

MIT Track & CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 62 - August 2003

Engineers Tested by Injuries and Attrition

by Halston W. Taylor

Excellence encourages certain expectations, most of them good, and meeting those expectations can become a tradition that lives from year to year, athlete to athlete. While a tradition of excellence increases expectations, it also provides benefits which help the team to meet those expectations. Recruiting, for example, is easier because of a perceived sense of coaching ability that is linked to winning. In reality, the team performance is determined by a combination of both coaching expertise and the ability of the athletes. Successful recruiting enhances the athletic talent pool and can go a long way to preserving team excellence. In fact, many aspects of coaching become easier when your program is perceived as excellent because rarely do athletes, other coaches, or administrators disagree with you.

The negatives pale by comparison, but are always around. Opposing teams are often waiting for the smallest hint of weakness so they can take what they consider to be revenge. Some athletes are afraid to come out for your team because they do not feel they can make the commitment required to maintain the tradition of excellence. Perhaps the worst part of all, but one I would not ever trade for a losing season, is the expectation to stay excellent regardless of the cards dealt. It is more difficult to stay on top than to get there.

In 2002-03 those traditions

were severely challenged. This past year can best be described as one of injury and loss of commitment by some, and the true commitment by others to step up and make up the difference. Injuries will always occur when a team or individual pushes the envelope with hard work in hopes of getting just a little better. Many are preventable with proper education, weight training, stretching and preventative sports medicine; some are not. One key ingredient that is necessary is the athlete communicating that he is injured, which some of the "tougher" athletes are reluctant to do until it is too late for anything other than rest and medication. Other injuries are mysterious in that no one quite seems to know how they occurred over the weekend, or during some ill advised activity other than track or cross country. This year, there were a large number of injuries due to all the reasons mentioned above.

In general, there seems to be less sense of commitment in today's generation. It appears that quitting on oneself or one's teammates is no longer the "voodoo" that my generation perceived it to be. More than a small amount of my time is spent convincing student athletes that it would be a mistake to quit the team, or not come out in the first place. In addition to the lack of commitment, many do not see the benefits that track and cross country at MIT can give them in later life. I realize I am preaching to the choir when I write here about benefits such as the camaraderie, the memories, the



Tri-Captain Craig Mielcarz setting a new varsity record of 6-10 3/4 in the High Jump at Bowdoin. Craig's 29 points in the NE Div III Championship led a depleted but determined squad to victory.

social and life skills, and even the potential job enhancements from learning team building and leadership skills. Many corporations prefer to hire athletes for these skills, particularly very successful athletes.

Because so many team members seem to be on the fence at any given time, when one does quit, others seem to follow as if stricken with a plague. Does a team compromise on their goals when all this happens, or do they accept the challenge and collectively "step up". As I have found over the last two decades, MIT Cross Country and Track teams choose the latter. The young men who stepped up against all the odds will never forget what they accomplished and neither will I.

It is unfortunate that commitment, or the lack of it is accepted at MIT. I only dream of how good our team would be if those who claimed they would participate, stuck to it. I find

myself thinking, particularly in my role as Housemaster of one of MIT's residence halls, that MIT actually unwittingly contributes to this lack of commitment. Students are encouraged to get involved in more than they can obviously handle, take more credits because they can always drop courses along the way without penalty, and nowhere do I see anyone saying anything about sticking to the task and seeing it through. I understand the survival attitude around here, and at times, feel it myself. However, I think quitting can become a habit in life that is hard to break. I will continue to try and inject my feelings regarding following through with what one starts. I suspect I will also continue to be disappointed from time to time. However, as long as those who stick with the team are as committed and dedicated as our tradition dictates, we will come out ahead.

Harriers Win Fifth Straight NEWMAC Title

by Halston W. Taylor

The 2002 cross country season was satisfying in most respects with the exception of the number of injuries the freshman class acquired. Somehow, most incoming freshmen do not take the summer weight training and stretching recommendations to heart. We knew it would be a very difficult year, particularly with the number of schools returning with complete or near complete teams, and the fact that only four teams could qualify for the NCAA Championship out of the New England Region. Because the season is mostly made up of invitationals, the primary goal most years is to qualify for the national championship. The only way that would happen in 2002 would be if at least one of the freshmen came up big and the veterans did their job.

The season was heading in the right



Engineers take their first steps toward victory in the NEWMAC Championship.

direction with Sean Nolan and Ben Schmeckpeper dueling for first every race, freshman Steve Maltas bridging the gap in 3rd position, and Brian Anderson and Albert Liu bringing in the final two scoring positions. MIT won the Engineer's Cup and the Codfish Bowl pretty convincingly. Then Maltas went down

with an injury. With Steve on board, we had a gap of about 45 seconds 1-3 and with Sean and Ben ahead of nearly everyone else's top 2, we could run with anyone in the country through 3 runners. Our 4-6 runners were another :40-:50 back, which hurt, but with Steve to shoot for, it was getting better.

To have a realistic chance to qualify for nationals, Steve had to recover. This did not happen, but the team did not give up. They placed 6 runners in the top 10 to claim their 5th consecutive NEWMAC Championship, and even though they only finished 7th in the NCAA regional qualifier, they never quit on themselves. Ben and Sean qualified for nationals individually with Ben going on to earn All America honors, becoming the youngest to do so in MIT cross country history.

Indoor Squad 16-0 and New England Div. III Champs

by Halston W. Taylor

The indoor season began with a number of good individuals deciding not to participate on the team. Unfortunately, nearly all of them were in the 400-800 group, which had already suffered the losses of Yuval Mazor, Mark Jeunnette, Alan Raphael and Sean Montgomery to graduation and Russ Moriarity and Adrian Townsend to a



Uzoma Orji unleashes a nation leading 53-10 1/4 in the Shot, which also establishes a new MIT Freshman and Varsity record.

semester abroad at Cambridge. All American and freshman record holder, Jesse Alejandro and Gabe Sanchez decided not to join the team and Matt Lehman took a leave of absence from MIT. Losing those nine individuals meant certain weakness in quality and depth in those events, as well as the relays. In addition, sprinter Jim Lin and triple jumper Oneil Bhalala were not able to make the commitment to join the team.

The season began well with a spirited Alumni Meet. The "Has Beens" brought a large contingent to Cambridge as sixteen competed and another three watched. The meet went back and forth until the alumni ran out of competitors, stubbornly losing 71-51 despite winning six of the fourteen events. While the spirit was good for the varsity, the performances were not.

After the holiday break, it was obvious that the team goals needed to be addressed. Sean Nolan developed a foot injury, and Nate Ball and Brian Hoying hamstring injuries to add to the already woeful circumstances. Somehow, Tech managed to win the Brandeis Invitational even without the pentathletes who had competed in the Beaver Relays earlier in

the day. Team and individual goals were revisited since the lack of personnel meant we were unlikely to be able to both win the New England Division III Championship and have an undefeated season. To a man, the team voted to go for the championship as a priority and attempt to go undefeated as long as it did not compromise the championship goal. They were informed that this meant we would be working harder than ever and that I would be merciless in the pursuit of perfection during practices. We were all on the same page, but the outcome still looked doubtful.

