

2008 LRC XC *Barrier Breakers*

LEVEL 1

| | | | | | |
|-----------------------------|-----------------|------|------------|-------|----------------------|
| ✚ Brin Strouse | Sub-Primary (7) | 2 km | 9:00 [L1] | 11:21 | Kempton |
| ✚ Greyson Strouse | Midget (12) | 3 km | 11:00 [L1] | 10:33 | Middletown |
| ✚ Gaby Urso | Sub-Bantam (9) | 3 km | 13:00 [L1] | 12:43 | Middletown |
| ✚ Meg Stuart | Midget (12) | 3 km | 12:00 [L1] | 11:50 | Middletown |
| ✚ Alec Coleman | Sub-Bantam (9) | 3 km | 12:00 [L1] | 11:51 | Catoctin / Brunswick |
| ✚ Matt Harbour | Sub-Youth (13) | 4 km | 15:15 [L1] | 15:08 | Catoctin / Brunswick |
| ✚ Sarah-Rachel Glick | Sub-Bantam (9) | 2 km | 13:00 [L1] | 12:27 | Kempton |
| ✚ Chad Sussman | Sub-Midget (11) | 3 km | 11:30 [L1] | 11:08 | Kempton |
| ✚ Emily Mulhern | Midget (12) | 3 km | 12:00 [L1] | 11:34 | Kempton |
| ✚ Sarah Askine | Sub-Youth (13) | 4 km | 17:15 [L1] | 16:45 | Kempton |
| ✚ Samantha Bingaman | Sub-Youth (13) | 4 km | 17:15 [L1] | 16:07 | Kempton |
| ✚ Kayla Coleman | Youth (14) | 4 km | 16:30 [L1] | 16:08 | Kempton |
| ✚ Patrick DuBoyce | Youth (14) | 4 km | 14:45 [L1] | 14:20 | Kempton |
| ✚ Jennifer Simmons | Bantam (10) | 3 km | 12:30 [L1] | 12:24 | Pikesville |
| ✚ John King | Sub-Midget (11) | 3 km | 11:30 [L1] | 11:18 | Pikesville |
| ✚ Danny Austin | Youth (14) | 4 km | 14:45 [L1] | 14:41 | Pikesville |
| ✚ Nathan Davis | Primary (8) | 2 km | 8:15 [L1] | 8:11 | AAU Nationals |

* Represents standards for Sub-Bantam athletes who also competed at the Bantam (9/10 – 3 km level)

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LEVEL 2

| | | | | | |
|-----------------------------|-----------------|------|------------|-------|----------------------|
| ✚ Brin Strouse | Sub-Primary (7) | 2 km | 8:30 [L2] | 8:28 | Catoctin / Brunswick |
| ✚ Sarah-Rachel Glick | Sub-Bantam (9) | 3 km | 12:30 [L2] | 12:27 | Kempton |
| ✚ Greyson Strouse | Midget (12) | 3 km | 10:30 [L2] | 10:22 | Kempton |
| ✚ Samantha Bingaman | Sub-Youth (13) | 4 km | 16:30 [L2] | 16:07 | Kempton |
| ✚ Matt Harbour | Sub-Youth (13) | 4 km | 14:30 [L2] | 14:29 | Kempton |
| ✚ Gaby Urso | Sub-Bantam (9) | 3 km | 12:30 [L1] | 12:00 | Pikesville |
| ✚ Meg Stuart | Midget (12) | 3 km | 11:30 [L1] | 11:29 | Pikesville |

