

2023 John Bernard Adirondack Cross Country Invitational



TEAM RESULTS

Plac	Name	Scor	Total	Avg	Avg	Team	Scoring
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Boys Modified Race

1	Vernon-Verona-Sherrill	20	51:29	10:17	9:44	0:46	1-2-3-7-10-16-18
2	Massena	73	57:46	11:33	10:56	3:12	4-8-21-22-45-54-65
3	Rome Free Academy (RFA)	79	59:11	11:50	11:12	1:27	11-17-25-26-28-31-34
4	Central Valley Academy	82	59:21	11:52	11:14	2:17	6-14-23-33-35-38-39
5	Saquoit Valley	111	1:02:34	12:30	11:50	1:59	15-29-30-36-43-55-57

Girls Modified Race

1	Remsen	27	1:03:41	12:44	12:03	1:17	3-10-15-17-18-19-42
2	Rome Free Academy (RFA)	51	1:06:50	13:22	12:39	1:12	12-20-21-22-25-27-31
3	Oneida (Modified)	55	1:13:55	14:47	13:59	5:02	1-7-36-37-38-45

Boys Division I Varsity Race

1	Vernon-Verona-Sherrill	34	1:31:21	18:16	5:52	2:10	1-2-6-9-16-17-32
2	Pulaski	97	1:38:24	19:40	6:20	3:57	3-10-12-35-42-43
3	Adirondack	104	1:39:10	19:50	6:23	3:14	5-8-25-33-38-39-49
4	Central Valley Academy	104	1:39:30	19:54	6:24	2:43	11-13-14-30-41-46-53
5	Westmoreland	109	1:40:44	20:08	6:29	0:46	18-19-21-24-28-51-66
6	Phoenix	153	1:45:27	21:05	6:47	6:08	7-15-37-44-64-72
7	Deruyter	165	1:45:58	21:11	6:49	6:04	4-22-45-47-60-62-74
8	Thousand Islands	174	1:47:00	21:24	6:53	3:02	23-26-31-48-54-59-68
9	Herkimer	185	1:48:06	21:37	6:57	2:45	20-34-40-50-52-63-77

Girls Division I Varsity Race

1	Adirondack	29	1:45:15	21:03	6:46	2:33	1-5-6-9-12-22-23
2	Vernon-Verona-Sherrill	59	1:49:56	21:59	7:04	3:46	2-10-13-14-24-35-63
3	Pulaski	93	1:56:02	23:12	7:28	1:35	15-17-18-21-29-31-54
4	Waterville	96	1:56:45	23:21	7:30	5:12	4-8-16-43-49-75-80
5	New Hartford	121	2:00:07	24:01	7:43	4:15	7-19-30-44-46-51-53
6	Central Valley Academy	134	2:02:44	24:32	7:54	5:54	11-20-33-37-70-79-88
7	Thousand Islands	153	2:04:22	24:52	8:00	2:09	25-28-38-45-48-52-74
8	Herkimer	244	2:30:32	30:06	9:41	9:20	61-72-78-84-92

Boys Division II Varsity Race

1	Rome Free Academy (RFA)	39	1:30:49	18:09	5:50	1:20	3-9-11-12-14-19-21
2	Remsen	77	1:34:27	18:53	6:04	2:49	5-10-16-25-40-46-63
3	Clinton	111	1:37:38	19:31	6:17	2:45	6-29-30-31-41-43-44



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4	Holland Patent	136	1:40:04	20:00	6:26	1:34	23-27-35-39-45-60-62
5	Onondaga	142	1:42:37	20:31	6:36	6:17	15-18-26-49-77-78
6	Notre Dame (Utica)	150	1:40:52	20:10	6:29	2:17	22-24-42-47-54-67-83
7	Indian River	152	1:43:03	20:36	6:38	4:42	8-33-36-59-64-65-88
8	Oneida	152	1:44:40	20:56	6:44	6:18	4-7-57-72-73
9	Sandy Creek	214	1:55:38	23:07	7:26	8:34	13-53-70-79-89

Girls Division II Varsity Race

1	Clinton	37	1:50:03	22:00	7:05	1:56	3-6-7-9-12-18-22
2	Rome Free Academy (RFA)	55	1:52:48	22:33	7:15	2:16	4-8-10-16-17-27-36
3	Oneida	77	1:56:08	23:13	7:28	4:31	1-13-15-24-26-54-59
4	Remsen	115	2:05:16	25:03	8:03	5:57	11-14-23-32-45-46-60
5	Dolgeville	125	2:10:51	26:10	8:25	11:01	2-5-28-56-58
6	Onondaga	156	2:12:59	26:35	8:33	4:46	25-29-30-42-49-50-62
7	Sandy Creek	163	2:16:44	27:20	8:48	6:23	20-39-40-41-52-55-61
8	West Canada Valley	194	2:32:28	30:29	9:48	12:02	21-31-51-63-64



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