

MIT TRACK & CC NEWS

Newsletter for the Friends of MIT Track and Cross Country

Number 64 - August 2005

Harriers Face Stiff Competition in New England Region

by Halston W. Taylor

The team goals were simple ones, win the NEWMAC Championship and place as high in the New England Division III Championship as possible. But being simple to state does not mean they would be easy to accomplish. With two teams that were to end up placing in the top ten at the National Championships, the New England Region has become one of the best in the country. Individually, in addition to the assumption that everyone would improve from the year before, the goal was to put Ben Schmeckpeper in a position to win the national title.



Ben Schmeckpeper '05 takes the lead in the third mile of the NCAA Division III Qualifier. Ben went on to win the race and repeat as New England Region champion.

Having lost Brian Anderson and Chris Fidkowski from the 2003 team, the onus was on John Brewer, Kevin Brulois, Fivos Constantinou, Eric Khatchadourian and Carlos Renjifo to stay close enough to Ben to allow the team to compete with the better teams who have top five deltas under 1:00.

The season started with Ben not feeling very well, and finishing in fourth in the alumni meet (<http://web.mit.edu/hwtaylor/mfxc/xc/04/alumni.res.html>). After an easy sweep of the top seven places in the Engineer's Cup (<http://web.mit.edu/hwtaylor/mfxc/xc/04/eng.res.html>), without the services of Ben, the team tested themselves in the UMass Dartmouth

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Orji's National Record Highlights Great Indoor Season

by Halston W. Taylor

Beginning with 2004-05, the NCAA changed the number of weeks we are permitted to practice for indoor and outdoor track combined. What used to be 26 weeks is now 23 weeks. Given the holiday break, which is from exams to the first Monday in January, the earliest we



Uzoma Orji '06 unleashes a 64-9 1/4 throw to not only win the NCAA weight throw title, but also set a new NCAA Division III record.

could start was November 22nd. This of course meant the team would not be very prepared to take on the alumni after the holiday break.

Knowing we had some fairly large holes in our lineup, we needed to maximize our strengths and try to hide our weaknesses by moving people around from week to week. Fortunately, we had enough long distance runners to bring people down to cover the middle distance events.

In the Alumni Meet, (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/alumni.res.html>) the "Has Beens" swept the high hurdles and high jump, led by Ravi Sastry, Rick Rajter, Craig Mielcarz and Brian Hoying, but in turn got swept in the 55 and 5000. Matt Lehman joined Hoying to surprise the varsity with a 1-2 in the 400, but then the old timers dropped the ball in the long jump by giving up 1-2 to the youngsters. Leif Seed showed up at the last minute and got the alums in it by taking both the

1500 and 800. The difference turned out to be the varsity's greater depth, allowing them to take the 4x200 and enough third place points to win the meet.

The regular season was surprisingly competitive given that we did not expect to have an easy time against any of the top teams in New England. We easily defeated Bates and Coast Guard (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/bates-cg.res.html>) in our first meet, which probably was helped by Uzoma Orji and David Saylor placing 1-2 in the weight throw, the first event, against a formidable group of throwers from Bates. We dropped the ball against Williams (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/quad.res.html>) at home. The Ephs were favored by over 50 points and some of our guys gave up before the meet. Many competed very well to get us within five points, but those who didn't caused us to miss a great opportunity. We did manage to

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New Outdoor Records Set in Pole Vault and 200

by Halston W. Taylor

As usual, we began our outdoor competitive season with our annual spring trip. This year, thanks to the generosity of our "Friends", we were once again able to take 20 athletes to California where we trained at Claremont Mudd Scripps and their beautiful track and field facilities and then traveled to San Diego to compete in the UCSD Invitational (<http://web.mit.edu/hwtaylor/mfxc/outdoor/04-05/ucsd.res.pdf>). This year the meet was a scoring meet so we were fortunate to have most events covered and covered pretty well. We also welcomed Brian Anderson back for his final season of eligibility. Brian, after injuring his hamstring and glute a year earlier in the indoor season, was quite out of condition and would need much of the outdoor season to get back to his best. Facing a lot of Division I competition, MIT took advantage of the victory and new varsity record set by Nate in the pole vault (16-8 $\frac{3}{4}$) and a double victory by Uzoma (hammer and shot) to place second among 18 teams in the UCSD meet.

The following weekend, back in New England, we were introduced to some very foul weather that would persist for

nearly every weekend to come. The invitational at Tufts was cancelled because it was so miserable.

