NAZARETH COLLEGE
Golden Flyers
Men's Cross Country 2024

Name	Yr.	Ht.	Wt.	High School/Hometown
Cameron Almy	Jr.	5-10	135	Whitesboro/Marcy, NY
Antonio Benitez	Jr.	5-11	130	Webster Schroeder/Rochester, NY
Joe Britschge	So.	6-0	150	Fabius-Pompey/Jamesville, NY
Joseph Cataldo	Jr.	5-7	150	Cortland/Cortland, NY
Cade Eells	Sr.	6-1	145	Ithaca/Ithaca, NY
Brennan Farr	So.	5-11	133	Canandaigua Academy/Canandaigua, NY
Connor Jackson	Jr.	5-7	125	Tully/Tully, NY
Ethan Kenyon	Sr.	6-0	135	Tantasqua Regional/Brookfield, MA
Yousef Mahmoud	Fr.	5-6	130	Syracuse Academy/Syracuse, NY
Gavin McAllister	Jr.	6-1	145	Cicero-North Syracuse/Cicero, NY
Thuan Nguyen	Fr.	5-9	132	Spencerport/Rochester, NY

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