



# Track and CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 79 - September 2019

## Yorai Shaoul NCAA Division III Triple Jump Champion



## IN THIS ISSUE

(Click on the left margin of any page to return to this table of contents)

Announcements .....	p. <a href="#">3</a>
Cross Country .....	p. <a href="#">4</a>
Indoor Track and Field .....	p. <a href="#">5</a>
Outdoor Track and Field .....	p. <a href="#">6</a>
Adapting Schedule to Match Talent .....	p. <a href="#">31</a>
2018–2019 All Americans and Records .....	p. <a href="#">31</a>
Yorai Shaoul '21 Captures NCAA Indoor and Outdoor Triple Jump Titles (Cover Story) .....	p. <a href="#">32</a>
2018–2019 Academic Awards .....	p. <a href="#">33</a>
2019–2020 Preview .....	p. <a href="#">38</a>
Coaching Staff .....	p. <a href="#">42</a>
What It Takes for Success.....	p. <a href="#">43</a>
Thank You Friends of MIT Cross Country / Track & Field.....	p. <a href="#">44</a>
Century List 2018 -- 2019 .....	p. <a href="#">45</a>
Where Are They Now	
Janis Kelman '98.....	p. <a href="#">47</a>
States Lee '16.....	p. <a href="#">48</a>
Season Statistics	
Women's Cross Country	
2018 Results .....	p. <a href="#">50</a>
2019 Schedule .....	p. <a href="#">50</a>
2019 Team Roster.....	p. <a href="#">50</a>
Individual Performances .....	p. <a href="#">51</a>
Men's Cross Country	
2018 Results .....	p. <a href="#">55</a>
2019 Schedule .....	p. <a href="#">55</a>
2019 Team Roster.....	p. <a href="#">55</a>
Individual Performances .....	p. <a href="#">56</a>
Women's Track and Field	
Indoor	
2018 – 2019 Results.....	p. <a href="#">60</a>
2019 – 2020 Schedule .....	p. <a href="#">60</a>
Varsity Scoring & Roster .....	p. <a href="#">60</a>
Championships .....	p. <a href="#">61</a>
Best Individual Performances .....	p. <a href="#">62</a>
Outdoor	
2019 Results.....	p. <a href="#">63</a>
2020 Schedule .....	p. <a href="#">63</a>
Varsity Scoring & Roster .....	p. <a href="#">63</a>
Championships .....	p. <a href="#">64</a>
Best Individual Performances .....	p. <a href="#">66</a>
Men's Track and Field	
Indoor	
2018 – 2019 Results.....	p. <a href="#">67</a>
2019 – 2020 Schedule .....	p. <a href="#">67</a>
Varsity Scoring & Roster .....	p. <a href="#">67</a>
Championships .....	p. <a href="#">68</a>
Best Individual Performances .....	p. <a href="#">69</a>
Outdoor	
2019 Results.....	p. <a href="#">70</a>
2020 Schedule .....	p. <a href="#">70</a>
Varsity Scoring & Roster .....	p. <a href="#">70</a>
Championships .....	p. <a href="#">71</a>
Best Individual Performances .....	p. <a href="#">73</a>
2019 – 2020 Combined Schedules .....	p. <a href="#">74</a>

# ANNOUNCEMENTS

## Alumni/ae–Varsity Indoor Track & Field Meet

On Saturday, December 14, 2019, the “Has Beens” will once again take on the varsity in the 47th annual Alumni/ae Meet. Just three months left to work on that strength, speed, and endurance so you can give the undergrads a run/jump/throw for their money.

If you're planning on competing, or just dropping in to cheer on your fellow alums, send Halston an email ([hwtaylor@mit.edu](mailto:hwtaylor@mit.edu)) so he can get a count and set up the schedule.

## Social Media

2018-2019 was another exciting year for MIT Track and Cross Country, with many great athletic and academic accomplishments, captured on our various social media platforms. Those of you that are new to social media can find our accounts by using the handle @MITTFXC on Twitter, Instagram, and Facebook. With the current trends to more visual based media, our Instagram account is quickly becoming our biggest platform, so we encourage you to follow us on there as we continue to grow and expand our online brand.

One thing that sets MIT apart from other colleges and universities, is the post graduate experience of our student-athletes. For this upcoming year, one of our projects will be a series of posts highlighting our graduates and their professional careers. Participating alumni will have a post with their picture, career information, and a short reflection on their MIT experience on our Twitter and Instagram pages. We are currently searching for 10 volunteers, with one alumni highlighted monthly beginning in August. If you are interested in participating, please email me [derekrou@mit.edu](mailto:derekrou@mit.edu) and I will provide further details.

As always, Social Media comes with its compliance do's and don'ts. This year, social media policies have been relaxed by the NCAA. ***However, we ask that current student-athletes and those affiliated with our programs still refrain from commenting publicly on, or responding to, any public posts or comments by prospective student-athletes.*** The biggest positive change is that we can now like, or retweet posts. If you are unsure about who is a prospective athlete, simply like, retweet, or comment directly with our post and you should be fine. As always, if there are any questions, please email [derekrou@mit.edu](mailto:derekrou@mit.edu) or direct message any of our social media accounts.

Derek Rousseau  
Assistant Coach

## MITTCC Alumni/ae Employment Opportunity Network

I want to reach out to see how many of you might be interested in hiring cross country and track & field student-athletes for summer internships or career starts after graduation.

Annually we have much higher GPA's than the MIT student body while taking the same majors, and we consistently have over a 90% graduation rate on time while MIT in general is only 70%. You were part of this success, so you know.

Whether you own your company, or you are responsible for recruiting, if you wish to be part of a network I can present to our current team members please send me your criteria, contact information and company name.

This can be an excellent opportunity and another advantage of the MIT Cross Country and Track & Field family.

Halston Taylor  
Director and Head Coach

# CROSS COUNTRY

## WOMEN REPEAT AS NEW ENGLAND DIV III CHAMPS

### BOTH TEAMS EXTEND NEWMAC VICTORY STREAK

by Halston W. Taylor

Going into the 2018 cross country season I was not sure we even had a chance to make it to the NCAA Division III Cross Country championship, much less reach the podium. The men had qualified for nationals every year since 2013 and the women every year since 2008, finishing among the top six in the country every year since 2009. What could possibly go wrong enough to keep us out of the big dance?

On the women's side we had one relatively sure thing and that was the return of All-American Leandra Zimmermann '19, but she did not take part in either Indoor Track & Field or Outdoor Track & Field, thus the relative comment. We only graduated one in 2017, but that was a big loss in Mary Eccles. Returning in order of finish from last year's Nationals were Leandra, Megan McCandless '20 (returning from injury), Marissa McPhillips '20



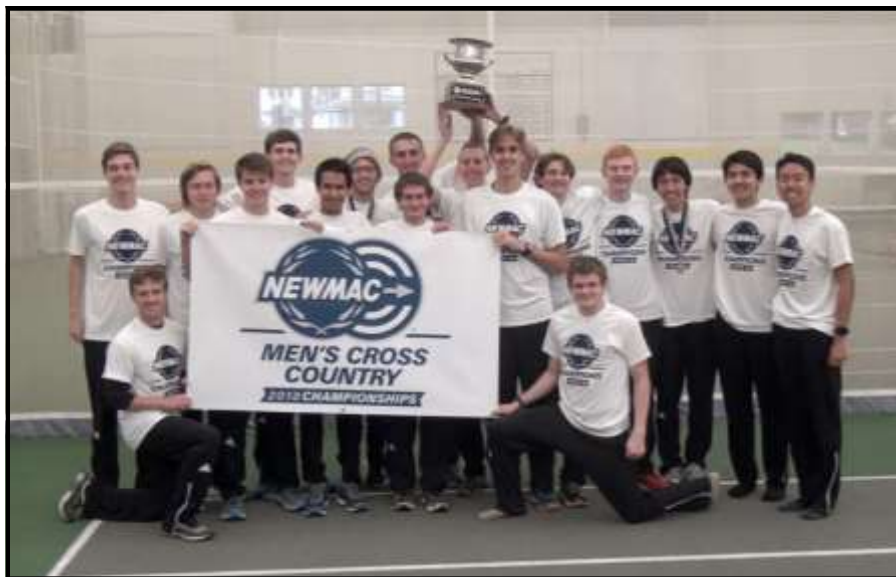
*The MIT women collected their third consecutive New England Division III Regional Championship victory, topping the 57 team field with 87 points to runner up Middlebury's 108, and third place Williams' 115.*

(collapsing in most races), Katie Bacher '20 (suffers from asthma, particularly in cold weather and returning from injury), Emily Niu (#8 runner last year) and Katie Collins (dropped out due to anxiety).

Given that both Megan and Katie B.

would not be ready until mid-season, if at all, I knew we could not count on them returning. Jenna Melanson '20, two-time All-American in the Steeplechase had never delivered in cross country and had been injured each season, but we needed her to step-up. We had a small incoming freshman class, but there was some promise. Izzi Gengaro '22 had run solid cross country in high school, but had shown more promise in track. Einat Gavish '22 seemed much better in cross country than track and had trained at low mileage, and Abby Mauermann '22 was pretty solid at both cross country and track. However, none of the three gave any indication they would be better than the current returners, and we never want to depend on freshmen.

For the men, we lost two-time All American Dennis Maloney when he left MIT to try a start-up, and Alex Knoedler and Nicholas Waltman to graduation. Returning were Josh Rosenkranz '19 (very solid performer, but cannot go over 45 mpw), Aidan Gilson '19 (trouble delivering in cross country), Billy



*The men celebrate their 20th consecutive year as NEWMAC champions, taking five of the top six positions for a near perfect winning score of 17 points.*

[\*\(Continued on page 14\)\*](#)

# INDOOR TRACK AND FIELD

## WOMEN 2ND AT NEW ENGLAND DIV III CHAMPIONSHIP

### MEN WIN NEW ENGLAND DIVISION III TITLE

by Halston W. Taylor

When we began the season I did not know what to expect, but I enter each season with a great deal of optimism. The women were coming into the season having lost 43 New England Division III Indoor Championship points and the men 10. Injuries aside, that would be asking a lot for the women.

Interestingly enough, the men came down with an inordinate number of injuries to start the season, making the early season meets a challenge. The women, not having a deep team to start with developed their injuries later in the season.

The men's strength, at least on a regional basis, would lie in their balance and field event strength. The women's strength depends on the level of competition. At a regional and national level it is restricted to the middle-distance and distance events, as well as the Pole Vault. At a conference level we have more balance, but are very short in throwers, sprinters and hurdlers.

#### Alumni/ae Meet

After the respective team cheers, the [Alumni/ae](#) competition got underway. The alumnae had an



Chris Sweeney '18 schools Joa Kennedy '21 and Nick Leonard '11 in the 60HH in the Alumni/ae Meet, posting the winning time of 8.52.

impressive team and if not for a couple empty events it looked as though they could give their varsity counterparts a good meet. This was backed up by not only winning five of the six field events, but outscoring the varsity 33 to 21 in those events despite not having any entries in the Triple Jump.

Ariela Slutsky '18 led the way in the Weight Throw, taking first place honors by throwing 52-04 3/4 after not having thrown the weight in nine months. Jackie Vahey '17 took second with a 50-00 1/2 effort. Likewise, in the Shot Put, Isabella Stuopis '16 gets better with age, winning easily with a 40-02 3/4 throw. Vahey again took second, throwing 37-05.

Cimmy Viridi '16 took first place in the Pole Vault, clearing 12-05 1/2. Although they did not win, Kari Stromhaug '19 and Jacqueline Ahrens '21 vaulted well from a short approach, claiming second and third, clearing 11-11 3/4 and 11-05 3/4 respectively.

Preethi Vaidyanathan '15 won out on misses, taking first place honors in the High Jump with a 5-03 effort. Tying for second, Natalie Alper '17 and Liana Reilly '21 also



Jon Fakkema wins the Shot Put at the Alumni/ae meet with a 46' 3-1/4" throw.

cleared 5-03.

In the Long Jump, Hannah Chen '18 came out of retirement to show she should have stayed in the Long Jump while on the team. Chen won with a jump of 16-06, outperforming Yilinn Yang '22 at 16-00 1/2 and Elena Andree '22 at 15-09.

The bright spot for the Varsity in the field events was the Triple Jump, where Elizabeth Weeks '21 won by jumping 35-05 3/4 over teammates Lucy Lee '21 and Yang.

On the track is where the Alumnae stumbled by not having enough entries. Maryann Gong '17 had the most impressive victory, pulling away in the Mile to dominate in 5:03.98. Similarly, Mary Eccles '18 showed she still has it, also easily winning, taking the 5K in 18:07.11. Katie Williams '21 placed second for the Varsity in the Mile, running 5:13.29, slowing too much while running in limbo once Gong pulled away. Alana Chandler '22 ran her debut 5K on the 200 meter track, clocking 18:49.13 for second place for the Varsity.

*(Continued on page 20)*

# OUTDOOR TRACK AND FIELD

## WOMEN 2ND AT NEW ENGLAND DIV III CHAMPIONSHIP

## MEN WIN NEW ENGLAND DIV III TITLE, 2ND AT NATIONALS

by *Halston W. Taylor*

Coming off the indoor season, we knew our men would have an outstanding outdoor season. As long as we stayed healthy there was no doubt we would win the NEWMAC and New England Division III championships. What we were unsure of was what we could do to improve on our indoor NCAA Division III championship performance where we finished seventh.

What we knew we had was Yorai Shaoul '21 contending for the Triple Jump title. We had returning All-Americans in the High Jump, Steeplechase and a previous qualifier in the 5K and 10K. We also had an outside shot of getting a sprinter and a thrower or two to step-up and grab an All-American award or two. We knew we were not deep enough to send a relay.

Entering the outdoor season we had a lot of women on the injured list, particularly middle-distance All-America level runners, Katie Bacher '20 and Katie Williams '21 and most of our distance squad. We were also missing our high jumpers, our best sprinter and our best pole vaulter from last year was having a lot of mental issues with her event. Winning NEWMAC would be a problem and anything beyond that was going to take a lot of fortitude and determination along with the favored teams failing to meet their potential.

### UCSD Collegiate Invitational

So, going through our process we began with the annual Spring Break Trip to California. As always, we took the top 16 men and women technical athletes to train at Claremont – Mudd – Scripps and compete at the UCSD Collegiate Open. CMS is always very welcoming and such a great



*In the Bates, RPI, Tufts, MIT Quad Meet, Alec Reduker '20 clears 7' 0-1/4" in the High Jump to set a new MIT record .*

facility at which to train. We get there in the early morning, so our workouts do not conflict with what their teams are doing, which also gives us the afternoon to relax and do team building and bonding types of activities. After five excellent days of training, we traveled to San Diego for the competition. This is a very competitive meet with many



*Aidan Gilson '19 starts the season with an impressive 9:14.65 in the 3000m Steeplechase at the Bates ,RPI, Tufts, MIT Quad Meet.*

high level athletes from all divisions, including post-collegians. While even Yorai, the indoor national champion, was unable to win his event, he did get two seconds, 49-9 in the Triple Jump and 23-0 in the Long Jump. We also got seconds from Alec Reduker '20 in the High Jump at 6-5 and Jon Fakkema '19 in the Shot Put with a 50' effort. Jon had an excellent meet, also throwing 154-8 in the Discus and 169-6 in the Hammer. Kari Stromhaug '19 led the women with a second place in the Pole Vault, clearing 12-1 ½. We confirmed what we already knew, the men were strong up front and deep, and the women were short in both areas. Nevertheless, the men finished fourth out of 13 teams with 80 points and the women were eighth out of 13 with 36 points. That is pretty good with only 16 technical athletes.

### Bates, RPI, Tufts

In our first full-team meet, we were hosting our annual affair with Bates, RPI and Tufts. Our goal was to win this meet without sacrificing our championship goals. However, for quad meets, the NCAA scoring rules

*(Continued on page 7)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 6)*

make it difficult to dominate a meet given that only two can score from each team and there are eight scoring places per event, meaning that if a team has two entries, no matter how poorly they perform, they will score. The most a team can score in an event is 16 and the least is three if they have two entries. Earlier in the week, Alec asked if he could enter the Long Jump. He had been asking for two years if he could triple jump, to which the reply was always no. The Long Jump is a little less likely to injure him and he wanted something to focus on other than the High Jump, so he was permitted to do so. Well he responded by jumping 22-9  $\frac{3}{4}$ , earning second to Yorai's 23-10  $\frac{1}{4}$ , which missed the MIT record by a mere 4". Apparently taking the pressure off of the High Jump helped as Reduker then cleared an MIT record 7-0  $\frac{1}{4}$ , easily qualifying for Nationals as what ended up being tied for the top jump in Division III this season. Aidan Gilson '19 started the season off on a high note, running 9:14.65 to win the 3,000 Steeplechase and Benton Wilson '21 ran 49.25 to win the 400 and 21.72 to take first in the 200. The men won a close meet over Tufts 190.5 to 185. RPI was back with 150.5 points and Bates had 125.

The women lost a close one to Tufts 198 to 194, but defeated RPI with 138 and Bates with 134. Showing reasonable balance, the women were either slightly ahead or slightly behind Tufts the entire meet, and if they could have won the 4x400 the meet would have ended in a tie. Michelle Menkiti '20 led the way for the Engineers, winning the 100 (12.43) and the 200 (25.81) as well as anchoring the winning 4x100 in 49.85. Kari again led our vaulters, winning with



*Bailey Tregoning '19 takes the lead in the 800 with 250 to go, followed by teammates Margaret Trautner '20 and Marissa McPhillips '20 at the MIT, Williams Dual Meet.*

11-9  $\frac{3}{4}$ . Bailey Tregoning '19 started the season where she left off indoors, winning the 800 in 2:12.86. Claire Melvin '22 showed she can help our cause when she won the 400IH in 66.17. Jenna Melanson '20 won the Steeplechase in 10:52.22. Lucy Lee '21 led a 1-2-3-5 performance in the Triple Jump, winning with a mark of 37-10.

### Williams

I have always been a strong proponent of head to head competition, preferring dual, triangular or quadrangular meets over invitationals. Three years ago we established the Williams dual meet since we were the two strongest teams in the region for Division III. For the first two years the meet was really an excellent competition even though their depth would win out over our smaller team. The meet would generally come down to the relays at the end, making for an exciting meet and great competition. This year, with their women winning the NCAA Division III Indoor championship and our men placing seventh, it was pretty clear that their women's team was far stronger than ours and our men's team was far stronger than theirs.

We held some of our men out for precautionary reasons and moved our distance runners to the 1500 for a break, but it still ended up in a bit of a blowout with us winning 113-86. Our field events are very strong, which provided us with 1-2-3-4 sweeps in the Shot Put, Discus, Hammer, High Jump and almost the Pole Vault (1-3-4). We held Yorai and Alec out of the meet, so we limited ourselves in the horizontal jumps. We even went 1-2 in the Javelin. On the track, Benton won the 100 and 200 in 10.99 and 21.77 respectively, Andrew Shao won the 400IH in 56.99 with Aidan getting second in 57.16 after winning the Steeplechase in a relaxed 9:33.73. Both our 4x100 and 4x400 were victorious. Jon won the Hammer (167-4) and Discus (149-1), Will Woltmann '22 won the Shot with a 49-1 performance and Gabe Madonna '20 threw 197-6 to win the Javelin. Liam Ackerman '21 took first place in the Pole Vault with a 15-11 jump and Chris Washington '20 led the High Jump sweep with a 6-4  $\frac{3}{4}$  jump.

*(Continued on page 8)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 7)*

The women lost 108 to 76. We did well in the field events, especially the throws and Triple Jump, but got blasted on the track with the exception of the 800, 5K and 400IH. Elise McCormack-Kuhman '20 led a 1-2-3-4 sweep in the Hammer, throwing 155-0, Folusho Jebutu '21 took first place in the Discus (120-10) and Lilly Papalia '22 won the Shot Put with a put of 35-0 ½. Claire again won the 400IH with a remarkable come from behind victory in 66.25 and Katie Collins '21 won the 5K in 17:45.41. Bailey led a 1-2-4 finish in the 800, running 2:12.65.

### Larry Ellis Invitational

Now that the scoring meets were over it was time to start looking for performances in the invitational part of our season. Once again, I took a small group of middle-distance and distance runners to Princeton for the Larry Ellis Invitational. Bailey improved her season best to a 2:12.34 and Margaret Trautner '21 delivered a solid 2:13.64. Jenna had an excellent race, running 10:47.87 in the Steeplechase, almost making a breakthrough in



*Jenna Melanson '20 moves to the lead in the Steeplechase at the Larry Ellis Invitational.*



*Claire Melvin '22 on her way to a 1:07.39 victory in the 400IH at the NEWMAC Championship Meet*

the final third of the race. Aidan ran a very solid 9:08.03 even though he fell off a bit with 600 to go. Andrew Mah '22 was in a slower section that ran 4:49 for the first 1600 and 4:48 for the second 1600. When the pace picked up Andrew did not have the leg speed to go with the leaders. He finished in a sub-par 14:53.49

### Sean Collier Invitational

On the same weekend as the Larry Ellis meet, we hosted the Sean Collier Invitational. Most of our athletes either rested for the upcoming championships or competed at home. The weather was not optimal and the performances showed it. Will threw 50-4 ½ in the Shot Put and Albert Menio '20 had a pretty solid day, throwing 150-11 in the Discus and 158-5 in the Hammer. Chris Washington continued to get back into his A game, clearing 6-6 ¾ in winning the High Jump. However, that was about it.

The women were similar in

performances. Liana Reilly '21 cleared 5-4 ¼ to finish second in the High Jump. Elizabeth Weeks '21 jumped a season best 37-10 in the Triple Jump. The final strong performance was attained by Anais Marenco '22 who cleared 11-7 ¾ in the Pole Vault.

### NEWMAC Championship

The men had won 18 consecutive NEWMAC titles and nothing was going to stop them from winning their 19<sup>th</sup>. Not even the 50 degree temperatures and 25 mph gusting winds at host Springfield College could deter our team. We won seven of the eight field events, scoring 152 of a possible 205 points. Yorai had the performance of the meet, jumping 24-1 ¾ in the Long Jump to come within ½" of the MIT record. He also won the Triple Jump with a 47-7 effort to earn the Male Field Event Athlete of the Year. We did not enter Alec in the Long Jump, but he easily won the High Jump at 6-6 ¾. Liam and

*(Continued on page 9)*



## ... OUTDOOR TRACK AND FIELD

*(Continued from page 8)*

Scott Cameron '19 both cleared 15-5, but Liam won on misses. Nathan Basinger '22 won the Shot Put with a throw of 46-1 ½ and placed in the Discus and Hammer to earn Male Rookie of the Year. Albert won the Discus with a 143-2 mark with an unfavorable wind. Gabe won the Javelin with a throw of 183-2. On the track we started the meet with a 1-2-3-4 sweep in the 10K. The times were solid given the wind with Josh Derrick '20 winning in 32:52.55 and Josh Rosenkranz '19, Finn Jacobson-Schulte '21 and Steven Goldy '20 all within .06 of Josh Derrick. Our only other win on the track was earned by Aidan as he took first place in the Steeplechase in 9:26.31. The men's total of 275 points was 92 more than runner-up WPI.

The women had won 10 consecutive titles, but there was concern as to their ability to win their 11<sup>th</sup>. To make matters worse, host Springfield College was having their best meet ever, scoring 50 more points than seeded. Our lack of healthy distance runners prevented us from getting major points in a weak 10K, settling for a fourth place by Darby LaPlant '19 in

40:08.41. We also bombed in our first field event, the Long Jump, only scoring seven points, 13 less than we were seeded. Things got going after that and we eventually dug ourselves out of the hole to win by 30 points, 182.5 to 152.16. Kari won the Pole Vault, clearing 12-1 ½ to lead a 1-3-4-5 finish. Elena Andree '22 jumped 38-2 ¼ in the Triple Jump to win and lead a 1-2-4-7 performance. We lost quite a few points in the running events when Marissa McPhillips '20, who had been struggling with her mental game failed to score in the 1500 and getting pulled from the 800 to try and save something for the New England Division III championship next weekend. Margaret helped make up for that loss by winning the 1500 in 4:43.47 and then coming back to earn second to Bailey's first in the 800. Claire won the 400IH in 67.39 and Jenna ran a superb race to win the Steeple in 10:49.08. MIT's final victory was earned in the 4x400 with Claire running 60.1, Margaret 60.8, Kristen Frombach '19 a 61.5 and Bailey a 59.4 for a 4:01.73 victory.

### New England Division III Championship

The men went into this competition



*Steven Goldy '20, Josh Rosenkranz '19, Josh Derrick '20, and Finn Jacobson-Schulte '21 en route to a 1-2-3-4 finish in the 10K in the NEWMAC Championship Meet.*

very confident and intent on winning their sixth consecutive New England Division III championship, which was hosted by Williams College. How they achieved that goal was unexpected. The seniors, expected to carry the team and score over 30 points, only managed eight. Yet, the team scored nearly 20 points more than they were seeded and won by 50 points over second place Tufts.

From the senior side of things, Aidan did not compete due to an achilles injury that had become much worse over the past week. Jon, who had led the throwers and carried the team all year, could not place in any of his events when an average day would have netted him 15 points. Scott, having an excellent season in the Pole Vault, could not clear 14-1. The senior who scored was the one not expected to, Josh Rosenkranz. Coming off his achilles injury from indoors that forced him to DNF at indoor nationals, I thought his year and college career was over. On basically no mileage and entering



*The MIT men's squad won their sixth consecutive New England Division III Outdoor title with 139.5 points to runner-up Tufts 89.5.*

*(Continued on page 10)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 9)*



*Gabe Madonna earns a spot in the finals in the Javelin Throw at the NEICAAA Championship Meet.*

his first race the previous weekend to qualify for the 10K, I hoped, but did not expect him to get much done. We hoped to score well in the 10K and on the first day of competition, but had little to base our hopes on in the 10K other than tradition and determination. The pace went out in 70, which was a big surprise since we did not think anyone in the field would seriously threaten to go much under 32 minutes. I had told Josh, Josh Derrick and Finn not to go after such a pace and reminded them of that after the first lap. We went 5:08 for each of the first three miles and then picked up the pace to try and catch the leader. Even running 16:02 for the first 5K and 15:38 for the second 5K did not do the trick as Josh R still fell five seconds short of catching the leader, settling for second place. Finn ran an amazing 31:42.51, hanging with Josh until the final 200 meters, earning third place. Josh D fell off a bit after four miles, but still held on for fifth in 32:05.09.

