

New Balance Manhattan Invitational

Van Cortlandt Park, New York NY

October 13, 2007

DyeStat on-site with Matt Soja, Marc Davis, and John Nepolitan

Matt Soja story on Girls Eastern States:

"The most anticipated race of the day undoubtedly lived up to its hype, producing a new course record, best marks all-time for most of the top places, and the second best team average in meet history"

US#1 teams win: Fayetteville-Manlius NY girls, Danbury CT boys - Carly Seymour 13:56 sets CR - North Penn PA boys are fastest team

Doug Smith wins NJ showdown. Brian Leung 12:18 is fastest of day.

10/17 Coverage Update - Matt Soja stories on all results pages - **Marc Davis Boys** and **Girls** Video Highlights

Girls Eastern States - Smash winners were Harrier US#1 and defending Nike Team Nationals champion **Fayetteville-Manlius NY** (below) and **Carly Seymour PA** (right) 13:56, a course record. F-M dominated with 87 points, placing 5 in the top 26. Next were DyeStat NY#6 **Saratoga Springs** 159, NE#1 **Hanover NH** 215, NE#2 **Voorhees NJ** 235, NY#7 **Shenendehowa** 236, and NE#5 **Lincoln-Sudbury MA** 276.

Behind the two New York teams, there was a vicious clash between the two best teams in the Northeast region, Hanover NH and Voorhees NJ. They both proved they deserved their ranking, finishing 3rd and 4th overall, with 215 and 235 points, respectively. Such a close score indicates that the battle for the Regional crown a little more than a month from now will be very exciting. Both teams have very strong front runners, with Hanover's Georgia Griffin finishing 2nd behind Seymour in 14:10.1, which was the 5th best time ever on this course and a New England record. Voorhees was led by Melanie Thompson, who finished 5th in 14:17.4. Incidentally, last year Thompson ran 14:44 in a non-Eastern race, which was a non-Eastern meet record until fellow New Jerseyan Jillian Smith broke it with her 14:33.9 in the Varsity D race. Hanover had a slightly better mid-pack, which decided its win over Voorhees, but that could change next month.

Behind them, Shenendehowa NY finished 5th with 236, just one point behind Voorhees. Last month at Bowdoin the Jersey team beat Shen by 39, so they have improved greatly since then, and their victory over Warwick Valley guarantees they will move up from the #7 spot in the New York rankings. Lincoln Sudbury, 5th in the Northeast rankings, claimed 6th in the race with 276 points, soundly beating higher-ranked Pennsylvanians from Emmaus.

There were obviously some disappointed teams as well. One of them has to be Warwick Valley, which not only suffered its first defeat of the season, but also placed only 7th with 277 points, far behind Saratoga and Shen, not to mention FM. Although their superb duo of Lilian Griebesland and Tori Pennings took 10th and 16th respectively, it was almost another minute before the rest of the Purple Wave pack rolled in, costing them dozens of points. WV will have to cut that gap drastically if it wants to compete for the very top spots in the state. The defending champions from Midlothian VA were apparently not at full strength and only ended up in 10th place, with only one of its girls cracking top 50 individually. That will surely cost them the top spot in the Southeast, especially since Tatnall DE edged them by two spots. Also, Emmaus of Pennsylvania finished a disappointing 11th despite having Christina Faust back from appendectomy. Emmaus lost to another Keystone State team, Central Cambria, by two spots and 26 points, which will shake up the state and regional rankings quite a lot.

On the positive side, Immaculate Heart Academy of New Jersey, not even a bubble team in the region, finished an impressive 14th, defeating Monsignor Donovan, ranked 7th in the Northeast, by more than 100 points. As some predicted, another New York powerhouse from Greenwich scratched from the meet, opting instead to run at the Burnt Hills Invitational.