**NAZARETH COLLEGE**
**Golden Flyers**
**Men's Cross Country 2023**

| Name | Yr. | Ht. | Wt. | High School/Hometown |
|---|---|---|---|---|
| Cameron Almy | So. | 5-10 | 135 | Whitesboro/Marcy, NY |
| Antonio Benitez | So. | 5-11 | 130 | Webster Schroeder/Rochester, NY |
| Nathan Bowers | Gr. | 5-7 | 130 | Owego Free Academy/Endicott, NY |
| Joe Britschge | Fr. | 6-0 | 150 | Fabius-Pompey/Jamesville, NY |
| Joseph Cataldo | So. | 5-7 | 150 | Cortland/Cortland, NY |
| Gabe Dauerheim | Fr. | 6-1 | 135 | Tyburn Academy/Auburn, Y |
| Cade Eells | Jr. | 6-1 | 145 | Ithaca/Ithaca, NY |
| Brennan Farr | Fr. | 5-11 | 133 | Canandaigua Academy/Canandaigua, NY |
| Ethan Glashauser | Sr. | 5-10 | 150 | Liverpool/Liverpool, NY |
| Connor Jackson | So. | 5-7 | 125 | Tully/Tully, NY |
| Ethan Kenyon | Jr. | 6-0 | 135 | Tantasqua Regional/Brookfield, MA |
| Nolan Manahan | Fr. | 6-3 | 175 | Marcellus/Marcellus, NY |
| Gavin McAllister | Fr. | 6-1 | 145 | Cicero-North Syracuse/Cicero, NY |
| Kenny Williams | Sr. | 5-11 | 135 | Jordan-Elbridge/Auburn, NY |

**HEAD COACH:** Mike Heymann
**DIRECTOR OF TRACK & FIELD/CROSS COUNTRY:** James Goss
**ASSISTANT COACH:** Patrick Healy