Also on day one, with the new format, was the Hammer, Javelin, and Long Jump. In the Long Jump, Yorai won on his first jump, going 23-9  $\frac{1}{2}$ . Alec took a few more jumps but jumped 23-0  $\frac{1}{2}$  for

second place, which we thought might put him in position to qualify for the NCAA Division III Championship. In the Hammer, while Jon did not come through, Albert did with a personal best of 161-1 for sixth place. Not placing but showing great future potential, Ryan Nall '22 threw 158-5. Despite the rain, which caused a slippery grip and plant, Gabe placed fourth with a 179-4 throw in the Javelin. Cooper Driscoll '22 did not score, but made finals with a 168-11 performance. We came out of day one with 44 points and a healthy lead.

Day one for the women was not expected to bring any points to the MIT cause. The women, seeded a distant second to Williams College and with no entries in the 10K, the chances of scoring were slim. However, despite the injuries, they came to compete and compete they did. Folusho and Elise threw very well in the Hammer to pull out a fifth and sixth place respectively with throws of 151-0 and 148-7. In the Long Jump, an injured Yilinn Yang '22 jumped a personal best 17-8 to place sixth and Liana added the Long Jump to her repertoire to place eighth with a 17-0 performance. The 11 points were a big plus for MIT.

On day two the field events really came through for the men, particularly the freshmen throwers. In the Shot Put Will threw 49-11  $\frac{1}{4}$  to place third, Ryan had a huge personal best of 48-7  $\frac{1}{4}$ , placing fourth and Nathan threw 46-6  $\frac{3}{4}$  for seventh. Nathan followed that up with a 146-1 throw in the Discus for fourth and Albert added a sixth throwing 144-5. Yorai did his job in the Triple Jump, winning with a 49-5  $\frac{1}{2}$  jump and Alec (6-8) led Chris (6-6) and Caleb Harris '22 (6-4) to a 1-4-5 (tie) finish in the High Jump. In the Pole Vault we did not score what we were seeded to, but Liam placed fourth with a 14-7  $\frac{1}{2}$  performance and Max Hardy '21 came through for seventh place, also clearing 14-7  $\frac{1}{2}$ .

On the track, despite losing Aidan, we performed well. The only victory was provided by Benton in the 200, running a PR of 21.56. This was after a 48.62 PR in the 400, good for third place. He was supported in the 400 by Nick Duchatellier '22, who placed fifth in the 400 with a 49.54. We earned a second place in the 4x800 thanks to an excellent 7:49.48 performance by Aidan Foucault-Etheridge '22 (1:58.5), Ellery Rajagopal '21 (1:57.8), Matthew Schofield '22 (1:57.2) and Simon Alford '20 (1:55.8). Aidan and Simon had run 1:54.93 and 1:55.28 respectively in the 800 earlier in the day. Aidan had been fighting a knee injury most of the season and was unable to come back in the second event at the same level, but really showed his competitiveness. Joa Kennedy '21 had the most inspirational performance. Similar to what he did at the indoor championship, not seeded to place, he ran a great 110HH trial, improving from a 15.44 to 15.10, running the third fastest time to make finals after not being seeded to score. In the finals he placed fifth in 15.43. Also placing fifth, Steven Goldy ran a marvelous 5K race, coming from behind, running 15:05.17. Struggling with the long season, Andrew added an eighth in 15:11.89. Andrew Shao '22 earned seventh in the 400IH, running 56.75 to complete the scoring.

The women came out swinging on day two. Jenna opened up with a first place in the Steeplechase, running 10:56.47. At the same time the triple jumpers were getting it done. Elena picked the right time to have her best day, placing third with a 38-2 personal best. Lucy Lee '21 added a 37-5  $\frac{3}{4}$  for sixth and Elizabeth Weeks '21 placed

*(Continued on page 11)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 10)*



*Bailey Tregoning '19 leads Margaret Trautner '20 500 meters into the 800 at the MIT Final Qualifier. Both achieved their goal of qualifying for Nationals.*

seventh with a 37-4 ½ jump. In the 1500 Margaret ran an inspirational 4:38.23 for third place, negative splitting after a 79 first 400, running 72, 71, 56.

The women kept chipping away at the Williams lead as the Ephs were not meeting their seed predictions and we were placing much higher than our seeds. Liana added a tie for fifth in the High Jump, clearing 5-2 ¼ and Folusho placed fourth in the Discus, throwing 123-7.

On the track, Michelle Menkiti had a strong day, placing fourth in the 200 in 25.36 and sixth in the 100 in 12.47. In the 800, Bailey took second with a 2:11.29 and Margaret returned to place fifth with a 2:13.63. Going into the 5K we knew it was going to be close. We still had the Pole Vault, the 5K and both relays to go and we were down by 18.5 points. It was a long shot, but we were going for it.

In the 5K, Katie took care of business, going out fast to break up the field and holding on to win in 17:18.59. Williams added a third place, so we only made up four

points. With the relays coming up we did not even have eight bodies. I went to Michelle and asked her if she was up to racing her first 400. She strapped on the spikes and anchored with a 58.5 to get MIT seventh place. Claire had split 60.3, Sarah Ishamuddin '21 59.5 and Kristen Frombach a 59.7. Unfortunately, Williams won the race to add 10 more points, putting them up 22.5 with only two events to go. In the 4x800 we just ran out of bodies. Marissa ran a 2:19.4 to put us in perfect position, but Skylar Brooks '20 could only manage a 2:30 to put us out of it. Margaret tripled in a remarkable 2:16.6 and Bailey added a 2:14.5 to rally to third place. Williams did not score so we were now down 16.5. In the Pole Vault Williams was seeded to do well, but they only managed a tie for second for seven points, but that was enough. Kari won with a 12-4 ¾ vault, Lila Wine '21 cleared 11-6 ¼ for fifth, Makenzie Patarino '19 came back from a year-long shoulder injury to add a seventh, clearing 11-0 ¼ and Anais also cleared 11-0 ¼ to place eighth. The 17 points brought us within 9.5 points – 111 to 101.5. A remarkable competition for our

team.

### NEICAAA Championship

We really backed off the following weekend at the NEICAAA championship held at Southern Connecticut State University, only taking a few who felt they could possibly produce a national qualifying performance. The women fared pretty well in the running events. Katie ran a smart, gutsy race for a season best 17:01.24 to place third and guarantee her a spot at nationals. Bailey dropped a 2:11.01 to place third and Margaret added a sixth in 2:13.10.

The men added a few inspiring field event performances. Scott Cameron vaulted 15-5 ½ for fifth, just missing a national qualifying height. Will did not place in the Shot Put, but he upped his performance to a 50-6 ¼.

### MIT Final Qualifier

The MIT Final Qualifier was again a perfect meet. Lasting less than three hours with excellent weather and excellent competition. Liam guaranteed a spot at nationals by vaulting 16-3 ½. Alec punched his ticket in the Long Jump by jumping 23-8 ¾. Will did not make it to nationals, but he did throw a big PR of 52-5 ¼ and he barely foot fouled a 54 footer. Benton lowered his 400 PR with a 48.33, but that was not enough to get him in.

On the women's side the only one with an improvement to guarantee going to nationals was Margaret who ran 2:12.03.

### NCAA Div. III Championship

You can go years or even decades between having that perfect meet where the student-athletes actually compete to beat people and rise to a higher level

*(Continued on page 12)*

## ... OUTDOOR TRACK AND FIELD

[\(Continued from page 11\)](#)



Alec Reduker '20 clearing 6' 10-1/4" on his first attempt in the High Jump at the NCAA Division III Championship Meet. Alec went on place 2nd and also took third in the Long Jump to take home two All America Awards

because they are doing it with and for their teammates. There is no thought of what can go wrong, only the pure child-like pleasure of enjoying the competition. This was one of those for three of our men and that was all we needed.

We only had 10 student-athletes (five men and five women) qualify for the NCAA Division III championship this season, but given our health and the fact we had no relay teams, that was pretty good. Before the meet even started, Jenna earned the Elite 90 award for the women, the 12<sup>th</sup> award for the MIT Track & Field / Cross Country program, by far more than any other program in the country. Also claiming awards were Yorai winning the New England Region Male Field Event Athlete of the Year, and Derek Rousseau was awarded the New England Men's Assistant Coach of the Year.

The highlight on day one at the Spire Institute in Geneva, Ohio was the Men's Long Jump, at least as far as MIT was concerned. The result saw the MIT record shattered four times, and the Engineers leading the meet with 14 points. The true sense of

competition was embodied by Yorai and Alec. They fed off each other, supported each other, were motivated by each other and thoroughly enjoyed every minute of the event. Watching athletes compete when they are only thinking about what they can accomplish instead of fearing what they think they cannot do is such a pleasure for the spectators and their coaches. Seeded fifth and 16<sup>th</sup> going into the competition, no one could have predicted what happened in this event. Alec was in the first flight and opened up with a 23-6 3/4 jump to take the lead. Not satisfied, he snatched the MIT record with a 24-4 1/4 effort on his second attempt and he only started long jumping two months ago. His third attempt was only a 24-2 1/4 effort, giving him the best trial series in MIT history--for a few minutes--and first place in the competition. Yorai is an incredible athlete, but an even better competitor. His first attempt was a 24-4 1/2 MIT record. Entering the finals, they were sitting in second and third. However, Alec fouled his first two while two competitors passed him. Yorai's first attempt was yet another MIT record at 24-8 1/4. On his final attempt Alec put out a bomb of a jump at 24-8 1/4 to tie for second place. Yorai high-fived

his teammate and then raised him a 24-11 for sole possession of second place and sole claim on the MIT record. They are now the top two jumpers in MIT history.

Kari vaulted well as she always does at the NCAA championships. She has been an All-American at every NCAA championship she has attended, which is every season after her freshman year. This was no different. She cleared a season best 12-5 1/2, only having missed one attempt at 11-5 3/4. Although she was over 12-7 1/2, the bar was displaced on her first attempt. She placed eighth for her sixth consecutive All-American honor.

The Steeplechase did not go so well for MIT. Jenna had to withdraw due to a stress fracture in her foot and Aidan, although he raced, could not shake the pain from his injured achilles, preventing him from qualifying for the finals.

On day two, Alec was competing in the High Jump. Although seeded in a tie for first with the same best height among the competitors at 7-0 1/4, he was seeded second based on the second best jump this season. Alec had a perfect day through 6-10 1/4, along with two other jumpers and was the only one clean, so if no one cleared 6-11 1/2, Alec would win. He barely missed on his first attempt. On the second attempt he missed, and another jumper made it. Unable to clear on his third attempt meant second place. This put us at 22 points.

Gabe was not seeded to make finals in the Javelin. He threw 173-1, but was unable to make finals. This was an excellent experience for the first year, which should aid him tremendously next year.

[\(Continued on page 13\)](#)

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 12)*



*The athletes and coaches of the MIT 2nd place team at the NCAA Division III National Championship Meet*

Both Bailey and Margaret were up in the 800, seeded ninth and 14<sup>th</sup> respectively. Margaret's heat went out slow, which was not the best set-up for her. When the leaders took off she did not have the foot speed to go with them, finishing fourth in her heat and 12<sup>th</sup> overall in 2:13.88. Bailey's heat went out very fast (62) and she was back in fourth at 64 and stayed in fourth, qualifying for the final on time in 2:11.25.

Day three, the final day of the competition, started with the Triple Jump. Yorai was the top seed, but nothing should be taken for granted. After round one, Yorai was in fourth place with a modest 49-1 effort. His second attempt he responded to the competition, taking the lead at 50-7 ½, the best jump in Division III this season. Although three others surpassed 50', Yorai held on for the win. This put our total at 32 points for just Yorai and Alec.

We were not done yet. Liam was up in the Pole Vault. He was seeded sixth, and he showed what kind of competitor he is when he earned fourth at the indoor championship. However, he had a severe allergic reaction leading up to the competition that had one eye

completely closed, difficulty breathing normally, dealing with nausea, and a continuous massive headache, just two days before the competition. Being in exams this same week, I was proctoring quite a few, but Liam had to delay one of his due to this reaction. By Saturday the medicine had kicked in enough that he could compete. Because of this and the crazy crosswinds, he came in at 14-7. He made this height as well as 15-1, 15-7 and 15-11 on his first attempts. This made him one of seven remaining in the competition and one of two who were clean to that point. Only two cleared the next height and Liam beat the others on misses, giving him third in the competition. We now had 38 points and were sitting in second place in the overall competition.

The men had to wait through four events to see if their place would hold, and it did. The University of Wisconsin Eau Claire was a run-away winner with 58 points. Mount Union took third in the 4x400 to move up to third overall with 36 points, giving us second place—a remarkable feat with only three individuals doing the scoring.

The women still had two competitions to go, the 800 and 5K.

Bailey was up first. The pace was fast, so even at 64.4 Bailey was in eighth at the 400. She passed one on the backstretch and two more in the final 100 to place fifth in a season best 2:10.98.

Katie Collins was seeded 11<sup>th</sup> entering the 5K competition. Given the heat and wind we knew it would be a slow pace. After the first mile went according to plan at 5:31, Collins missed her opportunity to go with the leaders. Running with the middle of the pack took her mentally out of the race and the slow pace did not help. When it was time to pick up the pace, she was unable to go, finishing 10<sup>th</sup> in 17:42.15.

Yorai earned Male Field Event Athlete of the Meet for his win in the Triple Jump, second place finish in the Long Jump and DIII season best in winning the Triple Jump.

### Awards

For end of year awards, Most Valuable for men went to Yorai indoors and Alec outdoors. For the women, Bailey took the indoor MVP and Folusho earned the outdoor MVP. Bailey also won the Lynn Snyder award for the year and Jon Fakkema took the Paul McKenzie award for the men. Most Improved went to Lucy Lee for the women and for the men there were co-winners; Finn Jacobson-Schulte and Joa Kennedy.

The 2019 season is in the books and it will be a fond one to remember for many reasons. I am so fortunate to have the pleasure to lead these young men and women. After 37 years it still does not get old. 2020 should be another great year and one I am looking forward to.

## ...CROSS COUNTRY



*David Walter '18 and Matt Deyo '16 were the top finishers for the alumni but failed to break into the pack of varsity scoring runners. Freshman Andrew Mah won the race in 14:35 with Walter and Deyo finishing 30 seconds back in 8th and 9th place.*

[\(Continued from page 4\)](#)

Woltz '20 (inconsistent) and Brian Bates '20 (very inconsistent). We also could get back injured athletes Josh Derrick '20 and Steven Goldy '20, but they break easily and would have to make it on very low mileage. The men were hoping to improve on their 16<sup>th</sup> place finish at last year's national championship. One of the big pluses for the men is that they likely have the best rookie class in the country for DIII. Andrew Mah is the best of that group, running 9:10 and 14:33 in track and won the New Balance 5K national championship at outdoor nationals after placing second in the 3200. Nassim Oufattole had run 9:08 and 4:17 and done really well in cross country. Zach Johnson had a breakout cross country season his senior year, running 14:45 for three miles. Matthew Kearney had run 4:14 in his junior year in high school, but was injured his senior year and had not shown too much success in cross country. Nicky Medearis had been reasonably good at both cross country and track, but I was not sure how he would do at the next level. Ryan Wilson had been primarily a middle-

distance runner, but had also shown talent at cross country. High school success, particularly at the three mile or 5K distance does not necessarily correlate to success at 8K so, getting to Nationals was a very big question.

For all the reasons I have mentioned in the past (not enough sleep, always plugged in, locked into one sport too early in life, poor stretching habits, lack of deep tissue work), regardless the injury prevention we practice (yoga, hip mobility, strength training), injuries happen, primarily to the freshmen. I no longer worry about mileage being very high. On the men's team we range from 45 per week to 85 per week, but only two of the 20 were over 70. For the women, the range in mileage was from 35-65, but only one was over 55 mpw. This is much lower than in year's past, yet the mileage was still a step-up from what they did in high school.

The season started, as always, with our [Alumni/ae Meet](#). Due to the ongoing issues in procuring Franklin Park for our meet, I decided to move the location. The town of Brookline was very helpful

and welcoming in allowing us to race at Larz Anderson Park. The course was short at 2.76 miles, but very hilly and certainly challenging. All in all, the alums would be happy with the shorter course.

Other than Nicholas Waltman '18 taking his shot at glory by leading the first 50 meters, and a point in the middle of the race when it looked as though David Walter '18, Matt Deyo '16, Alex Knoedler '18 and Justin Bullock '14 still had a chance to break up the varsity sweep, the news was mostly about the great freshman class. Andrew broke the course record by one second, running 14:36. Even better, Josh Rosenkranz was just three seconds back, and then Billy, Zach and Matthew were third, fourth and fifth respectively, with a one through five gap of 11 seconds. Three freshmen in the top five was very exciting, giving me a lot of hope for the season.

Walter continued to lead the way for the alumni, running 15:05. Deyo ran 15:06, Bullock 15:18 and Knoedler 15:19. Colin Godwin '17 was the fifth runner for

[\(Continued on page 15\)](#)

## ... CROSS COUNTRY

*(Continued from page 14)*

the alums, finishing in 15:37. Other alumni who were racing and their performances were; Brian Gilligan '17 16:03, Jared Forman '13 16:36, Roy Wedge '14 17:25, Josh Feldman '97 17:36, Nicholas Waltman '18 18:32 and David Westenberg '80 18:49. Those in attendance, unable to race due to injury were Bob Collins '82 and Don Shobrys '75.

Since the alumnae could only muster four participants, Mary Eccles '18, Louise van den Heuvel '14, Alexandra Taylor '14 and Elaine McVay '15, the race was adjusted, scoring for four finishers per team. After a fast start, Jenna led the way. Izzi was close behind followed by Leandra and Marissa. Leandra moved up to Jenna and Izzi by the two-mile mark, but Jenna won in a course record 17:10. Izzi was close behind in 17:13 and Leandra at 17:14. Marissa fell back to 17:27, struggling to the finish. Einat finished in 17:50 and Abby in 17:52, giving us three freshmen in the top six. Mary Eccles broke up the group, finishing fifth in 17:35. Louise crossed the line at 18:41, Alexandra Taylor at 18:56 and Elaine McVay at 19:48 for the alums.

We had three weeks to prepare for the [Purple Valley Classic](#) hosted by Williams College on the course at Mt. Greylock High School, which has been under construction for two years, forcing the course to be altered each year. This year there was a lot of rain, making the course muddy and soft, which would become a bit of a trend this season. The men went out too hard for the conditions, particularly with a field that included nationally ranked Amherst (3<sup>rd</sup>), RPI (6<sup>th</sup>), Middlebury (8<sup>th</sup>), Williams (17<sup>th</sup>), Conn College (24<sup>th</sup>) and Tufts (28<sup>th</sup>) in the 16 team field. The fast early pace set them up to die on the big hill later in the course and die they did. Josh Rosenkranz



*Leandra Zimmermann '19 and Izzi Gengaro lead MIT to victory with their 3<sup>rd</sup> and 4<sup>th</sup> place finish in the Purple Valley Classic.*

was our first runner in 12<sup>th</sup> place in 26:25, but he was :41 off the winner. Billy was 24<sup>th</sup> in 26:38, Zach finished 25<sup>th</sup> in 26:39, Andrew was 28<sup>th</sup> in 26:42 and Josh Derrick was 41<sup>st</sup> in 27:03. So, a :38 delta for one through five was pretty good if we could correct the poor strategy early in the race. From a team perspective it was a rude awakening as we finished fifth with 127 points. RPI literally ran away with the race with 41 points. Williams had 72, Middlebury 103 and Amherst 118. It did not look good for defending our regional title.

The women entered the race without alumni race winner, Jenna Melanson, and of course Katie Bacher had not even started running as yet. The women worked on their group running, although not too successfully, not worrying about an individual victory. Leandra and Izzi were sort of working together, but only in that Leandra stayed about two to three seconds ahead of Izzi instead of letting her catch up so they could actually work together. Marissa was working well with Einat and Katie Collins until Katie fell off. At the finish, Leandra was fifth in 22:39 and Izzi was sixth in 22:41. Marissa started struggling with ~400 to go. Einat finished 17<sup>th</sup> in 23:31 and Katie was 19<sup>th</sup> in 23:34. After Marissa fell off, Emily Niu

stepped up to finish 24<sup>th</sup> in 23:41. The 67 points were 14 ahead of Williams. Going into the meet we were seeded fifth nationally, Middlebury was sixth, Williams eighth, Tufts 11<sup>th</sup> and RPI 12<sup>th</sup>. The 1:02 delta was of concern, but not having Jenna would certainly make a difference, and getting Katie Bacher back may fix it all.

Two weeks later we were in our own backyard at Franklin Park for the [NEICAAA Championship](#). As more and more teams look for out of region experience (a big factor in securing an at-large berth for nationals) and fast, flat courses for great performances, the All New England's is not the race it used to be. This year's group of 26 teams included DII #18 ranked AIC and #24 Stonehill. Both Josh R. and Josh D. were coming off of illnesses, so I was a bit skeptical going into the race, but it would be great to see their toughness. Billy, Andrew, Josh R. and Aidan were moving up well and in solid position at the two-mile mark with Zach and Josh D. not too far behind. Andrew took over and finished in ninth overall in 25:15. Billy finished in 18<sup>th</sup> in 25:32, Josh R in 27<sup>th</sup> (25:41), Zach finished 32<sup>nd</sup> in 25:46 and Josh D. was 39<sup>th</sup> in 25:52. This gave the men 125 points for third place overall,

*(Continued on page 16)*

## ... CROSS COUNTRY

*(Continued from page 15)*

losing only to Division I teams UMass Amherst and Northeastern. For the second race in a row we had soft and somewhat muddy conditions, slowing the times significantly.

The women were without Marissa, out for personal reasons, but Jenna was back. Jenna led Izzi, Leandra and Katie C. in the early stages of the race with Einat and Emily close behind. Izzi pulled away in the later stages of the race, finishing in an amazing 6<sup>th</sup> place in 18:07. Leandra and Jenna fell back a little, but were still solid in 14<sup>th</sup> and 15<sup>th</sup> in 18:24 and 18:26 respectively. Katie C. finished in 17<sup>th</sup> in 18:35. Einat was our fifth finisher in 26<sup>th</sup> place in 18:54. A 47 second gap and second place finish, with 78 points, to Division I Boston College was quite impressive. It felt as though we were putting something together, and then there was [Pre-Nationals](#).

A week later we traveled to Oshkosh, WI to race in the Pre-National race at Lake Breeze Golf Course in Winneconne, WI. The men were seeded seventh in the field of nationally ranked teams, which included #1 North Central, #3 Pomona Pitzer, #5 Haverford, #6 Wash U., #9 Calvin, #11 Wartburg, MIT at #14, #15



*Andrew Mah '22 finishes first for MIT, ninth place overall, in the NEICAAA Championship meet.*



*Josh Rosenkranz '19, Billy Woltz '20 and Andrew Mah '22 at the three mile mark of the 2018 PRE-NATIONAL CROSS COUNTRY INVITATIONAL on the Lake Breeze Golf Course in Winneconne, Wisconsin.*

Chicago, #18 UW Stout, #20 UW Eau Claire, #20 Carleton, #24 Otterbein, #31 Emory, #32 UW Stevens Point and #33 Washington & Lee. It had been raining for a week, which made the course a total mess. The men were without Zach as his season had ended prematurely with a stress fracture, and Matthew Kearney was not going to return from his concussion any time soon. They went out cautiously, perhaps too much so, but with 50 teams racing it felt to them as though they were out of the race and the lack of engagement took them out mentally. Even at the mile mark our closest runner was Billy in 88<sup>th</sup> place at 5:10. By mile three Billy was in 48<sup>th</sup> with Josh R. in 47<sup>th</sup>, Andrew in 51<sup>st</sup> and Josh D. in 54<sup>th</sup>. Things pretty much stayed the same through the end of the race. Billy finished in 43<sup>rd</sup>, Josh D. was 49<sup>th</sup> and Josh R finished 56<sup>th</sup>. Andrew had a bad day, totally losing focus and falling back to 89<sup>th</sup>. Losing Zach meant we now had a huge gap. Ryan Wilson passed Gilson to finish as our fifth runner in 131<sup>st</sup> place to give us 368 points and 10<sup>th</sup> place, not quite our seed.

The women were seeded second, behind Wash U in the 50 team field. There were plenty of

nationally ranked teams, including #5 UW Eau Claire, #6 Carleton, #9 Hope, #12 Wheaton (IL), #13 Pomona Pitzer, #15 Calvin, #21 Wartburg, #21 Otterbein, #23 North Central, #24 Bates, #26 Chicago, #28 Emory and #31 St. Thomas. This would be Katie Bacher's debut, but she would race in the sub-varsity race to figuratively and literally get her feet wet. Three Wash U runners were aggressive up front and the rest were way back. We were clustered in between. We were winning at the mile mark and two mile mark, but Wash U closed the gap significantly as their back runners moved up very well. By the three mile mark they were leading and then just walked away from us 70 to 107. Izzi finished 10<sup>th</sup> in 22:10. Leandra was 14<sup>th</sup> in 22:23, Jenna 15<sup>th</sup> in 22:27, Einat 32<sup>nd</sup> in 22:51 and Katie C. 37<sup>th</sup> in 22:59. The :24 between our third and fourth runners was just too much if we hope to be on the podium at Nationals.

Two weeks later we started our championship season with the NEWMAC Championship hosted by Smith College. Not only was it muddy, but it was a cold downpour during the meet. Fortunately, their indoor track is

*(Continued on page 17)*



## ... CROSS COUNTRY

*(Continued from page 16)*

pretty close to the start of their course, making it much better for our runners. The men, having never lost a [NEWMAC Cross Country title](#), were hoping for their 21<sup>st</sup> consecutive title, while the women were racing for their 12<sup>th</sup> in a row. The rain, mud and hills served to slow the race down quite a bit, so we planned on letting someone else do the early work, and fortunately a WPI runner complied. The pace was fast enough that we did not take the lead until after three miles. Billy worked with Andrew and Josh R. until the end when he outkicked Andrew to the finish to win the NEWMAC Runner of the Year honor in 26:14. Andrew was three seconds back in 26:17 to earn NEWMAC Rookie of the Year honors. Josh R. was third in 26:25 and Josh D. was fourth in 26:32. Alex Knapp '18 had the race of his life to finish fifth for us and sixth overall in 26:40 for a :26 delta and their 21<sup>st</sup> consecutive victory.

