

Race Lake Region Invitational

Date 8/31/2013

Distance 2.72

Weather Sunny/85 Degrees

Teams Lake Region, Windham, Gray-New Gloucester, Westbrook, Poland, Fryeburg Academy, NYA,

Division Male



Place	Name	School	Time	Pace
1	Shafer	GNG	0:15:21	0:05:39
2	Skvorak	Windham	0:15:45	0:05:47
3	Carty	Fryeburg	0:16:03	0:05:54
4	Garcia	GNG	0:16:08	0:05:56
5	Bretton	Windham	0:16:14	0:05:58
6	Hannes	Fryeburg	0:16:33	0:06:05
7	Lombardo	Westbrook	0:16:34	0:06:05
8	Bennett	Windham	0:16:36	0:06:06
9	Bland	Windham	0:16:37	0:06:07
10	Rose	Fryeburg	0:16:41	0:06:08
11	Burke	Fryeburg	0:17:17	0:06:21
12	Preston	Windham	0:17:22	0:06:23
13	Laliberte	Windham	0:17:26	0:06:25
14	Whitlock	Westbrook	0:17:39	0:06:29
15	Nickerson	GNG	0:17:31	0:06:26
16	King	Windham	0:17:33	0:06:27
17	Yang	Fryeburg	0:17:41	0:06:30
18	Laconey	Fryeburg	0:18:08	0:06:40
19	Richardson	Windham	0:18:19	0:06:44
20	Russo	Poland	0:18:29	0:06:48
21	Aceto	Lake Region	0:18:42	0:06:52
22	Brockelbank	Windham	0:18:45	0:06:54
23	Black	Lake Region	0:18:52	0:06:56
24	Lagasse	Poland	0:18:55	0:06:57
25	Bell	Fryeburg	0:18:55	0:06:57
26	Ellingson	GNG	0:18:59	0:06:59
27	O'Keefe	Fryeburg	0:19:05	0:07:01
28	Banks	Westbrook	0:19:07	0:07:02
29	Verrill	Windham	0:19:13	0:07:04
30	Harris	Poland	0:19:14	0:07:04
31	Foster	Windham	0:19:15	0:07:05
32	Scarlett	Lake Region	0:19:18	0:07:06
33	Briggs	Fryeburg	0:19:21	0:07:07
34	Roarke	Lake Region	0:19:47	0:07:16
35	Shelley	Poland	0:20:25	0:07:30
36	Liljedahl	Fryeburg	0:20:32	0:07:33
37	Flynn	Windham	0:20:36	0:07:34
38	McPhail	Windham	0:20:50	0:07:40

Overall Team Results

1 Windham	33
2 Fryeburg	43
3 Gray New Gloucester	107
4 Lake Region	113
5 Poland	114
6 Westbrook	NS

Windham had 9 men in the top 25



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Place	Name	School	Time	Pace
39	DeSouza	Lake Region	0:21:18	0:07:50
40	Sampson	Poland	0:21:06	0:07:45
41	Russell	Poland	0:21:30	0:07:54
42	Powell	Windham	0:21:32	0:07:55
43	Spencer	Fryeburg	0:21:36	0:07:56
44	Phillip	Fryeburg	0:21:42	0:07:59
45	Myshrall	Poland	0:21:44	0:07:59
46	Kaczynski	Poland	0:21:55	0:08:03
47	Cleaves	Poland	0:21:56	0:08:04
48	Irish	Lake Region	0:22:54	0:08:25
49	Herald, Devin	Windham	0:22:54	0:08:25
50	Thompson	Windham	0:23:17	0:08:34
51	Swazey	Fryeburg	0:24:05	0:08:51
52	Powers	Fryeburg	0:24:05	0:08:51
53	Forbes	Windham	0:24:39	0:09:04
54	Gaul	Poland	0:25:27	0:09:21
55	Cyr	Poland	0:26:21	0:09:41
56	Lacarrubba	GNG	0:26:26	0:09:43
57	Moran	GNG	0:29:20	0:10:47
58	Ellington	Poland	0:21:11	0:07:47