We hosted the Engineers Cup (<http://web.mit.edu/hwtaylor/mfxc/outdoor/04-05/eng.res.html>) with RPI and WPI and felt certain we could avenge the loss to RPI the year before. They have become a powerful outdoor team, but at the time of the Engineers Cup they are often not prepared to compete at the level necessary to defeat us, and this year was no different. They thought their team could easily win but our guys had a little something to say about that. We performed amazingly well, winning easily despite Nate not competing due to a hamstring pull he suffered the week before.

A trip to Bates College was next on the agenda with competition against Bates, Colby and Southern Maine (<http://web.mit.edu/hwtaylor/mfxc/outdoor/04-05/quad.res.html>). A mistake by yours truly nearly cost us the meet. I misread the time schedule and got our team to the meet 20 minutes late. They were gracious enough to delay the start of the long jump and pole vault and had our hammer throwers throw in the second flight. They may have regretted the hospitality, as we took

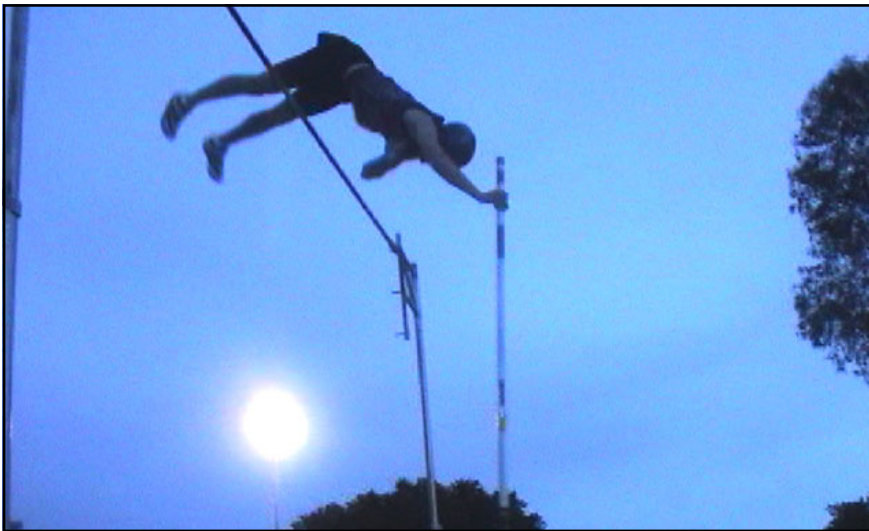
advantage of decent weather and buried the other teams with remarkable performances and solid depth. Nate was able to take a vault at 15-0 to win and then stop to be safe. Uzoma won all three throwing events and Brian was starting to come back as he won the 1500 and 800 in pretty good times.

Finishing the regular season at 21-1, it was time to test the team at the championship level. With our middle distance and distance strength and depth, combined with the sprint depth, we assumed we would win our fifth consecutive NEWMAC (<http://web.mit.edu/hwtaylor/mfxc/outdoor/04-05/newmac.res.html>) title, despite the fact that Springfield was seeded to be within a few points of us. Double victories by Zach and Uzoma led the way to a 47 point victory. Zach was voted the NEWMAC male track and field athlete of the year.

At the New England Division III Championship (<http://web.mit.edu/hwtaylor/mfxc/outdoor/04-05/ned3.res.html>), there appeared to be no way to beat Williams, but Tufts and Bates, although better than us on paper, seemed beatable. Uzoma, David Saylor and Eric Khatchadourian gave us a great start in the first two events by taking first and second in the hammer throw and first in the 10,000 meters. Nate pulled his "good" hamstring while warming up but that only slowed us down a little. Brian Anderson won the 800 out of the slow section and Zach earned second in the 200 with an MIT record of 21.53. Although we were not able to beat Williams, we did manage to easily place ahead of third place Bates College.

The IC4A Championship (<http://web.mit.edu/hwtaylor/mfxc/outdoor/04-05/ic4a.res.html>) and the All New England Championship (<http://web.mit.edu/hwtaylor/mfxc/outdoor/04-05/neicaaa.res.html>) are now both on the same weekend. We split our squad, entering people where they had the best opportunity to improve on national qualifying marks.

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Nate Ball clears the bar at 16-8 $\frac{3}{4}$ to win the vault in the UCSD Invitational and establish a new MIT varsity record.

