

## 1996 University of Rochester Cross Country Individual Results

| <u>NAME</u>      | <u>YR.</u> | Hamilton Quad Meet<br>Clinton, NY<br>9/14/1996 | SUNY Cortland<br>Invitational<br>Cortland, NY<br>9/28/1996 | Notre Dame Invitational<br>South Bend, IN<br>10/4/1996 | UAA Championships<br>St. Louis, MO<br>10/19/1996 | NYSCTC Championships<br>Mendon, NY<br>11/2/1996 | NCAA Division III New<br>York Regional<br>Canandaigua, NY<br>11/9/1996 | NCAA Division III<br>Championships<br>Rock Island, IL<br>11/16/1996 |
|------------------|------------|------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------|-------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------|
| Jason Barry      | Fr.        | 22 - 30:05.9                                   | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| Jason Baxter     | Fr.        | -                                              | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| John Chambers    | So.        | 5 - 27:03.9                                    | 21 - 26:27.5                                               | 57 - 25:57                                             | 40 - 26:58.2                                     | 11 - 27:14                                      | 14 - 28:00                                                             | 50 - 25:25                                                          |
| Graham Darrow    | Jr.        | -                                              | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| John Davies      | So.        | 39 - 34:45.6                                   | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| Andrew Evans     | Jr.        | 1 - 25:49.5                                    | 2 - 25:28.5                                                | 5 - 24:52                                              | 1 - 24:36.5                                      | 2 - 26:15                                       | 7 - 27:31                                                              | 69 - 25:36                                                          |
| Chris Galuppo    | Sr.        | -                                              | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| Tim Gunnell      | Fr.        | -                                              | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| Jason Hart       | Sr.        | 4 - 26:35.9                                    | 9 - 26:00.3                                                | 14 - 25:13                                             | 4 - 25:09.6                                      | 6 - 26:37                                       | -                                                                      | 105 - 26:08                                                         |
| Nathan Heilman   | Fr.        | 17 - 29:02.8                                   | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| Gerard Lancaster | Sr.        | 8 - 27:29.8                                    | 69 - 27:20.9                                               | 98 - 26:37                                             | 15 - 26:05.6                                     | 16 - 27:30                                      | 18 - 28:10                                                             | 155 - 26:53                                                         |
| Peter Ohl        | So.        | -                                              | -                                                          | -                                                      | 35 - 26:51.5                                     | 47 - 28:23                                      | -                                                                      | -                                                                   |
| Thomas Ohl       | So.        | 7 - 27:07.8                                    | 62 - 27:16.1                                               | 82 - 26:22                                             | 11 - 25:55.8                                     | 19 - 27:36                                      | 35 - 28:35                                                             | 147 - 26:46                                                         |
| Luke Peppone     | So.        | 31 - 31:30.9                                   | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| Craig Roberts    | Fr.        | -                                              | -                                                          | -                                                      | -                                                | -                                               | -                                                                      | -                                                                   |
| Nathaniel Spurr  | Fr.        | 15 - 28:49.2                                   | -                                                          | -                                                      | 74 - 28:44.6                                     | 70 - 29:33                                      | -                                                                      | -                                                                   |
| Jeff Totten      | Sr.        | 2 - 25:57.8                                    | 3 - 25:33.2                                                | 3 - 24:47                                              | 3 - 25:03.3                                      | 1 - 26:03                                       | 2 - 26:50                                                              | 21 - 25:02                                                          |
| Rick Ulstad      | Sr.        | 3 - 26:03.2                                    | 15 - 26:16.2                                               | 45 - 25:49                                             | 7 - 25:37.7                                      | 5 - 26:35                                       | 8 - 27:33                                                              | 82 - 25:48                                                          |
| Phillip Wittman  | Fr.        | 13 - 27:59.3                                   | -                                                          | -                                                      | 53 - 27:29.0                                     | -                                               | -                                                                      | -                                                                   |

|               |    |     |     |    |     |     |     |
|---------------|----|-----|-----|----|-----|-----|-----|
| Total Entries | 41 | 172 | 130 | 85 | 119 | 164 | 184 |
|---------------|----|-----|-----|----|-----|-----|-----|

## 1996 Team Results

| <u>Date</u>        | <u>Meet</u>                                         | <u>Location</u> | <u>Opponent</u> | <u>Result</u> | <u>Points</u> |
|--------------------|-----------------------------------------------------|-----------------|-----------------|---------------|---------------|
| September 14, 1996 | <a href="#">Hamilton Quad Meet</a>                  | Clinton, NY     | vs. Hamilton    | Win           | 15-50         |
|                    |                                                     |                 | vs. Union       | Win           | 15-48         |
|                    |                                                     |                 | vs. Hartwick    | Win           | 15-50         |
| September 28, 1996 | <a href="#">SUNY Cortland Invitational</a>          | Cortland, NY    |                 | 1st of 25     | 50            |
| October 4, 1996    | <a href="#">Notre Dame Invitational</a>             | South Bend, IN  |                 | 1st of 20     | 124           |
| October 19, 1996   | <a href="#">UAA Championships</a>                   | St. Louis, MO   |                 | 1st of 9      | 26            |
| November 2, 1996   | <a href="#">NYSCTC Championships</a>                | Mendon, NY      |                 | 1st of 14     | 25            |
| November 9, 1996   | <a href="#">NCAA Division III New York Regional</a> | Canandaigua, NY |                 | 1st of 25     | 49            |
| November 16, 1996  | <a href="#">NCAA Division III Championships</a>     | Rock Island, IL |                 | 8th of 21     | 235           |