NAZARETH COLLEGE
Golden Flyers
Men's Cross Country 2019

Name	Yr.	Ht.	Wt.	High School/Hometown
Nathan Bowers	Fr.	5-7	130	Owego Free Academy/Endicott, NY
Michael Brown	Jr.	6-2	160	Marcellus/Syracuse, NY
Christopher Celecki	Jr.	6-0	160	Holland Patent/Barneveld, NY
Calvin Garnes	Fr.	5-8	155	Cicero-North Syracuse/Liverpool, NY
Patrick Healy	So.	6-4	170	Shaker/Latham, NY
Devan Ketcham	Fr.	5-11	145	G. Ray Bodley/Fulton, NY
Nathan McNally	Fr.	5-9	145	Ogdensburg Free Academy/Ogdensburg, NY
Josh Pomerleau	So.	5-10	155	Webster Schroeder/Webster, NY
Lucas Sharron	Fr.	5-10	140	Cicero-North Syracuse/North Syracuse, NY
Jake Suddaby	So.	6-0	155	Westhill/Syracuse, NY
Joshua Tomaka	So.	5-8	140	Vestal/Vestal, NY

HEAD COACH: James Goss
ASSOCIATE HEAD COACH: Mike Heymann
ASSISTANT COACHES: Matt Battaglia, Emily Thompson