

Name	School	Parma-1	Parma-2	Cougar	Best 09	Rating	Time	2009 Time
Lipani, Lou	Arcadia	17.35		16.98	60.0	97.3	16:20	16:34
Piacentini, Anthony	Schroeder		17.50	17.50	58.8	94.1	16:53	16:54
Nasello, AJ	Schroeder		17.65		58.1	89.9	17:40	17:08
Lyons, Nate	Schroeder		17.70	17.27	57.9	93.6	16:58	17:11
Knapp, JonMichael	Arcadia	18.20		17.75	56.5	90.9	17:28	17:36
Whittemore, Steve	Schroeder		18.27	18.33	56.1	87.3	18:12	17:44
Hamouda, Adrian	Schroeder		18.47	18.02	55.9	85.0	18:41	17:47
Kelly, Geoffery	Schroeder		18.73		54.7	85.9	18:29	18:11
Demay, Tyler	East Rochester			19.25	54.6	84.5	18:47	18:13
Makowski, Joe	Schroeder		18.95		54.5	83.6	18:60	18:15
Vollenweider, Joel	Canandaigua			18.45	54.2	85.3	18:37	18:20
Wehrle, Joe	Schroeder		19.03	18.70	53.8	84.9	18:42	18:28
Ward, Eric	Canandaigua			18.60	53.3	84.2	18:52	18:40
McKeown, Trevor	Schroeder		19.47		53.0	84.1	18:53	18:47
Alexander, Elliot	Schroeder		19.43		52.7	82.1	19:21	18:51
Farrell, Tom	Schroeder		19.50		52.6	79.9	19:53	18:55
Merrit, Alex	Schroeder		19.65		52.2	79.1	20:05	19:04
Trombley, Nick	Canandaigua			19.07	52.0	82.6	19:14	19:08
Wiseman, John	Schroeder		19.87		51.6	80.9	19:37	19:17
Greene, Nick	Arcadia	19.95		19.35	51.6	81.5	19:30	19:17
McManus, Jacob	Arcadia	20.37		19.73	51.5	82.2	19:19	19:19
Krawiec, Eric	Schroeder		21.27		51.3	84.9	18:43	19:22
Rider, Nic	East Rochester			20.93	51.3	78.4	20:16	19:23
Burgin, Will	Schroeder		20.75		51.2	80.3	19:47	19:26
Pawlicki, Peter	Arcadia	20.70		19.38	51.1	79.8	19:54	19:27
Beaujon, Allen	Canandaigua				50.9	80.3	19:47	19:33
McCormick, Matt	Canandaigua				50.7	79.8	19:54	19:36
Chavez, Jorge	Canandaigua			19.67	50.6	81.2	19:33	19:40
Mathew, Justin	Schroeder		20.50		50.0	76.7	20:43	19:54
Hamilton, Danny	East Irondequoit				49.9	75.2	21:07	19:57
Lyons, Zach	Schroeder		20.57		49.8	78.9	20:07	19:57
Mazer, Matt	East Irondequoit				49.8	78.6	20:13	19:58
Valenti, Peter	Canandaigua			20.28	49.5	78.3	20:17	20:06
Cannon, Tristan	Schroeder				49.2	75.5	21:03	20:12
Graham, George	East Irondequoit				49.2	78.1	20:20	20:13
Reed, Justin	Schroeder		20.85		49.2	77.5	20:29	20:14
Freudenvoll, Dominic	Arcadia	22.13			49.0	76.2	20:50	20:17
Knopp, Kyle	East Rochester				49.0	74.6	21:18	20:18
McRae, Tristan	Arcadia	21.00			49.0	74.5	21:19	20:18
Ritter, Aaron	Arcadia	21.33			49.0	77.6	20:28	20:18
Densmore, Mike	Canandaigua				48.8	79.8	19:53	20:23
O'Shea, Ryan	Canandaigua			20.33	48.7	76.4	20:48	20:24
