

MEN'S CROSS COUNTRY RECORDS

(As of 2009)

Top Ten All-Time 5,000 Meters:

1. Kyle Sullinger	15:37	2008
2. Ryan Crocker	15:57	2004
3. Ryan Crocker	16:08	2003
4. Kyle Sullinger	16:10	2007
5. Ross Crocker	16:21	2008
6. Matt Harbert	16:23	2000
7. Tim Meier	16:31	1998
8. Mark Talbott	16:35	2008
9. Ryan Crocker	16:38	2002
10. Ryan Kupchella	16:39	2002
Ross Crocker	16:39	2009

PAC All Conference:

- 2001** – Ryan Kupchella – 5th, Shaun Gaul – 9th
 Ryan Crocker – 11th, Bennet Krawchuk – 12th
- *2002** – Ryan Kupchella - 1st, Ryan Crocker - 2nd
 Bennet Krawchuk - 7th
- 2003** – Ryan Crocker - 1st, Ryan Kupchella - 6th
 Tim Rhodes - 13th
- 2004** – Ryan Crocker - 1st
- 2005** – Mike Wilson – 5th, Gordon Grob – 6th
 Andy Schweitzer – 8th, Kyle Sullinger – 13th
 J.T. Hronek – 14th
- *2006** -- Ross Crocker – 3rd, Kyle Sullinger – 6th
 Gordon Grob – 7th, Mark Talbott – 8th
 Matt Mucha – 13th
- *2007**—Kyle Sullinger—1st, Ross Crocker—4th
 Mark Talbott—6th, Eric Huseman—8th
 Kevin Wissner—11th
- *2008**—Kyle Sullinger—1st, Ross Crocker—3rd
 Mark Talbott—4th, Jake Warren—7th
 Matt Mucha—9th, Eric Huseman—13th
- *2009**—Ross Crocker—3rd, Mark Talbott—5th,
 Jake Warren—7th, Brad Adams—8th,
 Matt Mucha—9th, Dan Pastoria—10th,
 Eric Huseman—14th, Will Anderson, 16th
- *PAC Team Champions**

Individual State Qualifiers:

Tim Meier	68 th	1997
Ryan Crocker	28 th	2002
Ryan Kupchella	34 th	2002
Kyle Sullinger	53 rd	2006
Gordon Grob	54 th	2006

Team State Qualifiers:

2009 – Ross Crocker, Mark Talbott, Matt Mucha, Brad Adams, Jake Warren, Dan Pastoria, Eric Husema
—5th place overall

ALL OHIO:

Tim Meier	21 st	1998
Matt Harbert	22 nd	2000
Ryan Crocker	16 th	2003
Ryan Crocker	2 nd	2004
Kyle Sullinger	15 th	2007
Kyle Sullinger	2 nd	2008
Ross Crocker	20 th	2008

BEST 5,000 METER TIMES BY

GRADE LEVEL:

SENIORS

1. Kyle Sullinger	15:37
2. Ryan Crocker	15:57
3. Matt Harbert	16:23
4. Tim Meier	16:31
5. Ross Crocker	16:39
6. Gordon Grob	16:51
7. Mark Talbott	17:05
8. Kevin Wissner	17:07
9. Mike Wilson	17:10
10. Matt Mucha	17:13

JUNIORS

1. Ryan Crocker	16:08
2. Kyle Sullinger	16:10
3. Ross Crocker	16:21
4. Mark Talbott	16:35
5. Ryan Kupchella	16:39
6. Tim Meier	17:05
7. Gordon Grob	17:10
8. Matt Harbert	17:21
9. Matt Mucha	17:23
10. Jake Warren	17:41

SOPHOMORES

1. Ryan Crocker	16:38
2. Kyle Sullinger	16:43
3. Ross Crocker	16:55
4. Mark Talbott	17:14
5. Ryan Kupchella	17:20
6. Matt Harbert	17:44
7. Eric Huseman	17:54
8. Dan Grasham	18:14
9. Rustyn Hallis	18:35
10. Bennet Krawchuk	18:38

FRESHMEN

1. Ross Crocker	16:53
2. Mark Talbott	17:16
3. Matt Mucha	17:53
4. Kyle Sullinger	17:57
5. Ryan Crocker	18:08
6. Ryan Kupchella	18:25
7. Gordon Grob	18:39
8. Eric Huseman	18:53
9. Dan Grasham	19:28
10. Matt Dobben	19:23

YEAR	COACH	MVP	CAPTAINS	TEAM ACCOMPLISHMENTS
1997	Hallis	Tim Meier	Tim Meier	1 st year for men's cross-country 8 th – Districts Div. III
1998	Hallis	Tim Meier	Tim Meier, Kyle Gaul	4 th – Districts Div. III 12 th -- Regionals
1999	Hallis	Matt Harbert	Matt Harbert	6 th – Districts Div. III
2000	Hallis	Matt Harbert	Matt Harbert	9 th – Districts Div. II
2001	Lyons	Shaun Gaul	Shaun Gaul	2 nd -- PAC 9 th – Districts Div. II
2002	Lyons	Ryan Kupchella Ryan Crocker	Bennet Krawchuk Matt Sammons	1 st – PAC 8 th – Districts Div. II
2003	Lyons	Ryan Crocker	Ryan Crocker	2 nd – PAC 9 th —Districts Div. II
2004	Lyons	Ryan Crocker	Ryan Crocker	3 rd – PAC 11 th – Districts Div. II
2005	Lyons	Mike Wilson	Mike Wilson Gordon Grob	2 nd – PAC 7 th —Districts Div. II
2006	Lyons	Gordon Grob	Gordon Grob	1 st – PAC 3 rd – Districts Div. II 5 th – Regionals
2007	Lyons	Kyle Sullinger	Kurt Kupchella Kyle Sullinger	1 st – PAC 2 nd – Districts Div. II 10 th -- Regionals
2008	Lyons	Kyle Sullinger	Kyle Sullinger Kevin Wissner	1 st – PAC 2 nd – Districts Div. II 6 th -- Regionals
2009	Lyons	Ross Crocker	Ross Crocker Mark Talbot Matt Mucha	1 st – PAC-7 1 st – Districts DII 3 rd – Regionals 5 th – State Meet