



***Skyline Conference  
Cross Country Report  
September 29, 2014***

***[www.skylineconference.org](http://www.skylineconference.org)***

**Men's Cross Country Runner of the Week**

***Nicholas Sherman - Maritime***

***Freshman, Huntington, NY/Huntington HS***

Sherman finished third overall in a field of 173 runners on Sept. 28 at the Staten Island Invitational with a time of 16:47.7 on the 5K course....led Maritime to a third-place showing in the 21-team field.

**Men's Cross Country Rookie of the Week**

***Nick Morfesi - St. Joseph's-L.I.***

***Freshman, West Babylon, NY/West Babylon HS***

Competing at the Staten Island Invitational on Sept. 28, Morfesi registered a time of 18:04.6 on the 5K course as he placed 16th in a field of 173 runners....tabbed the Skyline Rookie of the Week for the second time....Maritime placed third out of 21 teams.

**Women's Cross Country Runner of the Week**

***AnnMarie Zigrosser - St. Joseph's-L.I.***

***Senior, Bayport, NY/St. John the Baptist HS***

Zigrosser finished second overall at the Staten Island Invitational on Sept. 28 with a time of 20:41.6 on the 5K course to lead St. Joseph's-L.I. to the team title...field consisted of 162 runners...earns her second consecutive Runner of the Week citation.

**Women's Cross Country Rookie of the Week**

***Katherine Shepard - Sarah Lawrence***

***Freshman, Visalia, CA/Mount Whitney HS***

Competing at the Staten Island Invitational on Sept. 28, Shepard posted a time of 22:36.1 and finished 22nd overall...field consisted of 162 competitors...Sarah Lawrence placed fifth out of 19-team field.

### **Last Week's Men's Results**

|      |                                                   |         |
|------|---------------------------------------------------|---------|
| 9/28 | St. Joseph's-L.I. at Staten Island Invitational   | 2nd/21  |
|      | Maritime at Staten Island Invitational            | 3rd/21  |
|      | Mount Saint Vincent at Staten Island Invitational | 10th/21 |
|      | Sarah Lawrence at Staten Island Invitational      | 11th/21 |
|      | Old Westbury at Staten Island Invitational        | 17th/21 |

### **This Week's Men's Schedule**

|      |                                                                                                                                              |
|------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 10/4 | Farmingdale State, Maritime, Mount Saint Vincent, Old Westbury, Purchase, Sage, Sarah Lawrence, St. Joseph's-L.I. at Mount Saint Mary Invite |
|------|----------------------------------------------------------------------------------------------------------------------------------------------|

### **Last Week's Women's Results**

|      |                                                   |         |
|------|---------------------------------------------------|---------|
| 9/28 | St. Joseph's-L.I. at Staten Island Invitational   | 1st/19  |
|      | Sarah Lawrence at Staten Island Invitational      | 5th/19  |
|      | Mount Saint Vincent at Staten Island Invitational | 6th/19  |
|      | Old Westbury at Staten Island Invitational        | 17th/19 |

### **This Week's Women's Schedule**

|      |                                                                                                                                              |
|------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 10/4 | Farmingdale State, Maritime, Mount Saint Vincent, Old Westbury, Purchase, Sage, Sarah Lawrence, St. Joseph's-L.I. at Mount Saint Mary Invite |
|------|----------------------------------------------------------------------------------------------------------------------------------------------|

---

### **Men's Weekly Honorees**

#### ***Runner of the Week***

9/15 Brian Wersan (St. Joseph's-L.I.); 9/22 Brian Wersan (St. Joseph's-L.I.); 9/29 Nicholas Sherman (Maritime);

#### ***Rookie of the Week***

9/15 Nick Morfesi (St. Joseph's-L.I.); 9/22 Nicholas Sherman (Maritime); 9/29 Nick Morfesi (St. Joseph's-L.I.);

### **Women's Weekly Honorees**

#### ***Runner of the Week***

9/15 Lauren Waka (St. Joseph's-L.I.); 9/22 Lauren Waka (St. Joseph's-L.I.) / AnnMarie Zigrosser (St. Joseph's-L.I.); 9/29 AnnMarie Zigrosser (St. Joseph's-L.I.);

#### ***Rookie of the Week***

9/15 Lyndsey Pere (Yeshiva); 9/22 Ilenis Quinones (Sage); 9/29 Katherine Shepard (Sarah Lawrence);