...Cross Country



Sean Nolan crossing the line in first place at the annual Varsity/Alumni meet. Despite Sean's win, the Varsity prevailed over the Alumni 20-43 by placing seven men between Sean and the second Alumni finisher, Terry McNatt.

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Invitational (<http://web.mit.edu/hwtaylor/mfxc/xc/04/umc.res.html>) against a smattering of the better teams in New England. John Brewer backed up his win in the Engineer's Cup with a strong showing, finishing as the second Division III runner behind Tufts' Matt Lacey. However, the team lost big to Bates College, not showing very much confidence or spirit. The top nine runners made the trip to the University of Wisconsin – Eau Claire Invitational (<http://web.mit.edu/hwtaylor/mfxc/xc/04/pre-nat.res.html>), the site of the NCAA Championship at the end of the season. Ben made this trip as his running had returned to normal once it was recognized that he had an iron deficiency and treated it accordingly. Ben placed third despite not running his best. We placed third, ahead of Nebraska Wesleyan and Loras College, both ranked among the top 20 in the NCAA Division III.

The second half of the season started with the All New England Championship (<http://web.mit.edu/hwtaylor/mfxc/xc/04/neicaaa.res.html>), which is always a good measure of the team's ability since all the top New England teams are in attendance. With Ben running

a strong race, finishing 17th overall, the team followed suit, placing 11th overall and third among Division III teams. The top five delta was 1:15 but there was hope that Eric, Fivos, Carlos, Kevin and freshman Chris Bruce could put together their best races and give MIT the big race when it counts most. At the Twin Brook Invitational (<http://web.mit.edu/hwtaylor/mfxc/xc/04/twinbrook.res.html>), Keene State ran aggressively, we did not, and with Ben not racing, the team should have run much better than a 1:13 delta. It appeared that the team was going in the wrong direction and not running with confidence when competing against a team they perceived to be better than themselves.

At the NEWMAC Championship (<http://web.mit.edu/hwtaylor/mfxc/xc/04/newmac.res.html>), the team's confidence was back. Ben took control after two miles and buried the competition by :47. The 1:28 delta was not very good, but when one considers the second place runner was an All America finisher it could be argued that the delta was good enough. MIT scored 23 points, placing six runners ahead of all the other teams second place finishers. With that victory, MIT maintained its status as the only team to ever win the NEWMAC title.

At the NCAA Division III Qualifier / New England Division III

Championship (<http://web.mit.edu/hwtaylor/mfxc/xc/04/nediv3.res.html>), our top seven certainly had an opportunity to move on to the NCAA Division III Championship by placing among the top four teams, particularly if they ran with the confidence they displayed at the NEWMAC Championship. However, with the advancement on the line, all but Ben and John reverted to the same lack of confidence that was evident in earlier races. Ben ran the race of his life, defending his individual title with a very impressive come from behind kick in the final 200 meters. John went out hard but hung tough to finish in 23rd place. The rest of the team did not follow the plan, went out so slow in the first mile that they could not possibly get back into the race, and did well just to finish in sixth place.

Ben went to the NCAA Championship (<http://web.mit.edu/hwtaylor/mfxc/xc/04/ncaa.res.html>) for the fourth time in his four years at MIT. His plan was to win and he ran his plan. However, he was not able to hang on to the breakaway by Josh Moen, the eventual winner. His ambitious plan certainly hurt his overall finish position but he nevertheless held onto eighth place.

Ben won the NCAA New England region Male Runner of the Year award and was voted team MVP. Captains for next year as voted by the team are Fivos and Eric.

100th Anniversary of CC at MIT

For all you ex-harriers out there, the gala celebration of the 100th Anniversary of Cross Country at MIT is fast approaching. On Saturday, September 3, in addition to the annual Varsity/Alumni Race at Franklin Park, there will be a picnic and other sporting events in the new Zesiger Fitness Center, followed by dinner at the University Park Hotel at MIT. If you do plan to attend the dinner, please register no later than August 31 at www.mitathletics.com

(click on Alumni Resources and choose this event) or call Richard Brewer at 617-253-9420. Registration fee is \$40 per person. For those planning on attending only the race and/or luncheon, contact Halston directly (hwtaylor@mit.edu) so he can get an accurate count. Also, be sure to visit Jesse Darley's website at www.jessedarley.com to view the MIT Cross Country memorabilia or to purchase a commemorative singlet or T-shirt.

...Indoor Track and Field

(Continued from page 1)

defeat RPI and Westfield State to move our record to 4-1.

