Varsity Results:

1. **Deerfield** **15**
2. Zion Benton 53
3. Mather 76

Frosh/Soph Results:

1. **Deerfield** **29**
2. Mather 30

Varsity – 3 miles

Pl	Name	Time
1	Josh Puyear (Jr)	15:37
2	Ben Kraemer (Sr)	15:45
3	Cole Bernstein (So)	15:47
4	Ryan Bernstein (So)	16:19
5	Alex Luo (So)	16:28
6	Eric Lakemaker (So)	16:29
7	Ben Zamler (Jr)	16:29
8	Jason Dahlberg (Sr)	16:50
9	Jonah Kaplan (Jr)	16:55
10	Lucas Moskovitz (So)	16:58
11	Grant Fisher (Sr)	17:15
13	AJ Osborn (Jr)	17:34
15	Joe Ariano (Sr)	17:43
16	Zack Greco (Jr)	17:44
17	Mac Cooley (Sr)	17:45
20	Micah Plofsky (Sr)	17:58
22	Elai Spector (Sr)	18:03
24	Asher Kriegel (Jr)	18:10
26	Brendan Beamer (Jr)	18:17
30	Ethan Friedman (Jr)	18:52
32	Coby Segal (Sr)	19:10
33	Hayden Katz (Jr)	19:12
34	Jeremy Plofsky (Sr)	19:15
37	Sam Voigt (Jr)	20:07
40	Matthew Kroscher (Sr)	20:18
42	Mark Goldenberg (Jr)	20:25
43	Ben Spiegel (Jr)	20:42
45	Spencer Vernier (Jr)	21:11
46	Zach Luke (Jr)	21:13
48	Logan Lofland (Jr)	21:27
51	Brian Reich (Jr)	21:41
57	Stephen DiNardo (Jr)	22:28
61	Max Bolon (Jr)	24:41
64	Tyler Nagelbach (Jr)	25:38

Frosh/Soph – 2 miles

Pl	Name	Time
3	Jonah Satyr (So)	11:55
5	Jack Gordon (So)	12:18
6	Zach Garland (Fr)	12:29
7	Ethan Blacher (So)	12:33
8	TJ Mangurten (Fr)	12:38
9	David Fisher (So)	12:40
10	Avi Wolkenberg (Fr)	13:00
11	Owen Lacy (Fr)	13:12
12	Robert Getty (So)	13:17
13	Lucas Goldenberg (Fr)	13:17
14	Gavin Picklin (Fr)	13:19
15	Chase Needelman (So)	13:22
16	Brandon Stein (So)	13:24
17	Adam Khan (Fr)	13:40
18	Jeremy Lamm (Fr)	13:40
19	Noam Dor (So)	13:44
21	Ben Flaxman (So)	13:52
22	Drew Spiegel (Fr)	13:53
25	Evan Morris (So)	14:11
26	Aden Siegel (Fr)	14:17
27	Nathan Dubinsky (Fr)	14:18
29	Jack Pinsky (Fr)	14:24
30	Charlie Sandberg (Fr)	14:28
31	Dylan Teitelbaum (Fr)	14:30
32	Ethan Schott (Fr)	14:34

Deerfield Takes First Through Eleventh To Dominate 2019 Season Opener

The 2019 cross country season opened in dominating fashion for Deerfield. On their home course, the Warriors routed Zion Benton and Mather with a perfect score of 15 points. In fact, the first eleven runners across the finish line were all from Deerfield.

While the Deerfield runners at the front were not pushed by other teams, they still kept up a fast pace. Junior **Josh Puyear**'s 15:37 is the fastest time by a Deerfield runner at this meet in the last four years. Senior **Ben Kraemer** (2nd, 15:45) and sophomore **Cole Bernstein** (3rd, 15:47) also went under the previous team best since Coach Friedlander started keeping track in 2016. The Warriors had seven runners under 16:30 and ten runners under 17:00, all without an opposing runner in sight. This is as hot of a start as any in recent memory.

On the frosh/soph level, Deerfield squeaked out a win over Mather 29-30. Mather had great runners up front placing first, second, and fourth. But Deerfield's depth was too much to overcome as they took places five through 19. It was sophomore **Jonah Satyr** (3rd, 11:55) who broke up the 1-2-3 finish for Mather, which would have mathematically clinched the victory.

The biggest surprise of the day was sophomore **Jack Gordon** (5th, 12:18) who was the frosh/soph team's #2 runner. Jack battled injuries throughout his freshman year, and even when he did race, his lack of training prevented him from shining. This summer, Jack took a written training plan with him to camp, stayed healthy, and had the discipline to complete the training on his own. With that work ethic, Jack catapulted himself into a key frosh/soph scorer. Jack's 12:18 is an entire minute and 34 seconds better than his 2-mile best last season.

Importantly, 23 Deerfield freshmen completed their first ever cross country race. First races can be daunting given the intense atmosphere and the pressure of competitive high school cross country. These freshmen have a lot to be proud of. And next week, they'll take on their first 3-mile race.

Finally, as the only home meet of the season, the day was capped off with a celebration of the seniors. This 12-man senior class has been presented many challenges and is now on the verge of leading this team to new heights.

Pl	Name	Time	Pl	Name	Time
33	Ian Van Every (So)	14:38	40	Yaokai Yang (Fr)	15:33
34	Kyle Jensen (Fr)	14:40	42	Nathan Kim (Fr)	18:07
35	Noah Fishman (So)	14:45	43	Nick Krishnan (So)	18:22
36	Charlie Dumo (Fr)	14:49	44	Jordan Plocker (Fr)	18:53
37	Adam Fenster (Fr)	15:04	45	Emmett Dunn (Fr)	18:49
38	Brandon Kerpel (Fr)	15:19	48	Aleksandar Burmeister (Sr)	23:08