[The women](#) were without Izzi due to an injury that had come about after Pre-Nationals. At that time we thought she was finished for the season and figured we had to find a way to step up and make up for her stellar racing - enter Katie Bacher. The plan was to pass on trying for first place due to the superb ability of Kaitlyn Mooney '20 from Coast Guard. Instead we would run behind second place and work on our group running which needed to improve. This meant the first mile was a pedestrian 6:34. Our women took over half-way through the race. Jenna and Leandra opened up an immediate gap and never looked back. Mooney won in 18:39, but Jenna was only 21 seconds back in 19:00. Leandra was third in 19:04, Katie B. gave us a fourth in 19:18, Marissa was fifth in 19:28 and Einat was sixth in 19:32. This was just what the doctor ordered. While we were not as strong without Izzi, the loss would be manageable if everyone else delivered.



*Katie Bacher '20 runs alone in fourth place at the two mile mark of the NEWMAC Championship meet. Katie finished 3rd for MIT and 4th overall in a time of 19:18.*

Going into the NCAA Division III New England Regional two weeks later, both the [men](#) and [women](#) were hoping to defend their titles, having each won the past two years. The women were favored as the top seed in the region and fourth in the country. The men were seeded fourth in the region and 20<sup>th</sup> in the country.

You never know how many teams will be selected on an at-large basis in each region. There are eight regions and 32 teams that make the championship field. Each region gets two automatic bids based purely on the regional championship results. The remaining 16 teams are selected on various objective factors, primarily the regional results themselves, and also how a team that performs well at regionals did against out of region teams during the season already selected for the national meet. Since we did well against nationally ranked teams this year, we just needed to perform well at the regional meet.

The Bowdoin College course is as flat as a course can possibly be. However, it was raining (of course), the course is narrow, and in fact it

narrows down pretty quickly with a sweeping left turn less than 400 meters into the course. Getting out well is very important. The women were first. I had wanted Leandra and Jenna to go out after the leaders and our core pack to sit behind the second group of Middlebury runners and top Williams runners. Our women talked me into letting them go after the top Middlebury runners. My gut told me no, but their confidence won me over.

The first mile had me concerned. Mooney from Coast Guard pulled everyone along at sub 5:25 pace. Leandra was in fifth at 5:34 and the rest of our pack were all between eighth and 14<sup>th</sup>. I wanted to stop the race right there and take the victory, because I doubted it would last. We were good, but not that good. Leandra held onto her position, and Jenna and Katie C. stayed solid for the next two miles. However, Marissa went out the back pretty early and Katie B. and Einat were losing ground to the Middlebury runners I had wanted them to trail. At the finish a quick survey told me we had lost the

*(Continued on page 18)*

## ... CROSS COUNTRY

[\(Continued from page 17\)](#)

meet. Leandra finished sixth in 21:42, but there was a Middlebury runner in fifth. Jenna was 10<sup>th</sup> in 22:17, but a Middlebury runner was eighth. Katie C. was 12<sup>th</sup> in 22:19 and Katie B. 27<sup>th</sup> in 22:39. I thought I saw a couple more Middlebury runners, but in reality, their third runner was 28<sup>th</sup> and their fourth was 31<sup>st</sup>. Einat closed out our scoring finishing in 32<sup>nd</sup> in 22:46. We won with 87 points to 108 for Middlebury, taking the third title in a row.

The men had a plan to go out aggressively. Billy, Andrew and Kent were planning on going with the leaders and I was confident they could do so. However, only Andrew believed he could do it. At the mile mark Andrew was in sixth place in a bundle of talented front runners. Kent and Billy were back in a chase pack already telling me they feared their goal. We had a solid group among the leaders, but so did Amherst, Williams and Middlebury. While Kent was going backwards, and Billy was stagnant, both Josh R. and Josh D. were moving up well in the field. The answer to the big question, who would be our fifth man, appeared to be Aidan, as he was holding onto a place in the mid-40's. At the finish, both Amherst and Williams put two runners ahead of Andrew, who was the top freshman, finishing 13<sup>th</sup> in 25:23. After three more Amherst runners, Josh R. was 19<sup>th</sup> in 25:42. Williams put their fifth runner in before our third, who was Josh D. in 31<sup>st</sup> at 25:54. Both Middlebury and Tufts also had three runners in. Billy placed 32<sup>nd</sup> in 25:55 to give us the first fourth runner. Aidan finished in 50<sup>th</sup> at 26:11, which put us just three points behind Middlebury even though our fourth and fifth beat their fourth and fifth. Tufts finished 15 points behind us for fifth place. At the end of the day, both our teams finished where they were seeded, and both were moving onto the



*Leandra Zimmermann '19 placing first for MIT and 6th overall with a time of 21:42.65, leads MIT to victory at the New England Division III Regional Championship at Bowdoin College in Brunswick, Maine.*

NCAA Division III Championship in Oshkosh, WI.

Going into the week it seemed Izzi wanted to race, but not knowing for certain the extent of her injury, given conflicting opinions, I wanted to support whatever she decided. She had run less than 10 miles in three weeks heading into race day, so naturally her confidence was not what it had been. I let her know that if she raced she was a wildcard. Anything she accomplished would be a bonus, but nothing was expected other than competing.

[The women](#) continued to be ranked fourth as they had been for a number of weeks. I thought there was a pretty good shot we could place third, but the top two spots occupied by Johns Hopkins and Wash U were simply out of reach. We have excellent runners, but I have not been capable of getting them to the point that they believe they can win and to execute a plan to do so. They are so afraid of failing that they become paralyzed and fail to race when they think they have a chance to win nationals. All I could do this year was to let them know they had no chance unless JH or

Wash U messed up badly, so just relax and have fun. Another factor that hurts us is a lack of comfort with discomfort. This year I wanted to have the women's team attack races so that they put themselves in discomfort early and often, which is what it takes to beat Johns Hopkins. Unfortunately, with the injuries and confidence building we needed to do, that was not an option.

With that said, we did go out relatively hard. The course was in pretty good shape, which was shocking given how trashed it was after pre-nationals. The rain leading up to Nationals kept the course soft, so when we ran the course on Thursday to test it out, it was clearly going to turn to mud. The NCAA committee recognized this and closed the course for warmup on Friday and Saturday until actual race time. That and the below freezing temperature had the course looking pretty good. We thought going out hard on this flat course would be pretty safe.

The first timing mats were at 2320 meters into the course and we

[\(Continued on page 19\)](#)

## ... CROSS COUNTRY

*(Continued from page 18)*

were in third place with 189 points, 35 behind third ranked SUNY Geneseo and 26 ahead of Wash U. Johns Hopkins went out very hard and had 69 points, seemingly with the race won, although they made this mistake in 2015 on the same course and ended up third. By the 3K mark we now had 196 points, six points behind Wash U, who had solid upward movement from their 2-5 runners whereas we lost ground from our 3-4 runners. At the 5K Johns Hopkins had 101 points and Wash U 117. We lost more ground to 237 points and SUNY Geneseo was also losing ground at 258 points. Moving up was UW Eau Claire at 259 points. At the finish Wash U caught Johns Hopkins, winning by one point, 98 to 99. We finished third with 247 points, led by Leandra in 17<sup>th</sup> place, 18 points ahead of UW Eau Claire. At one point in the race she was as high as 12<sup>th</sup>, but could not quite hold on. This was Leandra's first race where she pushed from start to finish, an excellent feat. Izzi ran an excellent race, moving up throughout, finishing second for us in 54<sup>th</sup> place overall. Katie C. also had an excellent race, putting herself in great position and moving up throughout the race to finish 72<sup>nd</sup>. Jenna had her first poor race of the season. However, last year's Jenna would have ended up in the 200's with this sort of race. This year she fought despite her bad day and finished 89<sup>th</sup> overall. Katie B. ran a cautious race, but that put her in position to move up a little and help us at the end, finishing as our fifth runner in 103<sup>rd</sup>. Einat ran a very aggressive race, at one point early in the race she was in the 30's. That racing attitude will pay off if she does not fear it and learns to focus despite the discomfort. At this point though the freshman was not ready for it and she lost focus, dropping back pretty hard.



*Leandra Zimmermann '19 receives the All America award for her 17<sup>th</sup> place finish at the NCAA Division III Championship meet. MIT finished 3<sup>rd</sup> in the 32 team field.*

The men were ranked 19<sup>th</sup> going into the NCAA Division III Championship. We thought if everything went perfectly we might be able to squeak into the top 10. I wanted them to just beat people and have fun doing so. They seemed relaxed at the start, so I was hopeful. The start caused two of our runners to go down, Josh D. and Ryan Wilson - [shades of 2015](#), so there was a restart. When they started the second time, we did a very poor job of getting out. The only three who got out well were Andrew, Billy and Aidan. When they got to the first mat at 2.3K the team had done a great job moving up, putting us in a solid ninth place with 323 points. Andrew was our first runner, Billy our second and Josh R. had moved up significantly to third for us. Alex and Aidan were solid for us in fourth and fifth. Josh D. and Ryan were in the far back totally checked out mentally. At 3K we were still in ninth, but had lost 28 points. By 5K we were back to 15<sup>th</sup>, having lost another 74 points. Andrew had stayed consistent and even moved up two places. However, everyone else fell back. By 5.6K we lost another 11 points, dropping us to 16<sup>th</sup>. At 7.1K we lost another 28 points and even Andrew could not hold on. At

the end we held onto 16<sup>th</sup> place with Andrew leading the way in 66<sup>th</sup> place, the second freshman to finish overall. Our second finisher was Josh R. in 112<sup>th</sup>. Alex stepped up to be our number three runner finishing 148<sup>th</sup>. Aidan was next in 157<sup>th</sup> and Billy completed our scoring in 164<sup>th</sup>. We had a :35 gap one through five covering 98 places. Unfortunately, Josh D. and Ryan did not have their best days. Josh D. was one of the big reasons we made it to Nationals, so it was unfortunate he could not finish the season on a high note.

At our end of season banquet the MVP's were announced and the winners were Leandra Zimmermann and Andrew Mah. Even though we had two men and three women with 5.0 GPA's, even with two of them being seniors, we were not awarded the Elite 90 Award at the NCAA Division III Championship. We lost the tie breaker on the highest number of academic units. Not getting academic credit for the first semester pass/no record grades certainly hurts us. I expect us to win one or two this year at the indoor or outdoor nationals.

## ... INDOOR TRACK AND FIELD

*(Continued from page 5)*

A much anticipated 800 meter race took place between Bailey Tregoning '19 and Louise van den Heuvel '14. The pace was solid as van den Heuvel led the way with a 34 first 200 and 69 400. Tregoning and Kira Buttrey '22 were about three meters back. As the third lap proceeded, van den Heuvel picked up the pace, but Tregoning was game, although Buttrey fell off. In the final lap Tregoning took the lead early and hammered home in 2:16.36 to win over van den Heuvel (2:18.28).

Alexandra Taylor '14 put on a good show in the 400, leading the way through nearly 300 meters. However, Claire Melvin '22 took over to win in 62.65 and Kristen Frombach '19 passed Taylor for second on the home stretch, edging her out 63.24 to 63.72.

Michelle Menkiti '20 was the one double winner for the varsity, claiming first place in the 60 in 8.00 and in the 200 in 26.54. The junior also led off in the 4x200 Relay, giving her teammates (Andree, Sarah Ishamuddin '21 and Melvin) a lead they did not relinquish in running 1:50.11. The final score was Varsity 73, Alumnae 47.



*Jared Forman '13, the only alum in the 800, takes the victory in 1:57.85.*



*Claire Melvin '22 and Kristen Frombach '19 go 1-2 ahead of Alexandra Taylor '14 in the Alumni/ae Meet 400.*

Also competing for the alumnae were Stephanie Birkhimer '14 (60, Long Jump, Shot Put), Julia Sharpe '09 (High Jump), Jen Tylock '17 (Pole Vault), Emily Cole '09 (Pole Vault), Christine Labaza '14 (Shot Put).

The Alumni did not have the numbers to pull out the victory, but they certainly brought heart. The "Has-Beens" pulled out three victories in the meet. The best by far was Jared Forman's '13 shocker in the 800. Forman's MIT personal best for the indoor 800 was 1:55.77, which was run on a banked track. When Aiden Foucault-Etheridge went screaming out in 56.5 and Forman was hanging back in a safe 58, it did not seem likely he might win. However, Foucault-Etheridge paid for his high energy expenditure in the early part of the race, slowing to a 32.5 final 200 while Forman drove home to victory in 1:57.85, inspiring his teammates. Foucault-Etheridge finished in second in 1:59.01 and Ellery Rajagopal '21 ran an indoor PR of 1:59.51.

Chris Sweeney '18, only out a year, has not lost much in the high hurdles. Although Joa Kennedy '21 talked a good game, Sweeney pulled away easily, winning 8.52 to

8.89. Getting third was Nick Leonard '11 running 10.19.

The final alumni victory was earned by Arinze Okeke '16, who led an "old guy" sweep, jumping 45 -04 1/2 in the Triple Jump. With Yorai Shaoul '21 not jumping, the Varsity had no entries in the event. Sweeney and Kyle Hannon '13 added their names to the event (not necessarily their skills since neither had ever done the event) at the last minute to place second (33 -08) and third (33-01).

Tyler Singer-Clark '14 placed second in the 60 (7.51) and third in the 200 (24.34) to earn his team four points. Also competing in the 60 and 200 were Hannon, Leonard, David Blau '06 and Matt Barron '13. Winning the 60 was Alex Liu '22, running 7.31.

Danny Newman '17 earned a second for the Alumni in the 400, running 53.85 to close out the scoring for the alums in the running events. Claiming first in the 200 and 400 was Nick Duchatellier '22, running 24.12 and 52.88 respectively.

Matthew Kearney '22 won the Mile in 4:27.71, leading from start to finish, slightly negative splitting the race. Jake Jorgensen '21 was a

*(Continued on page 21)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 20)*

solid second in 4:30.07. Competing for the Alumni were Nicholas Waltman '18 and Kimathi Foster '98.

Andrew Mah '22 negative split the 5K to win in 15:41.31. With no one willing to take the lead, Mah moved to the front despite the 39 second first 200. Mah, just coming off a buildup to base mileage, ran a conservative first mile of 5:14 and then ran a solid 4:56, finishing with a 4:53 although he did struggle over the final 600 meters. Finn Jacobson-Schulte '21 had a breakthrough, claiming second with a 16:03.42. Competing for the Alumni were Rory Beyer '17 and Roy Wedge '14.

Jon Fakkema '19 was the other double winner for the Varsity, taking first place in both the Shot Put and the Weight Throw. Fakkema took the Shot Put with a solid 46-03 1/4 effort. Cody Bratten '18 represented the Alums with a second place 43-00 1/4 performance. Also competing for the Alums was Matt Falk '12. Fakkema's primary event, the Weight Throw was challenged a bit by teammate Albert Menio '20, who threw a strong 49-02 1/2. Fakkema threw 52-03 3/4. Ryan Nall '22 earned a Varsity sweep with his 43-06 1/2.



*Sarah Ishamuddin '21 demonstrates winning form in the Long Jump with a 16' 7-3/4" victory at the Bates, Colby, MIT triangular meet.*



*Bailey Tregoning '19 leads Marissa McPhillips '20 as they take over the 800 on the way to a 1, 2 finish at the Bowdoin Invitational.*

Shaoul won the Long Jump with a mammoth indoor personal best of 22-05 from a short approach. Okeke took second place with 21-01 1/2. Thad Wozniak '06 just missed scoring, taking fourth at 18-06.

Only Nate Sharpe '09 prevented a Varsity sweep in the Pole Vault. Liam Ackermann '21 won by clearing 14-07 1/4, the same height as second place Scott Cameron '19. Sharpe cleared 13-05 1/4, tying Everett Brandyberry '21 for third. Also competing for the Alumni were Marshall Wentworth '16, Dan Kwon '02 and Than Bogan '93.

The Varsity earned another sweep in the High Jump. Alec Reduker '20 won with a jump of 6-04. Steven Speck '20 cleared 6-02 for second and Sope Eweje '20 took third at 6-00. Falk and Bogan competed for the Alumni. The final score was Varsity 87.5, Alumni 33.5.

Those Alums in attendance offering support were Javit Drake '94, Josh Duncavage '13, Harrison Hunter '15, Eric Khatchadourian '06, Maggie

Lloyd '12, Elaine McVay '16, Ryan Prinster '18, Henry Tareque '17, Tom Washington '92, Benji Xie '15 and Nicole Zeinstra '16.

### **Bates and Colby**

After the holiday break the team returned back the Monday prior to the [Bates, Colby](#) triangular meet at home, the start of IAP. The NCAA has an interesting way of scoring meets, originally designed to make meets less embarrassing to weaker teams. For a triangular meet the scoring is 7-5-4-3-2-1, but only two individuals from each team can score. For instance, in the men's 3K, the 13<sup>th</sup> person placed fifth and there was no sixth place, even though there were 18 entries because Colby only had one entry.

Anyway, having no high hurdler this meet, missing three of our 800 runners, and having no depth in the sprints or horizontal jumps, combined with not getting points where we actually had depth, we nearly lost to Bates 149-140. The women won handily 155 to 117 for Bates.

The brightest spots, and what told

*(Continued on page 22)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 21)*

me we would have a superb championship team on the men's side were the field events. Although we did not receive the points, our pole vaulters, led by sophomore Liam Ackerman's 15-5 ½ vault, took the top five spots. Alex Reduker '20 led the high jumpers to a 1-2-3 finish with his 6-7 ½ jump. Yorai Shaoul '21 easily took both horizontal jumps in 22-7 and 48-4 respectively. The throwers showed they are going to be a force to be reckoned with. Will Woltmann '22 led his teammates to victory in the Shot Put with his 48-2 ½ performance and Jon Fakkema, who earned second in the Shot Put at 48-0 ¾, won the Weight Throw at 56-0 ½. We have three freshman throwers who will own New England throwing for the next three years; Woltmann, Ryan Nall and Nathan Basinger.

We took a major blow early in the meet as Michelle Menkiti '20, who had run a very fast 7.90 in the 60 Meter trials, was out even better in the finals, but pulled up with a hamstring injury even though she won. This would essentially end her season and any chance the team

had of winning the New England Division III Championship as she would be a favorite to win the 60, 200 and anchor the 4x200 and probably the 4x400 relays.

We may not have much depth on the women's team, but with the exception of a couple of teams, Williams in particular, not many do. An example is that there were only two entrants in the 800, both of them ours. Just as the men had done, the women dominated the field events, although it was more due to the lack of competition. Kari Stromhaug jumped 12-1 ½ to lead a 1-2-3-4 sweep of the Pole Vault, Sarah Ishamuddin '21 led a 1-3-4-5 Long Jump performance with her 16-7 ¾ jump and Jasmine Jin '20 led a 1-2-3-4-6 Triple Jump domination with a 35-2 performance.

Other victories were earned by Margaret Redfield '21 jumping 5-1 ½ to win the High Jump, Bailey Tregoning running 1:38.83 in the 600, Katie Bacher '20 winning the 800 in 2:23.47 and the Mile in 5:11.16, Katie Collins '21 taking first place honors in the 3K in

10:19.12 and the 4x800 foursome of Kira Buttrey '22, Tessa Weiss '20, Skylar Brooks '20 and Bailey running 9:46.31.

### **Bowdoin Invitational**

The annual meet at [Bowdoin](#) is our final scoring meet before championships and is usually quite competitive. Typically our men struggle to win this meet and our women run away with it. That has flipped due to the men's depth and the women's injuries. In addition to Michelle being out for the remainder of the season, we lost Katie Bacher due to a stress reaction. We also had quite a few other injuries that hurt our depth, including Katie Williams '21.

The women did win, but almost entirely due to our jumps and distance talent. While we only won the Pole Vault among the four jumping events, we did score 68 of our 170 points in those events and 27 more in the 3K and 5K.

Our only victories were in the 800 with Bailey Tregoning running 2:18.77, Kari Stromhaug clearing 11-11 ¾ in the Pole Vault, Jenna Melanson winning the 5K in a breakthrough 17:59.51, the 4x800 team made up of Kira, Katie Collins, Skylar and Marissa running 9:46.19 and the 4x200 quartet of Sarah Ishamuddin, Elena Andree '22, Yilinn Yang '22 and Bailey running 1:49.38. Jenna went out too fast at 5:30 for the first mile and she was all alone. Still she ran with confidence and managed a big personal best in the 5K victory.

The final score was MIT 170, Bowdoin 131, Tufts 129.5, Brandeis 71, Merrimack 47.5 and Southern Maine 37.

*(Continued on page 23)*



*Benton Wilson sprints to an easy win in the 200 at the Bowdoin Invitational.*

## ... INDOOR TRACK AND FIELD

*(Continued from page 22)*

While many of the men's performances stood out, the real dominance was clear with the depth as well as earning 10 victories.

Yorai was our only entry in the Long Jump but he jumped an impressive 23-2  $\frac{3}{4}$ . He returned in the Triple Jump to win with a 48-4  $\frac{3}{4}$  performance. Jon Fakkema took first place in both the Weight Throw and the Shot Put. In the Weight Throw he threw 53-7 and in the Shot he beat his teammate Will Woltmann 48-10  $\frac{1}{4}$  to 48-6  $\frac{3}{4}$ .

Caleb Harris '22 showed a bit of his talent as he won the High Jump at 6-6  $\frac{3}{4}$ . Alec Reduker was taking a break due to his back and Chris Washington '20 was out for the season with a stress reaction, so having Caleb step up was big for our team.

On the track Benton Wilson '21 was back from his hamstring injury, taking the 200 in 22.51. Matthew Kearney '22 was racing for the first time since the Alumni Meet in Cross Country and did so with a conservative first 2K and then a 2:51 final K to win in 8:50.63. Josh Rosenkranz took the lead in the 5K at the gun, ran 70's through 3600 meters and then 71's to finish in a national qualifying time of 14:38.70. The men also won the 4x800 with Kent Slaney



*Kari Stromhaug clears the bar in the Pole Vault at the Boston University John Thomas Terrier Classic enroute to a 11' 5-3/4" fourth place finish. First place, at 12' 11-1/2", went to MIT alum and assistant Pole Vault coach Cimmy Viridi, competing unattached.*

'21, Matt Schofield '22, Ellery Rajagopal '21 and Simon Alford '20 running 8:06.18.

The final score was MIT 206, Tufts 101, Southern Maine 81, Merrimack 73, Bowdoin 62 and Brandeis 32.

### **BU John Thomas Terrier Classic**

It was that time in the season where we would be splitting our team to allow for the best opportunity at qualifying for the various championships. A

banked track provides a significant penalty, regardless of the degree of bank. For instance running at the Reggie Lewis Center gets us the same penalty as the Boston University track, but the track at BU is arguably the fastest in the world whereas Reggie is not much faster than a flat track. Also, Boston University knows they have the desired facility and will get thousands of entries so their entry fees are \$30 per person, per event. What we tend to do is to take the top championship performers in the oval events and send them to BU and take the slower oval competitors, sprinters, hurdlers and field event folks to the flat track venue.

Going to the [Boston University John Thomas Terrier Classic](#) were a small number of runners who I felt were ready for big performances. For the men, Benton performed a nice double, running 22.06 and 49.16 for the 200 and 400 respectively. Kent ran 4:16.36 in the Mile, Simon ran 1:54.28 in the 800 and Josh and Matthew ran 8:23.35 and 8:28.13 respectively in the 3K.

*(Continued on page 24)*



*Lucy Lee '21 leads an MIT sweep of the first three places in the Triple Jump at the Tufts Cupid Challenge.*

## ... INDOOR TRACK AND FIELD

*(Continued from page 23)*

We also brought Yorai to see how he would do against better competition. He did jump a season best of 48-5 ¼, but overall did not adjust well to the elevated, bouncy runway.

The women performed very well led by Katie Collins, who ran 17:19.41 in the 5K to win her section. Jenna got the job done in the 3K, running 9:54.10. In the Mile, Marissa ran 4:57.64 and in the 800, Margaret ran 2:12.89 and Bailey 2:13.84. All these performances were likely to qualify for nationals.

Similar to what we did with Yorai, we tool Jacqueline and Kari to BU for the Pole Vault. Jacqueline cleared 11-11 ¾, but Kari only managed 11-5 ¾.

### Tufts Branwyn Smith-King Invitational

The remainder of the team was over at Tufts for the [Branwen Smith-King Invitational](#). Alec Reduker led all MIT performers with his 6-9 victory in the High Jump. Will Woltmann took back the Shot Put with a personal best 49-2 ¼ and even though he lost the Shot, Jon threw 55-4 ¼ in the Weight Throw.

Margaret Redfield '21 cleared 5-4 ½ in the High Jump and Anais Marengo '22 cleared 11-9 ¾ in the Pole Vault. In the horizontal jumps, Yilinn jumped 16-10 ¾ to edge out Elena (16-8 ½) and Sarah (16-7) in the Long Jump, and Lucy Lee '21 led the Triple Jumpers with a 36-8 ½ performance over Elena at 36-1 ½ and Elizabeth Weeks '21 at 36-0 ¼.

### NEICAAA Championship /Tufts Cupid Challenge

The [NEICAAA Championship](#), known as the All New Englands, is barely a shadow of the meet it was in the 70's, 80's and 90's. Over the years as more conference championships appeared, fewer and fewer Division I teams attended the meet. When Boston University charged too much for their venue, the meet moved to Reggie Lewis and an earlier date. The earlier date avoided the conflict with the many conference championships, but the banked track penalty on a barely banked track made the meet unappealing.



*Folusho Jebutu takes third place at the Tufts Cupid Challenge with a throw of 45' 9-1/4".*

At the same time, Tufts University hosts the [Cupid Challenge](#). The Tufts facility has one of the faster flat tracks in the area and are known for fielding very competitive fields and using pacers to aid the running events.

Over at Reggie, Yorai placed fifth in the Long Jump, jumping 23-2. In the Women's Pole Vault, Kari placed second, clearing 12-5 ½ and Anais placed fourth, clearing 12-1 ½.

Although we rested a lot of the runners, we had some pretty strong performances from those who did race at Tufts. Marissa ran 2:58.15 in the 1000 to win. Bailey won the 600 in 1:38.22. Margaret moved up to the Mile, but got in her own head after the 400 and only ran 5:10.30. I am convinced she is a better miler than 800 runner and am determined to prove that. Emily Skilling '21 had an excellent race even though the wheels fell off at the end. She ran an aggressive 5K running the first two 1600's in 5:53 and 5:51. Her final 1600 was a 5:59 and then a 47 final 200 as she

struggled to hold on. This was a big breakthrough for the sophomore.