When we traveled to Bowdoin (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/5-way.res.html>) the next week, Tufts was heavily favored in the five-way meet. We learned our lesson the week before and came to play this week. Tufts flopped and we walked away with an easy victory.

The next week we took on a bunch of Division I teams at BU (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/6-way.res.html>). This meet showed that very few Division I teams focus on the team aspect anymore. These large schools use the excuse that they do not have a full compliment of scholarships so they only focus on a small number of events, usually distance runners so they can compete well in cross country. MIT placed second behind a strong Rutgers team, defeating Northeastern, Providence, Boston University and Boston College. The premier performance was turned in by Ben Schmeckpeper when he ran 8:20.69 in the 3000 to place third just one second out of first. Ben's time easily broke the MIT record held by Bob Walmsley.

With a successful regular season record of 12-2 we expected big things in the championships. Seeded fourth in the New England Division III Championship (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/nediv3.res.html>), but expecting at least second, we failed miserably in many events. Schmeckpeper won the 3000, Nate Ball the pole vault, and Orji the shot put en route to the team scoring 67 points for fourth place. Nate set the MIT record at 16-5 in the pole vault.

Things could only get better and fortunately they did. In the All New England (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/neicaaa.res.html>) the stars continued to get the job done. Zach Traina set an MIT record of 21.98 in the 200 and placed seventh. Ben did not run as fast as he wanted, and consequently didn't qualify for nationals, but he did place third in the



Kenny Roche on his way to setting a new MIT freshman 400m record of 49.78 in the NEIAAA Championship.

5000 with a 14:42.36. Nate only jumped 15-5, but placed second in the vault. Uzoma placed fourth in the shot and second in the weight with a 59-8 ½ effort. MIT's ninth place finish was ahead of Tufts, Williams, and Bates.

At the IC4A Championship (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/ic4a.res.html>), where MIT typically would have at most a single scoring athlete, the Engineers produced there best performance in recent history, placing four individuals and finishing 20th with 14 points. The field performers scored all the

points with Nate leading the way, placing third in the vault. Uzoma placed fourth in the shot and backed that up with a seventh place in the weight throw. David Saylor matched his best throw of the season, throwing 57-7 ¼ to garner eighth in the weight.

At the NCAA Championship (<http://web.mit.edu/hwtaylor/mfxc/indoor/04-05/ncaa.res.html>), Uzoma started things off with the weight throw. After throwing sector fouls on his first two throws, and adding many gray hairs to what little hair there is remaining on my head, Uzoma then took a deep breath and proceeded to set the national record with a throw of 64-9 ¼ to easily win the event. The next day, Uzoma placed fourth with a throw of 56- 3 ¾ in the shot put and Nate jumped spectacularly to place seventh with a leap of 16-1 ¼ despite snapping a pole on an earlier attempt. The 17 points placed MIT ninth, a truly great finish for just two athletes. For his efforts, Uzoma again won the NCAA Field Athlete of the Meet – a remarkable honor.

The indoor team MVP was Uzoma. The captains for next year are Uzoma, Nate and David Blau.

New Era In MIT Track and Field

by Halston W. Taylor

In 2005-06 MIT track and field will have a new look to its coaching staff as well as a new approach to coaching responsibilities. Taking over the reins for the women's head coach of cross country and track and field will be Fletcher Brooks. Fletcher comes to MIT from Williams College where he was the associate head coach for track and field as well as the strength coach for all their athletic programs. He had tremendous success, producing numerous national champions.

The new approach will incorporate shared coaching between the men's and women's teams. Each assistant and head coach

will have the responsibility to coach both men and women in their respective events. This has been done a lot at other institutions but this will be the first time MIT has had such an approach.

Returning as assistant coaches will be Josh Bokel to help with the throws, Brad Bowery with the pole vault, Terry O'Neill in the sprints and hurdles and Rick Rajter with the jumps. The one new assistant coach will be Summer Hutcheson, who will join the staff as assistant for men's and women's cross country and assist in track and field in the middle and distance area.

Excellence Recognized with Post-Season Awards

by Halston W. Taylor

(Editor's note: Each year, the College Sports Information Directors of America (CoSIDA) selects Academic All-America® teams in 12 categories: football, women's volleyball, men's soccer, women's soccer, men's basketball, women's basketball, baseball, softball, men's track & field/cross country, women's track & field/cross country, men's at-large and women's at-large. A first team, second team and third team are selected in both the University (Division I and I-AA) and College (Division II, III and NAIA) Divisions. The athlete who leads the balloting in each category is named the Academic All-America Team Member of the Year. The Academic All-America Teams Program, sponsored by ESPN The Magazine, is designed to recognize scholar-athletes who excel in both sports and academics.