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| ✚ Greyson Strouse, Sub-Midget (11) | 3 km 11:30 [L1] | 11:21 Kempton |
| ✚ Brin Strouse, Sub-Primary (6) | 1 km 4:30 [L1] | 4:29 Brunswick |
| ✚ Matt Harbour, Midget (12) | 3 km 11:00 [L1] | 1) 10:42 Kempton 2) 10:30 AAU Nationals – Virginia Beach |
| ✚ Jonathan Kordell, Midget (12) | 3 km 11:00 [L1] | 1) 10:56 Kempton 2) 10:46 AAU Nationals – Virginia Beach |
| ✚ Cory Link, Sub-Midget (11) | 3 km 11:30 [L1] | 10:56 Kempton |
| ✚ Greyson Strouse, Sub-Midget (11) | 3 km 10:50 [L2] | 10:46 Kempton |
| ✚ Brin Strouse, Sub-Primary (6) | 2 km 9:30 [L2] | 9:19 MD AAU – Old National Pike |
| ✚ Gaby Urso, Primary (8) | 2 km 9:00 [L1] | 1) 8:51 MD AAU – Old National Pike 2) 8:46 AAU Nationals – Virginia Beach |
| ✚ Alec Coleman, Primary (8) | 2 km 8:15 [L1] | 1) 8:14 MD AAU – Old National Pike 2) 7:56 AAU Nationals – Virginia Beach |
| ✚ Sarah-Rachel Glick, Primary (8) | 2 km 9:00 [L1] | 8:51 AAU Nationals – Virginia Beach |
| ✚ Chad Sussman, Bantam (10) | 3 km 11:45 [L1] | 11:44 AAU Nationals – Virginia Beach |
| ✚ Meg Stuart, Sub-Midget (11) | 3 km 12:15 [L1] | 11:37 AAU Nationals – Virginia Beach |
| ✚ Kayla Coleman, Sub-Youth (13) | 4 km 17:15 [L1] | 16:48 AAU Nationals – Virginia Beach |
| ✚ Garet Strouse, Youth (14) | 4 km 14:45 [L1] | 14:34 AAU Nationals – Virginia Beach |

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2006 LRC XC *Barrier Breakers*

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|---------------------------------------|-----------------|---|
| ✚ Greyson Strouse, Bantam (9/10) | 3 km 11:45 [L1] | 11:31 Kempton |
| ✚ A.J. Read, Bantam (9/10) | 3 km 11:45 [L1] | 11:42 AAU Nationals – Disney |
| ✚ Saleiha Mayer-Marks, Sub-Youth (13) | 4 km 17:15 [L1] | 16:01 Kempton |
| ✚ Garet Strouse, Sub-Youth (13) | 4 km 15:15 [L1] | 1) 15:08 Kempton 2) 14:50 MD AAU – Ballenger Creek |

2005 LRC XC *Barrier Breakers*

| Athlete, Age Group | Barrier Time | Performance Time |
|-------------------------------------|---------------------|---|
| ✚ Catherine Robinson, Youth (13/14) | 4 km 17:15 [L1] | 17:04 Brunswick |
| ✚ Nick Carberry, Youth (13/14) | 4 km 15:15 [L1] | 14:58 Brunswick |
| ✚ Jonathan Kordell, Bantam (9/10) | 3 km 12:00 [L1] | 1) 11:35 MD AAU Qualifier – Ballenger Creek; 2) 11:37 AAU Nationals - Rockhill |
| ✚ Josh Robinson, Bantam (9/10) | 3 km 12:00 [L1] | 11:38 AAU Nationals - Rockhill |
| ✚ Greyson Strouse, Bantam (9/10) | 3 km 12:00 [L1] | 11:51 AAU Nationals – Rockhill |
| ✚ Vincent Workman, Sub-Bantam (7/8) | 3 km 13:00* [L1] | 12:55 AAU Nationals – Rockhill |
| ✚ Garet Strouse, Midget (11/12) | 3 km 11:30 [L1] | 1) 11:25 Kempton 2) 11:07 AAU Nationals – Rockhill |

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2004 LRC XC *Barrier Breakers*

| Athlete, Age Group | Barrier Time | Performance Time |
|--------------------------------------|---------------------|-------------------------|
| 🇺🇸 Emily Mulhern, Sub-Bantam (7/8) | 3 km 14:00* [L1] | 13:57 Kemptown |
| 🇺🇸 Greyson Strouse, Sub-Bantam (7/8) | 3 km 13:00* [L1] | 12:18 Kemptown |
| 🇺🇸 Nick Carberry, Midget (11/12) | 3 km 11:30 [L1] | 11:08 Kemptown |
| 🇺🇸 Garet Strouse, Midget (11/12) | 3 km 11:30 [L1] | 11:21 Kemptown |
| 🇺🇸 Laura Cunningham, Youth (13/14) | 4 km 18:15 [L1] | 17:35 AAU Nationals |

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