As the season progressed, the news got worse, not better. Brian Hoying turned out to have a broken bone in his foot, Sean Nolan could barely run, Nate Ball was out with his hamstring injury, and Ben Schmeckpeper had an injured hamstring. Rick Rajter developed a massive heel bruise when he fell over the hurdles in a late season meet, Austin Neudecker was nursing a very sore ankle, and many of the freshmen distance runners were not recovering from their cross country injuries.

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MIT Takes Outdoor NEWMAC and NE Div. III Titles

by Halston W. Taylor

Outdoor track began with a healthy Brian Hoying but Brian Anderson was out for the season after the first practice with a severe Achilles strain. Austin Neudecker joined those who found it necessary to not join the team. It was not clear if Nate Ball would be healthy in time for the championships but he certainly was not ready for the regular season. Tom Hoover injured his hamstring after the first meet and was out for the season. Steve Stoddard joined the injured ranks and also missed the rest of the season.

So the season began. After narrowly winning a tri-meet on the spring trip, the team traveled to Bowdoin College, missing Dale Cotton in the javelin, who had to take an EMT exam, and Zach Traina, who had a tight hamstring not worth the risk of further injury. Somehow, thanks to the guts of Ben Schmeckepeper coming back in a tough 5000 after winning the 3000 Steeplechase, Carlos Renjifo toughing out a 3rd place finish in the Steeplechase with a near broken toe, and the throwers stepping up and sweeping the Hammer and Discus, Tech finished the regular season with a 1 point victory over Bowdoin to remain undefeated.

Going into the NEWMAC Championship, this outdoor team had not lived up to expectations. Even the healthy athletes were performing poorly. If it were not for



Rick Rajter leads Craig Mielcarz and Chris Peterson to a much needed sweep in the 110HH at Bowdoin. MIT stayed undefeated with a narrow 1-point victory (99-98).

the throwers, we would have been 0-3 instead of 3-0. Again, tradition dictates that MIT track and field athletes will step up and succeed, and tradition did not let us down. Similar to the Green Bay Packers of the 60s, these guys brought dinner to the table once the championships came around.

Nate Ball rejoined the living to give the Engineers a little hope and perhaps some inspiration. This seemed to be all they needed as nearly everyone came through with personal bests, leading the Engineers to 253 points and their third successive NEWMAC victory. The throwers scored 69 points in three events (Hammer, Discus and

Shot Put), sweeping the top four places in the Hammer. Dale Cotton was unable to compete in the Javelin due to the meet being delayed until Sunday because of bad weather. The jumpers followed with 65 points, led by Ball clearing 15-2 1/4 and nearly clearing 15-9. While Craig Mielcarz jumped 22-6 3/4 for a new personal best in the Long Jump, the surprise of the meet was Nestor Hernandez adding nearly 2 feet to his personal best, jumping 21-11 1/4.

Was this the outdoor team we expected to see, or was it a career meet where everything came together? At the New England Division III Championship the next weekend, Chris Khan, the NEWMAC Athlete of the Meet, answered the question by winning the Hammer and Discus, and adding nearly two feet to his shot put PR to place 6th with a 48-5 1/4. Chris scored a total of 23 points, outscoring most of the teams in the meet. Zach Traina put everything together and had a dream day, placing 1st in the 200 with a national qualifying time of 21.73, 2nd in the 100 in 10.96 and led off the 400 relay out of the slow section to a 3rd place finish in 42.85. Other first place efforts were achieved by Brian Hoying in the High Jump with a 6-9 3/4 effort, and by Nate Ball, clearing 15-8. All in all, MIT far exceeded their seeds, scoring 141 points and defeating Williams College by 39.

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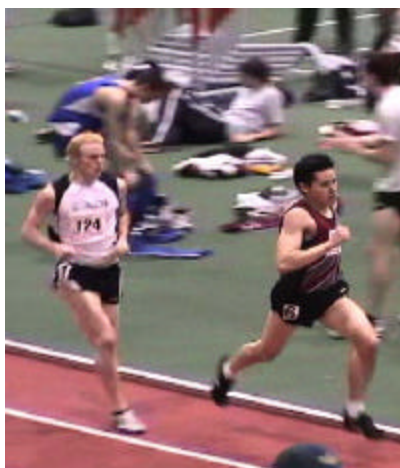
Zach Traina wins the 200 at the NE Div. III Cham[p]ionship with a national qualifying time of 21.73. Zach also took 2nd in the 100 in 10.96, and ran the first leg of the 400 relay.

...Indoor Track : 16-0, New England Div. III Champs

(Continued from page 2)

Going into the championship season, MIT was down at least 30 points with injuries and had no entries in the Pole Vault, 400, 600, or 800 meter events. Thanks to Craig Mielcarz, an incredible effort by the injured who could compete, and the performance of the class of '06, MIT managed to win the Division III title with ease over Williams College to make it three wins in the last four years.

Highlights for the season were led by Uzoma Orji, who set the varsity and freshman records in the shot put when he threw 53-10 1/4. Craig Mielcarz set the varsity high jump record with a leap of 6-10 3/4. Orji picked up the weight for the first time this year and set a



Brian Anderson sets a PR in the NEIAAA 800 with a time of 1:52.07

freshman record of 52-10. David Blau finished the season at the All New England Championship tying the freshman record of 22.95 in the 200. Brian Anderson placed at the IC4A Championship while setting the varsity record in the 1000 meter run with a time of 2:26.38.

All America honors were earned by Brian Anderson in the 800 with a 3rd place at the NCAA Championship. Craig Mielcarz earned his 4th All America award by placing 7th in the High Jump, and Uzoma Orji placed 7th in his debut at nationals in the shot put. The MVP for the season was Craig Mielcarz. The team was 16-0 and accomplished all their goals.

...Outdoor Track: NEWMAC and NE Div. III Winner

(Continued from page 3)

It has become extremely competitive to get to the NCAA Championship. The addition of many more Division III teams moving from Division II and the NAIA without an increase in participants has made the ratio very demanding. We had ten national qualifiers, but only four made the field, and one of those, Nate Ball, could not go due to a bout of mononucleosis he had



Seventeen season or personal bests and three new or improved national qualifying performances secured the New England Division III title for the Engineers.



Team MVP, Chris Khan receiving 3rd place All America award at NCAA Championship.

recently developed. We took the three who did make it and made the most of it. Chris Khan continued to lead the way, earning All American honors in the Hammer and Discus. His 171-0 mark in the Discus was a new MIT record and moved him from a 16th seed to a 5th place. In the Hammer, Khan threw 192-3 to finish 3rd, earning his 5th All America award. Brian Hoying completed his remarkable comeback by tying for 4th in the High Jump, clearing 6-9 on his 2nd attempt. MIT was able to finish 16th at nationals, completing their best season since 1990.

In addition to the new Discus record set by Chris Khan, Uzoma Orji, who also holds the freshman record, set a new varsity record in the Shot Put with a

throw of 53-6 1/2. The MVP for the season was Chris Khan and the Paul McKenzie Award winner was Sean Nolan.

