Who is the fastest senior in Cross Country? Our very own senior Jake Meyers became Nassau County Champion in Boys Varsity Cross Country on Saturday, October 28, at Bethpage State Park. This was the culmination of four years of hard work as a Varsity Cross Country athlete for Plainview-Old Bethpage High School.

The 5 kilometer (3.1 mile) race started out fast, but Jake was disciplined, and went through the mile at a comfortable pace. Picking off runner after runner in the second mile, the race was down to four athletes in the last mile. Jake had enough of a kick to leave his opponents behind, finishing in a time of 16:49.6. Jake and his team advances to the State Qualifier meet, where he hopes to make the State Meet, which will be held in Rochester.
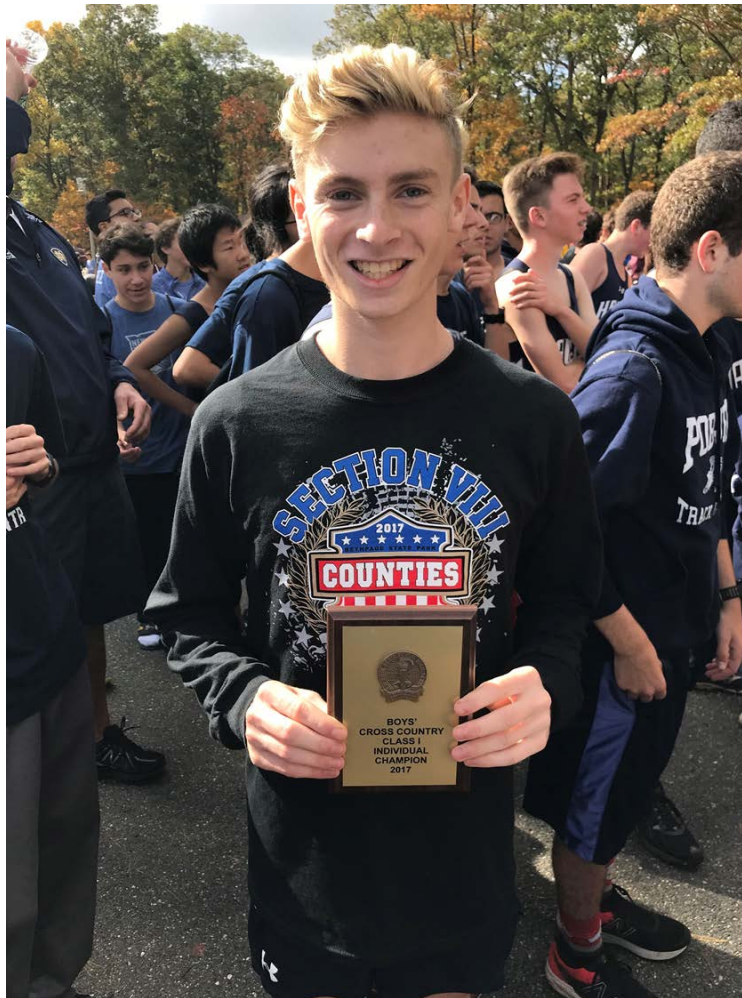
Let's cheer Hawk Meyers on to victory!!