Will threw another personal best in the Shot Put, throwing 49-5 ½. He also threw 47-9 ¼ in the Weight Throw, although he was behind Jon at 55-2 ¾ and Albert Menio '20 at 49-7 ¼.

On the track, Andrew Mah '22 ran 14:49.27 in the 5K, but was hampered by just coming back from an injury and a general lack of fitness. At 9:23 for 3200 he looked as though he might pull out a national qualifying performance, but he fell off hard, running a 4:50 for the next 1600. Matthew ran a gutsy 4:19.56 after getting pulled out in 2:05.9. Many of our runners made tactical mistakes as well as demonstrating they were not prepared mentally to race their best.

### BU David Hemery Valentine Invitational

It was getting close to championship time and we were not close to being championship ready. The hope is that the competition at BU, along with the

*(Continued on page 25)*



## ... INDOOR TRACK AND FIELD

*(Continued from page 24)*

knowledge that the New England Division III Championship is only two weeks away, will have some effect on everyone's mental preparation.

We did not get everything we wanted out of the [Boston University David Hemery Valentine Invitational](#), but we came pretty close on the women's side. We needed to race a team in the Distance Medley Relay, but without Katie Bacher and Katie Williams we had no spare parts and everyone had to deliver. Given that we would try and double most of our DMR members at the NCAA Division III Championships, I decided to double them here as well.

Margaret ran an MIT record 2:54.92 in the 1000, Marissa ran 4:55.05 in the Mile, and Bailey ran 2:15.10 in the 800. I was trying to figure out who our 400 leg would be. The week before we introduced Sarah Ishamuddin to the event at Tufts and she ran 62.50, finishing behind teammate Kristen Frombach '19, who ran 62.38. At BU Sarah ran 60.06 to Kristen's 61.94, so I decided to go with Sarah in the DMR the next morning. Margaret ran an excellent leadoff in 3:35.2 and Sarah followed that up with a tremendous 59.0. Bailey dropped a 2:11 on



*Margaret Trautner '20 hands off to Sarah Ishamuddin '21 in the DMR at the Boston University David Hemery Valentine Invitational. MIT placed 6th, behind five Division I teams, with the fastest Division III time (11:41.25) so far that season.*



*Aiden Foucault-Etheridge '22 en route to winning the 600 at the Springfield Invitational with a time of 1:23.45.*

everyone and Marissa came back with another 4:55 to establish the fastest time in the country for DIII at that time – 11:41.25.

Katie Collins and Jenna returned to racing after a weekend off and again dropped a lot of time in the 5K. Katie raced to a 17:01.78 and Jenna to a 17:21.95.

The Mile was the big event for the men. Aidan Gilson '19, not performing very well so far this season, showed up with a fine 4:12.38. Kent followed suit and ran a personal best 4:14.86. In the 400 Nick Duchatellier '22 showed the 400 is his best event as he ran 49.85. Benton screamed a 21.82 200 PR. In the 800 Aiden Foucault-Etheridge '22 ran 1:54.45 and Reed Foster '22 ran 1:55.28. We made huge strides towards being ready.

### **Gordon Kelly Invitational**

Going into the week of the [Gordon Kelly Invitational](#), we had figured that Joa Kennedy '21 would not get the chance to compete in a Heptathlon due to an early season injury. This was the first weekend he was cleared to do one and there

were none scheduled as the last one had been at Tufts the week before. The coach from Amherst asked if I could add one, and after securing the additional officials we went forward with adding the Heptathlon. The Tufts coach also wanted to add an individual so we were going with a three-man event. We needed to keep it small due to the previously advertised schedule, so I did not publish that we would be hosting a Heptathlon. After Joa crushed the event, scoring 4384 points and the other two entries bumped back a Williams heptathlete, the Williams coach protested the event, petitioning the scores not be allowed since the event was not publicized. The protest was upheld and none of the three scores were allowed.

This certainly provided a little more incentive for the men's team and to Joa himself. However, none of this was known until after the meet. During the meet itself Jon threw 59-2 in the Weight Throw for a monster PR and Ryan Nall threw 51-0 ¼, and fellow freshman, Nate Basinger threw 47-2 ½, very strong freshman marks. Alex Liu '22 sprinted to a 7.16 60 meter dash time, but that was about it for the men.

*(Continued on page 26)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 25)*

For the women, Folusho Jebutu '20 threw 48-7 ¼ in the Weight Throw for a season best. Megan Su '22 had a strong day, sprinting to a 8.32 60 meter time and jumping 16-8 ½ in the Long Jump.

### Springfield Invitational

When the NEICAAA Championship moved to early February, it meant there was an extra weekend between the New England Division III Championship (NED3) and the NCAA Division III Championship. This year, the NED3 meet moved a week later, meaning we had an extra week before that championship. There were three regional last chance meets developed, one at Middlebury, one at Bowdoin and one at Springfield. We chose the one at [Springfield](#), which proved to be reasonably competitive meet.

We, along with most teams, gave their top qualifiers the meet off, knowing they would need that rest for the NED3 meet the next weekend.

The men had some very strong performances as the team began rallying for the championships. Joa popped a 21-3 ¼ in the Long Jump and ran a personal best of 8.76 in the 60 meter hurdles. Will threw 50-0 in the Shot Put, only the eighth MIT thrower to do so. Jon came close, throwing 49-7 ¼. Caleb again jumped 6-6 ¾ and Steven Speck '20 cleared 6-4 ¾.

On the oval, Aiden Foucault-Etheridge ran a 1:23.45 in the 600. Simon Alford ran 2:32.10 in the 1000 to position himself well for the upcoming championship. Ellery Rajagopal '21 had a nice breakthrough in the 800, running 1:58.53. The 4x400, not elite in any sense of the word, produced a time fast enough that let them know they may be able to score next week. Benton led off with a 51.0, Nick ran a fine 50.4, then Aidan Gilson ran 52.4 and Aiden anchored home with a 51.3 for a 3:25.25.



Josh Rosenkranz and Andrew Mah on their way to a 1-2 finish in the New England Division III Championship meet.

The women had strong performances in a couple of areas, in particular the Pole Vault and the Long Jump. Kari cleared 12-2 ½ and both Anais and Jacqueline cleared 11-10 ½. In the Long Jump, three of our women made the leap to the 17's. Elena jumped 17-2 ¾, Yilinn jumped 17-2 and Tema Nwana '21 jumped 17-0 ½. Elizabeth Weeks jumped 36-5 ½ in the Triple Jump to indicate she was coming around to championship form.

On the track we only pushed our top runners in one event, the 600. I wanted to find out if Margaret or Bailey should be in a different event so I put both in the 600. Bailey edged Margaret at the line 1:38.51 to 1:38.61, making me think neither should be in that event next week. We did run 4:05.60 in the 4x400 with Sarah running a 62.2 leadoff, Margaret a 61.7, Kristen a 61.3 and Bailey a 60.3. There is a slim chance this could score in the championship.

### New England Division III Championship

The format of the meets had changed this year, and both genders would be using the

same time schedule for the first time. The meet would still be held in two different locations as there is no venue large enough to host both at the same time, and using the same location on a piggy-back schedule would be cruel and unusual punishment for coaches and the host facility.

The [men](#) were favored to win and were hosting. The [women](#) were seeded second and were competing at Bowdoin College. The men did not disappoint, winning with 164 points while pulling the 4x400 team and a couple of distance runners from the 3K. We won seven events and earned second place in another six. A distant second place was Tufts with 78 points. WPI was third and Southern Maine fourth, putting a big divot in the usual NESCAC dominance.

The fun began on Friday, and even though we had to endure watching the first day of the Heptathlon without Joa, we were able to score big in the three other events being held that day, the Pole Vault, DMR and 5K. Liam Ackerman came through big by clearing 15-7 ¾ to place second. Then in the

*(Continued on page 27)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 26)*

DMR, Kent, Aiden, Simon and Matthew Kearney combined to place second in 10:13.54. Kent led off with a 3:07, Aiden added a 50.5, Simon threw in a 1:55.6 and Matthew closed with a 4:19.9. To finish the evening off, Josh Rosenkranz, Andrew Mah and Josh Derrick '20 went 1-2-6 in the 5K for 21 big points. Josh and Andrew ran a smart but tough race, trading off through a 9:33 3200 and then backing off 400 meters later to cruise in with a 15:01.50 and 15:02.06 one-two punch. Josh D. ran a bit erratic, but held on well at the end in 15:17.73.

The 37 points going into Saturday were a nice starting point, and then Joa happened. Joa surprised everyone by first making the finals in the Long Jump with a leap of 21-6  $\frac{1}{4}$ , but then amazingly qualified for the finals in the 60HH with an 8.58 PR. These remarkable performances further energized the Engineers and everyone started performing at a higher level. Yorai established that he was in a league of his own, jumping 23-1  $\frac{3}{4}$  to easily win the Long Jump without jumping in the finals and Joa added a sixth place. Alec Reduker jumped 6-10  $\frac{3}{4}$  to win the High Jump and was over 7-0, but barely knocked it off. Caleb added a fourth with another 6-6  $\frac{3}{4}$  clearance. Jon earned fifth in the Weight Throw, tossing the 35 lb. ball 58-0  $\frac{1}{2}$ . At the same time, Aidan Gilson tried to hijack the Mile Run, taking the lead with 400 to go, but despite his 61 final lap to finish in 4:12.10, he was caught in the final 100. However the eight points for second place were huge. Tech now had 76 points and the meet was essentially over before it had gotten into the second hour.

After losing this meet the past two years, Tech was not taking the foot off the gas. Joa added a seventh place in the 60HH and then Benton won the 400 going away in 49.67. Nick added a sixth in 51.11. Yorai added 10 more with a 49-1  $\frac{3}{4}$  season best, again not jumping in the finals. Then Will threw a personal best 51-0  $\frac{3}{4}$  and Jon added a PR 49-7  $\frac{3}{4}$  to go 1-2 in the Shot Put. It



Yorai Shaoul '21 about to win the Long Jump on his first jump at the New England Division III Championship Meet. Yorai also took the Triple Jump with a 49' 1-3/4" season best leap.

was raining points and not letting up.

Benton came back with another victory, winning the 200 in 22.08, a very impressive flat track time. Aiden added six points by running a flat track PR of 1:22.42. Simon and Aidan placed third and fourth in the 1000 in 2:31.32 and 2:31.34. Matthew and Andrew doubled back from the night before because they wanted to, placing third and fourth in the 3K in 8:35.05 and 8:37.61. The final points were scored with a second place in 4x800. Ellery led off with a strong 2:00.8. Kent rebounded from a poor Mile, running 1:58.5. Matt ran 1:59.5 and Aiden brought it home in 1:56.0 to total 7:54.95.

Meanwhile the women, although having a strong start on Friday with 36.5 points, still trailed Williams by 11.5 points and lost a critical battle to Williams in the DMR. I take much of the responsibility for this loss as I had informed the women that they should not have to go all out as we were running our A team. Margaret led off with a fine 3:37.8, but could have gone faster if she had been mentally prepared to

do so. Kristen split a solid 61.3 and Bailey ran a strong 2:13.9. Marissa went out too hard as she was concerned about the Williams anchor who had run sub 4:50 this season. Her first quarter of 70.9 cost her in the end, as she ran 4:57.8, getting caught by Williams, losing by .77 although they ran 11:50.89, a time nearly equal to the banked track 11:41.

MIT's other points on the first day came from a remarkable two-three finish in the 5K and 13.5 points in the Pole Vault as four of our entries scored. In the 5K, Katie Collins went out with the top runner, Kaitlyn Mooney '21 of Coast Guards, splitting 5:25 for the first 1600 and Jenna Melanson was right behind in 5:27. Katie went with Kaitlyn as she sped up through the second 1600, splitting 5:23 while Jenna slowed a bit to a 5:33. Katie fell off from the leader, but ran a 5:26 third 1600 and finished with a 39 final 200 for a 16:53.81 performance to move her to number two on the MIT all-time list. Jenna finished third in a personal best 17:15.88. Jacqueline cleared 12-2 to finish third in the Pole Vault, her best competition of

*(Continued on page 28)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 27)*

the year. Kari finished fifth at 11-8, Anais tied for sixth at 11-2 ¼ and Lile Wine '21 finished eighth, also at 11-2 ¼. Our 4x200 Relay, which we usually do not race, placed eighth with a season best 1:48.28. Sarah led off, followed by Elena, Yilinn and Michelle. However, Williams placed second, giving them most of their lead.

Williams started strong on day two and we did not. They placed two, four in the Long Jump and one, four, five in the High Jump to gain an insurmountable lead.

For us, those who scored on Friday in the DMR and 5K, came back to secure second place for our team. Marissa placed sixth in the Mile in 5:03.33, then came back in the 1000 with an impressive personal best of 2:56.63, placing fifth behind Margaret who placed second in 2:55.85. Bailey placed fourth in the 800 with a 2:15.44 and then all three came back in the 4x800, along with Katie Williams to win in 9:15.59

Katie returned to the 3K, placing fourth in 9:49.66, a personal best and Jenna ran 9:54.10 for fifth, easily a flat track PR.

The only other points on day two came from the triple jumpers and Folusho Jebutu in the Weight Throw. She placed seventh with a personal best of 48-11. Elizabeth Weeks earned fourth place in the Triple Jump with a season best 36-9 ½. She was supported by Lucy Lee in sixth at 36-5 ¾ and Elena in seventh with a jump of 35-11 ½.

### Tufts Final Qualifier

As the meet title suggests, this was the final opportunity to qualify for Nationals. The "Has-Beens" will probably find this ludicrous, but nowadays some college teams will travel across the country to participate in more than one final qualifying meet since they are not all scheduled on the same day. To host a Final Qualifier a school must request and be granted



*Liam Ackerman '21 clears 16' 0" to win the Pole Vault at the Tufts Final Qualifier and secure the eighth spot on the NCAA list.*

approval from the NCAA. [Tufts](#) annually puts in for this meet much as we do with the outdoor version.

We were hoping to get a men's Distance Medley Relay qualified as well as a distance runner or two and a couple field event guys. On the women's side we were pretty set, but were hoping for a triple jumper or high jumper to have a big day.

The men's DMR was first. Simon led off with the 1200. Rather than go out in 2:00 as I told him to, he raced, putting him back at 2:03 at the half. He kicked pretty well but was still back at 3:04 in fourth place. Benton ran a superb leg, finishing in 48.8 and moving up to the three lead teams. Aiden Foucault-Etheridge ran the 800 leg and did so superbly, taking a slight lead at the handoff, splitting 1:53.3. Aidan Gilson grabbed the baton amid his worst fear – being in the lead at the handoff. Although his splits were slow and he disengaged when teams came around him after the half, he finished well in the final 200 to move up to third with a 4:16 split and a 9:59.61 overall time. This flat track time converted to the sixth fastest time in the country and a trip to

Nationals.

Liam continued where he left off the week before, clearing 16-0 and winning the competition. This moved him to eighth on the NCAA list. Although Jon did not qualify for Nationals, he did throw 50-5 ¼ in the Shot Put for a huge PR, moving him to number eight on the MIT all-time list.

Anais cleared 12-2 ½ in the Pole Vault to move up to 15<sup>th</sup> on the NCAA list. This would give us three women in the Pole Vault at Nationals. Lucy Lee did not qualify for Nationals, but she did jump 36-9 ¾ for a new personal best.

### NCAA Division III Championship

Having Nationals in your backyard may seem like a big advantage, but I do not see it that way. One, it throws you out of your rhythm. Two, the athletes and coaches are still at school/work, so focusing on Nationals is not particularly easy. Three, the athletes are not necessarily getting their sleep and quiet time before and after the meet. Our answer was to compromise and stay in a local hotel Friday night of the two-day meet.

*(Continued on page 29)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 28)*

Going into the [NCAA Division III Championship](#) at the Reggie Lewis Center in Boston next Friday and Saturday, the men will be represented by Yorai Shaoul '21 in the Triple Jump (#2), Alec Reduker '20 in the High Jump (#2), DMR team of Simon Alford, Benton Wilson, Aiden Foucault-Etheridge, and Aidan Gilson (#6), Liam Ackerman in the Pole Vault (#8), Gilson in the Mile (#9), Josh Rosenkranz '19 in the 5K (#11) and Wilson in the 200 (#16). Representing the women will be the #5 DMR team of Margaret Trautner '20, Sarah Ishamuddin '21, Bailey Tregoning '19 and Marissa McPhillips '20, Katie Collins '21 in the 5K (#6), McPhillips in the Mile (#8), Kari Stromhaug in the Pole Vault (#9), Trautner in the 800 (#11), Jenna Melanson '20 in the 3K (#13), Tregoning in the 800 (#15), Anais Marenco '22 in the Pole Vault (#15) and Jacqueline Ahrens '21 in the Pole Vault (#19).

Although UMass Boston was the host of this meet, which was being held at the Reggie Lewis Center, they were really not prepared to host. The head coach who put in the request for the meet had left for another college and the director of the Reggie Lewis Center who had put on numerous Division II NCAA Championships at the site, was no longer in that position. As a result a few things did not go very smoothly. One of those things was the athletes and coaches banquet where the student-athletes get the opportunity to sit and have dinner with their teammates and fellow NCAA qualifiers and celebrate everyone's success including regional award winners and Elite 90 Award winners. Instead of having a banquet in the evening at a nice location, we had a very average buffet lunch on our laps seated in a chair with no table. Many teams did not even attend.

For the third time, MIT was the recipient of both the men's and women's Elite 90 awards, although I am not sure anyone else was aware. The Elite 90 award is given to the male



*Yorai Shaoul '21 posts the winning leap of 49' 11-1/4" on his first attempt in the Triple Jump at the NCAA Division III Championship Meet.*

and female student-athletes at each of the NCAA sponsored national championships, of which there are 90, who have the highest GPA at that time, regardless of major or school. MIT's 5.0 scale is adjusted to a 4.0 scale and a 12 unit class is considered a 3 hour class so that everyone is on the same playing field. What works against our student-athletes is when there is a tie, the individual with the highest number of units gets the tie-breaker. Well, since our first semester is pass/no-record, those units do not count for us. Back to the story, there is a rule that an individual can only win the Elite 90 once per academic year, which has certainly cost us a few more Elite 90 awards. Apparently, the NCAA forgot about this rule. While Margaret Trautner was awarded the women's award, the men's award went to the same individual who won it in cross country. That evening I was called at home and told that they messed up and Josh Rosenkranz was the actual winner. This brings the total for our program to 11, which is more than any other track & field / cross country program in the country, and equal to the total amount earned by any

other college across all sports and that college is Washington University in St. Louis.

What was obvious from the seeds, we were not expected to place very high for either team, although the men were seeded for 20 points. However, that is why they have the competition.

On day one, both DMR's performed as expected, but they both could have done better. Simon did not race well in the middle, only at the beginning and going into the 1000 meter mark of the 1200 leg as he faded badly at the end. Despite the banked track he only split 3:06.7 and put the team in ninth at the handoff. Benton split 49.3, moving the baton up to sixth place. He had run a 22.03 in the 200 trials earlier, but did not advance. Aiden ran a flawless leg of 1:53.9 to slide the team into third place. Aidan will forever fight with competitiveness and so he struggled when an opening 400 of 61.5 saw him lose places. He eventually faded all the way to ninth with a 68.7 third 400 before he realized his team needed him. He dropped a 59.7 final 400 to

*(Continued on page 30)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 29)*

run 4:14.9 and earn sixth place in 10:04.82. Credit to Aidan as he had run 4:11.22 in the Mile trials a few hours earlier to advance to the finals in that race.

Margaret, similar to Simon, took the lead with 150 to go and then faded badly, falling back to seventh place. She had run the 800 earlier, but fell on a trip in the final 50. Sarah tried her best, but her 61.2 dropped us to 10<sup>th</sup> place. Bailey had the race of her life, running a very controlled, perfectly executed 2:12.1 to move the team all the way to fourth, despite racing a 2:13.54 in the 800 trials to move on to the finals. Marissa, who had earlier qualified for the finals in the Mile with a 5:01.79, started and closed with 71 second 400's, but was only able to secure sixth place despite her 4:55.5 split. The overall time was 11:47.13.

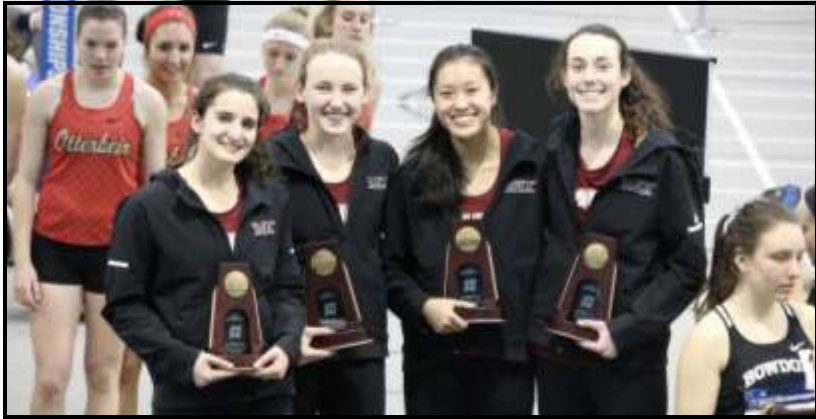
At the beginning of day one the Pole Vault was a very positive experience for us. Liam needed three attempts to clear 15-1, but after he shook the cobwebs loose he was excellent. From 15-7 to 16-2  $\frac{3}{4}$  he only had one miss, at 15-11. He was unable to clear 16-4  $\frac{3}{4}$  mainly due to a bigger pole he was not mentally ready for, but the potential is certainly there. His fourth place was a big boost.

Although Anais no-heighted and Jacqueline only cleared 11-3  $\frac{3}{4}$ , Kari more than took up the slack, placing third, tying her PR of 12-9  $\frac{1}{2}$ .

Although Alec was seeded second in the High Jump, he was not mentally ready for that situation. He cleared 6-6  $\frac{3}{4}$ , but that was it, not scoring any points.

Also qualifying for finals was Jenna in the 3K. She squeaked in with a 9:59.96, realizing that when you take the trials for granted, you leave your adrenaline at home and qualifying now becomes difficult and painful.

In the 5K, Katie was mentally fatigued from all the top-level racing she was



*Marissa McPhillips, Margaret Trautner, Sarah Ishamuddin and Bailey Tregoning with their 6th place All-America awards from the DMR at the NCAA Division III Championship Meet.*

unaccustomed to. She fought hard, but just did not have it. The field went out hard, which I am sure served to make Katie feel she had no chance. Her first 1600 was 5:22 and she was back in 13<sup>th</sup> place, nine seconds down from the lead pack. In the final 1600 she slowed, but still moved up to 10<sup>th</sup> place overall in a respectable 17:13.87.

Josh, irritated achilles and all, tried the 5K and held on pretty well through 3200 in 9:24, but then the achilles started to hurt too much, forcing him to drop out.

Day two started with the men's Triple Jump. Yorai was the second seed, but he had no intention of losing. His first jump of 49-11  $\frac{1}{4}$  won the event – boom! If he can lower the height of his first phase, making it less of a long jump, he could go mid 50's.

On the track was the Mile finals. Aidan was up first and the field played to his strengths -- a relatively slow pace that is fast enough to take the kick out of most of the field. After two 64 second quarters, the field ran a

62 and then Aidan ran a low 59 to move up to fifth place in an impressive 4:09.69. This gave the men a total of 22 points, which was good for seventh place.

Marissa was up for her final in the Mile. She ran her own race, allowing the leaders to go out fast. She worked her way up to fifth with a quarter to go, but just did not have the leg speed. Despite running a 73 final quarter for a 4:55.52, she finished eighth.

Bailey ran an excellent race in her first NCAA 800 final. She evenly split her race, moving from the back of the pack to seventh after the 400, sixth after 600 and fifth in the final straight for a 2:12.73 and four more points.

The final race was the final of the 3K. Jenna ran a very well-paced race. She even picked the pace up over the final 1200 to move up to third place at one point, but was unable to match the finishing kicks of the top runners over the final 600 meters. She fell to eighth, but ran an excellent 9:54.83 for that one point. The 15 points put MIT in a tie for 11<sup>th</sup> place.

# ADAPTING SCHEDULE TO MATCH TALENT

by Halston W. Taylor

As the recruiting process has brought in better talent and raised the level of our team performance, we've realized that in order for these athletes to be at their best come championship time, they cannot compete every week early in the season. To that end, we have decided to adapt our schedule to accommodate this.

We are continuing with our process of scoring meets, then invitationals, leading into the championships for track & field. However, we are adding some Division I competition options for our top student-athletes. This allows those athletes to actually get competition, and it encourages the best recruits who feel they need DI competition to choose us over the Ivies or Stanford.

For Indoor Track & Field we will not go to Bowdoin for the 5-way meet, but instead go to the University of Rhode Island on January 18. This means we will have Division I or professional level competition five different weekends.

In the Outdoor Track & Field season we are adding three meets instead of the Williams meet. The top distance runners will go to Bucknell for a high level distance festival, those not quite at the National level will travel to Conn. College for their Friday night distance festival and the top level non-distance runners will go to UConn for their invitational.

All in all the competitiveness of our schedule should be upgraded while also providing opportunities for rest.

## 2018-2019 ALL AMERICANS AND RECORDS

### All Americans

#### Cross Country

Leandra Zimmermann – 17th

#### Indoor Track & Field

Yorai Shaoul	1st	Triple Jump
Liam Ackerman	4th	Pole Vault
Aidan Gilson	5th	Mile
Simon Alford	6th	DMR
Benton Wilson	6th	DMR
A. Fou.-Etheridge	6th	DMR
Aidan Gilson	6th	DMR
Kari Stromhaug	3rd	Pole Vault
Bailey Tregoning	5th	800
Margaret Trautner	6th	DMR
Sarah Ishamuddin	6th	DMR
Bailey Tregoning	6th	DMR
Marissa McPhillips	6th	DMR
Marissa McPhillips	8th	Mile
Jenna Melanson	8th	3,000

#### Outdoor Track & Field

Yorai Shaoul	1st	Triple Jump
Yorai Shaoul	2nd	Long Jump
Alec Reduker	2nd	High Jump
Alec Reduker	3rd	Long Jump
Liam Ackerman	3rd	Pole Vault
Bailey Tregoning	5th	800
Kari Stromhaug	8th	Pole Vault

### MIT Records for 2018-19

#### Women's Indoor Varsity

Margaret Trautner 1000 2:54.92

#### Men's Indoor Rookie

Matthew Kearney 3000 8:28.13

#### Women's Outdoor Rookie

Elena Andree Triple Jump 38-2 1/4

#### Men's Outdoor Varsity

Alec Reduker High Jump 7-0 1/4  
Yorai Shaoul Long Jump 24-11

# YORAI SHAOUL '21 CAPTURES NCAA INDOOR AND OUTDOOR TRIPLE JUMP TITLES



*Yorai Shaoul '21 has taken the jumps to a new level at MIT, setting three varsity records (indoor Triple Jump at 50' 01-1/4", outdoor Long Jump at 24' 11", and outdoor Triple Jump at 51' 08-1/2") in just his first two years.*

Yorai Shaoul '21 won the Triple Jump competition at both the 2019 Indoor and Outdoor Track and Field Championships to become just the third Track and Field athlete in MIT history to capture both titles in the same year.