Special thanks are due my fantastic group of assistant coaches; Adam Horst in the jumps, Todd Chamoy in the throws, Akin Aina in the sprints and Dan Kwon in the Pole Vault. There is no way we would have achieved such incredible results without these guys.

Unfortunately, we won't have Adam back next year, as he has left MIT to be with his new wife in Indiana. I have hired Stefan Carpenter to replace Adam. Stefan competed at Amherst College in the pole vault and 400. He will focus on the jumps here at MIT.

Alumni Donations

by Halston W. Taylor

Thanks to all of you who contributed to the Friends of MIT Track and Cross Country. We were once again able to send the top 9 on the cross country team to the national site at St. Olaf College in Minnesota for the national preview meet and the top 20 on the track team to Edinburg, Texas to compete against The University of Texas Pan American and Texas A&M Corpus Cristi. Both trips were very significant to not only team building and camaraderie, but also served specific competitive needs that prepared individuals and the team to achieve their end-of-season goals. The best part is that the combined trips cost less than \$20,000.00 for the first time in a few years.



Seniors take time out for a "photo op" during the spring trip to Texas.

The competitiveness of the New England region prevented the cross country team from advancing to the NCAA Championship as a team, but there is no question the familiarity with the course enabled Ben Schmeckpeper to earn All America honors as a sophomore and were it not for his physical collapse 20 meters from the finish line, Sean Nolan would have also capitalized on All America honors. All three freshmen who made the trip learned a lot about national level competition. Steve Maltas showed he is for real when he finished 14th in the talented field, helping unranked MIT to defeat two nationally ranked teams and earn a 3rd place.

For the first time, the spring trip was going

to culminate with a scoring tri-meet, against Division I teams no less. The trip began with an arrival in San Antonio, which was six hours from our destination but saved a few thousand dollars in airfare. We spent the day in San Antonio viewing the sites (Alamo, River walk, etc.) and then drove to our hotel. We were lucky and got an Embassy Suites for \$79 per night, so the guys were guaranteed a good morning meal at the all-you-can-eat complimentary breakfast.

We practiced everyday in the morning before it got too hot and lifted afterwards on Monday and Thursday. Other than a day trip to South Padre Island where we had a very spirited football game, we

played a lot of spades, bowled and got to know each other.

The trip was not particularly kind to Brian Anderson, Dale Cotton and Steve Stoddard. Anderson ended his season with an injury after his first workout and Stoddard and Cotton were injured after the meet, Steve for the rest of the season. Tom Hoover did not make the trip due to some confusion on his part, and Nate Ball stayed home to further his healing. With no pole vaulter we were not sure we could pull off a victory, but the team was not intimidated in the least. Thankfully, these teams were not particularly good in the field events, and even though we were without some key people, we managed nicely. Corpus Cristi was very good in the sprints but if we had been a bit more ready we would have held our own. The fact that we threw away 3 points by getting DQed in the 400 relay almost caused me to "lose it" and perhaps if the team had lost, I would have. We always seem to need one meet under our belts before we are ready to produce, and except for the throwers, this year was no exception. The weather was marvelous all week, and with the miserable spring we had at home, it gave us a great advantage on the rest of New England.

Why We Need Your Support

by Don Shobry '75

There are two big reasons why your contributions to the Friends of Track and Field are more important than ever before.

The first is that, due to the economic downturn, MIT is cutting budgets across the board. Additional cuts may occur in the future.

The second is tied to funding issues for the Department of Athletics, Physical Education and Recreation (DAPER). All departments at MIT, including DAPER, are expected to generate funds to cover a portion of their operating costs. Currently, the base load

of funds generated annually by DAPER falls short by several hundred thousand dollars per year. This shortfall has been covered by funds drawn from a pool of large gifts that occurred serendipitously, but this pool is facing depletion. As a result, sports will have to draw on their Friends accounts to cover a portion of their annual operating expenses.

This is why we ask you to consider stepping up your support, so that we can maintain the excellence of what has become one of the top Division III Track and Field and Cross Country programs in the country.

I continue to be convinced that through your generosity we are able to stay on top in New England and in the national power rankings year after year. I hope we are able to continue these trips as they are definitely a crucial part of our success.

Century Club 2002-2003

Cross Country:	30 gifts, \$ 3,243.50
Track:	159 gifts, \$21,537.00

Donors giving \$1000 or more

Dr & Ms Lewis Chamoy 1998
Mr Daniel J Corcoran III 1994
Dr Donald Graham Morrison 1961

Donors giving \$100 or more

Dr David R Afshartous 1989
Dr Yaw Akoto 1974
Morio Alexander 1996
Mrs Pimchai Anderson 2004
Mr James J Baker 1954
Mr John R Ball 2005
Mrs Sarah B Ball 2005
Dr Barry L Bayus 1979
Mr Lewis H Bender 1981
Mr Clare B Billing Jr 1973
Thomas W Bohannon MD 1980
Mr David M Brann 1994
Dr W Sumner Brown 1966
Dr Frederick J Bunke Jr 1978
Mr Todd N Chamoy 1998
Mr Jay P Chiang 1994
Mr Jonathan L Claman 1993
Dr John-Paul B Clarke 1991
Dr Michael D D Clarke 1992
Mr Robert M Collins Jr 1982
Mr Steven M Cooke 1992
John L Daiss 1974
Mr Jesse C Darley 1995
Mr Christopher L Demarco 1980
Mr Stephen J Derezhinski III 1990

Mr Robert D DeWitt 1982
Mr Gordon J DeWitte 1967
Mr Ross N Dreyer 1986
Mr Mark W Dunzo 1991
Mr Hugh B Ekberg 1988
Dr Turan Erdogan 1987
Mr Joshua D Feldman 1997
Dr James M Flink 1964
Mr James G Garcia 1980
Dr Thomsen J Hansen 1974
Bill Heil 1979
Mr Daniel S Helgesen 1997
Dr Edward P Hoffer 1965
Mr John J Hradnansky 1985
Mr Brian Hughes 1977
Mr Kevin M Iga 1992
Mr Stanley T Johnson 1936
Mr Michael W Judy 1987
Mr John E Kaufmann 1973
Mr David S Kelman 1999
Dr Christopher Y Kim 1986
Mr George W Kimball 1972
Dr Max M Klein 1981
Mr Joseph S Kowalski 1990
Mr Albert K Lau 1972
Jeffrey C Lukas MD 1982
Dr James M Lyneis 1970
Mr Michael C Lyons 1985
Ted A Manning 1989
Mr Stanley A Martin 1977
Dr Robin Keith McGuire 1968
Mr William C Mogensen 1965