To be eligible for selection, a student-athlete must be a varsity starter or key reserve, maintain a cumulative grade point average of 3.2 or better on a scale of 4.0, have reached sophomore athletic and academic standing at his/her current institution, and be nominated by his/her sports information director.)



By combining excellence in areas such as academics, leadership, and sportsmanship with their superior athletic abilities, Ben Schmeckpeper, Uzoma Orji, and Nate Ball added a number of post-season awards to their already impressive list of accomplishments.

Junior Uzoma Orji finished third overall in the voting for Academic All-America Team Member of the Year to place him solidly on the first team. Orji, who was also selected to the first team in his first year of eligibility last year, comes to MIT from Matawan, N.J. and has maintained a 3.8 (on a 4.0 scale) grade point average majoring in Electrical Science and Engineering.

On the home front, the men's cross country and track & field programs were also well represented at the annual Institute Convocation Awards.

Ben Schmeckpeper was awarded the Howard W. Johnson Award as the Male Senior Athlete of the Year. Nate Ball won the Admiral Edward L. Cochrane Award as the male senior who has shown the highest qualities of humility, leadership and inspiration in intercollegiate athletics. Uzoma was voted the Phillip A. Trussell Prize, which goes to the male undergraduate student-athlete who demonstrates skill, sportsmanship and levity.

Congratulations Ben, Uzoma, and Nate on a terrific year.

... Outdoor Track & Field

(Continued from page 2)

Although we had six individuals with good chances of making the NCAA Division III Championship (<http://web.mit.edu/hwtaylor/mtfxc/outdoor/04-05/ncaa.res.html>), only four got in. David Saylor again missed the championship by one position even though he threw 177-7. Brian Anderson, despite his 1:52.84 performance at the IC4A meet, also missed it by one person. The NCAA Championship has become much more competitive with so many former NAIA and NCAA Division II teams joining the Division III ranks. Uzoma had his best championship yet by scoring 16 points with two second



Zach Traina's time of 21.53 in the New England Division 3 Championships established a new MIT varsity record for 200m.

place finishes. He first placed second in the hammer with a 189-2 personal best and then followed it up with a 58-3 season best in the shot for his other second. Nate, having not jumped since he pulled three weeks earlier, performed beyond expectation when he placed fourth, jumping 16-7 ¼ to give MIT a total of 21 points, good for 12th place overall.

At the team awards banquet, Zach was named MVP. Uzoma and David Blau were named co-captains for next year. Paul McKenzie award winner went to both Zach Traina and David Saylor and most improved was David Blau.

Gifts from the Friends of MIT Track And Cross Country

by Halston W. Taylor

As the athletic department depends more and more on outside funding, so too do the track and cross country teams. Our Friends have come through in amazing fashion. Outside of major gifts, this past year's giving resulted in our best year ever, totaling \$28,713.50. I cannot thank you all enough for your incredible generosity. Your kind gifts allow us opportunities in our program that many other programs can only dream about.

Once again we were fortunate enough to be able to take our trip to pre-nationals in cross country. Even though the team did not qualify for the NCAA Championship, Ben certainly did, by once again winning the New England Regional Championship. His experience on the national course allowed him to give a legitimate effort at winning the national title and to hold onto eighth once that bid failed.



Chris Desrochers clears the seventh hurdle in the UCSD Collegiate Open 400IH. Friends contributions made it possible for 20 members of the outdoor squad to train and compete in sunny southern California.

Our spring trip was absolutely outstanding. We returned to California with 20 athletes and four coaches. We trained at the Claremont Mudd Scripps

track for the first five days of the trip. We then traveled to La Jolla to compete at the UCSD Invitational. Nate set a school record and qualified for nationals and many others qualified for the New England Division III Championship. The guys certainly took advantage of the great weather, which we were not fortunate enough to see much of once we returned to Cambridge.

Along with the combined coaching and the effort to bring both men's and women's teams to an even higher level, we are hoping to be able to help the women's team join us on our spring trip this coming year. It is my hope that the much newer and younger alumnae for the women will be able to support such an effort in the near future but for now they may need our help to make this happen.