Indoors, Yorai had been the runner-up in 2018 and was seeded second for the 2019 competition, but was not going to settle for second again. His first jump was a 49' 11-1/4" season best to claim the victory 9" ahead of the next closest competitor.

Outdoors, he was seeded first, but stood in only 4th place after the first round. Once again, Yorai rose to the challenge and leaped 50' 7-1/2" in the finals to win the event with the longest jump of the season in Division III.

Yorai holds the MIT varsity record for the indoor Triple Jump at 50' 1-1/4" and for the outdoor Triple Jump (51' 8-1/2") and Long Jump (24' 11"). He has already amassed an impressive list of awards including, NEWMAC field athlete of the year for both 2018

and 2019, USTFCCCA NCAA Division III New England Region field athlete of the year, USTFCCCA Outstanding Field Performer in NCAA Division III Outdoor Championships, CoSIDA Academic All-American, USTFCCCA

All-Academic, and NEWMAC Academic All-Conference.

Yorai is from Ra'anana, Israel, where he attended Aviv High School and competed in both the Long Jump and Triple Jump. At MIT, he is majoring in Electrical Engineering and Computer Science, and in his own words (from his website, Yoraish.com), "I really like to build robots and other silly machines, and go traveling as often as I can!". He has continued to pursue that passion for robotics at CSAIL as an undergraduate researcher and Optimus Ride, Inc., a Boston company specializing in self-driving vehicle technology.

With two national titles to his name while still a sophomore, and a prediction from Coach Taylor after the NCAA Division III Indoor Championships that "he could go mid 50's", we're looking forward to what Yorai has in store for us in his remaining two years at MIT, and beyond.



*Yorai likes to build robots, including his workout companion, PACERBOT, which looks like it would be a great asset for interval training.*



## 2018-2019 ACADEMIC AWARDS



by Ken Johnson Jr.

MIT student-athletes are recognized annually for outstanding achievement both academically and athletically and this is particularly significant with the success reached by our cross country and track and field programs. The organizations that recognize this excellence include the New England Women's and Men's Athletic Conference (NEWMAC), the National Collegiate Athletic Association (NCAA), the College Sports Information Directors of America (CoSIDA) and the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

The NEWMAC is an association of

11 selective academic institutions that competes on the Division III level and was formed in 1998. Each year, the conference selects an Academic All-Conference Team for each of their respective sports to recognize the top student-athletes across the league. In order to earn this honor, an individual must have a minimum cumulative grade point average of 3.50/4.0 or 4.35/5.0 scale, achieved second-year academic status and been a member of a varsity team for the entire season.

The NCAA is the principal governing body of all collegiate sports that was founded in 1910 and is made up of

nearly 1,300 institutions, conferences, organizations and individuals that compete at the Division I, II and III levels and colleges and universities in the United States and Canada. Each year, the NCAA awards the prestigious Elite 90 Award, formerly the Elite 89, to the student-athlete with the highest GPA at the national championship site in each respective sport. The NCAA also awards the NCAA Woman of the Year, which is the highest honor given annually to a female student-athlete. This honor

[\(Continued on page 34\)](#)



Josh Rosenkranz '19 is a computer science and electrical engineering major, with minors in economics and mechanical engineering, and has maintained a 5.0 GPA. In addition to being a two-time Academic All-American, he was also awarded the NCAA Elite 90 Award at this year's indoor championship meet.



Leandra Zimmermann '19 received her third Academic All-American Award this year. She is a mechanical engineering major who has a minor in computer science, and carries a 4.9 GPA.



Aidan Gilson '19 is a biological engineering major with a minor in computer science, and has a 5.0 GPA. This year he received his second Academic All-America Award, and he is also a two-time recipient of the NCAA Elite 90 Award.

## ... 2018-2019 ACADEMIC AWARDS



*Jenna Melanson '20 is majoring in biological engineering with a minor in literature, and carries a 5.0 GPA. She is a two-time Academic All-American and this year also received the outdoor NCAA Elite 90 Award.*

[\*\(Continued from page 33\)\*](#)

recognizes the highest level of achievement in athletics, academics, service and leadership.

CoSIDA, is a 2,700-member national organization that was founded in 1957 and is comprised of strategic communications professionals throughout all levels of collegiate athletics in the United States and Canada. CoSIDA established the "Academic All-America" program, which is unquestionably regarded as the premier awards program in intercollegiate athletics to recognize combined academic and athletic excellence. Those named to the Academic All-America program must maintain a minimum cumulative GPA of 3.30/4.0 scale, have participated in at least 50 percent of the team's competition during the season and attained a second year of eligibility. Most recently, this program has been renamed as the Google Cloud Academic All-America program as Google Cloud provides generous support of CoSIDA's signature program.



*Jenna Melanson was presented with her Elite 90 award at the outdoor NCAA Division III Championship Meet..*

The USTFCCCA is a non-profit organization which represents men's and women's cross country and track and field coaches at all three collegiate levels. This membership includes over 8,000 coaching members throughout the country, incorporating 94 percent of all NCAA

Division I, II and III track and field programs. In order to achieve USTFCCCA All-Academic individual honors, a student-athlete must have a minimum cumulative GPA of 3.30/4.0 scale and qualified for the NCAA Indoor or Outdoor National Championship or finish the season ranked among the top 50 in an individual event or top 35 in a relay.

The 2018-19 season was yet another successful one for the MIT cross country and track and field programs as the team was recognized within the conference, the region and nationally. MIT student-athletes overall rank among the top nationally on a regular basis and the cross country and track and field teams certainly proved that yet again with their achievements. Overall, the programs had 62 NEWMAC Academic All-Conference honorees, 40 USTFCCCA All-Academic performers, eight

[\*\(Continued on page 35\)\*](#)



*Katie Bacher '20 is an electrical engineering and computer science major with a 5.0 GPA. This year she earned her second Academic All-America Award.*



*Margaret Trautner '20 is a mathematics major with minors in computer science and mechanical engineering. She became a second time Academic All-American this year in addition to being awarded the indoor NCAA Elite 90 Award.*

## ... 2018-2019 ACADEMIC AWARDS



*Billy Woltz '20, a first time Academic All-America Award winner, has maintained a 5.0 GPA while majoring in physics, electrical engineering and computer science.*

*(Continued from page 34)*

Google Cloud Academic All-District selections and eight Google Cloud Academic All-Americans. Of the eight Academic All-Americans, MIT led all institutions with seven First Team selections.

In addition, the men's and women's cross country and track and field programs all earned USTFCCCA Team Academic Honors for posting an overall team GPA of 3.1 or higher on a 4.0 scale. For track and field, the Engineers had 29 total USTFCCCA honorees with the men's track and field team posting the fifth-highest GPA in the country, and the women finishing sixth. The women's track and field team had 15 USTFCCCA selections to go along with 14 for the men's squad. In cross country, the men's and women's teams combined for 11 USTFCCCA selections and the men's team led the nation with a cumulative GPA of 3.78 on a 4.0 scale.

Being named as an Academic All-American is one of the highest honors that a student-athlete can achieve. Led by the eight selections from the cross country and track and field programs, MIT



*Yorai Shaoul '21 is an electrical engineering and computer science major with a 5.0 GPA. He earned his first Academic All-America Award while also capturing two National Championship titles.*

finished 2018-19 with an incredible 23 Academic All-Americans. This total is the second-highest in the history of the Google Cloud Academic All-America program and trails only MIT's total of 24 from the 2017-18 year. MIT now has the three highest single-season totals ever and ranks first all-time in Division III and second overall with 318 overall honorees.

There was a mix of repeat winners and first-time Academic All-Americans in 2018-19, including two repeats on the men's side with Aidan Gilson '19 and Josh Rosenkranz '19. Gilson was a repeat First Team selection and Rosenkranz improved upon his Second Team honor from a year ago. Billy Woltz '20 was named to the Second Team for the first time, while two-time NCAA national champion Yorai Shaoul '21 earned a spot on the First Team. For the women, Leandra Zimmermann '19 is now a three-time Academic All-American as all four Engineers were named to the First Team. Katie Bacher '20 and Jenna Melanson '20 are two-time honorees and Margaret Trautner '20 earned Academic All-America recognition for the first time.

The 2018-2019 season was also

historic for MIT winners of the NCAA Elite 90 Award as four Engineers picked up the honor overall, including three track and field student-athletes. In indoor track and field, Josh Rosenkranz '19 and Margaret Trautner '20 completed the sweep for MIT, which was extra special with the NCAA Championship taking place in Boston at the Reggie Lewis Center. At the NCAA Outdoor Championship, Jenna Melanson '20 took home the honor as MIT track and field athletes now have 11 of MIT's 17 overall NCAA Elite 90 awards. This total ranks first among NCAA Division III institutions and is just one back of Stanford for the all-time national lead.

MIT was again the class of the NEWMAC with a remarkable 62 individuals earning Academic All-Conference accolades overall. Men's cross country had nine Academic All-Conference selections and the women's team finished with a program-record 13 honorees. In track and field, MIT led the NEWMAC overall and in both genders with 40 total honorees that included 22 for the women and 18 for the men. As a group overall, MIT cross country and track and field student-athletes earned an incredible 121 academic awards in 2018-19.

Each of these student-athletes should be extremely proud of all that they accomplished in the classroom and on the track over the 2018-19 season. This dedication level is evident with the conference and regional championships earned, along with the dozens of student-athletes who participated in NCAA Championships over the last season. Achieving this type of excellence does not come easy and just shows the overall dedication and hard work put forward by our teams on a daily basis all year long.

*(Continued on page 36)*

## ... 2018-2019 ACADEMIC AWARDS

*(Continued from page 35)*

### MEN

#### **CoSIDA Cross Country/Track and Field Academic All-American**

Aidan Gilson, Josh Rosenkranz, Yorai Shaoul, Billy Woltz

#### **NCAA Elite 90**

Josh Rosenkranz

#### **CoSIDA Cross Country/Track and Field Academic All-District**

Aidan Gilson, Josh Rosenkranz, Yorai Shaoul, Billy Woltz

#### **USTFCCCA Cross Country All-Academic Honorees**

Josh Derrick, Aidan Gilson, Alex Knapp, Josh Rosenkranz, Billy Woltz

#### **USTFCCCA Track and Field All-Academic Honorees**

Liam Ackerman, Simon Alford, Scott Cameron, Jon Fakkema, Aidan Gilson, Caleb Harris, Matthew Kearney, Gabriel Madonna, Andrew Mah, Ellery Rajagopal, Josh Rosenkranz, Yorai Shaoul, Kent Slaney, Benton Wilson

#### **NEWMAC Cross Country Academic All-Conference**

Josh Derrick, Dylan Doblal, Aidan Gilson, Finn Jacobson-Schulte, Alex Knapp, Josh Rosenkranz, Kent Slaney, Daniel Weiss, Billy Woltz

#### **NEWMAC Track and Field Academic All-Conference**

Kenneth Acquah, Simon Alford, Everett Brandyberry, Scott Cameron, Josh Derrick, Dylan Doblal, Sope Eweje, Jon Fakkema, Aidan Gilson, Max Hardy, Finn Jacobson-Schulte, Joachim Kennedy, Gabriel Madonna, Ellery Rajagopal, Josh Rosenkranz, Yorai Shaoul, Kent Slaney, Benton Wilson

*(Continued on page 37)*

## ... 2018-2019 ACADEMIC AWARDS

*(Continued from page 36)*

### WOMEN

#### **CoSIDA Cross Country/Track and Field Academic All-American**

Katie Bacher, Jenna Melanson, Margaret Trautner, Leandra Zimmermann

#### **NCAA Elite 90**

Jenna Melanson, Margaret Trautner

#### **CoSIDA Cross Country/Track and Field Academic All-District**

Katie Bacher, Jenna Melanson, Margaret Trautner, Leandra Zimmermann

#### **USTFCCCA Cross Country All-Academic Honorees**

Katie Bacher, Katie Collins, Marissa McPhillips, Jenna Melanson, Emily Niu, Leandra Zimmermann

#### **USTFCCCA Track and Field All-Academic Honorees**

Jacqueline Ahrens, Elena Andree, Katie Collins, Kristen Frombach, Sarah Ishamuddin, Lucy Lee, Anais Marengo, Marissa McPhillips, Jenna Melanson, Margaret Redfield, Liana Reilly, Kari Stromhaug, Margaret Trautner, Bailey Tregoning, Elizabeth Weeks

#### **NEWMAC Cross Country Academic All-Conference**

Katie Bacher, Katie Collins, Gabrielle Enns, Dhamanpreet Kaur, Lindsey McAllister, Megan McCandless, Marissa McPhillips, Jenna Melanson, Emily Niu, Emily Skilling, Margaret Trautner, Katie Williams, Leandra Zimmermann

#### **NEWMAC Track and Field Academic All-Conference**

Jacqueline Ahrens, Katie Bacher, Katie Collins, Gabrielle Enns, Kristen Frombach, Savannah Inglin, Sarah Ishamuddin, Folusho Jebutu, Jasmine Jin, Lucy Lee, Marissa McPhillips, Jenna Melanson, Michelle Menkiti, Margaret Redfield, Liana Reilly, Emily Skilling, Kari Stromhaug, Margaret Trautner, Bailey Tregoning, Elizabeth Weeks, Katie Williams, Lila Wine

## 2019-2020 PREVIEW

by Halston Taylor

**CROSS COUNTRY**

In 2018 we were unable to pull together a strong season on the men's side. Despite a strong freshman class, we graduated too many key people and some of the veterans were unable to step up in the manner they had in 2017, although that was only for one meet, it was the one that counted – Regionals. We did win NEWMAC again, and although we only finished fourth in the New England Region it was good enough to get to the NCAA Division III Championship. Finishing 16th at Nationals was disappointing, but it was representative of who we were.

The women outdid themselves. We only had one proven true cross country runner on the team; Leandra Zimmermann. The rest were unproven freshmen and a collage of outstanding middle-distance runners and some pretty solid distance runners. They really gelled, winning NEWMAC's, taking their third regional title in a row and pulling out third place at the NCAA Division III Championship.

So, for 2019 what should we expect. We lost a couple of key people from the men's side; #2 Josh Rosenkranz and #6 Aidan Gilson. The women lose #1 Leandra Zimmermann and, although returning, #2 Izzi Gengaro '22, #3 Jenna Melanson '20 and #6 Katie Bacher '20 will likely not be ready until the end of the season, if at all.

The men return #1 Andrew Mah '22, #3 Billy Woltz '20, #4 Josh Derrick '20, #5 Zach Johnson '22, #7 Matthew Kearney, #8 Nicky Medearis '22, and #9 Ryan Wilson. This is an extremely talented group, but have not proven themselves at the collegiate championship level and will have to get past their fears and doubts so they can realize their potential. This is certainly a top 10 team nationally. To add to that there are five incoming freshmen who have run between 9:08 and 9:17 for 3200 meters (see below), and any or all of them could be in our top seven. This is a group that has the potential to be in the argument for

the national championship in a year or two.

If the women are healthy and fit by the end of the season they could certainly win their fourth consecutive regional title and again podium at Nationals. However, there is not a lot of room for error if any of the top seven fall off as there has been a big drop-off in delta beyond our top five in past years. In addition to those mentioned above we return #4 Katie Collins '21, #5 Einat Gavish '22, #7 Emily Niu '21 and #8 Marissa McPhillips '20. Nicole Cybul leads a group of incoming freshmen who could add to the depth of the top 10.

We have talent on both squads and also a lot of unknowns. If determination and competitiveness overcomes fear and doubt we will do well at all levels.

**TRACK & FIELD**

After winning the NEWMAC title and both the indoor and outdoor New England Division III championships, and then finishing seventh indoors and second at the NCAA Division III outdoor championship, the men are still on the upswing. Indoors we graduate 35 of 164 points scored at the New England Division III championship and only eight of 139.5 in the outdoor championship. We won the indoor title by over 86 points and the outdoor championship by 50 points. With arguably the most talented incoming freshman class ever the men are set for a few years. After finishing as runner-up at the NCAA Division III Outdoor championship it is normal to aspire to win it all next year. UW Eau Claire only returns 31 of their 68 points while we return all 38 of ours. Of course, expecting Yorai, Alec and Liam to duplicate or surpass their point totals is unrealistic, although certainly possible. The addition of some strong distance runners, a sprinter or two, a thrower or two and another jumper and hurdler could put us at the top of the mountain.



*Halston started as an assistant coach at MIT in 1982, became head coach of the men in 1990, and is currently also the Director of MIT's Track and Field programs. During his time at MIT, he has repeatedly been recognized for his coaching achievements, including a streak of five-straight Constitution Athletic Conference Coach of the Year awards in the 1990's, followed by numerous awards from the New England Women's and Men's Athletic Conference, the latest of which are 2018 Cross Country Coach of the Year and 2019 T & F Coach of the Year. In 2017, he was named as the USTFCCCA New England Men's Regional Coach of the Year and took both the Men's and Women's Regional honors the previous year.*

The women return five All-Americans and a very talented group that could be among the top 10 teams at both the indoor and outdoor national championships. Regionally the women graduate eight of 87.5 points indoors and 22 of 101.5 points outdoors. We finished second in both meets. We are still weak in the sprints and hurdles. This past year we did not score a single point in the New England Division III indoor championship in any event shorter than the 800 and that may not change this coming year. The strength, if healthy are in the middle-distance, distance, pole vault and jumps.

*(Continued on page 39)*

# ... 2019-2020 PREVIEW

## INCOMING FRESHMEN

*(Continued from page 38)*

Sam	Acquaviva	5Kxc 15:45, 3200 9:17.82, 1600 4:25.82	NH
Kathleen	Allden	5Kxc 19:05, 1600 5:11, 800 2:17.23, 400 61	SC
Brooke	Bensche	HJ 5' 6	NY
Jeremiah	Budiman	LJ 22-4 1/2, TJ 44-8	TX
Anna	Chau	5Kxc 17:44, 3K 10:01, 1500 4:42.56, 800 2:20.97	OR
Nicole	Cybul	5Kxc 17:57, 3200 11:14	MI
Nisarg	Dharia	400 51.09, 200 22.17, 100 11.24	MI
Omozusi	Guobadia	400 52.78, 200 23.76, 100 11.41	TX
Anna	Haddad	5Kxc 19:00, 3200 11:32.35, 1600 5:14.60 , 800 2:19.76	WA
Lowell	Hensgen	5Kxc 15:45, 3200 9:12.32, 1600 4:21.81	NC
Cameron	Kleiman	5Kxc 14:59, 3200 9:08.65, 1600 4:24.49	TX
Vedang	Lad	5Kxc 15:45, 3200 9:11.68, 1600 4:25.58,	NJ
Steven	Marquez	HJ 6' 5"	CA
Emmeline	Macpherson	400IH 65.32, 400 60.00, 100HH 16.76, 200 26.87	NY
Kimmy	McPherson	100HH 15.55, 300IH 47.56, HJ 5-3	CA
Nic	Minudri	400 51.12, 200 22.74, 100 11.14	ID
Haran	Nadarajah	400 50.09, 300IH 39.77, 110HH 15.24, 55HH 8.18	MD
Veronica	Perdomo	TJ 35-9 1/2, LJ 16-9 1/2	FL
McKinley	Polen	200 22.77, 100 10.96	CA
Julian	Powers	1600 4:32.26, 800 2:00.64	KY
Sonia	Purohit	400 60.75, 200 27.41, 800 2:30	NJ
Kirsi	Rajagopal	5Kxc 18:41, 3K 10:25.39 1600 5:11.99	NY
Sanjay	Raman	5Kxc 15:25, 3200 9:16.40, 1600 4:18.96	WA
Nina	Rhone	3.0xc 17:48, 1600 5:15.71, 800 2:17.38, 600 1:39.94	CA
Evan	Schaefer	800 1:57.76, 400 49.30	MD
Henry	Sobieszczyk	SP 53-7 3/4	MA
Bryan	Sperry	PV 15-1	CA
Laena	Tieng	TJ 37-03 1/2, LJ 17-5 1/4, HJ 5-02, PV 11-1	WA
Benjamin	Urquhart	PV 14-0	MI
Kenneth	Wei	55HH 7.31, 110HH 13.89, LJ 25-0, TJ 48-3.5	NY

*(Continued on page 40)*

# ... 2019-2020 PREVIEW

## MEN

[\(Continued from page 39\)](#)

### Top Two Returning Athletes By Event

60HH	Joa Kennedy 8.58
110HH	Joa Kennedy 15.10
60	Benton Wilson 7.11, Joa Kennedy 7.53
100	Benton Wilson 10.81, Andrew Shao 11.89
200	Benton Wilson 21.56, Nick Duchatellier 23.05
400	Benton Wilson 48.33, Nick Duchatellier 49.54
400IH	Andrew Shao 55.77, Joa Kennedy 57.04
600	Aiden Foucault-Etheridge 1:21.15, Nick Duchatellier 1:23.63
800	Simon Alford 1:53.70, Aiden Foucault-Etheridge 1:54.45
1000	Simon Alford 2:30.07, Billy Woltz 2:32.02
1500	Dennis Maloney 3:58.99, Andrew Mah 4:01.12
Mile	Kent Slaney 4:14.86, Josh Derrick 4:17.96
3000	Dennis Maloney 8:11.60, Matthew Kearney 8:28.13
3000SC	
5000	Dennis Maloney 14:26.80, Andrew Mah 14:32.96
10K	Dennis Maloney 30:07.93, Finn Jacobson-Schulte 31:42.51
400R	43.37
1600R	3:24.43
3200R	7:49.48
DMR	9:59.61
LJ	Yorai Shaoul 24-11, Alec Reduker 24-08 ½
TJ	Yorai Shaoul 51-08 ½, George Stultz 45-11
HJ	Alec Reduker 7-00 ¼, Chris Washington 6-09
PV	Liam Ackerman 16-03 ½, Max Hardy 14-07 ½
Wt. Throw	Ryan Nall 51-00 ¼, Albert Menio 49-11 ¾
Shot Put	Will Woltmann 52-05 ¼, Ryan Nall 48-07 ¼
Hammer	Albert Menio 161-01, Ryan Nall 158-05
Discus	Albert Menio 150-11, Nathan Basinger 146-01
Javelin	Gabe Madonna 197-06, Cooper Driscoll 170-02

[\(Continued on page 41\)](#)



# ... 2019-2020 PREVIEW

## WOMEN

*(Continued from page 40)*

### Top Two Returning Athletes By Event

60HH	Lucy Lee 9.68, Liana Reilly 9.95
100HH	Lucy Lee 15.77, Elizabeth Weeks 17.29
60	Elena Andree 8.32, Yilinn Yang 8.35
100	
200	Sarah Ishamuddin 26.61, Joanna Kennedy 26.64
400	Joanna Kennedy 58.24, Sarah Ishamuddin 60.06
400IH	Claire Melvin 65.75, Jenna Melanson 69.29
600	Katie Williams 1:38.51, Margaret Trautner 1:38.61
800	Margaret Trautner 2:12.03, Katie Williams 2:12.23
1000	Margaret Trautner 2:54.92, Katie Williams 2:54.97
1500	Marissa McPhillips 4:31.09, Katie Bacher 4:31.71
Mile	Marissa McPhillips 4:55.05, Katie Bacher 4:59.46
3000	Katie Collins 9:49.66, Marissa McPhillips 9:51.25
3000SC	Jenna Melanson 10:43.41, Megan McCandless 11:20.64
5000	Katie Collins 16:53.81, Jenna Melanson 17:15.88
10K	Emily Skilling 40:48.24
400R	49.29
1600R	3:58.17
3200R	9:15.59
DMR	11:41.25
LJ	Rikita Bansal 18-02, Joanna Kennedy 18-01
TJ	Elizabeth Weeks 38-11, Elena Andree 38-02 $\frac{1}{4}$
HJ	Margaret Redfield 5-05, Liana Reilly 5-05
PV	Jacqueline Ahrens 13-0, Anais Marenco 12-02 $\frac{1}{2}$
Wt. Throw	Folusho Jebutu 48-11, Tema Nwana 40-11
Shot Put	Lily Papalia 36-00, Folusho Jebutu 35-06 $\frac{1}{4}$
Hammer	Elise McCormack-Kuhman 155-00, Folusho Jebutu 151-09
Discus	Felusho Jebutu 124-09, Lily Papalia 96-11
Javelin	Elise McCormack 93-11

# COACHING STAFF

by Halston W. Taylor

As I have expanded the scope of our program and I near the end of my career I have been able to pass off more of the coaching duties to my assistants. As I think about where we are going, I am reminded that when I arrived at MIT it was just Gordon Kelly (Head coach) and myself to coach the men's team. The Women's Cross Country team was varsity, there was no indoor team and the outdoor team was a club, and Chris Lane coached the entire women's program. When Gordon stepped down and the women's program went to full varsity for all three sports, there was a year or two when I was the only men's coach. Our department went through an exercise of comparing athletic programs among peer institutions, resulting in more money for assistant coaches.

In 2006 we began to share coaches as Flether Brooks took over the women's programs, joining the two programs philosophically. Three years later, as Fletcher returned to Williams College as the Director of Track & Field, we combined our programs with me as the Director of Cross Country and Track & Field. I was allowed two full-time assistant coaches and a couple paid part-time assistants. In 2018 I combined two part-time positions and combined another full-time intern position with other department duties, giving a total of four full-time coaches and one part-time for all six teams under our umbrella.

We have come a long way. There are certainly schools with more full-time coaches (UW LaCrosse, Williams), but overall we have the resources to do what needs to be done. This has allowed me to go from coaching all events, to just the running events, down to only the 800-10K. This has allowed me the time to better run the program and to spend more individual time with the student-athletes I coach.

I am able to pass off more duties because the assistant coaches are excellent at their jobs. The Associate Head Coach, Todd Linder, coaches the throws. Todd has done a great job with the throwers and has a pretty large group with seven men and four

women. Todd also runs the Spring Trip, teaches our first year leadership class and helps a lot with organization of our home meets.