Mr Sean J Montgomery 2001
Mr Brian W Moore 1973
Dr Kenneth R Morash 1965
Mr Steven P Munoz 1977
Dr Young Ho Oh 1991
Dr Richard K Okine 1977
Mr Colin M Page 1995
Leonard J Parsons 1964
Mr John E Pearson 1976
Mr Anthony R Pelosi 2001
Damian O Plummer 2002
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Alan Richard Raphael 2002
Dr Stanley David Reed 1974
Dr Frank C Richardson 1977
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Ravi Sastry 1999
Kevin Patrick Scannell 1991
Dr David M Schultz 1987
Mr Mark R Schwartz 1979
Dr Arnold Seto 1996
Dr Donald E Shobry 1975
Dr William E Singhose 1990
John M Taylor, MD 1984
Dr Katherine Dabulis Taylor 1984
Mr John L Usher 1969
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Dr Robert L Wesson 1966
Mr Robert W White 1988
Mr David M Wright Jr 1989
Mr Robert C Zak Jr 1986

From the Alumni

The Pole Vaulter Journeys - Is A Vaulter Still a Vaulter After Marriage?

by Sam Sidiqi '99

Vaulters aren't normal people and their ability to keep up their image as normal humans can really only be sustained by occasional forays into the unknown and dangerous. These fast and furious trips are a way of releasing the excess vaulter energy that's been known to cause mental problems. In his series, "Pole Vaulter Journeys" Rambo (Sam Sidiqi '99) recounts vaulter odysseys he has taken with Singhuge (Bill Singhose '90) in as accurate and truthful a manner as he sees fit. While these are vaulter journeys, normal track athletes are often dragged along for the fun of it. Vaulters have been known to make traveling fodder out of jumpers, sprinters, and middle-distance runners.

Instead of continuing with last year's story of Vaulters in Quintana Roo and Cancun, we are going to leave that chapter closed for a little while. It is nice to not continue with that story for a couple of reasons; one, it happened over 4 years ago, and 2, it involves painful memories of sicknesses that affected my stomach on two different occasions in two distinctly challenging ways. Those types of stories just aren't very fun. Although we miss out on midnight military searches, barracuda, and cliff jumping, you'll be



Vaulters (and associates) make the 7000 mile trek to Japan for the historic "wedding of Singhuge."

happy to hear that we deal with a more current event: The wedding of Singhuge. More importantly, we examine and, I hope, answer a key question: "Is a vaulter still a vaulter after marriage?"

Vaulters aren't normal, and this is often linked to the fact that they come from abnormal families. Singhuge is a prime example of this for many reasons, but specifically, I have noticed odd patterns around Singhuge weddings. It seems the

members of his family attempt to make it as difficult as possible for friends and family to attend by hosting their weddings far, far away. I will later recount to you a vaulter journey to Jamaica where Singhuge's sister got married. In the spirit of one-upmanship, Singhuge decided to go even farther, as far away as possible, and got married in Japan.

Although it would seem that he chose this distance to scare the other MIT track alumni away, it didn't work. Six of us took the 13 hour flight: Lila (one of the first women vaulters), Hoppy (also known as Ravi Sastry '99), Chucky Van Buren '98, Leftovers (Steve Lefkowitz '00), Steve Derezhinski '90, and myself (Rambo '99). So alumni should take note: don't invite an MIT track alum in the hopes that they won't attend, engineers are now proven to cross the international dateline in search of free food, a good party to crash, and a chance to develop immunity to SARS.

After long flights, followed by a long ride on a "super train," vaulters and other track alums arrived in Kyoto. A lot of people talked about how

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...The Pole Vaulter Journeys

(Continued from page 6)

beautiful and peaceful the temples of Kyoto were, with their artfully designed gardens, beautifully blooming cherry blossoms, and well-raked rock gardens (that's right, rock gardens, you've got to see it to believe it). Instead of calmly observing the beauty around them, the vaulters in the group decided to participate. The vaulters, without Singhuge who was preparing for his wedding, consumed their regular meal of climbing stairs on their hands and doing back flips, which in our minds only added to the beauty of the surroundings and raised our consciences to a higher level. After all, how often does a Zen Buddhist monk get a chance to observe a beautiful garden while upside down?



Raising conscienceness through unique vaulter meditation techniques.

After this type of workout, a vaulter needs to recharge, and usually relies on a Gatorade to do it. In Japan, however, there is no Gatorade. There are always drink machines, but they vend an interesting smorgasbord of drinks we aren't used to here in the states. If you get the tea, note that it might be non-sweetened and taste like water mixed with charcoal. If you get the colorless "Pocari Sweat" note that it certainly doesn't taste colorless, and actually tastes as bad as you might imagine sweat does. Rambo's advice is to get something that says or looks like lemon, it's the closest you'll get to Gatorade. Singhuge actually enjoys the "Pocari Sweat", but he's been over the sanity divide for long enough that we won't necessarily count his opinion.

Later in the day Singhuge met up with the group. We saw more shrines. Kyoto has about a billion shrines (that's a Rambo estimate), so that whole thing can get a little repetitive. To diversify, Singhuge and the MIT track alums rented bikes and went into the hills of Kyoto. It's a testament to the MIT track desire to work out that Singhuge was out biking the day before his wedding despite the fact that he was very sick. Needless to say, on the steeper hills, Singhuge reached out and grabbed whoever was going fastest to simultaneously slow down the group and get a free ride up the hill.

It was at the turn around point of this ride that Singhuge's identity as a vaulter was put into question. The group had come across a scenic 25 foot bridge over a river. Normally, a vaulter would



Singhuge and his bride, Junko Sukaino

feel an irresistible urge to jump off the bridge and disturb the beautiful scene. It wasn't exactly an easy jump, with only a 5 by 5 window of safety, but hell we're vaulters, aren't we? Singhuge instead turned around, and led the bike trip back home. The troops began to question if a 36 year-old about-to-be-married Singhuge had finally gone over the hump and lost his edge. Was it the end of an era? These feelings of worry stayed with the vaulters into the wedding the next day.

The wedding itself was a beautiful affair held at one of the most famous shrines in Japan called Heian Jingu. The Cherry blossoms were blooming everywhere, and Singhuge's bride, Junko Sukaino, was so beautiful in her kimono that she actually made up for his ugly mug. The ceremony itself was complicated and graceful and held in a sacred part of the temple where tourists are not allowed. It was an interesting feeling to participate in a wedding in the middle of a famous site with hundreds of tourists snapping away pictures of us. The thing is we were sitting, and normally vaulters only get their pictures taken in an inverted position.

After the ceremony the wedding party dined at an excellent restaurant on top of a tower with a clear view of Kyoto. Each group of four had their own chef who cooked up many morsels of tender meats in front of them. It was a very tasty meal, but only a preview of what was to come. Two days later, at the reception in Japan, the wedding party had the honor of dining in the restaurant of Iron Chef France Hiroyuki Sakai. For those of you who don't know the Iron Chef, it's an over the top cooking show featuring duels between top Chefs. Our particular chef was the King of French food. The Iron Chef actually took the time to come out and congratulate the bride and groom and give them a few kind words. It was another once in a lifetime opportunity for Vaulters who love food.

By now you might be wondering, what was Singhuge's status? Was he vaulter or not? Could he really make it through the wedding and reception with the shame of what had happened only days before? The answer to that question was given the day after the wedding. In true vaulter spirit, the troop went exploring. The plan was to take the bus as far into the hills as



Posing with the Iron Chef

possible, then take off running along the river before hitching a ride home on a train 6 miles away.