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Class of 2009

by Halston W. Taylor

Last year, I mentioned in this newsletter that I was looking for mentors from the Friends group to befriend the incoming freshmen and help them through the next few years at MIT by sharing your experience with them. If

you live near them, or even if you can just relate to their event and performance, perhaps that would provide a common interest to start a relationship that could be very helpful to these young student / athletes. Only Jonathan Claman and Yuval Mazor expressed interest last year. Please make

a connection to these guys by sending them an email. It is okay if more than one of you contacts one of these guys. If you do this, please give me a summary at some point on how you think it is going. Thanks in advance to those of you who take part in this program.

CLASS OF 2009 RECRUITS

Tyler Abrams	Wall, NJ	tabrams@mit.edu	Mile - 4:41, 2 Mile - 10:12
Matt Bieniosek	Danville, CA	mbienio@mit.edu	800 - 2:01, 1600 - 4:34
Varun Chirravuri	Medfield, MA	varunc@mit.edu	SP - 52', Disc - 153-7
Jeremiah Cohen	Los Angeles, CA	yermie@mit.edu	1600 - 4:20, 800 - 1:57
Demario Dayton	Nashville, TN	ddayton@mit.edu	400 - 51.0
Jim Hollenbach	Vienna, VA	jambo@mit.edu	800 - 2:02
Ryan King	Sacramento, CA	ryanking@mit.edu	5K - 17:18
John McGonagle	Simsbury, CT	jgonagle@mit.edu	110HH - 17.3, 300IH - 44.7
James Oleinik	Ellicott City, MD	joleinik@mit.edu	SP - 53', Disc - 141'
Dan Rodgers	Peabody, MA	drodgers@mit.edu	800 - 1:58, 600 - 1:23.60
Alex Rothberg	Woodbridge, CT	rothberg@mit.edu	200 - 22.9, 400 - 52.08
Trevor Rundell	Honeoye Falls, NY	trun@mit.edu	1600 - 4:26, 3200 - 9:28
Jake Ruzevick	Coronado, CA	jruzevic@mit.edu	1600 - 4:21, 800 - 1:58
Kevin Schoenfelder	Lewisburg, PA	kschoen@mit.edu	800 - 1:55, 400 - 50.8
Nate Sharpe	Canton, MA	nsharpe@mit.edu	Mile - 4:32, 2 Mile - 10:08
Dong Truong	Melrose, MA	darkace@mit.edu	800 - 2:04, 400 - 53.2
John Vincent	San Diego, CA	jvincent@mit.edu	800 - 2:05, 400 - 52
Kevin Vogelsang	Verailles, KY	k_vogels@mit.edu	800 - 2:00, 400 - 52
Chris Whitfield	Mattawan, MI	cwhit@mit.edu	200 - 22.8, 400 - 52

...Friends Gifts

(Continued from page 6)

As all of you probably know, we are trying to add to the Don Morrison gift that has become the seed of our program endowment. The \$200,000 puts us one tenth of the way to totally endowing the men's track and field program. One million dollars would be necessary to endow the cross country program. These are lofty goals but ones we are committed to achieving.

I have sent out a couple of emails announcing the effort to raise \$27,000 for our first ever outdoor track scoreboard and the contingency money necessary for maintenance and repairs. This is a great price for a product that will connect wirelessly to our FinishLynx and FieldLynx systems, permitting us to instantly put up results on the board that displays all eight lanes. To date we have somewhere between \$7,000 and \$10,000. Those who wish to

contribute to this fund should go to the MIT alumni web page at <http://giving.mit.edu/> and donate to account number 2738046.

Once again, thank you to all who have supported our programs by donating your gifts, reading the meet summaries and newsletters, acting as mentors for the incoming freshmen, and participating in our cross country and track and field alumni meets.

Total Dollars Donated: \$28,713.50

Number of Donors: 186

Century Club 2004-2005

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Pole Vaulter Journeys – Online Vaulters

by Sam Sidiqi '99

(Editor's note: For the past four years, Rambo (Sam Sidiqi '99) has used his series, "Pole Vaulter Journeys" to explore the unique psyche of vaulters, which drives them to repeatedly test themselves on forays into the unknown and dangerous. Yet it appears that even vaulters must answer to the relentless march of time, as illustrated here in Rambo's reflections on the past year's activities.)

How the mighty have fallen. In the old days when a vaulter was really a vaulter, a vaulter journey was about finding a dangerous, yet fun, place to visit, going there, and then working out so hard that you can eat anything, followed by eating everything, often getting sick in the process. Also important to these journeys are acrobatics or death defying leaps of some kind or another.