Carlisle, Craig	East Rochester			20.92	48.5	80.9	19:37	20:31
Boot, Andrew	Canandaigua				48.2	77.0	20:38	20:38
Hauser, Sam	East Rochester			21.03	48.0	75.7	20:59	20:43
Ostrander, Mike	Arcadia	21.48			47.9	74.5	21:19	20:46

Name	School	Parma-1	Parma-2	Cougar	Best 09	Rating	Time	2009 Time
McCormick, Pat	Canandaigua				47.4	75.1	21:09	20:58
Finn, Zach	East Rochester			21.60	47.3	74.6	21:17	21:03
Killigrew, John	Schroeder		21.75		47.1	74.5	21:18	21:06
Harding, Sam	Canandaigua				47.0	74.9	21:12	21:10
Gerstner, John	East Rochester			22.22	47.0	73.1	21:43	21:11
Namestnik, Erik	Canandaigua				46.6	74.4	21:21	21:21
Uttaro, Andrew	Canandaigua				46.4	70.9	22:24	21:25
Dana, Steven	Schroeder		22.40		45.8	72.1	22:01	21:44
Circelli, Kenneth	Schroeder		23.08		44.9	74.5	21:20	22:08
Murch, Mike	Canandaigua				44.9	71.7	22:09	22:09
Devries, Jacob	Schroeder		23.88		44.6	69.8	22:44	22:19
Ebreth, Jacob	Schroeder		23.15		44.3	69.7	22:47	22:28
Rekers, Arik	Schroeder		23.17		44.2	69.9	22:43	22:29
Palmissano, James	Canandaigua				44.1	70.4	22:33	22:32
Halldow, Dustin	East Irondequoit				44.0	68.0	23:20	22:37
Wandersee, Nick	East Rochester				43.8	69.0	23:01	22:41
Lombardo, Mike	Arcadia	23.72			43.4	71.3	22:16	22:56
Leppert, Dan	Canandaigua				42.4	67.2	23:39	23:29
Barnhard, Justin	Canandaigua				42.3	66.1	24:02	23:30
Patel, Arjun	Schroeder				41.6	63.3	25:05	23:55
Prahler, Cody	Schroeder		25.67		41.0	64.6	24:34	24:14
Hohl, Michael	Schroeder		26.07		41.0	64.1	24:46	24:15
Dietl, Noah	Schroeder		25.20		40.7	64.0	24:49	24:27
McCall, Mike	East Irondequoit				40.0	63.9	24:52	24:52
Doherty, Patrick	Schroeder		25.75		39.8	72.8	21:48	24:59
McCall, Robbie	East Irondequoit				37.4	57.7	27:31	26:37
Semmler, Robert	Schroeder		27.67		37.0	56.5	28:05	26:51
Snover, James	Schroeder		27.82		36.8	54.7	29:03	26:60
Ash, David	Schroeder		28.13		36.4	56.1	28:19	27:18
Benson, Anthony	Schroeder		32.48		31.6	47.9	33:07	31:31
Lynch, Cameron	Arcadia				-	91.2	17:25	
Reichert, John	Arcadia				-	89.6	17:43	
Northrup, Jordan	Arcadia				-	76.5	20:45	
Rider, Nick	East Rochester				-	75.5	21:03	
DiBenedetto, Ryan	Schroeder				-	75.4	21:04	
Webb, Cody	Canandaigua				-	73.6	21:35	
Mikiciuk, Andrew	Arcadia				-	73.6	21:35	
Morey, Jordan	Canandaigua				-	73.5	21:36	
Dallmeyer-Drennan,	Canandaigua				-	73.1	21:43	
Nguyen, Hung	Arcadia				-	72.9	21:47	
Samulski, Sam	East Rochester				-	70.3	22:35	
King, Javonte	Arcadia				-	67.3	23:36	
Slack, Josh	Arcadia				-	67.2	23:37	