The trip was beautiful, and the nature of Kyoto belies the crowded image we often have of Japan. A few miles into the hike/run, the troop came across the challenge of the day: the bridge had returned. I believe there are moments in every vaulter's life where he can choose to continue living the vaulter life, or descend to the regular life of mortals. It's kind of like in Superman 2 where Superman chose to become Clark Kent and give up his powers for Lois. On my mind was: Had the same thing happened to Singhuge? Had Junko, our latter-day Japanese Lois Lane stolen the will to conquer of the fearless leader of MIT vaulters?

Singhuge stepped up to the challenge. He jumped off the bridge, and regained his claim to the title of vaulter. Now I might say that I never really doubted him, but marriage is a big event, and men change. But on a day when most men would be off honeymooning with their wives, Singhuge took up the mantle of vaulterhood and came within 3 feet of certain death (or at least severe bruising) just to enjoy the rush of plunging into cold water after accelerating for a second or two at 9.8 meters-per-second squared.



Singhuge lays his fellow vaulter's fears to rest by taking the plunge in true vaulter fashion.

Season Statistics

Cross Country

RECORD

Won 3, Lost 0

MIT

10

16

OPPONENT

Alumni 34

RPI 45, WPI 85

INVITATIONALS / CHAMPIONSHIPS

MEET	LOCATION	PLACE	SCORE
UMass Dartmouth Invitational	UMass Dartmouth	2nd of 16 (sub-varsity)	55
St. Olaf Invitational	St. Olaf, MN	3rd of 18	100
Codfish Bowl	Franklin Park	1st of 17	47
NEIAAA Championship	Franklin Park	12th of 46	382
James Early Invitational	Westfield State	2nd of 27	85
NEWMAC Championship	Wellesley	1st of 7	25
NCAA Div. III Regional Qualifier	Westfield State University	7th of 35	193

Performance Charts

The first chart contains the place (on the MIT team, not overall in the race) and time for each athlete in every meet run during the season. The second chart shows the deltas (the amount of time the athlete finished behind MIT's number one finisher) for each athlete, and the third contains the final season ranking of all athletes on the team. Athletes must finish at least one race to be ranked. The rank was computed as follows:

1. All the places for an athlete are averaged to get an average place for the season.
2. The place score is then obtained by determining how the athlete's average place compares to those of his teammates. The lowest average place thus receives a place score of 1, the highest a 20 (since there were 20 athletes who ran in at least one meet).
3. The delta score is computed just like the place score, only using the average deltas instead of average places.
4. As some indication of dedication and commitment, the number of meets run by an athlete during the season was used to determine a third score, with the athlete running the most meets getting the lowest score. Two athletes running in the same number of meets would receive the same score.
5. The three scores are added for each athlete to get a composite score. The athletes are then given an overall rank based on that total, with the athlete who has the lowest composite score ranking first, the next lowest score second, etc.

PLACES/TIMES

NAME	ALUMNI	RPI,WPI	UMASS DART.	ST. OLAF	CODFISH	NEIAAA	WESTFIELD	NEWMAC	NE DIV III	NCAA DIV III	AVG PLACE
Anderson	8/27:48	4/26:49		4/27:04	4/26:35	4/26:18	3/26:21	6/28:02	3/25:59		4.5
Brewer	15/29:25	13/28:52	5+9/28:15		11/27:59	INJ	INJ/AB	INJ			13
Constantinou	11/28:13	9/27:53	1+9/27:05		10/27:32	9/26:43	7/27:19	11/29:16			9.5
Cordella	14/29:19	15/30:23	7+9/29:15		16/29:41	INJ	INJ	INJ			15
Driver	10/28:04	11/28:15	3+9/27:30		13/28:40	10/26:46	11/28:47	10/28:58			10.8
Dube	16/30:17	17/31:08	8+9/29:51		15/28:54	QUIT	QUIT	QUIT			16
Gray	9/27:20	7/27:46		9/27:46	9/27:19	8/26:35	9/27:39	9/28:46			8.6
Hanson	12/28:16	8/27:47	2+9/27:19		7/27:11	12/26:55	10/27:42	7/28:41			9.3
Hendley	20/30:53	18/31:47	EX.		17/30:29	15/28:59	12/29:43	14/30:29			16
Iida	19/30:34	SICK	9+9/31:15		18/31:01	17/29:51	14/30:21	15/31:56			16.6
Khatchadourian	5/27:08	10/27:58		8/27:25	8/27:18	7/26:28	8/27:37	4/27:45	5/26:43		6.9
Labuz	13/28:46	12/28:37	4+9/28:13		12/28:21	13/27:59	ABSENT	12/29:39			12.4
Liu	4/27:05	FATIGUED		6/27:11	INJ	6/26:25	4/26:40	3/27:30	4/26:30		4.5
Maltas	3/26:40	3/26:39		3/26:13	3/26:07	3/25:33	INJ	INJ			3
Navarro	17/30:20	14/29:23	6+9/28:50		14/28:44	14/28:43	INJ/AB	INJ			14.8
Nolan	1/25:20	1/25:57		2/28:04	1/25:31	2/24:52	1/25:16	1/26:10	1/24:58	2/26:04	1.3
Peoples	18/30:21	16/31:03	10+9/31:17		INJ	16/29:32	13/29:55	13/30:13			15.2
Renjifo	7/27:26	6/27:23		5/27:09	6/26:56	5/26:24	5/26:45	5/27:57	6/26:47		5.6
Roach	INJ	INJ	INJ		INJ	INJ	INJ	INJ			
Schmeckpeper	2/26:05	2/26:23		1/25:45	2/25:42	1/24:44	2/25:22	2/26:38	2/25:03	1/25:47	1.7
Wildman	6/27:17	5/27:03		7/27:23	5/26:40	11/26:47	6/27:02	8/28:44	7/27:27		6.9

DELTA

NAME	ALUMNI	RPI,WPI	UMASS DART.	ST. OLAF	CODFISH	NEIAAA	WESTFIELD	NEWMAC	NE DIV III	NCAA DIV III	AVG
Anderson	2:27	:52		1:19	1:04	1:34	1:05	1:52	1:01		1:24.2
Brewer	4:04	2:55	1:10		2:28	INJ	INJ/ABSENT	INJ			3:09.0
Constantinou	2:52	1:56	:00		2:01	1:59	2:03	3:06			2:19.5
Cordella	3:58	4:26	2:10		4:10	INJ	INJ	INJ			4:11.3
Driver	2:43	2:18	:25		3:09	2:02	3:31	2:48			2:46.5
Dube	4:56	5:11	2:46		3:23	QUIT	QUIT	QUIT			4:30.0
Gray	2:29	1:49		2:01	1:48	1:51	2:23	2:36			2:08.1
Hanson	2:55	1:50	:14		1:40	2:11	2:26	2:31			2:15.5
Hendley	5:32	5:50	EX		4:58	4:15	4:27	4:19			4:50.2
Iida	5:13	SICK	4:10		5:30	5:07	5:05	5:46			5:20.2
Khatchadourian	1:47	2:01		1:40	1:47	1:44	2:21	1:35	1:45		1:47.5
Labuz	3:25	2:40	1:08		2:50	3:15	ABSENT	3:29			3:07.8
Liu	1:44	FATIGUED		1:26	INJ	1:41	1:24	1:20	1:32		1:31.2
Maltas	1:19	:42		:28	:36	:49	INJ	INJ			:46.8
Navarro	4:59	3:26	1:45		3:13	3:59	INJ	INJ			3:53.7
Nolan	:00	:00		:19	:00	:08	:00	:00	:00	:17	:04.8
Peoples	5:00	5:06	4:12		INJ	4:48	4:39	4:03			4:43.2
Renjifo	2:05	1:26		1:24	1:25	1:40	1:29	1:42	1:49		1:37.5
Roach	INJ	INJ	INJ		INJ	INJ	INJ	INJ			
Schmeckpeper	:44	:26		:00	:11	:00	:06	:28	:05	:00	:13.3
Wildman	1:56	1:06		1:38	1:09	2:03	1:46	2:34	2:29		1:55.1