Derek Rousseau just completed his second year at MIT as the jumps coach, but based on his athletes scoring 32 points at the NCAA Division III Outdoor championship, you would think he has been here forever. Derek does all of our social media, teaches our second year leadership class, keeps track of compliance issues, works on the season summaries, keeps track of team scoring and sends out the alumni thank you letters. Derek will have 22 athletes under his charge in 2020.

Selwyn Maxwell also just completed his second year at MIT as the sprints/hurdles coach. Selwyn is gatekeeper of our recruiting database although each coach recruits their own event group. He sets up about 1,000 questionnaires per year, coordinates all official visits and runs our mentoring program. Selwyn's group will grow to 21 next year.

Connor Hall just completed his first year as a part-time assistant pole vault coach. Connor adjusted to MIT very well and had a phenomenal amount of success with four All Americans this year. Connor will have a total of nine vaulters next year.

We are blessed to have a large number of volunteer assistants and they are:

Natalie Alper '17 – high jump  
 Mary Eccles '18 - distance  
 Kristen Frombach '19 - sprints  
 Max Maritato - jumps  
 Laura Paulsen - distance  
 John Pietro - throws  
 Stefano Pineda - pole vault  
 Kari Stromhaug '19 - pole vault  
 Kyle Terpak - sprints  
 Ari Slutsky '18 - throws  
 Louise van den Heuvel '14 - distance  
 Cimmy Virdi '16 – pole vault

I cannot thank all of our coaches enough for the hard work and dedication they exhibit. We are so fortunate to have such great people and skilled coaches working with our student-athletes.



*Todd Linder - Associate Head Coach, concentrating on throwing events.*



*Derek Rousseau - Assistant Coach, jumping events.*



*Selwyn Maxwell - Assistant Coach, sprints and hurdles.*



*Connor Hall - Assistant Coach, Pole Vault*

# WHAT IT TAKES FOR SUCCESS

*by Halston W. Taylor*

While this is basically a thank you to all who help outside the scope of our program, and I will get to that, I mostly want to applaud the student-athletes, and then the coaches for their commitment and dedication for not only what is asked of them, but what they consistently give beyond that.

MIT has changed quite a bit from what it was when I arrived in the Fall of 1982. There was no internet, no personal computers, no cell phones, and unless you count a Walkman, there were no personal listening devices. There was less of everything at MIT. IAP was comprised of a few fun courses, and mostly sleeping, eating and track & field. There were fewer conflicts and fewer opportunities. Tests were during class time, not at 7:30 in the evening.

What all this means is that there is much less time afforded the students. They could certainly unplug and not take advantage of all that is offered, but that goes against the grain of the passion and ambition that defines these student-athletes.

It has come to the point that I feel I have to take active steps to keep them healthy. We all know that sleep needs to be their highest priority and if anything will lead to injury and lack of performance it will be a lack of sleep. We also know that there are only 168 hours in a week. So, let's do the math. A normal four course schedule at MIT will involve 60-65 hours per week (if nothing goes wrong) and your average UROP is 10 hours per week. A typical week of cross country or track and field is 20-25 hours per week. Sleep should at least be 56 hours per week. You have now totaled 146-156 hours. Count the time waiting in lines, doing email, entertainment, etc., and there is little or no time to explore the many opportunities MIT has to offer.

The steps I have taken include making sure those we are recruiting understand what commitment means. It is clearly advertised on my web

page and is posted on the recruiting form. I also cover it in a conversation with each prospective student-athlete. I remind everyone that adding a fifth course will almost guarantee they will not sleep eight hours per night, regardless of their time management, unless two of the five classes are non-technical and the student-athlete does not do a UROP. This also means little or no involvement in clubs, groups or organizations.

In reality, many student-athletes do take on other things, and sometimes additional courses. I am also convinced this is what leads to injuries and a general lack of recovery. However, the main theme here is that most of our student-athletes are dedicated to their academics and athletics and committed to getting their sleep and staying healthy. They miss out on a lot that MIT has to offer. I hope that what we have to offer is worth it. For certain, their amazing dedication is what allows us to be so successful.

My coaching staff is equally dedicated. The large majority of college coaches in other sports actively coach for 15-20 weeks a year. All of my staff coach for at least 24 weeks actively and 28 weeks when you include the Thanksgiving and Holiday weeks when our coaches are knee-deep in planning for their current athletes. Some of us are actively coaching 40 weeks per year when you add in Cross Country, and doing so with ~100 student-athletes. With recruiting for six teams being a year-long process coaches tend not to have a healthy work-life balance due to meets on Saturdays, and planning and recruiting on Sundays, both in and out of season, and coaches are only on nine month contracts. To win, a coach is putting in far more than 40 hours per week and volunteering their time over the summer months. Each coach has to work smart, but also harder than opposing coaches. This is not a demand on a coach's

time, but rather a voluntary way of life due to the love of the sport. I cannot thank my coaches enough for the time and dedication they put into this job.

I would be remiss to not recognize all the key parts that make our program a success. First and foremost are our dedicated athletic-trainers. They are seeing student-athletes until nearly 8:00 p.m. most weekday evenings, and can be reached most any hour by email.

Our administration consistently works with all the programs to find the best solutions to problems. The positive attitude and partnership gives each coach the confidence to pursue avenues to make their program better.

HFC, the folks who manage our fitness centers and pool, as well as the recreation program assist us with our yoga program and use of the swimming pools.

The equipment desk folks and our facilities team provide help whenever we ask. The equipment desk folks provide the athletes with clean clothes and towels daily and make certain our equipment is ordered in a timely manner. Facilities prepare our practice and contest venues, keeping things clean and working well. They are dependable and never have to be reminded.

Our communications team are exemplary in getting out our message and supporting our student-athletes in pursuit of academic honors and awards. Ken Johnson Jr., the Head of Communications, Promotions and Marketing was awarded the Sports Information Director of the Year for Division III Track & Field.

All of this support provides for the sense that no one is holding you back. If you want to be successful and willing to put in the necessary time, you will be supported. For that support and partnership, I say thank you.

# THANK YOU FRIENDS OF MIT CC/TRACK & FIELD

by Halston W. Taylor

## Your support directly leads to our success.

When we need to travel and enter meets in order to supply competition for our top student-athletes who are unable to find significant competition within New England, or within Division III, we depend on Friends' money as those special opportunities occur outside our general operating budget. Bringing in a nutritionist to talk to the team, the original purchase of the Alter G anti-gravity treadmills and the upkeep of those machines, training and certifications for our assistant coaches, yoga once per week, iPads and other electronics for the coaches, equipment for our strength training cage, supplemental pay for assistant coaches all directly affect our performances and success.

There are also the gifts that benefit our program and student-athletes and indirectly help with our success. The additional horizontal jumps pit on the indoor track, the laser measuring devices for our throwing events, the scoreboards, the tracks themselves all allow for us to host the top meets and do so more efficiently than other programs. This means our student-athletes spend less time traveling and less time at meets, which leads to better grades and more sleep.

Then there are the extras that make our facility look better. The championship banners, the record board and the updates, the All-America board and updates. This all takes significant money.

In September we will be putting up our first video display board on the indoor track, thanks in large part to the very generous gift made by Tom Hoover '05. I am quite sure those at the Alumni/ae Track & Field meet will be impressed. We are also getting event performance boards that are digital and tie in with our field lynx, so the same operator can record the field event performance and put it up on the display board at the same time.

For this and many other things that require the funding by our Friends, I thank you very much. Nearly every program out there in Division III Track & Field / Cross Country wishes they had the resources we have and they tell me so. It is hard to believe where we have come in just 37 years of fund raising, and I am so thankful we no longer have to spend endless hours running high school and open meets so we can run concession stands for a thousand dollars here and there, thus giving us more time to coach and prepare our teams.



*In 2016, MIT traveled to San Diego to train and compete at San Diego State and Point Loma Nazarene Universities. The Spring Trip provides an escape from the frigid Boston winter to a warm climate for some concentrated pre-season conditioning and relaxed competition. Alumni contributions to the endowment fund for the trip will insure that this beneficial kickoff to the outdoor season will continue to be available to teams for many years to come.*

We had another amazing year of giving, totaling \$197,804.26 in non-capital donations. Here is the breakdown:

Men's Track & Field	\$118,807.01
Women's Track & Field	\$31,784.10
Men's Cross Country	\$20,392.15
Leaver-Morrison Fund	\$9,525.00
Women's Cross Country	\$9,161.00
Track Renovation Fund	\$6,465.00
Track Awards Fund	\$1,295.00
Track Equipment Fund	\$275.00
Leaver-Morrison 1961 Fund	\$100.00

A couple things I would like to secure prior to my retirement is the completion of the Spring Trip endowment, as well as the endowment for the assistant coach positions. With Julie Soriero retiring in January, we have no way of knowing how a new Department Head / Athletic Director may feel about the department continuing to fund those very important parts of what makes us successful.

## 2018-2019 CENTURY LIST

**\$1000 or more in gifts**

Mr Christopher H. Bateman  
 Mr John J Biesiadecki  
 Mr Gustav A Blomquist  
 Mr Elliott A Borden  
 Jack H Bourbonnais  
 Christopher M Bruce  
 Mr John A Buell Jr  
 Kenneth J Chang  
 Mr Daniel J Corcoran III  
 Ms Janis H Eisenberg  
 Julia C Espel  
 Mr John J Golden Jr  
 Mrs Gowri R. Grewal  
 Mr Paul S Grewal  
 Mrs Patricia Hahn Sandholm  
 Mr Daniel S Helgesen  
 Mr Junius K Ho  
 Thomas Mathew Hoover  
 Mr Glenn A Hopkins  
 Mr Sohail N Husain  
 Ms Azza H Idris  
 Mr John E Kaufmann  
 Mr David S Kelman  
 Eric A Khatchadourian  
 Dr Max M Klein  
 Adeline Ling Kuo  
 Mr Albert K Lau  
 Dr Julie Lin  
 Mr Ayisi B Makatiani  
 Mr John W Martin  
 Mr Yuval Mazor  
 Mr Christopher S Mcguire  
 Mr Mark A. Medearis  
 Mrs Teresa S. Medearis  
 Mr Alex Menchaca  
 Craig D Mielcarz  
 Dr Peter Peckarsky  
 Dr Frank C Richardson  
 Dr Katherine A Richardson  
 Dr Linda C. Rillorta  
 Mr Richard C Rosalez  
 Mr Matthew D Sandholm  
 Mr James M Scanlan  
 Dr Donald E Shobrys  
 Ms Theresa A Sutton  
 Dr Katherine Dabulis Taylor  
 Jennifer L Tylock  
 Mr Thomas A Washington  
 Dr Robert L Wesson  
 Craig B Wildman  
 Dr James R Yankaskas

**\$100 – \$1000 in gifts**

Kirsten H Aarsvold  
 Dr David R Afshartous  
 Mr Gihan S Amarasiriwardena  
 Craig Andera  
 Obinna C Anyanwu  
 Ms Norain Aris  
 Mr William A Arnold  
 Christopher B Bateman  
 Mr Lewis H Bender  
 Ms Bobbie-Jo Bogan  
 Mr Nathaniel R Bogan  
 Mr Bradley J Bolivar  
 Mr George H Braun  
 Mr Anton F Briefer  
 Dr W Sumner Brown  
 Justin L Bullock  
 Kristen M Burrall  
 Elaine Y Chen  
 Mr Jonathan L Claman  
 Mr Robert M Collins Jr  
 Fivos G Constantinou  
 Mrs Phuong K. Crystal  
 Mr Steven M. Crystal  
 Mr Mark A Curtiss  
 Mr Eric H Darling  
 Dr Sharlene M. Day  
 Dr Marjorie J Delo  
 Mr Christopher L Demarco  
 Mr Michael E DeMassa  
 Dr Matthew Derrick  
 Mr Gordon J DeWitte  
 Matthew Q Deyo  
 Dr John J Dillon  
 Mr David A Dobos  
 Terry A Dorschner  
 Mr Dennis T Dougherty  
 Javit A. Drake, PhD  
 Mr Mark G Duggan  
 Mr Robert G Dunlap  
 Mrs Margaret E. Eccles  
 Col Thomas G. Eccles, III  
 Mr Joshua D Feldman  
 Dr Christina M. Fidkowski  
 Dr Krzysztof J. Fidkowski  
 Jared M Forman  
 Mr Mark H. Foster  
 Ms Lila S French  
 Alina E Gatowski  
 Mr Thomas A Goddard

*(Continued on page 46)*

... **2018-2019 CENTURY LIST***(Continued from page 45)*

Colin Godwin  
 Google Foundation  
 Robert H Gray  
 Martha M Gross  
 Mr Isham Hamin  
 Kyle J Hannon  
 Dr Thomsen J Hansen  
 Ms Kathleen A. Hartnett  
 Ms Mia C Heavener  
 Mr Roger A Hinrichs  
 Mr Hung Q Hoang  
 Dr Edward P Hoffer  
 Mr John J Hradnansky  
 Mr Henry H Hwu  
 Mr Thomas C Janson  
 Ms Jessica Jobe  
 Brooke C Johnson  
 Mr Neal P Karchem  
 Capt Stephen W Keith  
 Mr Christopher J Khan  
 Dr David B Kieda  
 Mr George W Kimball  
 Mr Alan J Knauf  
 Mr Kalpak D Kothari  
 Mr Joseph S Kowalski  
 Miss Ava Y Kuo  
 Justin Ferdinand Kuo  
 Dr Paul J Kuzmenko  
 Matthew A Lehman  
 Mr John J B Light  
 Dr Issel Anne L. Lim  
 Mr Henry J Link PE  
 Mr Frank A Luedtke  
 Jeffrey C Lukas MD  
 Ms Christine C Lyons  
 Mr Michael C Lyons  
 Mr William G Mallet  
 Mr Edward A Martin  
 Mr Stanley A Martin  
 Patrick K. Marx, Jr  
 Mr Timothy J McManus  
 Ms Bridgette L. McPhillips  
 Mr Lawrence McPhillips  
 Mr Nikolaos Michalakis  
 Mr William C Mogensen  
 Dr Kenneth R Morash  
 David C Motley  
 Peter J Mulligan  
 Ms Kimberly R Murdoch  
 Mr William J Nicholson  
 Mr Roger N Nielsen

Sean Patrick Rock Nolan  
 James R Oleinik  
 Mr Michael Parkins  
 Mr Patrice M Parris  
 Ms Helen E. Parsons  
 Leonard J Parsons  
 Mr Reginald F Paulding  
 Mr Anthony R Pelosi  
 Mrs Jennifer A. Peoples  
 Mr Ryan E Peoples  
 Mr Eric M. Peterson  
 Mrs Vanessa Q. Peterson  
 Damian O Plummer  
 Danaka Michele Porter  
 Dr Jerry E. Pratt  
 Ms Megan B Pratt  
 Mr Joseph F Presing  
 Mrs Karen K. Presing  
 Mrs Jamie L. Priest  
 Richard F Rajter  
 Alan Richard Raphael  
 Mr Carlos A Renjifo  
 Mr Edwin S Rich Jr  
 Joseph D Roy-Mayhew  
 Dr Adel A M Saleh  
 Dr Kevin Patrick Scannell  
 Mr Sean A Schubert  
 Stephen R Serene  
 Dr Arnold H. Seto  
 Dr Richard S Sidell  
 Dr William E Singhose  
 Dr Kim C M Sloat  
 Ariela E Slutsky  
 Dr William T Stewart  
 Isabella R Stuoipis  
 Mr Andrew Szklarzewski  
 Mrs Magdalena Szklarzewski  
 Dr Steven R Tannenbaum  
 Henry Tareque  
 Alexandra B Taylor  
 John M Taylor, MD  
 Zachary J Traina  
 Mr John L Wallberg  
 Mr Eric W. Waller  
 Mrs Kathleen A. Waller  
 Madeleine G Waller  
 Mr Robert M Walmsley  
 Alice S Wang  
 Roy A Wedge  
 Mr Robert A Williamson Jr  
 Mr Ben Wilson  
 Thaddeus J Wozniak  
 Mr David M Wright Jr

# WHERE ARE THEY NOW – JANIS KELMAN



*Janis Kelman after her victory in the 1997 New 8 3000m at Smith College.*

*by Janis Kelman '98*

### *Editor's Note:*

*Janis Kelman '98 was MIT's first female All American in cross country. She achieved the honor in her freshman year, which was during the 1994 season, placing 34th as Janis Eisenberg.*

In the winter of 2018 my family and I travelled to Huntsville, AL from our home in Chattanooga, TN to watch MIT compete in the Division III Indoor National Championships. It was a great meet and my husband and I enjoyed watching so many impressive athletic performances. It also made me happy to see how far MIT women's track has come since my days on the team. Bringing a whole contingent of women to the National Championship is a huge contrast with my freshman season on the team. I remember meets where other distance runners and I would beg our coach to let us run the 4 x 400 because there was no one else to do it. We probably ran it at the same pace as we'd just run the 3000, but figured it was better than forfeiting the race; maybe the other team would drop the baton.

In hindsight, while I was at MIT our team was not that competitive, but

at the time I had no complaints. I was thrilled to be at a school where I could get a top-notch education and also be on a team. I had people to run with every day, got to compete in meets all over New England, and made some life-long friends. I was lucky to be coached by Joe Sousa. Coach Sousa was a great guy and brought years of coaching experience to the team. I still hear his voice when I am running hills; ("Crest the hill!") Plus he treated us girls like family. He'd have the whole cross country team to his house at the end of the season and his wife and mother would cook us delicious food. I was very sad several years ago to hear that he had passed away.

Another part of my life for which I have MIT cross-country and track to thank for is my husband, David Kelman '99. While we met because we had a class together, the first words he ever said to me were, "You're on the women's track team, aren't you?" That was my junior year and his sophomore year.... we got married a few weeks after he graduated. A few weeks after the wedding we headed off to Texas where we lived for almost eight years. Towards the end of that time we were lucky enough to adopt our oldest daughter Bethany, born in 2005. Not long after that we moved to Chattanooga, where we live now. We added another daughter, Autumn, born in 2008. And we currently have three cats rounding out our family.

As far as what I am doing now, the short answer that I give people is that I am a stay-at-home mom. The longer answer is that that I am a quilter, Girl Scout leader and coach. Quilting started out as a hobby that I turned into a small, (very, very, small) business, making custom quilts for people. Being a Girl Scout leader pays exactly zero, but has become a big part of my life. I've met lots of great people and get to do fun activities with my daughters and their friends.

I have David to thank for getting me into coaching. About ten years ago

he left his job as a software engineer to become a high school teacher. The whole time that he's been teaching he has also coached middle school track and high school cross country. (Incidentally, he is a great coach. He's very talented at inspiring kids to push themselves.) A few years ago he was short a track coach and I started helping him as a volunteer. Over time, other teachers have left the school so I'm now the middle school cross country coach and one of the high school track coaches. It is great watching kids who choose to work hard improve their times. I am always telling kids that anyone can become a better runner if they put in the effort. It is nice when they prove me right.

Coaching has also been a boost to my own running. Left to my own devices, I'll plod around my neighborhood, but at practice, I'll run usually with the kids. Doing some faster running has made a difference. I still love to compete and do a handful of road races each year. My current times would have been embarrassing to my younger self, but being old has a few benefits. I'm now in the Master's division which means I can sometimes bring home some hardware from a race. Last fall I got a cash prize; that was the first time that happened so I was pretty excited!

So that sums up where I am these days. I've been enjoying watching my oldest daughter Bethany compete on the middle school track team this year. She does sprinting and tried high jump for the first time, with a lot of success. Right now Autumn thinks running is mostly useful for playing freeze tag, but I'm hoping that I get to coach her someday in cross country or track. And I am grateful that David and I both get to coach together. I am very lucky to have the opportunity to do something that I love with people that I love!

## WHERE ARE THEY NOW – STATES LEE



*States Lee '16 holds the MIT indoor varsity record in the 400 and key factor in the success of the best 4x400 teams in MIT history.*

*by States Lee '16*

### *Editor's Note:*

*States set the MIT indoor varsity record of 48:00.00 for the 400 in the 2016 NEICAAA Championship Meet.. He also holds both indoor and outdoor freshman 400 records and was a member of the record setting teams in both the indoor and outdoor varsity 4x400 and the indoor freshman 4x400.*

*On the Outdoors all-time MIT lists he is #10 in the 100 at 10.88, tied for ninth in the 200 at 21.82, and number three in the 400 at 47.53.*

*States was a six time All America winner, once in the DMR and five times in the 4x400. He was a seven-time New England Division III Champion.*

Only the other day, I was sitting on the porch of my dad's home in North Carolina missing racing. I sat baking in the summer sun having just found a Peanut Butter Clif Bar in the pantry – a flavor of Clif Bar that is undoubtedly the best, which multiple, reputed studies back up.

I had gotten really excited upon seeing the box because I don't eat Clif Bars much anymore. I now live in London and Clif Bars are not as frequently found there as in the United States. Seeing this Peanut Butter Crunch bar brought me nostalgia. I used to eat one Peanut Butter Clif Bar and a banana every single morning of a race day. This is why racing had popped into my mind. My breakfast was ritual, one that I dared not break as I, like many other people, attempted to control as many variables as possible on a race day.

My steadfast routine and the discipline it required are just one part I miss about racing. There is the adrenaline coursing through you. The never-ending trips to the bathroom. The split half second where you are waiting for the gun to go off. The plan of your race – which for me, in a 400m, depended on my lane and constantly telling myself to go out fast, but not too fast.

Racing was always the culmination of many hard hours in practice. It was about putting all the energy you could into a discrete amount of time in order to win. Then finally, finally racing, which in a 400m was followed by a 45% chance of throwing up afterwards in a trashcan with a 10% chance of either Derek Barnes or Hannah Chen joining in as well (just kidding, I think I threw up after a race a disproportionate amount to anybody).

I reminisce about racing having graduated MIT not too long ago. I am class of 2016, about to have our first reunion. While at MIT, I studied mechanical engineering, worked for Amphibious Achievement, Freshmen Leadership Program, was part of a fraternity, and of course the MIT Track & Field team. I joined the team in 2012, joining as a long sprinter, part of the '400 group'.

I came into the team a bit of a mess. I couldn't do the ten pullups the obstacle course required. I think I was at a measly three. I was "the least flexible 400m runner" Coach Taylor had ever seen and I might still hold that record. Although the start was a bit rough, through hard work, guidance and support from coaches and teammates, I ended up having a successful career in my four years on the team. My career didn't come without ups and downs. I didn't do everything I wanted to in my career, but I came out the other side of my career taking important lessons that I still use today.

One of these lessons was training your thinking; a lesson that I communicate to people a lot today because I think it can be applied to many issues. Coach Taylor drilled this into everyone's heads in how to approach thinking about races and I'm sure still does. He used to say for every negative thought you have about a race, have ten positive thoughts; diminish the negative thought out of existence and train your mind to think positively, think to win. I believe this method works and not just in approaches to racing, but elsewhere in your life as well, from approaches to work projects to allowing prejudiced thoughts to not exist in your mind.



*States leads off in the 4x400 Relay in the 2016 NCAA Outdoor Championship Meet.*

*(Continued on page 49)*



## ... STATES LEE



*States wins his section in the 400 finals at the 2016 NEICAAA Championship Meet with a new MIT varsity record time of 48\_00*

[\(Continued from page 48\)](#)

Another lesson that helps me in my daily is understanding the connection between your body and your mind. From mind to body: Mindset matters and this is why training your thinking was important. Thinking positively (or maybe even just not thinking too much) about races affects the way your body performs. It may sound naïve, but similar to the tradition I had about eating my Clif Bar, you can only control certain variables of a situation, so control your mindset.

From body to mind: Many days for me, practice was a release; a chance to stop thinking about every problem set or personal issue I had going on and put my mind to work elsewhere. That isn't why I ran track, but instead of looking at practice as just another thing to do on the list for the day, it was a world totally different from the rest of MIT, a sort of escape. I could put anger, stress, sadness, any feeling I didn't want into my workout. I still use exercise as a way to problem solve today. When I'm stressed or can't

find a solution, I work out.

I hope those simple lessons resonate with people who have graduated and those still at MIT. I have found them tremendously useful and think that everyone should reflect on the important lessons they still carry with them today from the MIT Track & Field team; they're numerous.

Back to me not being able to easily find Clif Bars in London and other updates on my current state. I have just recently – two weeks ago – graduated from a joint master's course held at the Imperial College of London and the Royal College of Art called Innovation Design Engineering. The course is all project-based requiring both functional (engineering) and experience (design) elements. I am currently on the job search in London, trying to stay over on the other side even though Clif Bars are scarce. Maybe that's an entrepreneurship opportunity? ;)

I still run and lift and have also been getting back to playing soccer, something I did for a season at MIT. I am looking to get involved with a track team in London now that graduate school is over and really want to get back to the alumni meet. Unfortunately, I haven't been able to make it yet, but I am keen on winning and then reclaiming my old trashcan spot to practice some dry heaving after a 400m.

I miss all the teammates I had just a few years ago and the adventures we had together. I appreciate all the support I had in that time and the close community we were able to create and still maintain. I hope everyone is doing well and if anyone is ever in London, please reach out. I'd love to catch up and if you bring Clif Bars, extra points.



*States leading in the final leg of the 4x400 Relay in the 2016 NCAA Indoor Championship Meet. MIT won their heat to take 4th place in 3:17.84.*

## SEASON STATISTICS

## WOMEN'S CROSS COUNTRY

## 2018 RESULTS

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Larz Anderson Park, Brookline, MA	1st of 2	10
Purple Valley Classic	Williams College, Mt. Greylock HS	1st of 13	67
NEICAAA Championships	Franklin Park	2nd of 24	78
Pre-Nationals	UW Oshkosh, Lake Breeze Golf Course	2nd of 50	108
NEWMAC Championship	Smith College	1st of 11	20
New Eng. Div. III Reg. Champ.	Bowdoin College	1st of 57	87
NCAA Div. III Championship	UW Oshkosh, Lake Breeze Golf Course	3rd of 32	247

## 2019 SCHEDULE

08/31	Alumni Meet	Larz Anderson Park, MA
09/28	Purple Valley Classic	Williams College, Mt. Greylock H.S.
10/05	Greater Louisville Classic	Tom Sawyer Park, KY
10/09	Conn College Invitational	Harkness Memorial State Park, CT
11/03	NEWMAC Championship	Franklin Park, MA
11/16	NCAA New England Region	Bowdoin College, ME
11/23	NCAA DIII Championship	Tom Sawyer Park, KY

## 2019 TEAM ROSTER

Katie Bacher*	'20	Alana Chandler	'22
Anna Chau	'23	Katie Collins	'21
Nicole Cybul	'23	Gabrielle Enns	'21
Einat Gavish	'22	Izzi Gengaro	'22
Anna Haddad	'23	Abby Mauermann	'22
Megan McCandless	'20	Marissa McPhillips*	'20
Jenna Melanson	'20	Emily Niu	'21
Kirsi Rajagopal	'23	Nina Rhone '23	
Emily Skilling	'21	Katie Williams	'21
*Captain			

## Individual Performances

The chart below contains the number of races in which each athlete competed, and the times they achieved in those races. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-Injured, DNR-Did Not Run, FP-Fresh Pond.

