

ALL - TIME CHSAA BOYS POSTAL NATIONALS 5 x 2 MILE

Rank	2-Mile Time (Avg)	School	Team Members	Year
1	48:16.1 (9:39.22)	Archbishop Molloy	Don Cotter, Jose Bautista, Frank Averill, Dennis Averill, Paul Neilan 9:24.8 9:32 9:42 9:43 9:53	1975
2	48:49.0 (9:45.80)	Power Memorial	Brian Johnston, Arthur Stolba, Maurice Weaver, Kevin Meuchner, Frank Rafferty 9:25.8 9:46.5 9:41.0 9:50.2 10:05.5	1973
3	48:55.0 (9:47.00)	Bishop Loughlin	Al Paris, Tim Behr, Paul Kaftanski, Chris Scotto DiVetta, E. Uriarte 9:23.0 9:36.0 9:46.7 9:53.5 10:15.8	1973
4	49:01.1 (9:48.22)	Archbishop Molloy	Mark Ogden, Gary Conroy, Gene Greishaber, Don Cotter, Mapp 9:12.6 9:30.7 10:01.2 9:55.1 10:21.5	1973
5	49:13.0 (9:50.60)	Rice	Denis Fikes, 9:18	1968
6	49:14.6 (9:50.92)	Archbishop Molloy	Farley, Jurgens, Petry, Matteini, Brady 9:41.8 9:43.5 9:50.9 9:57.2 10:01.2	1970
7	49:23.1 (9:52.62)	Power Memorial	Matt Centrowitz, Pat Rafferty, Tony Fiorentino, Bill Palladini, Arthur Stolba 9:34.6 9:43.8 9:47.2	1971
8	49:28.3 (9:53.66)	Archbishop Molloy		1972
9	49:35.5 (9:55.10)	Bishop Loughlin	Luis Ostolozaga, Tim Meagher, Chris Scotto DiVetta, E. Uriarte, Jose Sepulveda 9:31.8 9:38.3 9:42.0 10:10.4 10:33.0	1974
10	49:38.5 (9:55.70)	Archbishop Molloy	James McDermott, Robert Zieminski, Peter Farrell, Gerald Cotter, John Grange 9:40.8 9:45.8 9:56.7 10:04.8 10:10.4	1962 (US #2)
11	49:42.9 (9:56.58)	Archbishop Molloy		1969
12	49:45.10h (9:57.02)h	Xavier	Josef Raphael Oettl, Giancarlo Cipri, Christian Raslowsky, Dominick Ronan, Ben Karam 3200m TOTAL 9:46.49m 9:48.52m 9:49.83m 9:55.39m 10:07.63m (49:27.86m)	2015 (US #14)
13	49:46.7 (9:57.34)	Power Memorial	Garth McKay, Richard Stewart, Mario Campo, Al Novell, Chancy Marsh 9:50.5 9:51.7 9:55.1 10:02.5 10:06.9	1965 (US #11)
14	49:48.1 (9:57.62)	Power Memorial	Ray Naudain, Paul Barbary, Ed Walsh, Matt Centrowitz, Pat Rafferty 9:40.7 9:58.8	1970
15	49:52.50h (9:58.50)h	Xavier	Josef Raphael Oettl, Sawyer Gwyn Rowsom, Aidan Donohue, Michael Crockin, Fergus MacDonnell 3200m TOTAL 9:44.20m 9:48.10m 9:49.00m 10:02.40m 10:11.50m (49:35.2m)	2017 (US #20)
16	49:53.4 (9:58.68)	St. Peter's	Dan Carroll, Vin Waite, Tom McCarthy, Jack Kane, Dan Gavrity 9:23	1968
17	49:55.2 (9:59.04)	All Hallows	Gene McCarthy, Mark Smith, 9:11.5 9:56.5	1973
18	50:00.7h (10:00.14)h	Chaminade	Sean Loggie, Brian Guiheen, Daniel Hilton, Blake Weaver, Aidan Urquiola 2-mile TOTAL 9:51.5 9:54.5 10:02.9 10:03.4 10:07.2 (49:59.5)	2024 (US #46)
19	50:05.0 (10:01.0)	Archbishop Molloy		1968
20	50:16.9ms (10:03.38)ms	Fordham Prep	Conor Lundy, Prunty, Miano, Miller, Hughes 3200m TOTAL 9:34.8m 9:59.9m avg (49:59.5m)	2014

CHSAA 5 x 2 Mile Track & Field News US Top Tens				
51:06.2 (10:13.24)	Archbishop Molloy	Paul Daly, Jim McDermott, Bob Ziminski, John Tietjen, Joe Hayes 9:53.8 10:03.3 10:15.0 10:29.6 10:14.0		1961 (US #10)
51:08.1 (10:13.62)	Power Memorial	Ed Duchini, Tom Tuohy, Michael Walsh, Ted Gahan, Rich Dugan 9:44.8 9:59.9 10:22.7 10:26.6 10:34.1		1960 (US #10)

symbol explanation:

h = as converted and/or reported on the Hoka Postal Nationals website

ms = as converted using the MileSplit conversion calculator

m = 3200 meter time

notes:

A 2-mile x 5 runner time of 50:17.4 is approximately equal to a 3200 meter x 5 runner time of 50:00.0 minutes

A 3200 meter x 5 runner time of 49:42.6 is approximately equal to a 2 mile x 5 runner time of 50:00.0 minutes

P O S T A L N A T I O N A L S

Beginning in 1957, at the end of the cross-country season, Track & Field News and the United States Track & Field Federation jointly held a nationwide competition to identify the best cross-country teams. To make comparing times fair (as courses varied and there was no single national meet) teams would run two miles on the track but in a cross-country type of race consisting of five runners. Results were mailed to Track & Field News, who compiled and published the ranking of nation's top teams each year. The introduction of National XC Championships in 1979 led to the discontinuation of this unique competition.

Beginning in 2014, The HOKA Postal Nationals revived of the spirit of team high school distance running. It brought the tradition back with a series of affiliated events comprising two-mile (or 3200m) races on the track. Between late August and early November, high school-aged teams form clubs to compete in a local event with multiple teams or as an intrasquad event against teammates. Clubs add up their top five times and "post" them on the Hoka Postal Nationals website so they can be compared with the best teams in the nation.

Check out the Hoka Postal Nationals website here - <https://hokapostalnationals.runnerspace.com/>

Thanks to Dylan Dombrowski who was the primary force in compiling this CHSAA list. Please contact PMA Track with updates or corrections.