FINAL TEAM RANKINGS

NAME	PLACE	SCORE	DELTA	SCORE	# OF RACES	SCORE	TOTAL	RANK ON TEAM
Anderson	4.5	4	1:24.2	4	8	2	10	3
Brewer	13	14	3:09.0	14	4	6	34	14
Constantinou	9.5	11	2:19.5	11	7	3	25	11
Cordella	15	16	4:11.3	16	4	6	38	16
Driver	10.83	12	2:46.5	12	7	3	27	12
Dube	16	18	4:30.0	17	4	6	41	18
Gray	8.57	9	2:08.1	9	7	3	21	9
Hanson	9.33	10	2:15.5	10	7	3	23	10
Hendley	16	18	4:50.2	19	6	4	41	18
Iida	16.6	20	5:20.2	20	6	4	44	20
Khatchadourian	6.87	7	1:47.5	7	8	2	16	7
Labuz	12.4	13	3:07.8	13	6	4	30	13
Liu	4.5	4	1:31.2	5	6	4	13	5
Maltas	3	3	:46.8	3	5	5	11	4
Navarro	14.75	15	3:53.7	15	5	5	35	15
Nolan	1.33	1	:04.8	1	9	1	3	1
Peoples	15.2	17	4:43.2	18	6	4	39	17
Renjifo	5.62	6	1:37.5	6	8	2	14	6
Roach					0			
Schmeckpeper	1.67	2	13.3	2	9	1	5	2
Wildman	6.87	7	1:55.1	8	8	2	17	8

INDOOR TRACK

RECORD	MIT	OPPONENT
Won 16, Lost 0	71	Alumni 51
	199	Tufts 131, NYU 72, Brandeis 64, USM 52, WSC 36, Conn. College 22, FSC 1
	152.5	Bates 104.5, Coast Guard 92
	238	Williams 164.5, RPI 147.5, Westfield St. 36
	197.5	Bowdoin 165, Tufts 151, Springfield 132.5

VARSITY SCORING & ROSTER

Craig Mielcarz*	'03 63	Chris Peterson	'06 20.25	Ian Driver	'05 05
Brian Anderson	'04 55.5	Sean Nolan*	'03 20	David Gray	'06 05
Rick Rajter*	'02 48.5	George Hanson	'03 19	Steve Kannan	'06 03
Austin Neudecker	'05 47.25	Craig Wildman	'03 19	Imran Hendley	'06 01
Zach Traina	'05 45.75	Nate Ball	'05 17	John Brewer	'05
Tom Hoover	'05 38.25	David Saylor	'04 17	Dale Cotton	'05
David Blau	'06 35.25	Eric Khatchadourian	'06 14	Francisco Cruz	'04
Brian Hoying	'03 34	Thad Wozniak	'06 13.5	Steve Maltas	'06
Uzoma Orji	'06 34	Steve Stoddard	'06 11	David Newell	'06
Chris Khan	'04 28	Josh Chartier	'06 09	Chris Tostado	'06
Ben Schmeckpeper	'05 25	Taku Iida	'04 06.75	Marc Washington	'04
Victor Williamson	'04 23	Fivos Constantinou	'05 05		

* Captain

CHAMPIONSHIPS**Greater Boston Championship (GBC) (2nd) 106.5 points**

Brian Anderson	Mile	4:18.41 (1st)
Brian Anderson	800	1:55.57(1st)
Craig Mielcarz	High Jump	6-08 (1st)
Craig Mielcarz	Long Jump	21-00 1/2 (1st)
Chris Khan	Weight Throw	55-09 3/4 (2nd)
Austin Neudecker	Long Jump	20-06 3/4 (2nd)
Khatchadourian, Traina, Stoddard, Anderson	DMR	10:50.95 (2nd)
Uzoma Orji	Shot Put	50-08 1/2 (3rd)
Zach Traina	200	22.98 (3rd)
Craig Mielcarz	55HH	8.0 (4th)
Austin Neudecker	Triple Jump	42-09 (4th)
Uzoma Orji	Weight Throw	52-07 3/4 (4th)
Rick Rajter	High Jump	6-02(4th)
Craig Wildman	5000	15:37.51 (4th)
David Blau	55	6.67 (5th)
Chris Peterson	55HH	8.2 (5th)
David Saylor	Weight Throw	49-11 3/4 (5th)
David Blau	200	23.38 (6th)
Josh Chartier	Pole Vault	12-06 (6th)
Chris Khan	Shot Put	43-06 1/2 (6th)
Austin Neudecker	High Jump	6-02 (6th)
Victor Williamson	Triple Jump	41-05 1/4 (6th)

New England Division 3 (NE Div. 3) (1st) 120 points

Craig Mielcarz	High Jump	6-08 (1st)
Craig Mielcarz	Pentathlon	3526 (1st)
Uzoma Orji	Shot Put	53-02 (1st)
Brian Anderson	1000	2:28.13 (2nd)
Chris Khan	Weight Throw	57-04 1/2 (2nd)
Austin Neudecker	Triple Jump	45-05 1/2 (2nd)
Rick Rajter	Pentathlon	3419 (2nd)
Hanson, Stoddard, Iida, Anderson	3200 Relay	7:56.29 (2nd)
Tom Hoover	Pentathlon	3298 (3rd)
Brian Anderson	1500	3:54.24 (4th)
Craig Mielcarz	Long Jump	22-00 3/4 (4th)
David Saylor	Weight Throw	54-02 1/4 (4th)

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Victor Williamson	Pentathlon	3198 (4th)
Tom Hoover	Long Jump	21-11 1/4 (5th)
Craig Mielcarz	55HH	7.90 (5th)
Sean Nolan	5000	8:46.77 (5th)
Gray, Traina, Peterson, Maltas	DMR	10:35.54 (5th)
Rick Rajter	55HH	7.91 (6th)
Rick Rajter	Triple Jump	43-01 1/4 (6th)
Uzoma Orji	Weight Throw	52-05 1/2 (7th)

New England Intercollegiate Amateur Athletic Association (NEIAAA) (12th) 18 points