## Times

NAME	# OF RACES	ALUMNI 9/1	PRPL. VAL. 9/22	NEICAAA 10/6	PRE-NATS 10/13	NEWMAC 10/27	NE DIV 3 11/10	NCAA 11/17
Katie Bacher	4	INJ	INJ	INJ	23:35	19:17	22:40	22:34
Alana Chandler	0	INJ	INJ	INJ	INJ	INJ	DNR	DNR
Katie Collins	6	INJ	23:34	18:35	22:57	19:44	22:20	22:22
Gabrielle Enns	3	INJ	25:11	19:39	FP - 14:55	20:31	DNR	DNR
Einat Gavish	7	17:50	23:31	18:54	22:50	19:31	22:47	22:48
Izzi Gengaro	5	17:13	22:41	18:07	22:09	INJ	INJ	22:12
Dhamanpreet Kaur	4	19:13	25:47	20:22	FP - 15:23	21:08	DNR	DNR
Darby LaPlant	2	INJ	INJ	20:59	FP - 16:18	21:41	DNR	DNR
Abby Mauermann	5	17:52	24:23	20:03	24:12	20:19	DNR	DNR
Lindsey McAllister	5	18:30	24:45	19:30	24:07	19:59	DNR	DNR
Megan McCandless	2	INJ	INJ	20:32	FP - 15:28	20:14	DNR	DNR
Marissa McPhillips	6	17:27	24:01	DNR	23:57	19:27	23:43	23:34
Jenna Melanson	6	17:10	INJ	18:26	22:26	18:59	22:18	22:28
Emily Niu	6	18:08	23:41	19:27	23:35	19:56	23:32	DNR
Emily Skilling	2	18:16	24:29	INJ	INJ	INJ	DNR	DNR
Nicole Toft	0	INJ	INJ	INJ	INJ	INJ	DNR	DNR
Margaret Trautner	0	INJ	INJ	INJ	INJ	INJ	DNR	DNR
Tessa Weiss	3	18:12	INJ	19:56	FP - 15:32	20:01	DNR	DNR
Katie Williams	0	INJ	INJ	INJ	INJ	INJ	DNR	DNR
L. Zimmermann	7	17:14	22:39	18:24	22:22	19:03	21:43	21:34

[\(Continued on page 52\)](#)

## ... Individual Performances

*(Continued from page 51)*

The chart below contains the place on the MIT team that each athlete finished and the average of the runner's places for the season. If a meet consisted of varsity and sub-varsity races, the relative positions are determined by combining runners from both races and comparing finishing times. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Places

NAME	ALUMNI 9/1	PRPL VAL 9/22	NEICAAA 10/6	PRE-NAT 10/13	NEWMAC 10/27	NE DIV 3 11/10	NCAA 11/17	AVG	RNK
Katie Bacher	INJ	INJ	INJ	6	3	4	5	4.5	5
Alana Chandler	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Katie Collins	INJ	4	4	5	6	3	3	4.167	4
Gabrielle Enns	INJ	10	8	FP	12	DNR	DNR	10	13
Einat Gavish	5	3	5	4	5	5	6	4.714	6
Izzi Gengaro	2	2	1	1	INJ	INJ	2	1.6	1
Dhamanpreet Kaur	11	11	11	FP	13	DNR	DNR	11.5	15
Darby LaPlant	INJ	INJ	13	FP	14	DNR	DNR	13.5	16
Abby Mauermann	6	7	10	10	11	DNR	DNR	8.8	12
Lindsey McAllister	10	9	7	9	8	DNR	DNR	8.6	10
Megan McCandless	INJ	INJ	12	FP	10	DNR	DNR	11	14
Marissa McPhillips	4	6	DNR	8	4	7	7	6	7
Jenna Melanson	1	INJ	3	3	1	2	4	2.333	3
Emily Niu	7	5	6	6	7	6	DNR	6.167	8
Emily Skilling	9	8	INJ	INJ	INJ	DNR	DNR	8.5	9
Nicole Toft	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Margaret Trautner	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Tessa Weiss	8	INJ	9	FP	9	DNR	DNR	8.667	11
Katie Williams	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
L. Zimmermann	3	1	2	2	2	1	1	1.714	2

*(Continued on page 53)*

## ... Individual Performances

*(Continued from page 52)*

The chart below contains the number of seconds each athlete finished behind the team's first finisher, giving a measure of how tightly packed the team was able to run. As in the previous chart, results from meets with separate varsity and sub-varsity races are combined to simulate a single race. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Deltas

NAME	ALUMNI 9/1	PRPL VAL 9/22	NEICAAA 10/6	PRE_NAT 10/13	NEWMAC 10/27	NE DIV 3 11/10	NCAA 11/17	AVG	RNK
Katie Bacher	INJ	INJ	INJ	1:26	:18	:57	1:00	:55	6
Alana Chandler	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Katie Collins	INJ	:55	:28	:48	:45	:37	:48	:43	4
Gabrielle Enns	INJ	2:32	1:32	FP	1:32	DNR	DNR	1:52	14
Einat Gavish	:40	:52	:47	:41	:32	1:04	1:14	:50	5
Izzi Gengaro	:03	:02	:00	:00	INJ	INJ	:38	:08	2
Dhamanpreet Kaur	2:03	3:08	2:15	FP	2:09	DNR	DNR	2:23	15
Darby LaPlant	INJ	INJ	2:52	FP	2:42	DNR	DNR	2:47	16
Abby Mauermann	:42	1:44	1:56	2:03	1:20	DNR	DNR	1:33	11
Lindsey McAllister	1:20	2:06	1:23	1:58	1:00	DNR	DNR	1:33	11
Megan McCandless	INJ	INJ	2:25	FP	1:15	DNR	DNR	1:50	13
Marissa McPhillips	:17	1:22	DNR	1:48	:28	2:00	2:00	1:19	9
Jenna Melanson	:00	INJ	:19	:17	:00	:35	:54	:20	3
Emily Niu	:58	1:02	1:20	1:26	:57	1:49	DNR	1:15	7
Emily Skilling	1:06	1:50	INJ	INJ	INJ	DNR	DNR	1:28	10
Nicole Toft	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Margaret Trautner	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Tessa Weiss	1:02	INJ	1:49	FP	1:02	DNR	DNR	1:17	8
Katie Williams	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
L. Zimmermann	:04	:00	:17	:13	:04	:00	:00	:05	1

*(Continued on page 54)*

## ... Individual Performances

*(Continued from page 53)*

The chart below is a consolidation of the rankings from the Delta and Place charts, combined with the number of races run. Those three ranks are summed to produce a combined score for each athlete. The scores are then ordered to produce an overall performance ranking.

### Ranking

NAME	# RACES	RANK	DELTA	RANK	PLACE	RANK	SCORE	RANK
Katie Bacher	:55	6	4.5	5	4	4	15	6
Alana Chandler								
Katie Collins	:43	4	4.2	4	6	2	10	4
Gabrielle Enns	1:52	14	10	13	3	5	32	13
Einat Gavish	:50	5	4.7	6	7	1	12	5
Izzi Gengaro	:08	2	1.6	1	5	3	6	2
Dhamanpreet Kaur	2:23	15	11.5	15	4	4	34	15
Darby LaPlant	2:47	16	13.5	16	2	6	38	16
Abby Mauermann	1:33	11	8.8	12	5	3	26	12
Lindsey McAllister	1:33	11	8.6	10	5	3	24	9
Megan McCandless	1:50	13	11	14	2	6	33	14
Marissa McPhillips	1:19	9	6	7	6	2	18	8
Jenna Melanson	:20	3	2.3	3	6	2	8	3
Emily Niu	1:15	7	6.2	8	6	2	17	7
Emily Skilling	1:28	10	8.5	9	2	6	25	11
Nicole Toft								
Margaret Trautner								
Tessa Weiss	1:17	8	8.6	11	3	5	24	9
Katie Williams								
L. Zimmermann	:05	1	1.7	2	7	1	4	1

**MEN'S CROSS COUNTRY**

## 2018 RESULTS

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Larz Anderson Park, Brookline, MA	1st of 2	15
Purple Valley Classic	Williams College, Mt. Greylock HS	5th of 16	127
NEICAAA Championships	Franklin Park	3rd of 26	125
Pre-Nationals	UW Oshkosh, Lake Breeze Golf Course	10th of 50	368
NEWMAC Championship	Smith College	1st of 8	17
New Eng. Div. III Reg. Champ.	Bowdoin College	4th of 58	145
NCAA Div. III Championship	UW Oshkosh, Lake Breeze Golf Course	16th of 32	465

## 2019 SCHEDULE

08/31	Alumni Meet	Larz Anderson Park, MA
09/28	Purple Valley Classic	Williams College, Mt. Greylock H.S.
10/05	Greater Louisville Classic	Tom Sawyer Park, KY
10/09	Conn College Invitational	Harkness Memorial State Park, CT
11/03	NEWMAC Championship	Franklin Park, MA
11/16	NCAA New England Region	Bowdoin College, ME
11/23	NCAA DIII Championship	Tom Sawyer Park, KY

## 2019 TEAM ROSTER

Sam Acquaviva	'23	Josh Derrick*	'20
Dylan Doblár	'21	Reed Foster	'22
Steven Goldy*	'20	Lowell Hensgen	'23
Finn Jacobson-Schulte	'21	Zach Johnson	'22
Jake Jorgensen	'21	Matthew Kearney	'22
Cameron Kleiman	'23	Vedang Lad	'23
Andrew Mah	'22	Nicky Medearis	'22
Julian Powers	'23	Sanjay Raman	'23
Ryan Wilson	'22	Billy Woltz*	'20
*Captain			

## Individual Performances

The chart below contains the number of races in which each athlete competed, and the times they achieved in those. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

## Times

NAME	# OF RACES	ALUMNI 9/1	PRPL VAL 9/22	NEICAAA 10/6	PRE-NAT 10/13	NEWMAC 10/27	NE DIV 3 11/10	NCAA 11/17
Brian Bates	4	15:27	28:03	27:53	DNR	27:22	DNR	DNR
Josh Derrick	6	INJ	27:03	25:52	26:05	26:31	25:55	26:31
Dylan Doblár	0	INJ	INJ	INJ	INJ	INJ	DNR	DNR
Aidan Gilson	7	15:28	27:36	26:27	26:54	26:48	26:12	25:54
Steven Goldy	1	INJ	INJ	INJ	13:07	27:54	DNR	DNR
F. Jacobson-Schulte	4	16:03	28:19	26:44	FP - 26:41	27:52	DNR	DNR
Zach Johnson	3	14:46	26:39	25:46	INJ	INJ	DNR	DNR
Jakob Jorgensen	3	INJ	28:11	26:45	DNR	27:26	DNR	DNR
Matthew Kearney	1	14:46	INJ	INJ	INJ	INJ	DNR	DNR
Alex Knapp	6	15:49	28:27	27:25	DNR	26:40	26:30	25:52
Tim Magoun	0	INJ	INJ	INJ	INJ	INJ	DNR	DNR
Andrew Mah	7	14:35	26:42	25:15	26:24	26:16	25:24	25:21
Nicky Medearis	5	14:55	27:15	26:12	27:08	27:22	DNR	DNR
Alec Nguyen	4	15:28	28:15	27:40	FP - 26:47	29:24	DNR	DNR
Nassim Oufattole	5	15:12	27:52	27:01	28:26	27:43	DNR	DNR
Josh Rosenkranz	7	14:38	26:25	25:41	26:12	26:24	25:43	25:40
Kent Slaney	5	DNR	27:39	26:38	27:08	27:01	27:20	DNR
Daniel Weiss	4	INJ	27:51	26:42	27:24	27:45	DNR	DNR
Ryan Wilson	6	14:49	28:08	26:13	26:46	27:32	DNR	27:37
Billy Woltz	7	14:41	26:38	25:32	26:01	26:13	25:56	25:56

*(Continued on page 57)*



## ... Individual Performances

*(Continued from page 56)*

The chart below contains the place on the MIT team that each athlete finished and the average of the runner's places for the season. If a meet consisted of varsity and sub-varsity races, the relative positions are determined by combining runners from both races and comparing finishing times. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Places

NAME	ALUMNI 9/1	PPL VAL 9/22	NEICAAA 10/6	PRE-NAT 10/13	NEWMAC 10/27	NE DIV 3 11/10	NCAA 11/17	AVG	RNK
Brian Bates	9	10	16	DNR	8	DNR	DNR	10.75	14
Josh Derrick	INJ	5	5	2	4	3	6	4.17	5
Dylan Doblár	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Aidan Gilson	11	7	8	6	6	5	4	6.71	7
Steven Goldy	INJ	INJ	INJ	FP	15	DNR	DNR	15	18
F. Jacobson-Schulte	13	15	11	FP	14	DNR	DNR	13.25	16
Zach Johnson	4	3	4	INJ	INJ	DNR	DNR	3.67	4
Jakob Jorgensen	INJ	13	12	DNR	10	DNR	DNR	11.67	15
Matthew Kearney	5	INJ	INJ	INJ	INJ	DNR	DNR	5	6
Alex Knapp	12	16	14	DNR	5	6	3	9.33	11
Tim Magoun	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Andrew Mah	1	4	1	4	2	1	1	2	1
Nicky Medearis	7	6	6	8	9	DNR	DNR	7.2	8
Alec Nguyen	10	14	15	FP	16	DNR	DNR	13.75	17
Nassim Oufattole	8	10	13	10	12	DNR	DNR	10.6	13
Josh Rosenkranz	2	1	3	3	3	2	2	2.29	2
Kent Slaney	DNR	8	9	7	7	7	DNR	7.6	9
Daniel Weiss	INJ	9	10	9	13	DNR	DNR	10.25	12
Ryan Wilson	6	11	7	5	11	DNR	7	7.83	10
Billy Woltz	3	2	2	1	1	4	5	2.57	3

*(Continued on page 58)*

## ... Individual Performances

[\(Continued from page 57\)](#)

The chart below contains the number of seconds each athlete finished behind the team's first finisher, giving a measure of how tightly packed the team was able to run. As in the previous chart, results from meets with separate varsity and sub-varsity races are combined to simulate a single race. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, DNR-Did Not Run, FP-Fresh Pond.

### Deltas

NAME	ALUMNI 9/1	PPL VAL 9/22	NEICAAA 10/6	PRE-NAT 10/13	NEWMAC 10/27	NE DIV 3 11/10	NCAA 11/17	AVG	RNK
Brian Bates	:52	1:38	2:38	DNR	1:09	DNR	DNR	1:34	15
Josh Derrick	INJ	:38	:37	:04	:18	:31	1:10	:33	6
Dylan Doblár	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Aidan Gilson	:53	1:11	1:12	:53	:35	:48	:33	:52	7
Steven Goldy	INJ	INJ	INJ	FP	1:41	DNR	DNR	1:41	17
F. Jacobson-Schulte	1:28	1:54	1:29	FP	1:39	DNR	DNR	1:37	16
Zach Johnson	:11	:14	:31	INJ	INJ	DNR	DNR	:18	5
Jakob Jorgensen	INJ	1:46	1:30	DNR	1:13	DNR	DNR	1:29	13
Matthew Kearney	:11	INJ	INJ	INJ	INJ	DNR	DNR	:11	2
Alex Knapp	1:14	2:02	2:10	DNR	:27	1:06	:31	1:15	10
Tim Magoun	INJ	INJ	INJ	INJ	INJ	DNR	DNR		
Andrew Mah	:00	:17	:00	:23	:03	:00	:00	:06	1
Nicky Medearis	:20	:50	:57	1:07	1:09	DNR	DNR	:52	7
Alec Nguyen	:53	1:50	2:25	FP	3:11	DNR	DNR	2:04	18
Nassim Oufattole	:37	1:27	1:46	2:25	1:30	DNR	DNR	1:33	14
Josh Rosenkranz	:03	:00	:26	:11	:11	:19	:19	:12	3
Kent Slaney	DNR	1:14	1:23	1:07	:48	1:56	DNR	1:17	11
Daniel Weiss	INJ	1:27	1:27	1:23	1:32	DNR	DNR	1:27	12
Ryan Wilson	:14	1:43	:58	:45	1:19	DNR	2:16	:57	9
Billy Woltz	:06	:13	:17	:00	:00	:32	:35	:14	4

[\(Continued on page 59\)](#)

## ... Individual Performances

*(Continued from page 58)*

The chart below is a consolidation of the rankings from the Delta and Place charts, combined with the number of races run. Those three ranks are summed to produce a combined score for each athlete. The scores are then ordered to produce an overall performance ranking.

### Ranking

NAME	# RACES	RANK	DELTA	RANK	PLACE	RANK	SCORE	RANK
Brian Bates	1:34	15	10.7	14	4	4	33	14
Josh Derrick	:33	6	4.2	5	6	2	13	4
Dylan Doblar								
Aidan Gilson	:52	7	6.7	7	7	1	15	6
Steven Goldy	1:41	17	15	18	1	7	42	18
F. Jacobson-Schulte	1:37	16	13.2	16	4	4	36	16
Zach Johnson	:18	5	3.6	4	3	5	14	5
Jakob Jorgensen	1:29	13	11.7	15	3	5	33	14
Matthew Kearney	:11	2	5	6	1	7	15	6
Alex Knapp	1:15	10	9.3	11	6	2	23	10
Tim Magoun								
Andrew Mah	:06	1	2	1	7	1	3	1
Nicky Medearis	:52	7	7.2	8	5	3	18	8
Alec Nguyen	2:04	18	13.7	17	4	4	39	17
Nassim Oufattole	1:33	14	10.6	13	5	3	30	13
Josh Rosenkranz	:12	3	2.3	2	7	1	6	2
Kent Slaney	1:17	11	7.6	9	5	3	23	10
Daniel Weiss	1:27	12	10.2	12	4	4	28	12
Ryan Wilson	:57	9	7.8	10	6	2	21	9
Billy Woltz	:14	4	2.6	3	7	1	8	3

**WOMEN'S TRACK AND FIELD****INDOOR****2018-2019 RESULTS****VARSITY**

Won 7, Lost 0

**MIT**

73

155

170

Maine 37

**Opponent**

Alumnae 47

Bates 117, Colby 60

Bowdoin 131, Tufts 129.5, Brandeis 71, Merrimack 47.5, Southern

**2019-2020 SCHEDULE**

12/7	Intrasquad Meet	Home
12/7	BU Season Opener	Boston University
12/14	Alumni Meet	Home
1/11	Bates, Colby	Bates
1/18	Sorlein Invitational	Rhode Island
1/24-25	John Thomas Invitational	Boston University
1/25	Art Farnham Invitational	Home
1/31-2/1	NEICAAA Championship	Reggie Lewis
2/1	Branwen Smith-King Invitational	Tufts University
2/1	Scarlet and White Invitational	Boston University
2/8	Cupid Challenge	Tufts University
2/14-15	David Hemery Invitational	Boston University
2/15	Gordon Kelly Invitational	Home
2/22	Springfield Invitational	Springfield College
2/28-29	New England Div.III Championship	Springfield/Middlebury
3/7	Tufts Final Qualifier	Tufts University
3/13-14	NCAA Division III Championship	JDL Fast track, Winston-Salem, NC

**VARSITY SCORING & ROSTER**

Bailey Tregoning	'19 26.75	Lily Papalia	'22 13	Ashley Holton	'22 2
Elena Andree	'22 23.75	Tessa Weiss	'20 11.75	Darby LaPlant*	'19 1
Lucy Lee	'21 23	Kira Buttrey	'22 11.25	Rikita Bansal	'22 0
Yilinn Yang	'22 20.5	Margaret Trautner	'20 11.25	Emily Caragay	'22 0
Kari Stromhaug	'19 20	Anais Marengo	'22 8	Izzi Gengaro	'22 0
Sarah Ishamuddin	'21 19.75	Tema Nwana	'21 8	D. Kaur	'21 0
Michelle Menkiti	'20 18.25	Jasmine Jin	'20 7	Joanna Kenedy	'22 0
Elizabeth Weeks	'21 18	Liana Reilly	'21 7	Anna Landler	'22 0
Jacqueline Ahrens	'21 17	Gabrielle Enns	'21 7	Abby Mauermann	'22 0
Folusho Jebutu	'20 17	Katie Collins	'21 6.5	Lindsey McAllister	'22 0
Katie Bacher	'20 16.5	Einat Gavish	'22 5	M. McCandless	'20 0
Jenna Melanson	'20 15.75	Emily Skilling	'21 4	Emily Niu	'21 0
Marissa McPhillips*	'20 15.5	Lila Wine	'20 4	Makenzie Patarino*	'20 0
Margaret Redfield	'21 15	Skylar Brooks	'20 3.75	Megan Su	'22 0
Kristen Frombach*	'19 14.25	Alana Chandler	'22 3		
Claire Melvin	'22 13.5	Katie Williams	'21 3		

\* Captain

**CHAMPIONSHIPS****New England Division 3 (NE Div. 3)** (2<sup>nd</sup>) 87.5 points

Trautner, McPhillips, Williams, Tregoning	4x800 Relay	9:15.59 (1 <sup>st</sup> )
Margaret Trautner	1,000	2:55.85 (2nd)
Katie Collins	5,000	16:53.81 (2nd)
Trautner, Frombach, Tregoning, McPhillips	Distance Medley Relay	11:50.89 (2nd)
Jenna Melanson	5,000	17:15.88 (3rd)
Jacqueline Ahrens	Pole Vault	12'2" (3rd)
Marissa McPhillips	Mile	5:03.23 (3rd)
Katie Collins	3,000	9:49.66 (4th)
Elizabeth Weeks	Triple Jump	36'9 1/2" (4th)
Bailey Tregoning	800	2:15.44 (5th)
Marissa McPhillips	1,000	2:56.63 (5th)
Jenna Melanson	3,000	9:54.52 (5th)
Kari Stromhaug	Pole Vault	11'8" (5th)
Anais Marengo	Pole Vault	11'2 1/4" (tie 6th)
Lucy Lee	Triple Jump	36'5 3/4" (6th)
Elena Andree	Triple Jump	35'11 1/2" (7th)
Folusho Jebutu	Weight Throw	48'11" (7th)
Ishamuddin, Andree, Yang, Menkiti	4x200 Relay	1:48.28 (8th)
Lila Wine	Pole Vault	11'2 1/4" (8th)

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (16th) 12 Points

Kari Stromhaug	Pole Vault	12'5 1/2" (tie 2nd)
Anais Marengo	Pole Vault	12'1 1/2" (4th)

**National Collegiate Athletic Association (NCAA Division III)** (11<sup>th</sup>) 19 points

Kari Stromhaug	Pole Vault	12'9 1/2" (3rd)
Bailey Tregoning	800	2:12.73 (5th)
Trautner, Ishamuddin, Tregoning, McPhillips	Distance Medley Relay	11:47.13 (6th)
Marissa McPhillips	Mile	4:55.52 (8th)
Jenna Melanson	3,000	9:54.83 (8th)

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
60	Michelle Menkiti	7.90
	Andree, Su	8.32
200	Michelle Menkiti	26.52
	Sarah Ishamuddin	27.39
400	Sarah Ishamuddin	1:00.06
	Kristen Frombach	1:01.94
600	Bailey Tregoning	1:38.22
	Margaret Trautner	1:38.61
800	Bailey Tregoning	2:12.73
	Margaret Trautner	2:12.89
1,000	Margaret Trautner	2:54.92 *
	Marissa McPhillips	2:56.63
Mile	Marissa McPhillips	4:55.05
	Kira Buttrey	5:08.67
3,000	Katie Collins	9:49.66
	Jenna Melanson	9:54.10
5,000	Katie Collins	16:53.81
	Jenna Melanson	17:15.88
60 Hurdles	Lucy Lee	9.68
	Liana Reilly	9.95
4x200	Ishamuddin, Andree, Yang, Menkiti	1:48.28
4x400	Ishamuddin, Trautner, Frombach, Tregoning	4:05.60
4x800	Trautner, Williams, McPhillips Tregoning	9:15.59
DMR	Trautner, Ishamuddin, Tregoning ,McPhillips	11:41.25
High Jump	Margaret Redfield	5'4 ½"
	Liana Reilly	5'3"
Pole Vault	Kari Stromhaug	12'9 ½"
	Anais Marenco	12'2 ½"
Long Jump	Elena Andree	17'2 ¾"
	Yilinn Yang	17'2"
Triple Jump	Lucy Lee	36'9 ¾"
	Elizabeth Weeks	36'9 ½"
Shot Put	Lilly Papalia	35'8 ¾"
	Folusho Jebutu	34' 91/2"
Weight Throw	Folusho Jebutu	48'11
	Tema Nwana	40'11

\* Varsity Record

## OUTDOOR

**2019 RESULTS****VARSITY**

Won 2, Lost 2

**MIT**194  
76**Opponent**Tufts 198, RPI 138, Bates 134  
Williams 108**2020 SCHEDULE**

3/21	Bridgewater State Invitational	Bridgewater State
3/28	UCSD Collegiate Invitational	UCSD
4/4	Bates, RPI, Tufts	RPI
4/10	Silfen Invitational	Conn College
4/10-11	Bison Invitational	Bucknell University
4/11	UConn Invitational	UConn
4/17	Larry Ellis Invitational	Princeton
4/18	Sean Collier Invitational	Home
4/25	NEWMAC Championship	Smith
4/30-5/2	New England Division III Championship	Home
5/8-9	NEICAAA Championship	Northeastern University
5/14	MIT Final Qualifier	Home
5/21-23	NCAA Division III Championship	St John Fisher