The problems start when vaulters lose their form. A domesticated vaulter that sits behind a desk and has too many buffet meals is really not a vaulter anymore, even if he claims the title. It's a time of discouragement. Rambo, for example returned home to visit with family only to be beaten in the 50 meters by his brother 10 years younger. Acrobatics also become more dangerous. While visiting Afghanistan at his cousin's wedding, Rambo thought it

would be cool to impress the crowd not only with his dancing, but with a back flip. All the crowd got was a nasty looking "head spring" (like a hand spring, but instead using the head). All Rambo got was a lump on his head.

Singhughe (Bill Singhose '90), now an ancient beast by any measure, still seems to be able to pull off flips. These flips were not actually seen by vaulters, so they could just be elaborately staged photos where Singhughe jumps to an awkward pose off the out of frame ladder. The scheme behind staging these photos is really simple: to cull the herd. By sending out these pictures to the former vaulters, he hopes to encourage us to try to equal him and in the process kill ourselves, thus strengthening the herd by removing the weaker members. It is good for the vaulter group, but not good when you are Rambo, on the cusp of culling yourself in the middle of Kabul. Hell, if you're in Kabul you might as well get taken out by an IED instead of an "in-your-dreams" back flip.

Aside from the acrobatics, the vaulter journeys used to be a good way of getting in shape. A meal would always be followed by a challenge – the wallsit (walls**t), cartwheel for distance (spin and spew), or hand stand push ups (not smart after eating). Without the trip however, where is the impetus for the work out?



Singhughe proving that he still can execute a mean back flip on the roof of Milan Cathedral.

This fall, Singhughe decided to make up for the fact that the vaulters were not able to travel, and try an email hand stand push up competition. This was good in that it was painful all around. No one was in shape for it, and everyone gave it a shot. This form of email competition is rife with problems however. What about the vaulter who we all know spreads his arms a meter apart, so that a hand stand push up is really only a 2 inch movement up and down? Or the vaulter who puts gel in his hair and spikes it to minimize the distance to the ground? Or worse, the vaulter who always hits his head while doing the hand stand push ups, thus losing all track of the time and winning through concussion. There is another issue as well: is a work out really good if you can't see the pain on your teammate's face? One of the fundamentals of a good vaulter work out is doing that extra pull-up not because it is good for you, but because it will cause pain to your work out partner to try and match you. This form of gratification just isn't there when you receive the email a day later.

While problematic, what else can you do? You can't just let the tribe weaken and die. You have to give something to kick start it. Maybe on my next trip to MIT, I will hire a useless sophomore to do a UROP that works on developing technologies that allow for virtual work out competitions — kind of like an online baby monitor with a different marketing spin. Oh well, maybe this is just the hollow barking of Rambo who did not win the online hand-stand competition.



Is Singhughe impressing the tourists in St. Mark's Square with a spectacular flip, or could it be an elaborately staged hoax as fellow vaulter Rambo suspects?

SEASON STATISTICS

CROSS COUNTRY

RECORD

Won 3, Lost 0

MIT20
15**OPPONENT**Alumni 43
RPI 55, WPI 78**INVATIONALS / CHAMPIONSHIPS**

MEET	LOCATION	PLACE	SCORE
UMass Dartmouth Invitational	UMass Dartmouth	3rd of 29	85
Eau Claire Invitational	University of Wisconsin - Eau Claire	3rd of 24	103
NEIAAA Championship	Franklin Park	11th of 48	319
Twin Brook Invitational	University of Southern Maine	3rd of 12	77
NEWMAC Championship	Coast Guard Academy	1st of 7	23
NCAA Div. III Regional Qualifier	University of Southern Maine	6th of 39	190
NCAA Div. III Championship (Schmeckpeper only)	University of Wisconsin - Eau Claire	8th of 215	—