Uzoma Orji	Shot Put	52-03 1/4 (3rd)
Craig Mielcarz	High Jump	6-07 (4th)
Brian Anderson	800	1:52.89 (5th)
Chris Khan	Weight Throw	55-11 1/4 (6th)

Intercollegiate Athletic Association of Amateur Athletics (46th) 2 points

Brian Anderson	1000	2:26.38 (7th)
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National Collegiate Athletic Association (NCAA) (16th -tie) 10 points

Anderson	800	1:54.26 (3rd)
Craig Mielcarz	High Jump	6-09 3/4 (7th)
Uzoma Orji	Shot Put	52-11 1/2 (7th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Chris Khan	57-11
	David Saylor	54-02 1/4
	Uzoma Orji	52-10**
Shot Put	Uzoma Orji	53-10 1/4*, **
	Chris Khan	44-11 1/2
Long Jump	Craig Mielcarz	22-05 3/4
	Tom Hoover	21-11 1/2
Triple Jump	Austin Neudecker	45-05 1/2
	Rick Rajter	43-01 1/4
Pole Vault	Nathan Ball	15-05
	Josh Chartier	12-06
High Jump	Craig Mielcarz	6-10 3/4*
	Brian Hoying	6-06 3/4
55HH	Craig Mielcarz	7.90
	Rick Rajter	7.91
55	Zach Traina	6.64
	David Blau	6.67
200	Zach Traina	22.53
	David Blau	22.95**
400	Brian Hoying	51.72
	Thad Wozniak	52.40
600	Chris Peterson	1:27.11
	Steve Stoddard	1:27.32
800	Brian Anderson	1:52.07
	Steve Stoddard	2:00.92
1000	Brian Anderson	2:26.38*
	Eric Khatchadourian	2:38.15
1500	Brian Anderson	3:54.24
	Steve Maltas	4:08.07
Mile	Brian Anderson	4:12.17
	Sean Nolan	4:25.75
3000	Ben Schmeckpeper	8:45.90
	Sean Nolan	8:46.77
5000	Ben Schmeckpeper	15:00.94
	Sean Nolan	15:21.33
1600R	Traina, Rajter,	3:28.25
	Wozniak, Peterson	
3200R	Hanson, Stoddard	7:56.29
	lida, Anderson	
DMR	Gray, Traina	10:35.54
	Peterson, Maltas	
Pentathlon	Craig Mielcarz	3526
	Rick Rajter	3419

* Varsity Record

** Freshman Record

OUTDOOR TRACK

RECORD	MIT	OPPONENT
Won 3, Lost 0	141	University of Texas A&M at Corpus Christi - 136
	99	University of Texas Pan American - 79
		Bowdoin - 98

VARSIITY SCORING & ROSTER

Craig Mielcarz*	'03 35	Zach Traina	'05 06	John Brewer	'05
Chris Khan	'04 28	Thad Wozniak	'06 05	Greg Fonder	'05
Uzoma Orji	'06 19	George Hanson	'03 04	John Gibbs	'06
Sean Nolan*	'03 18	Greg Walker	'03 04	David Gray	'06
Ben Schmeckpeper	'05 17	Nestor Hernandez	'05 03	Tom Hoover	'05
Chris Peterson	'06 15	Steve Stoddard	'06 03	Steve Kannan	'06
Rick Rajter*	'03 15	Fivos Constantinou	'06 02	Eric Khatchadourian	'06
Brian Hoying	'03 13	Taku Iida	'04 02	Dave Kloster	'05
Victor Williamson	'03 09	Carlos Renjifo	'04 02	Steve Maltas	'06
David Saylor	'04 08	Josh Chartier	'06 01	David Newell	'06
Marc Washington	'03 08	Imran Hendley	'06 01	Kevin Stolt	'06
Craig Wildman	'03 08	Marios Michalakias	'04 01	Chris Tostado	'06
Dale Cotton	'04 07	Brian Anderson	'04	Tom Weathers	'03
David Blau	'06 06	Nate Ball	'05		

* Captain

CHAMPIONSHIPS**New England Women's and Men's Athletic Conference Championship (NEWMAC) (1st) 253 points**

Nathan Ball	Pole Vault	15-2 1/4(1st)
Chris Khan	Discus	162-11(1st)
Chris Khan	Hammer	195-11 (1st)
Sean Nolan	5000	15:35.31 (1st)
Uzoma Orji	Shot Put	51-08 1/4 (1st)
Rick Rajter	Triple Jump	43-05 3/4(1st)
David Gray	10,000	35:57.76 (2nd)
Steve Maltas	5000	15:51.06 (2nd)
Marios Michalakias	Hammer	163-09 (2nd)
Craig Mielcarz	High Jump	6-07 (2nd)
Craig Mielcarz	Long Jump	22-06 3/4 (2nd)
Chris Peterson	400IH	56.04 (2nd)
Rick Rajter	110HH	15.23 (2nd)
Ben Schmeckpeper	3000 Steeplechase	9:44.95 (2nd)
Zach Traina	100	11.10 (2nd)
Josh Chartier	Pole Vault	13-03 (3rd)
Brian Hoying	High Jump	6-05 (3rd)
Chris Khan	Shot Put	46-07 1/2 (3rd)
Craig Mielcarz	110HH	15.48 (3rd)
Sean Nolan	1500	4:03.29 (3rd)
Uzoma Orji	Discus	140-03 (3rd)
David Saylor	Hammer	159-04 (3rd)
Zach Traina	200	22.56 (3rd)
Craig Wildman	3000 Steeplechase	9:54.82 (3rd)
Victor Williamson	400IH	56.14 (3rd)
Victor Williamson	Triple Jump	42-09 3/4 (3rd)
John Brewer	1500	4:03.57 (4th)
Nestor Hernandez	Long Jump	21-11 1/4 (4th)
Chris Peterson	110HH	15.74 (4th)
Rick Rajter	400	50.86 (4th)
Greg Walker	Discus	138-02 (4th)
Greg Walker	Hammer	154-05 (4th)
Marc Washington	200	22.86 (6th)
Tom Weathers	Discus	129-07 (6th)

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David Blau	100	11.32 (7th)
Fivos Constantinou	1500	4:07.08 (7th)
Greg Fonder	10,000	incorrect time (7th)
Steve Kannan	400IH	61.33 (7th)
Nestor Hernandez	Pole Vault	12-00 (7th)
Brian Hoying	Long Jump	21-00 3/4 (7th)
Rick Rajter	High Jump	6-03 (7th)
Victor Williamson	110HH	16.04 (7th)
Fivos Constantinou	800	2:00.11 (8th)
David Newell	10,000	incorrect time (8th)
Marc Washington	100	11.38 (8th)

