



CRS Cross Country



Briarwood Invitational – 9-14-2024 – Belmont Plateau, Philadelphia, PA

The Council Rock South Golden Hawks raced at the prestigious Briarwood invitational on Saturday. This meet has some of the best teams in the state competing, including the number 2 ranked LaSalle Explorers. CR South showed we can compete with anyone in the state today as we tied LaSalle with a team score of 45 points putting three runners in the top 6 finishers with Jude Olsen, Cain Lawler and Mason Kaminski finishing 3rd, 4th and 6th respectively. Nate Kach and Eashaan Doeger finished 12th and 25th closing out our top 5 with all five earning individual medals. A tremendous performance by all!

Our JV boys also ran well finishing second. The JV Hawks were led by Jesse Gassmann who finished 5th. Also medaling in the JV field was Colin Hartey, 9th, Rowan Grant, 10th, Shane McCreary 12th and Cole Walters, 15th. Please find the team results below.

Congratulations to CR South!



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Varsity Race								
First	Last	Mile 1	Mile 2 Split	Mile 2 Lap	Finish	Last 1.12 Pace	Place	Gap 1-4
Jude	Olsen	05:10.0	10:19.0	05:09.0	16:16.4	05:22.9	3	00:56.0
Cain	Lawler	05:10.0	10:19.0	05:09.0	16:26.0	05:31.6	4	
Mason	Kaminski	05:14.0	10:37.0	05:23.0	16:48.6	05:35.7	6	Gap 1-5
Nate	Kach	05:14.0	10:49.0	05:35.0	17:12.4	05:46.4	12	01:21.3
Eshaan	Doegar	05:30.0	11:16.0	05:46.0	17:37.7	05:44.8	25	
Nick	Donohue	05:33.0	11:28.0	05:55.0	17:56.1	05:50.7	31	Gap 1-7
Finn	Malone	05:34.0	11:52.0	06:18.0	19:02.3	06:28.8	58	02:45.9
JV Race								
First	Last	Mile 1	Mile 2 Split	Mile 2 Lap	Finish	Last 1.12 Pace	Place	Gap 1-4
Jesse	Gassmann	05:20.0	11:28.0	06:08.0	18:14.3	06:07.1	5	00:57.8
Rowan	Grant	05:49.0	11:49.0	06:00.0	18:53.7	06:23.7	9	
Colin	Hartey	05:43.0	11:52.0	06:09.0	18:58.1	06:24.9	10	Gap 1-5
Shane	McCreary	05:48.0	12:03.0	06:15.0	19:12.1	06:27.7	12	01:14.0
Cole	Walters	05:44.0	12:12.0	06:28.0	19:28.4	06:34.3	15	
Lucas	Robtison	06:27.0	12:54.0	06:27.0	20:40.3	07:01.3	34	Gap 1-7
Dan	Kulb	06:34.0	13:24.0	06:50.0	21:20.7	07:10.7	53	03:06.4
Nevin	Thomas	06:34.0	13:46.0	07:12.0	21:50.1	07:17.4	69	
Gavin	Gugger	06:42.0	13:52.0	07:10.0	21:52.2	07:13.8	70	
Cole	Hunter	06:43.0	14:30.0	07:47.0	23:15.9	07:55.1	97	
Chase	Pavlow			00:00.0		00:00.0		
Freshman Race								
Jonathan	Harding				12:49.4	06:52.7	42	





















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Varsity Boys 5000 Meter Run Finals Team Scores



PLACE	TEAM	POINTS	SCORERS	TIMES
1	 La Salle College HS	45	2+6+9+12+16 (18+20)	1:05 1-5 Split 16:57 Avg
2	 Council Rock South	45	3+4+5+11+22 (27+53)	1:21 1-5 Split 16:52 Avg
3	 Ridgewood HS	80	1+13+15+21+30 (32)	2:03 1-5 Split 17:15 Avg
4	 Methacton	111	10+17+23+28+33 (37+50)	1:04 1-5 Split 17:42 Avg
5	 Upper Dublin	191	19+24+39+48+61 (68)	1:46 1-5 Split 18:22 Avg
6	 Germantown Friends School	211	7+38+40+62+64 (78+80)	2:30 1-5 Split 18:30 Avg
7	 Paul VI HS	223	14+43+49+52+65 (77+79)	2:07 1-5 Split 18:39 Avg
8	 Saint Joseph's Prep	226	36+42+45+47+56 (59+86)	0:46 1-5 Split 18:44 Avg
9	 South Western	264	25+35+44+70+90 (94+105)	2:56 1-5 Split 19:01 Avg
10	 Plymouth Whitmarsh	312	26+41+75+83+87 (96+101)	2:43 1-5 Split 19:25 Avg
11	 Hasbrouck Heights HS	314	8+55+57+95+99 (110+111)	4:03 1-5 Split 19:25 Avg
12	 Lower Moreland	326	54+58+69+72+73 (103+114)	0:34 1-5 Split 19:25 Avg
13	 Woodstown HS	337	51+63+67+74+82 (116)	1:15 1-5 Split 19:31 Avg
14	 Trinity School	358	29+71+81+88+89	2:38 1-5 Split 19:47 Avg
15	 Washington Twp HS	380	31+60+92+93+104 (106+107)	3:28 1-5 Split 20:06 Avg
16	 Springfield (Delco)	430	34+76+98+109+113	4:54 1-5 Split 20:53 Avg
17	 Archbishop Wood	436	46+91+97+100+102 (108)	2:42 1-5 Split 20:36 Avg
18	 The Pennington School	462	66+84+85+112+115	6:50 1-5 Split 21:57 Avg


















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1	 La Salle College HS	17	1+2+3+4+7 (8+11)	1:04 1-5 Split 17:58 Avg
2	 Council Rock South	49	5+9+10+12+13 (21+36)	1:14 1-5 Split 18:57 Avg
3	 South Western	119	16+23+24+26+30 (46+60)	0:42 1-5 Split 20:50 Avg
4	 Methacton	124	14+15+19+34+42 (52+55)	1:45 1-5 Split 20:35 Avg
5	 Germantown Friends School	140	20+25+27+31+37 (43+59)	0:44 1-5 Split 21:00 Avg
6	 Paul VI HS	140	17+18+29+35+41 (45+49)	1:11 1-5 Split 20:54 Avg
7	 Ridley	218	22+39+48+51+58 (62+90)	1:36 1-5 Split 21:43 Avg
8	 Upper Dublin	236	6+32+53+72+73 (75+89)	5:36 1-5 Split 21:52 Avg
9	 Plymouth Whitemarsh	245	28+33+47+61+76	3:15 1-5 Split 22:08 Avg
10	 Woodstown HS	278	38+56+57+63+64	1:30 1-5 Split 22:24 Avg
11	 Trinity School	332	44+54+74+78+82 (98)	3:21 1-5 Split 23:24 Avg
12	 Springfield (Delco)	348	40+66+69+80+93 (94+95)	6:18 1-5 Split 24:08 Avg
13	 Saint Joseph's Prep	369	67+68+70+81+83 (84+88)	1:47 1-5 Split 24:07 Avg
14	 Archbishop Wood	381	50+71+77+91+92 (97)	5:52 1-5 Split 24:52 Avg
15	 Washington Twp HS	402	65+79+85+86+87 (96)	2:31 1-5 Split 24:44 Avg