

Coopers Lake Course Bests 5K high school course (used since 2005 season) revised after 2017 Mack Cooper SRU Invite 10/16/2017 season

TriStates times in red (moved to Cal U after 2014)

N.B.: 2004 times by Jeff Weiss, McGuffey were on the old Slippery Rock course on the edge of the campus. A dorm was built on the area and Cooper's Lake course has been used since Fall 2005 for SRU Invite, Tristates (2005-2014), and D7 finals (wpials).

In 2004, on the OLD course, Jeff Weiss, McGuffey ran 16:05 at SRU Invite in September, 15:30 (quoted in article on Pentrackxc as the Tri States meet record, but again-this is the OLD different course) in October and won D7 AA wpial race with a 15:37 on the OLD course.

A good sense of the excellent quality of Jaskowak and Kennedy's times at Tri States 2012 (in terrible rain) look at the AT Coopers Lake new course times since 2005:

Time	Year	Athlete	School	Meet/conditions
15:29	2010	Zach Hebda	N Hills	1 st D7 (wpial final) senior year/absolutely clear, ground hard and dry
15:30	2009	Ryan Gil*	N Allegheny	1 st D7 (wpial final) junior year/perfect dry conditions, warmer than 2010
15:34	2005	Jake Walker	Ellwood City	1 st Tristates senior year/good conditions, cloudy, dry ground, no wind
15:36	2012	Dan Jaskowak	Grove City	1 st TriStates senior year/wet, slick, raining, muddy
15:37	2012	Brent Kennedy*	Kiski Area	2 nd TriStates junior year/wet, slick, raining, muddy
15:37	2010	Juris Silinieks	N Hills	2 nd to Hebda D7 final senior year/absolutely perfect, hard ground
15:38	2009	Ryan Gil*	N Allegheny	1 st TriStates as a junior/absolutely perfect conditions, hard ground
15:38	2010	Joe Kush	N Hills	3 rd to Hebda D7 final senior year/perfect conditions, hard fast ground
15:39	2010	Juris Silinieks	N Hills	1 st Tristates senior year/best conditions ever, sunny, cool, dry
15:39	2010	Zach Hebda	N Hills	2 nd Tristates senior year/best conditions ever, sunny, cool, dry
15:39	2010	Ryan Gil	N Allegheny	4 th to Hebda D7 final senior year/perfect conditions, hard fast ground
15:43	2009	Rad Gunzenhauser	Mt Lebo	2 nd to Gil D7 final senior year/ perfect dry conditions, warmer than 2010
15:44	2005	Lucas Zarzeczny*	Avonworth	1 st SRU Invite/September
15:44	2005	Lucas Zarzeczny*	Avonworth	2 nd Tristates to Walker/ good conditions, cloudy, dry ground, no wind
15:46	2017	Noah Beveridge	Butler	1 st SRU Mack Cooper/ good conditions, warm, dry ground, no wind
15:48	2005	Jake Walker	Ellwood City	1 st D7 AA final (wpials)/ good conditions, cloudy, dry ground, no wind
15:48	2009	Joe Kush*	N Hills	3 rd D7 finals behind Gil/ perfect dry conditions, warmer than 2010
15:50	2008	Matt Gregory	Canon Mac	1 st D7 finals (wpials)/very good conditions
15:50	2009	Rad Gunzenhauser	Mt Lebo	2 nd to Gil at Tristates senior year/ perfect conditions, hard ground
15:50	2010	Joe Kush	N Hills	3 rd to mates Tristates senior year/ best conditions ever, sunny, cool, dry
15:51	2008	Cam Stauffer	Seneca Valley	2 nd to Gregory senior year D7 finals/very good conditions
15:52	2005	Max Brown	N Allegheny	3 rd Tristates Walker, Lucas/ good condns, cloudy, dry ground, no wind

15:53	2006	Scott van Kooten	C Cath	1 st D7 final/grey, windless, ground wet from Tristates the week before
15:54	2006	Lucas Zarzeczny	Avonworth	1 st SRU Invitational September
15:54	2010	Logan Steiner*	N Allegheny	5 th D7 finals junior year/ perfect conditions, hard fast ground
15:55	2016	Mark Provenzo	Franklin Reg.	1 st SRU Mack Cooper/ good conditions, cloudy, dry ground, no wind
15:57	2014	Matt McGoey	N Allegheny	1 st D7 final/sunny, low 50s, ground good condition
15:58	2005	Jake Walker	Ellwood City	2 nd to Zarzeczny SRU Invite
15:58	2005	Scott van Kooten *	C Cath	4 th as junior Tristates/ good conditions, cloudy, dry ground, no wind
15:58	2008	Ryan Gil**	N Allegheny	3 rd to Gregory/Stauffer as a soph D7 final/ very good conditions
15:58	2010	Wade Andress	Altoona	4 th to 3 N Hills Tristates senior year/ best conditions ever, sunny, cool, dry
15:59	2012	Brent Kennedy*	Kiski Area	1 st D7 final, junior year/decent conditions

Some notable 16:01s (Ean DiSilvio/Allderdice, 3rd at Tristates 2012)

Beardsley Northeast 16:01 SRU Invite 2009 as senior, Gil** NA SRU Invite as a soph , Smathers Northeast 1st SRU Invite as senior

*=junior

**=sophomore

2015 D7 winners times: none impacted this list (wet ground from day before)

AAA Boys: Wolk (Peters Twp) 16:12, Migliozi (NA) 16:15, Provenzo (FR) 16:23, Susalla (Plum) 16:30

AA Boys: Skolnekovich (QV) 16:11

A Boys: Peretta (Beaver Falls) 16:15, Mackey (Sewickley Academy) 16:28