New England Division 3 (NE Div. 3) (1st) 141 points

Nathan Ball	Pole Vault	15-08 1/4 (1st)
Brian Hoying	High Jump	6-09 3/4 (1st)
Chris Khan	Discus	161-00 (1st)
Chris Khan	Hammer	191-06 (1st)
Zach Traina	200	21.73 (1st)
Sean Nolan	10,000	31:11.40 (2nd)
Uzoma Orji	Shot Put	52-06 3/4 (2nd)
Zach Traina	100	10.96 (2nd)
Greg Walker	Discus	152-09 (2nd)
Craig Mielcarz	High Jump	6-08 (3rd)
Ben Schmeckpeper	3000 Steeplechase	9:26.43 (3rd)
Traina, Blau, Washington, Rajter	400 Relay	42.85 (3rd)
Marios Michalakis	Hammer	168-03 (4th)
Craig Mielcarz	Long Jump	22-01 (4th)
Uzoma Orji	Discus	142-02 (4th)
Nestor Hernandez	Long Jump	21-10 (6th)
Chris Khan	Shot Put	48-05 1/4 (6th)
Steve Maltas	10,000	32:48.50 (6th)
Chris Peterson	400IH	54.83 (6th)
Rick Rajter	110HH	15.30 (6th)
Josh Chartier	Pole Vault	12-09 (7th)
Dale Cotton	Javelin	172-02 (7th)
Craig Mielcarz	110HH	15.44 (7th)
Victor Williamson	Triple Jump	43-03 (7th)
Victor Williamson	400IH	55.86 (7th)
Nestor Hernandez	Pole Vault	12-09 (8th)

New England Intercollegiate Amateur Athletic Association (NEIAAA) (11th - tie) 27 points

Chris Khan	Hammer	190-06(2nd)
Brian Hoying	High Jump	6-07 (3rd)
Uzoma Orji	Shot Put	52-04 3/4 (4th)
Craig Mielcarz	High Jump	6-07 (5th)
Greg Walker	Discus	151-11 (5th)

Eastern Collegiate Athletics Conference (ECAC) (2nd) 66.5 points

Chris Khan	Hammer	188-06 (1st)
Ben Schmeckpeper	3000 Steeplechase	9:22.87 (1st)
Chris Khan	Discus	160-05 (2nd)
Craig Mielcarz	High Jump	6-10 1/4 (2nd)
Uzoma Orji	Shot Put	53-06 1/2 (2nd)
Brian Hoying	High Jump	6-09 (3rd)
Sean Nolan	10K	31:27.63 (3rd)
Greg Walker	Discus	152-11 (4th)
Marios Michalakis	Hammer	168-08 (6th)
Chris Khan	Shot Put	48-08 (7th)
David Saylor	Hammer	166-09 (8th)

National Collegiate Athletic Association (NCAA) (16th) 14.5 points

Chris Khan	Hammer	192-03 (3rd)
Brian Hoying	High Jump	6-09 (4th - tie)
Chris Khan	Discus	171-00 (5th)

BEST INDIVIDUAL PERFORMANCE

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Chris Khan	195-11
	Marios Michalakis	170-10
Shot Put	Uzoma Orji	53-06 1/2*, **
	Chris Khan	48-08
Discus	Chris Khan	171-00 *
	Greg Walker	152-11
Javelin	Dale Cotton	172-02
	Craig Mielcarz	144-10
Long Jump	Craig Mielcarz	22-06 3/4
	Nestor Hernandez	21-11 1/4
Triple Jump	Rick Rajter	43-05 3/4
	Victor Williamson	43-03
Pole Vault	Nathan Ball	15-08 1/4
	Josh Chartier	13-03
High Jump	Craig Mielcarz	6-10 1/4
	Brian Hoying	6-09 3/4
110HH	Rick Rajter	15.23
	Craig Mielcarz	15.39
100	Zach Traina	10.96
	David Blau	11.25
200	Zach Traina	21.73
	Marc Washington	22.62
400	Rick Rajter	50.86
	Thad Wozniak	52.97
400IH	Chris Peterson	54.83
	Victor Williamson	55.62
800	Fivos Constantinou	2:00.11
	George Hanson	2:02.86
1500	John Brewer	4:01.99
	Sean Nolan	4:03.29
3000SC	Ben Schmeckpeper	9:22.87
	Craig Wildman	9:54.82
5000	Sean Nolan	14:56.72
	Ben Schmeckpeper	15:30.24
10,000	Sean Nolan	31:06.49
	Steve Maltas	32:48.50
400R	Traina, Blau,	42.85
	Washington, Rajter	
1600R	Traina, Hoying	3:27.70
	Rajter, Peterson	
Decathlon	Thad Wozniak	4572

* Varsity Record

** Freshman Record

Postal Meet Update

Results are trickling in. Early leaders are Anthony Pelosi with a 17:34 at the Oracle 5K Fun Run in Palo Alto, and Elizabeth Riordan with a 22:50 at the Exeter Kiwanis Charity Class 5K.

In other events:

- Frank Richardson (47) repeated as the 4th master's finisher in 34:25 at this years Bolder Boulder, finishing behind 40 or 41 year old kids.
- Sumner Brown (59) was 20th at the 43rd Mount Washington Road race in 1:24:07. Sumner holds 2 age group records on that course.
- Chi-An Wang (22) ran 44:35 for the HP Up and Running 10K in Cupertino.

For information on entering go to <http://web.mit.edu/hwtaylor/mtfxc/alumni/alumni.form.html>

2003-2004 SCHEDULES

CROSS COUNTRY

9/06	Alumni	Franklin Park
9/13	Engineer's Cup (RPI, WPI)	Franklin Park
9/20	UMass Dartmouth Invitational	UMass Dartmouth
9/27	Southern Maine Invitational	University of Southern Maine
10/10	NEIAAA Championship	Franklin Park
10/18	Southern Maine Invitational	University of Southern Maine
11/1	NEWMAC Championship	Franklin Park
11/15	NCAA Division III Regional Qualifier	University of Southern Maine
11/22	NCAA Division III Championship	Hanover College - Hanover, IN

INDOOR TRACK

1/10	Alumni*	MIT
1/17	Bates Coast Gaurd	Bates College
1/24	RPI, Westfield State, Williams	Williams College
1/31	Bowdoin, Springfield, Tufts	Bowdoin College
2/7	Greater Boston Championship	Harvard University
2/14	MIT Coed Invitational	MIT
2/20-21	New England Div. III Championship	Tufts University
2/27-28	NEIAAA Championship	Boston University
3/5-7	IC4A/ECAC Championship	TBA
3/12-13	NCAA Division III Championship	University of Wisconsin Whitewater

* Note that the Alumni Meet, traditionally scheduled in mid-December has been moved to January 10th.

OUTDOOR TRACK

4/3	Engineer's Cup (RPI, WPI)	RPI
4/12	Bowdoin, UMass Lowell	MIT
4/17	Husky Invitational	Northeastern University
4/24	NEWMAC Championship	Springfield College
4/29-5/1	New England Div. III Championship	TBA
5/6-8	NEIAAA Championship	TBA
5/13-14	ECAC Division III Championship	SPRINGFIELD
5/22	Last Chance Qualifier	MIT
5/22-24	NCAA Division III Championship	Concordia College - Moorehead, MN

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Mark Your Calendar

Varsity / Alumni Cross Country Meet	Franklin Park	September 6, 2003
Varsity / Alumni Track Meet	MIT Johnson A.C.	January 10, 2004*

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