**VARSITY SCORING & ROSTER**

Folusho Jebutu	'20	26	Liana Reilly	'21	9	Yilinn Yang	'22	1
Michelle Menkiti	'20	22.25	Marissa McPhillips*	'20	8.75	Katie Bacher	'20	0
Lucy Lee	'21	20	Gabrielle Enns	'21	7	Rikita Bansal	'22	0
Claire Melvin	'22	16.75	Makenzie Patarino*	'19	6	Kira Buttrey	'22	0
Elena Andree	'22	16.25	Katie Collins	'21	5	Alana Chandler	'22	0
Bailey Tregoning	'19	15.75	Jacqueline Ahrens	'21	4.5	Einat Gavish	'22	0
Sarah Ishamuddin	'21	14.25	Emily Caragay	'22	4.5	Izzy Gengaro	'22	0
Jenna Melanson	'20	14	Mumin Jin	'20	4	Anna Landler	'22	0
Elizabeth Weeks	'21	14	Kristen Frombach*	'19	3.75	Abby Mauermann	'22	0
Margaret Trautner	'20	13	Skylar Brooks	'20	3	Margaret Redfield	'21	0
Kari Stromhaug	'19	12	Savannah Inglin	'22	3	Emily Skilling	'21	0
Lilly Papalia	'22	11	Joanna Kennedy	'22	2.25	Katie Williams	'21	0
E. McCor.-Kuhman	'20	10	Anais Marenco	'22	2	Lila Wine	'21	0
Tema Nwana	'21	9	Darby LaPlant*	'19	1			

\* Captain

**CHAMPIONSHIPS****NEWMAC Championships** (1st) 182.5 Points

Elena Andree	Triple Jump	38'2 ¼" (1st)
Jenna Melanson	3,000 Steeplechase	10:49.08 (1st)
Claire Melvin	400 Hurdles	1:07.39 (1st)
Kari Stromhaug	Pole Vault	12'1 ½" (1st)
Baliley Tregoning	800	2:16.03 (1st)
Margaret Trautner	1,500	4:43.47 (1st)
Melvin, Trautner, Frombach, Tregoning	4x400	4:01.73 (1st)
Katie Collins	5,000	18:04.75 (2nd)
Folusho Jebutu	Hammer	145'10" (2nd)
Lucy Lee	Triple Jump	37'5" (2nd)
Michelle Menkiti	100	12.58 (2nd)
Margaret Trautner	800	2:19.02 (2nd)
Anais Marenco	Pole Vault	11'1 ¾" (3rd)
Michelle Menkiti	200	26.41 (3rd)
Emily Caragay	Pole Vault	11'1 ¾" (4th)
Folusho Jebutu	Discus	117'8" (4th)
Darby LaPlant	10,000	40:08.41 (4th)
E. McCor.-Kuhman	Hammer	143'10" (4th)
Elizabeth Weeks	Triple Jump	36'9 ½" (4th)
Yilinn Yang	Long Jump	17'3 ½" (4th)
Andree, Ishamuddin Yang, Menkiti	4x100	49.92 (4th)
Jacqueline Ahrens	Pole Vault	11'1 ¾" (5th)
Liana Reilly	High Jump	5'1" (tie 5th)
Tema Nwana	Hammer	135'6" (6th)
Lily Papalia	Shot Put	35'9 ¼" (6th)
Folunsho Jebutu	Shot Put	33'11 ¼" (7th)
Lucy Lee	100 Hurdles	16.48 (6th)
Liana Reilly	Long Jump	17'0 ¾" (7th)
Kari Stromhaug	High Jump	4'11" (7th)
Yilinn Yang	Triple Jump	34'4 ¾" (7th)
Gabrielle Enns	3,000 Steeplechase	12:16.90 (8th)
Sarah Ishamuddin	400	1:01.39 (8th)

**New England Division 3 Championships** (2nd) 101.5 Points

Katie Collins	5,000	17:18.59 (1st)
Jenna Melanson	3,000 Steeplechase	10:56.47 (1st)
Kari Stromhaug	Pole Vault	12'4 ¾" (1st)
Bailey Tregoning	800	2:11.29 (2nd)
Elena Andree	Triple Jump	38'2" (3rd)
Margaret Trautner	1,500	4:38.23 (3rd)
McPhillips, Trautner Brooks, Tregoning	4x800	9:21.69 (3rd)
Folusho Jebutu	Discus	123'7" (4th)
Michelle Menkiti	200	25.36 (4th)
Folusho Jebutu	Hammer	151'0" (5th)
Liana Reilly	High Jump	5'2 ¼" (tie 5th)
Margaret Trautner	800	2:13.63 (5th)
Lila Wine	Pole Vault	11'6¼" (5th)

*(Continued on page 65)*



[\(Continued from page 64\)](#)

Lucy Lee	Triple Jump	37'5 <sup>3</sup> / <sub>4</sub> " (6th)
E. McCor.-Kuhman	Hammer	148'7" (6th)
Michelle Menkiti	100	12.36 (6th)
Yilinn Yang	Long Jump	17'8" (6th)
Makenzie Patarino	Pole Vault	11'0 <sup>1</sup> / <sub>4</sub> " (7th)
Elizabeth Weeks	Triple Jump	37'4 <sup>1</sup> / <sub>2</sub> " (7th)
Melvin, Ishamuddin, Frombach, Menkiti	4x400	3:58.17 (7th)
Anais Marengo	Pole Vault	11'0 <sup>1</sup> / <sub>4</sub> " (8th)
Liana Reilly	Long Jump	17'0" (8th)

**New England Intercollegiate Amateur Athletic Association Championship** (16th) 19 Points

Katie Collins	5,000	17:01.24 (3rd)
Bailey Tregoning	800	2:11.01 (3rd)
Kari Stromhaug	Pole Vault	12'2" (5th)
Margaret Trautner	800	2:13.10 (6th)

**NCAA Outdoor National Championship** (tie 47th) 5 Points

Bailey Tregoning	800	2:10.98 (5th)
Kari Stromhaug	Pole Vault	12'5 <sup>1</sup> / <sub>2</sub> " (8th)

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
100	Michelle Menkiti	12.36
200	Michelle Menkiti	25.36
	Sarah Ishamuddin	26.61
400	Sarah Ishamuddin	1:00.70
	Kristen Frombach	1:01.19
800	Bailey Tregoning	2:10.98
	Margaret Trautner	2:12.03
1,500	Margaret Trautner	4:38.23
	Marissa McPhillips	4:40.76
5,000	Katie Collins	17:01.24
	Einat Gavish	19:10.29
10,000	Darby LaPlant	40:08.41
100 Hurdles	Lucy Lee	15.77
	Elizabeth Weeks	17.29
400 Hurdles	Claire Melvin	1:05.82
	Jenna Melanson	1:09.29
3,000 Steeplechase	Jenna Melanson	10:47.87
	Gabrielle Enss	12:06.37
4x100	Andree, Ishamuddin Yang, Menkiti	49.29
	Melvin, Frombach, Ishamuddin, Menkiti	3:58.17
4x800	McPhillips, Trautner, Brooks, Tregoning	9:21.69
High Jump	Liana Reilly	5'4 ¼"
	Margaret Redfield	5'2 ¼"
Pole Vault	Kari Stromhaug	12'4 ¾"
	Anais Marengo	11'7 ¾"
Long Jump	Yilinn Yang	17'8"
	Elena Andree	17'3 ¼"
Triple Jump	Elena Andree	38'2 ¼" *
	Lee, Weeks	37'10"
Shot Put	Lily Papalia	35'9 ¼"
	Folusho Jebutu	34'1 ¼"
Discus	Folusho Jebutu	123'7"
	Lily Papalia	96'11"
Hammer	Elise McCormack-Kuhman	155'0"
	Folusho Jebutu	153'5"

\* Rookie Record

**MEN'S TRACK AND FIELD****INDOOR****2018-2019 RESULTS****VARSITY**

Won 7, Lost 0

**MIT**

87.5

149

206

**Opponent**

Alumni 33.5

Bates 140, Colby 24

Tufts 101, Southern Maine 81, Merrimack 73, Bowdoin 62, Bowdoin 62,  
Brandeis 32**2019-20 SCHEDULE**

12/7	Intrasquad Meet	Home
12/7	BU Season Opener	Boston University
12/14	Alumni Meet	Home
1/11	Bates, Colby	Bates
1/18	Sorlein Invitational	Rhode Island
1/24-25	John Thomas Invitational	Boston University
1/25	Art Farnham Invitational	Home
1/31-2/1	NEICAAA Championship	Reggie Lewis
2/1	Branwen Smith-King Invitational	Tufts University
2/1	Scarlet and White Invitational	Boston University
2/8	Cupid Challenge	Tufts University
2/14-15	David Hemery Invitational	Boston University
2/15	Gordon Kelly Invitational	Home
2/22	Springfield Invitational	Springfield College
2/28-29	New England Div.III Championship	Springfield/Middlebury
3/7	Tufts Final Qualifier	Tufts University
3/13-14	NCAA Division III Championship	JDL Fast track, Winston-Salem, NC

**VARSITY SCORING & ROSTER**

J. Fakkema	'19 42	Andrew Mah	'22 12	Max Hardy	'21 4
Yorai Shaoul	'21 39	Albert Menio*	'20 12	F. Jac.-Schulte	'21 4
Benton Wilson	'21 25	Alec Reduker	'20 12	Everett Brandyberry	'21 3.5
Matthew Kearney	'22 23	Ellery Rajagopal	'21 11.75	Raja Rajcic	'20 2
Aidan Gilson	'20 22.75	Matt Schofield	'22 11.75	Brian Bates	'21 1
Liam Ackerman	'21 20	Scott Cameron	'19 9	Zach Johnson	'22 1
Nick Duchatellier	'22 18.25	Steven Goldy	'20 8	Josh Derrick	'20 0
Alex Liu	'22 18.25	Feyisope Eweje	'19 7	Dylan Doblal	'21 0
Billy Woltz	'20 17.25	Nicky Medearis	'22 7	Reed Foster	'22 0
William Woltmann	'22 16	Ryan Nall	'22 7	Alex Knoedler	'19 0
Caleb Harris	'22 15	Ken Acquah	'20 6	Tim Magoun	'22 0
Josh Rosenkranz*	'19 15	Nathan Basinger	'22 6	Alec Nguyen	'22 0
Kent Slaney	'21 14.75	Diego Escobedo	'22 5.75	George Stultz	'22 0
Steven Speck	'20 14	Joa Kennedy	'21 5.25	Chris Washington*	'20 0
A. Fou.-Etheridge	'22 13	Jake Jorgensen	'21 5		
Simon Alford	'20 12.5	Andrew Shao	'22 4.75		

\* Captain

**CHAMPIONSHIPS****New England Division 3 (NE Div. 3)** (1st) 164 Points

Alec Reduker	High Jump	6'10 <sup>3</sup> / <sub>4</sub> " (1st)
Josh Rosenkranz	5,000	15:01.50 (1st)
Yorai Shaoul	Long Jump	23'1 <sup>3</sup> / <sub>4</sub> " (1st)
Yorai Shaoul	Triple Jump	49'1 <sup>3</sup> / <sub>4</sub> " (1st)
Benton Wilson	200	22.08 (1st)
Benton Wilson	400	49.67 (1st)
William Woltmann	Shot Put	51'0 <sup>3</sup> / <sub>4</sub> " (1st)
Liam Ackerman	Pole Vault	15'7 <sup>3</sup> / <sub>4</sub> " (2nd)
Jon Fakkema	Shot Put	49'7 <sup>3</sup> / <sub>4</sub> " (2nd)
Aidan Gilson	Mile	4:12.10 (2nd)
Andrew Mah	5,000	15:02.06 (2nd)
Rajagopal, Slaney, Schofield, Foucault	4x800	7:54.95 (2nd)
Slaney, Foucault, Rajagopal, Kearney	DMR	10:13.54 (2nd)
Simon Alford	1,000	2:31.32 (3rd)
A. Fou.-Etheridge	600	1:22.42 (3rd)
Aidan Gilson	3,000	8:35.05 (4th)
Caleb Harris	High Jump	6'6 <sup>3</sup> / <sub>4</sub> " (4th)
Matthew Kearney	1000	2:31.34 (4th)
Jon Fakkema	Weight Throw	58'0 <sup>1</sup> / <sub>2</sub> " (5th)
Andrew Mah	3000	8:37.61 (5th)
Josh Derrick	5000	15:17.73 (6th)
Nick Duchatellier	400	51.11 (6th)
Joa Kennedy	Long Jump	21'6 <sup>1</sup> / <sub>4</sub> " (6th)
Joa Kennedy	60 Hurdles	8.64 (7th)

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (25th) 4 Points

Yorai Shaoul	Long Jump	23'2" (5th)
--------------	-----------	-------------

**National Collegiate Athletic Association (NCAA Division III)** (11th) 15 Points

Yorai Shaoul	Triple Jump	49'11 <sup>1</sup> / <sub>4</sub> " (1st)
Liam Ackerman	Pole Vault	16'2 <sup>3</sup> / <sub>4</sub> " (4th)
Aidan Gilson	Mile	4:09.69 (5th)
Alford, Wilson, Foucault-Etheridge, Gilson	DMR	10:04.82 (6th)

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
60	Benton Wilson	7.11
	Alex Liu	7.16
200	Benton Wilson	21.82
	Alex Liu	23.59
400	Benton Wilson	49.16
	Nick Duchatellier	49.85
500	Nick Duchatellier	1:06.41
600	Aiden Foucault-Etheridge	1:22.42
	Matt Schofield	1:24.81
800	Simon Alford	1:54.28
	Aiden Foucault-Etheridge	1:54.45
1,000	Simon Alford	2:30.07
	Aidan Gilson	2:31.34
Mile	Aidan Gilson	4:09.69
	Kent Slaney	4:14.86
3,000	Josh Rosenkranz	8:23.35
	Matthew Kearney	8:28.13 *
5,000	Josh Rosenkranz	14:38.70
	Andrew Mah	14:49.27
60 Hurdles	Joa Kennedy	8.58
4x200	Liu, Kennedy, Foucault, Duchatellier	1:35.61
4x400	Wilson, Duchatellier, Gilson, Foucault	3:25.25
4x800	Rajagopal, Slaney, Schofield, Foucault	7:54.95
DMR	Slaney, Foucault, Rajagopal, Kearney	9:59.81
High Jump	Alec Reduker	6'10 <sup>3</sup> / <sub>4</sub> "
	Caleb Harris	6'6 <sup>3</sup> / <sub>4</sub> "
Pole Vault	Liam Ackerman	16'2 <sup>3</sup> / <sub>4</sub> "
	Scott Cameron	14'11"
Long Jump	Yorai Shaoul	23'2 <sup>3</sup> / <sub>4</sub> "
	Joa Kennedy	21'6 <sup>1</sup> / <sub>4</sub> "
Triple Jump	Yorai Shaoul	49'11 <sup>1</sup> / <sub>4</sub> "
Shot Put	William Woltmann	51'0 <sup>3</sup> / <sub>4</sub> "
	Jon Fakkema	50'5 <sup>1</sup> / <sub>4</sub> "
Weight Throw	Jon Fakkema	59'2"
	Ryan Nall	52'2 <sup>1</sup> / <sub>2</sub> "

\* Rookie Record

## OUTDOOR

**2019 RESULTS****VARSITY**

Won 4, Lost 0

**MIT**190.5  
113**OPPONENT**Tufts 185, RPI 150.5, Bates 125  
Williams 86**2019 SCHEDULE**

3/21	Bridgewater State Invitational	Bridgewater State
3/28	UCSD Collegiate Invitational	UCSD
4/4	Bates, RPI, Tufts	RPI
4/10	Silfen Invitational	Conn College
4/10-11	Bison Invitational	Bucknell University
4/11	UConn Invitational	UConn
4/17	Larry Ellis Invitational	Princeton
4/18	Sean Collier Invitational	Home
4/25	NEWMAC Championship	Smith
4/30-5/2	New England Division III Championship	Home
5/8-9	NEICAAA Championship	Northeastern University
5/14	MIT Final Qualifier	Home
5/21-23	NCAA Division III Championship	St John Fisher, OH

**VARSITY SCORING & ROSTER**

Jon Fakkema	'19 34	Kent Slaney	'21 7.5	F. Jac.-Schulte	'21 2
Benton Wilson	'21 25.5	Joa Kennedy	'21 7	Ellery Rajagopal	'21 2
Aidan Gilson	'20 23.25	Andrew Mah	'22 7	Reed Foster	'22 1.25
Alex Liu	'22 20	Raja Rajcic	'20 7	Josh Derrick	'20 0
Yorai Shaoul	'21 18	Cooper Driscoll	'22 6	Dylan Doblal	'21 0
Albert Menio*	'20 16	Ryan Nall	'22 6	A. Fou.-Etheridge	'22 0
Alec Reduker	'20 16	Liam Ackerman	'21 5	Max Hardy	'21 0
William Woltmann	'22 13	Gabriel Madonna	'22 5	Zach Johnson	'22 0
Nick Duchatellier	'22 12.25	Chris Washington*	'20 5	Jake Jorgensen	'21 0
Andrew Shao	'22 11	Simon Alford	'20 4.25	Matthew Kearney	'22 0
Steven Speck	'20 11	Feyisope Eweje	'19 4	Josh Rosenkranz*	'20 0
Nathan Basinger	'22 10	Everett Brandyberry	'21 3	Matthew Schofield	'22 0
Caleb Harris	'22 10	Steven Goldy	'20 3	David Walter	'19 0
Scott Cameron	'19 8	George Stultz	'22 3		

\* Captain

**CHAMPIONSHIPS****NEWMAC** (1<sup>st</sup> Place) 274.5 Points

Liam Ackerman	Pole Vault	15'5" (1st)
Nathan Basinger	Shot Put	46'1 1/2" (1st)
Josh Derrick	10,000	32:52.55 (1st)
Aidan Gilson	3000 Steeplechase	9:26.31 (1st)
Gabe Madonna	Javelin	183'2" (1st)
Albert Menio	Discus	143'2" (1st)
Alec Reduker	High Jump	6'8" (1st)
Yorai Shaoul	Long Jump	24'1 3/4" (1st)
Yorai Shaoul	Triple Jump	47'7" (1st)
Simon Alford	800	1:57.12 (2nd)
Scott Cameron	Pole Vault	15'5 (2nd)
Jon Fakkema	Shot Put	44'10 3/4" (2nd)
Jon Fakkema	Hammer	166'10" (2nd)
Josh Rosenkranz	10,000	32:52.56 (2nd)
David Walter	5,000	15:39.84 (2nd)
Chris Washington	High Jump	6'4 3/4" (2nd)
Benton Wilson	200	22.11 (2nd)
Benton Wilson	100	10.82 (2nd)
Liu, Duchatellier, Eweje, Wilson	4x100	43.69 (2nd)
Dylan Dobler	1,500	4:13.28 (3rd)
Jon Fakkema	Discus	140'1" (3rd)
A. Foc.-Etheridge	800	1:57.73 (3rd)
Caleb Harris	High Jump	6'4 3/4" (3rd)
F. Jac.-Schulte	10,000	32:52.56 (3rd)
Joa Kennedy	400 Hurdles	57.68 (3rd)
Everett Brandyberry	Pole Vault	14'5 1/4" (4th)
Steven Goldy	10,000	32:52.61 (4th)
Joa Kennedy	110 Hurdles	15.63 (4th)
Andrew Mah	1,500	4:15.34 (4th)
Albert Menio	Shot Put	42'11 3/4" (4th)
Albert Menio	Hammer	149'2" (4th)
George Stultz	Triple Jump	43'11 1/4" (4th)
Cooper Driscoll	Javelin	165'2" (5th)
Reed Foster	800	1:57.93 (5th)
Ryan Nall	Hammer	148'8" (5th)
Nathan Basinger	Discus	127'0" (6th)
Nick Duchatellier	200	23.09 (6th)
Nick Duchatellier	400	51.60 (6th)
Ryan Nall	Shot Put	42'6 1/4" (6th)
Andrew Shao	400 Hurdles	1:00.72 (6th)
Foster, Duchatellier, Alford, Schofield	4x400	3:37.82 (6th)
Ryan Nall	Discus	122'6" (7th)
Nathan Basinger	Hammer	143'6" (8th)
Raja Rajcic	Pole Vault	12'11 1/2" (8th)

*(Continued on page 72)*

[\(Continued from page 71\)](#)**New England Division 3 Championships** (1st) 139 Points

Alec Reduker	High Jump	6'8" (1st)
Yorai Shaoul	Long Jump	23'9.5" (1st)
Yorai Shaoul	Triple Jump	49'5 ½" (1st)
Benton Wilson	200	21.56 (1st)
Alec Reduker	Long Jump	23'0 ½" (2nd)
Josh Rosenkranz	10,000	31:40.73 (2nd)
Foucault, Rajagopal, Schofield, Alford	4x800	7:49.48 (2nd)
Finn Jacobson-Schulte	10,000	31:42.51 (3rd)
Benton Wilson	400	48.62 (3rd)
William Woltmann	Shot Put	49'11 ¼" (3rd)
Liam Ackerman	Pole Vault	14'7 ½" (4th)
Nathan Basinger	Discus	146'1" (4th)
Gabe Madonna	Javelin	179'5" (4th)
Ryan Nall	Shot Put	48'7 ¼" (4th)
Chris Washington	High Jump	6'6" (4th)
Josh Derrick	10,000	32:05.09 (5th)
Nick Duchatellier	400	49.54 (5th)
Steven Goldy	5,000	15:05.17 (5th)
Caleb Harris	High Jump	6'4" (5th)
Joa Kennedy	110 Hurdles	15.43 (5th)
Albert Menio	Discus	144'5" (6th)
Albert Menio	Hammer	161'1" (6th)
Nathan Basinger	Shot Put	46'6 ¾" (7th)
Andrew Shao	400 Hurdles	56.75 (7th)
Max Hardy	Pole Vault	14'7 ½" (7th)
Andrew Mah	5,000	15:11.89 (8th)

**New England Inter Collegiate Amateur Athletic Association** (13th) 21.5 Points

Chris Washington	High Jump	6'5" (3rd)
Benton Wilson	200	21.71 (4th)
Scott Cameron	Pole Vault	15'5 ½" (5th)
Jon Fakkema	Discus	154'8" (5th)
Liam Ackerman	Pole Vault	14'11 ½" (tie 6th)

**NCAA National Championship** (2nd) 38 Points

Yorai Shaoul	Triple Jump	50'7 ½" (1st)
Alec Reduker	High Jump	6'10 ¼" (2nd)
Yorai Shaoul	Long Jump	24'11" (2nd)
Liam Ackerman	Pole Vault	15'11" (3rd)
Alec Reduker	Long Jump	24'8 ¼" (3rd)
Everett Brandyberry	Pole Vault	14'5 ¼" (6 <sup>th</sup> )
Alec Reduker	High Jump	6'5" (7 <sup>th</sup> )



**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
100	Benton Wilson	10.81
	Alex Liu	11.24
200	Benton Wilson	21.56
	Alex Liu	22.87
400	Benton Wilson	48.33
	Nick Duchatellier	49.54
800	Aiden Foucault-Etheridge	1:54.93
	Simon Alford	1:55.28
1,500	Dennis Maloney	4:01.04
	Andrew Mah	4:01.12
5,000	Andrew Mah	14:53.49
	Steven Goldy	15:05.17
10,000	Josh Rosenkranz	31:40.73
	Finn Jacobson-Schulte	31:42.51
110 Hurdles	Joa Kennedy	15.10
400 Hurdles	Andrew Shao	56.75
	Joa Kennedy	57.04
3,000 Steeplechase	Aidan Gilson	9:08.03
4x100	Liu, Duchatellier, Eweje, Benton	43.37
4x400	Duchatellier, Gilson, Slaney, Wilson	3:24.43
4x800	Foucault, Rajagopal, Schofield, Alford	7:49.48
High Jump	Alec Reduker	7'0 1/4" *
	Harris, Washington	6'6 3/4"
Pole Vault	Liam Ackerman	16'3 1/2"
	Scott Cameron	15'5 1/2"
Long Jump	Yorai Shaoul	24'11" *
	Alec Reduker	24'8 1/4"
Triple Jump	Yorai Shaoul	50'7 1/2"
	George Stultz	43'11 1/4"
Shot Put	William Woltmann	52'5 1/4"
	Jon Fakkema	50'0"
Discus	Jon Fakkema	157'4"
	Albert Menio	150'11"
Hammer	Jon Fakkema	169'7"
	Albert Menio	161'1"
Javelin	Gabe Madonna	197'6"
	Cooper Driscoll	170'2"
Decathlon	Joa Kennedy	5242

\* Varsity Record

## 2019-2020 COMBINED SCHEDULES

**CROSS COUNTRY**

08/31	Alumni Meet	Larz Anderson Park, MA
09/28	Purple Valley Classic	Williams College, Mt. Greylock H.S.
10/05	Greater Louisville Classic	Tom Sawyer Park, KY
10/09	Conn College Invitational	Harkness Memorial State Park, CT
11/03	NEWMAC Championship	Franklin Park, MA
11/16	NCAA New England Region	Bowdoin College, ME
11/23	NCAA DIII Championship	Tom Sawyer Park, KY

**INDOOR TRACK**

12/7	Intrasquad Meet	Home
12/7	BU Season Opener	Boston University
12/14	Alumni Meet	Home
1/11	Bates, Colby	Bates
1/18	Sorlein Invitational	Rhode Island
1/24-25	John Thomas Invitational	Boston University
1/25	Art Farnham Invitational	Home
1/31-2/1	NEICAAA Championship	Reggie Lewis
2/1	Branwen Smith-King Invitational	Tufts University
2/1	Scarlet and White Invitational	Boston University
2/8	Cupid Challenge	Tufts University
2/14-15	David Hemery Invitational	Boston University
2/15	Gordon Kelly Invitational	Home
2/22	Springfield Invitational	Springfield College
2/28-29	New England Div.III Championship	Springfield/Middlebury
3/7	Tufts Final Qualifier	Tufts University
3/13-14	NCAA Division III Championship	JDL Fast track, Winston-Salem, NC

**OUTDOOR TRACK**

3/21	Bridgewater State Invitational	Bridgewater State
3/28	UCSD Collegiate Invitational	UCSD
4/4	Bates, RPI, Tufts	RPI
4/10	Silfen Invitational	Conn College
4/10-11	Bison Invitational	Bucknell University
4/11	UConn Invitational	UConn
4/17	Larry Ellis Invitational	Princeton
4/18	Sean Collier Invitational	Home
4/25	NEWMAC Championship	Smith
4/30-5/2	New England Division III Championship	Home
5/8-9	NEICAAA Championship	Northeastern University
5/14	MIT Final Qualifier	Home
5/21-23	NCAA Division III Championship	St John Fisher, OH