				Time Trial			14:01	14
10-30-73	Shaw Park	2		5:40	5:46	B. State			11:56	4
10-3-74	T.T. Carondelet Park	2				Time Trial			15:19	1
10-5-74	Jeff S. Barracks	2		5:40	5:56	J.O. Hancock Inv.			11:36	32
10-8-74	Vianney	2.1		5:18	5:41	Fox, Rosary Vianney SLUH			10:59	12
10-14-74	Desmet	2				B. State			11:32	14
10-18-74	O'Fallon Park	2		5:31	5:26	District 10			10:57	42

-:17

INDIVIDUAL RESULTS

Runner Jim Brady '77 p: 2

[illegible]

INDIVIDUAL RESULTS

Runner Jim Brady 77

Date	Course	Miles	Average Mile	1 Mile	2 Miles	3 Miles	4 Miles	5 Miles	Final Time	Place	
1973 Season											
9/1	College Course	2.0		Time Trial					15:23	—	
9/7	College Course	2.0		6:37	7:04	Time Trial			13:41	19	
9/11	College Course	2.0		6:48	7:08	Blue-White			13:56	18	
9/15	Northwest of House Springs	2.1		Northwest Invitational				"JV"	14:15	107	
9/19	College Course	2.0		Parkway West				"JV"	13:04	30	
9/21	College Course	2.0		Parkway Central				"JV"	13:34	30	
9/29	Shore Park	2.0		Haglerwood Invitational				"B"	14:25	123	
10/2	College Course	2.0		CBC				"C"	12:42	3	
10/6	O'Fallon Park	2.0		Time Trial					13:04	—	
10/9	College Course	2.0		Vianney				"C"	13:05	9	
10/16	College Course	2.0		Desmet				"C"	13:30	10	
10/19	O'Fallon Park	2.0		Time Trial					13:03	—	
10/24	Shore Park	2.25		Time Trial					14:06	19	
11/1	Lindberg	1.5		Lindberg Freshman Invitational				"C"	9:53	90	
1974 Season											
9/7	College Course	2.0		6:30	6:41	Blue-White			13:11	8	
9/9	Boysen-Chiropractic College	2.0		Parkway West				"B"	13:34	9	
9/14	Northwest of House Springs	2.1		Northwest Invitational				"JV"	13:42	88	
9/16	Parkway Central	1.8		6:25	5:29	Parkway Central			"JV"	11:54	18
9/19	Normandy Junior High	2.3		7:06	7:08	Normandy Haglerwood West			"B"	14:14	10
10/5	Jellison Baracks	2.0		Hancock Invitational				"JV"	12:45	93	

INDIVIDUAL RESULTS

Runner **Brian Dowd '78**

74 season

17 season										
Date	Course	Distance	Average Mile	1 Mile	2 Miles	3 Miles	4 Miles	5 Miles	Final Time	Place
9/19	NORMANDY J.H.	2.3		7.39	NORMANDY	Hazelwood W.	C		16.31	33
10/5	Jeff. Barracks	2.0			Hancock	INV.	C		14:34	134
10/8	Vianny	2.1			Fox, Rosary, & Vianny		C		13:05	15
10/12	O'Fallon Park	2.0			S.W. Southmore		Inv & JV		13:05	156
10/17	College Course	2.0		6.19	CBC			C	12:55	1

1975 SEASON

9/5/75	AVIATION	2.5			BLUE-WHITE	20:23	14	
9/8/75	AVIATION	2.5			PARKWAY WEST- LADUE	J.V.	19:53	15
9/13/75	NW of HOUSE SPRINGS	2.5			INVITATIONAL	J.V.	17:50	88
10/4/75	JEFF BAR.	2.5			HANCOCK INV.	J.V.	18:24	124
10/14/75	AVIATION	2.5			BI-STATE COACHES	J.V.	18:50	23 48
10/18/75	MARYVILLE	2.5			INVITATIONAL	B.	18:14	
10/16/75	AVIATION	1.8			C.B.C.	C.	12:31	11

INDIVIDUAL RESULTS

Runner Borys Hayda '77

Date	Course		Average Mile	1 Mile	2 Miles	3 Miles	4 Miles	5 Miles	Final Time	Place
1974 Season										
9/7/74	College Course	2					Blue-White		18:00	16
9/9/74	Logan Chiropractic	2					Parkway West (JV)		16:01	15
9/19/74	Normandy Jr. High	2.3	7:05	7:41			Normandy-Hazelwood West (JV)		14:46	12
10/3/74	Carondelet Park	2	6:25	6:40			Time Trial		14:05	
10/8/74	Kianney	2.1					Fox Rosary-Kianney (V)		14:15	36

INDIVIDUAL RESULTS

Runner John Menius '76

Date	Course	Course Distance	Average Mile	1 Mile	2 Miles	3 Miles	4 Miles	5 Miles	Final Time	Place
9/14/72	College Course	2					Blue White Meet		15:38	19
9/20/72	Parkway W.	2							15:55	25
9/17/73	College Course	2					Time Trial		12:37	13
9/11/73	College Course	2					Blue White Meet		12:03	9
9/15/73	Northwest	2.69					Northwest Invi		12:59	37
9/19/73	College Course	2					Parkway West		11:50	16
9/21/73	College Course	2					Parkway Central		11:45	3
9/29/73	S. Passage Park	2					Hazelwood Invi		12:47	78
10/2/73	College Course	2					C.B.C.		11:38	6
10/6/73	O'Fallon Park	2					Southwest Sepl			
10/9/73	College Course	2					Vianney		11:52	3
10/12/73	O'Fallon Park	2					Beaumont Invi		11:44	46
10/16/73	College Course	2					Desmet		11:26	4
10/19/73	O'Fallon Park	2					Time Trial (after district)		11:51	3
10/24/73	Shaw Park	2.25					Time Trial		13:35	7
10/30/73	Shaw Park	2					Bi-State		11:40	9
1974 Season										
8/31	College Course	2		6:00	6:03		Time trial		12:03	1
9/7	College Course	2		5:40	6:09		Blue White Meet		11:49	4
9/9	Loyan Chiopra	2					Parkway West		12:13	10
9/14	Northwest	2.1					Northwest Invi		12:36	46
9/16	Parkway Central	1.8		5:30			Parkway Central		10:31	7

Runner Tom PAINO '75

Runner Tom PAINO '75

SAINT LOUIS UNIVERSITY HIGH

1974

CROSS COUNTRY LETTER AWARDS

VARSITY LETTER

1. John Appelbaum
2. Matt Crawford"
3. Fred Biermann"
4. Jim Goeke"
5. Tom Junker"
6. John Menius
7. Dan Morgan
8. Mike Murphy
9. John Nolan

JUNIOR VARSITY MENTION

1. Borys Hayda
2. Joe Komos
3. Brian Lee
4. Steve Ronan

SOPHOMORE LETTER

1. Jim Brady
2. Ken Hardy
3. Dan Mohler
4. Joe Thuet

FRESHMAN LETTER

1. John Dolan
2. Gerry Goeke
3. Brian Dowd

Lou McCabe