Top KE Cross Country Performances

2001-present

Boys Records

Top-10 Overall 5K

Athlete Time Course Year

Zack Ball 16:09 Franklinville II 2007

Tim Metivier 16:32 Franklinville II 2007

Charlie Higgins 16:44 Alden 2005

**Sam Clark 16:45.18 Knox Farm (EA) 2024**

Jason Mazurowski 17:02 Franklinville I 2005

Jack Dafgard 17:05.9 Chenango Valley 2004

Dan Snitzer 17:14.1 Warwick Valley 2006

Justin Craddock 17:14.3 Chenango Valley 2004

Sidney Morris 17:16.21 Alden 2022

Mike Trometer 17:16 Beaver Island 2002

Top-5 Overall 3 miles

Athlete Time Course Year

Zack Ball 15:27.78 McQuaid 2007

Tim Metivier 15:59.53 McQuaid 2007

Jack Dafgard 16:23 McQuaid 2004

Charlie Higgins 16:23 McQuaid 2005

**Sam Clark 16:23.2 McQuaid 2024**

Top-3 Overall 2.5 miles

Athlete Time Course Year

Zack Ball 13:04 Manhattan 2007

Tim Metivier 13:31 Manhattan 2007

Steve Clapp 13:46.6 JFK 2009

Top-3 Overall by Course

Course Athlete Time Year

Alden Charlie Higgins 16:44.0 2005

 Zack Ball 17:00.6 2005

 Jack Dafgard 17:06 2004

Akron Falls Zack Ball 16:25.9 2007

 Jack Dafgard 17:14 2004

 Justin Craddock 17:27 2004

Beaver Island Zack Ball 16:24 2007

 Jack Dafgard 17:08 2003

 Tim Metivier 17:09 2007

Bemus Point Golf Course Justice Ramsey 17:29.26 2020

 Sam Clark 18:23.85 2023

 Sidney Morris 19:21.57 2020

Bond Lake I Zack Ball 16:27 2007

 Tim Metivier 16:50 2007

 Jack Dafgard 17:21 2004

 **Sam Clark 17:21 2024**

Bond Lake II Charlie Higgins 17:39 2005

 Zack Ball 17:58 2006

 Jason Mazurowski 18:05 2005

Bowdoin Park Zack Ball 17.04.4 2007

 **Sam Clark 17:40.9 2024**

 **George Cianchetti 19:09.7 2024**

Chenango Valley Jack Dafgard 17:05.9 2004

(2004 State Meet Course) Justin Craddock 17:14.3 2004

 Mike Wiernewski 17:51.6 2004

Elma Meadows Zack Ball 16:30.6 2007

 Tim Metivier 16:55.3 2007

 Charlie Higgins 17:16.4 2005

Franklinville I Charlie Higgins 16:45 2005

 Jason Mazurowski 17:02 2005

 Zack Ball 17:21 2006

Franklinville II Zack Ball 16:09 2007

 Tim Metivier 16:32 2007

 Dan Ferguson 17:42 2007

JFK (2.5 miles) Steve Clapp 13:46.6 2009

 Joe Wangler 13:57.83 2010

 Sean Daniel 14:47.86 2010

Knox Farm (EA) **Sam Clark 16:45.18 2024**

 Sidney Morris 17:47.69 2021

 Justice Ramsey 17:58.91 2019

Lew-Port (3.04 miles) Justice Ramsey 17:04.9 2020

 Sidney Morris 17:22.45 2022

 Josh Alderman 18:41 2021

Lew-Port (3.1 miles) **Sam Clark 16:58.14 2024**

 **Joey Szafranski 17:50.06 2024**

 **George Cianchetti 18:12.78 2024**

Long Point State Park Zack Ball 17:42.4 2006

 Dan Snitzer 18:16.4 2006

 Tim Metivier 18:39.6 2006

Manhattan (2.5 miles) Zack Ball 13:04 2007

 Tim Metivier 13:31 2007

 Dan Ferguson 14:39 2007

McQuaid (3.0 miles) Zack Ball 15:27.78 2007

 Tim Metivier 15:59.53 2007

 Jack Dafgard 16:23 2004

 Charlie Higgins 16:23 2005

Niagara Falls Justice Ramsey 19:00 2020

 Sidney Morris 19:50 2020

 Jordan Mullins 20:53 2020

Niagara Wheatfield Justice Ramsey 17:17 2020

 **Sam Clark 17:41 2024**

 Sidney Morris 17:57 2022

Norwood-Norfolk Zack Ball 16:30.6 2007

(2007 State Meet Course) Tim Metivier 17:08.0 2007

Queensbury **Sam Clark 17:02.0 2024**

 Charlie Higgins 17:03.04 2005

 Jason Mazurowski 17:15.60 2005

Reservoir Zack Ball 16:38 2007

 Jack Dafgard 17:49 2004

 Andy Dafgard 17:58 2001

St. Bonaventure Zack Ball 16:47 2007

 Charlie Higgins 17:11 2005

 Jason Mazurowski 17:14 2005

Vernon-Verona-Sherill Sidney Morris 18:43.2 2022

(2022 State Meet Course)

Veterans Park (3.0 miles) Justice Ramsey 17:35 2020

 Sidney Morris 18:43 2020

 Jordan Mullins 19:09 2020

Warwick Valley Zack Ball 17:00.9 2006

(2006 State Meet Course) Dan Snitzer 17:14.1 2006

 Tim Metivier 17:53.5 2006

West Seneca Joe Wangler 17:43.81 2009

 Sidney Morris 17:48.51 2022

 Louis Capizzi 18:08.27 2012

Girls Records

Top-10 Overall 5K

Athlete Time Course Year

Ashley Tramp 20:10.4 Beaver Island 2002

Sarah Kosloski 20:26 St. Bonaventure 2006

Jorja Smith 20:56.80 Alden 2023

Krystal Baumgartner 21:20 Beaver Island 2001

Lexi Hoffman 21:30.98 Bemus Point 2023

Erin Weller 21:48 Franklinville II 2007

Maddie Fox 21:49.72 Bemus Point 2017

**Lilly Clark 21:59.40 Lew-Port 2024**

Lisa Bodenburg 22:05 Alden 2004

Heather Basso 22:34.14 Alden 2018

Top-5 Overall 3 miles

Athlete Time Course Year

Ashley Tramp 19:28 McQuaid 2002

Sarah Kosloski 19:38.9 McQuaid 2007

Jorja Smith 20:30.4 McQuaid 2022

Lilly Clark 20:55.1 McQuaid 2023

Krystal Baumgartner 21:03 McQuaid 2004

Top-2 Overall 2.5 miles

Athlete Time Course Year

Sarah Kosloski 16:45 Manhattan 2007

Lauren Nikisher 23:08 Manhattan 2007

Top-3 Overall by Course

Course Athlete Time Year

Alden Ashley Tramp 20:19 2002

 Jorja Smith 20:56.80 2023

 Sarah Kosloski 21:20.7 2005

Akron Falls Ashley Tramp 20:29 2002

 Sarah Kosloski 20:43 2007

 Krystal Baumgartner 22:11 2003

Beaver Island Ashley Tramp 20:10.4 2002

 Sarah Kosloski 21:15 2007

 Krystal Baumgartner 21:20 2002

Bemus Point Golf Course Jorja Smith 21:17.68 2023

 Lexi Hoffman 21:30.98 2023

 Maddie Fox 21:49.72 2017

Bond Lake I Ashley Tramp 20:43 2002

 Sarah Kosloski 20:51 2006

 **Lilly Clark 22:00 2024**

Bond Lake II Jorja Smith 22:21 2023

 Sarah Kosloski 22:22 2005

 Lexi Hoffman 23:20 2023

Bowdoin Park **Lexi Hoffman 24:20.2 2024**

Elma Meadows Sarah Kosloski 20:37.9 2007

 Ashley Tramp 21:10 2002

 Krystal Baumgartner 21:39.0 2001

Franklinville I Sarah Kosloski 20:54 2006

 Ashley Tramp 21:04 2002

 Krystal Baumgartner 22:42 2003

Franklinville II Sarah Kosloski 20:36 2007

 Erin Weller 21:48 2007

 Joelle Pollak 24:39 2007

Knox Farm (EA) **Lexi Hoffman 21:45.19 2024**

 Jorja Smith 22:11.74 2021

 **Lilly Clark 22:32.22 2024**

Lew-Port (3.04 miles) Jorja Smith 21:24 2022

 Jamie Ricotta 22:55 2019

 Maddie Fox 23:13 2019

Lew-Port (3.1 miles) Jorja Smith 21:09.93 2023

 Lexi Hoffman 21:32.30 2023

 **Lilly Clark 21:59.40 2024**

Long Point State Park Sarah Kosloski 21:34.9 2006

 Teddy Lauzau 23:26.7 2013

 Marie Thomakos 25:34.9 2013

Manhattan (2.5 miles) Sarah Kosloski 16:45 2007

 Lauren Nikisher 23:08 2007

McQuaid (3.0 miles) Ashley Tramp 19:28 2002

 Sarah Kosloski 19:38.9 2007

 Jorja Smith 20:30.4 2022

Niagara Falls Jamie Ricotta 24:28 2020

 Jorja Smith 24:32 2020

 Paige Denman 25:03 2020

Niagara Wheatfield Jorja Smith 21:55 2022

 **Lexi Hoffman 22:20 2024**

 Jamie Ricotta 23:23 2020

Norwood-Norfolk Sarah Kosloski 20:45.3 2007

(2007 State Meet Course)

Queensbury **Lilly Clark 23:19.0 2024**

 **Lexi Hoffman 24:07.5 2024**

 **Lily Ward 27:46.7 2024**

Reservoir Sarah Kosloski 21:19 2007

 Ashley Tramp 21:24 2001

 Krystal Baumgartner 21:57 2004

St. Bonaventure Ashley Tramp 20:26 2002

 Sarah Kosloski 20:26 2006

 Krystal Baumgartner 21:57 2002

Vernon-Verona-Sherill Jorja Smith 22:51.94 2023

(2023 State Meet Course)

Veterans Park (3.0 miles) Jamie Ricotta 22:52 2020

 Paige Denman 23:31 2020

 Jorja Smith 25:05 2020

West Seneca Jorja Smith 22:44.54 2022

 Teddy Lauzau 23:07 2015

 Julianna Hill 23:32.15 2011