Performance Charts

The first chart below contains the place (on the MIT team, not overall in the race) and time for each athlete in every meet run during the season. "FP" after a time indicates that the athlete raced at Fresh Pond rather than traveling to the away meet. 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. 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 16 (since there were 16 athletes who ran in at least one meet).
3. The delta score is computed just like the place score, only using all the average deltas from the season rather than the average places.
4. As some indication of dedication and commitment, the number of meets run by an athlete during the season is 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 DARTMTH	EAU CLAIRE	NEIAAA	TWIN BROOK	NEWMAC	NCAA QUAL.	NCAA DIV III	AVERAGE PLACE
Berberian	14/28:41	11/28:56	16/28:16	ABSENT	15/29:05	12/29:23	17/8:45	DNR	DNR	14.17
Brewer	2/26:07	1/26:52	1/25:53	2/26:09	2/25:47	1/27:08	6/26:38	2/26:48	DNR	2.13
Bruce	7/26:49	4/27:36	5/26:39	8/27:24	6/27:02	5/28:21	7/26:53	7/28:36	DNR	6.13
Bulois	4/26:30	SICK	4/26:18	6/27:12	8/27:09	3/27:50	4/26:29	4/27:35	DNR	4.71
Constantinou	DNR	DNR	6/26:43	5/26:56	4/26:31	6/28:24	3/26:27	5/27:39	DNR	4.83
DiGenova	9/27:36	9/27:56	7/26:53	3/27:30FP	10/27:18	7/28:24	10/27:40	DNR	DNR	8.67
Driver	12/28:00	8/27:54	12/27:44	2/26:29FP	7/27:08	9/28:30	8/27:09	DNR	DNR	9.33
Dudley	6/26:47	5/27:41	11/27:11	9/27:34	13/27:49	10/29:12	12/28:13	DNR	DNR	9.43
Hernandez-Mena	15/29:04	15/30:04	14/28:02	ABS/SICK	DNF	15/30:36	16/28:42	DNR	DNR	15
Hofmeister	10/27:48	10/28:39	13/27:44	ABS/SICK	14/28:41	11/29:18	13/28:14	DNR	DNR	11.83
Holmes	13/28:01	12/29:00	10/27:11	EXCUSED	11/27:47	13/29:41	15/28:25	DNR	DNR	12.33
Jain	20/30:02	17/30:26	DNR	INJ	INJ	INJ	INJ	DNR	DNR	18.5
Khatchadourian	1/26:06	2/26:56	3/26:16	3/26:16	3/26:18	2/27:15	5/26:34	6/27:43	DNR	3.13
Kirby	19/29:59	16/30:23	18/28:54	7/33:23FP	INJ	INJ	INJ	DNR	DNR	17.67
Maltas	DNR	DNR	19/29:22	5/27:47FP	17/29:26	INJ	INJ	DNR	DNR	18
Nicholson	18/29:25	13/29:16	15/28:14	EXCUSED	18/9:36	14/30:31	14/28:16	DNR	DNR	15.33
Renjifo	5/26:38	3/27:23	2/26:14	4/26:27	5/26:32	4/27:53	2/26:23	3/27:26	DNR	3.5
Repetski	17/29:22	14/29:30	17/28:41	6/28:26	16/29:06	16/31:05	18/28:48	DNR	DNR	16.33
Schmeckpeper	3/26:18	DNR	DNR	1/25:49	1/25:17	DNR	1/25:06	1/25:37	1/24:49	1.33
Stafi	11/28:00	6/27:47	8/27:02	1/26:24FP	12/27:48	DNR-AB	9/27:25	DNR	DNR	9.2
Stoddard	16/29:14	DNF-INJ	INJ	INJ	INJ	INJ	INJ	DNR	DNR	16
Wong	8/27:20	7/27:48	9/27:08	7/27:21	9/27:13	8/28:27	11/27:58	DNR	DNR	8.43

DELTAS

NAME	ALUMNI	RPI,WPI	UMASS DARTMTH	EAU CLAIRE	NEIAAA	TWIN BROOK	NEWMAC	NCAA QUAL.	NCAA DIV III	AVERAGE
Berberian	2:35	2:04	2:23	DNC	3:57	2:15	3:39	DNR	DNR	2:48.8
Brewer	:01	:00	:00	:20	:30	:00	1:32	1:11	DNR	:26.8
Bruce	:43	:44	:46	1:35	1:45	1:13	1:47	2:59	DNR	1:26.5
Brulois	:24	SICK	:25	1:23	1:52	:42	1:23	1:58	DNR	1:09.6
Constantinou	DNR	DNR	:50	1:07	1:14	1:16	1:21	2:02	DNR	1:18.3
DiGenova	1:30	1:04	1:00	DNC	2:01	1:16	2:34	DNR	DNR	1:34.2
Driver	1:54	1:02	1:51	DNC	1:51	1:22	2:03	DNR	DNR	1:40.5
Dudley	:41	:49	1:18	1:45	2:32	2:04	3:07	DNR	DNR	1:45.1
Hernandez-Mena	2:58	3:12	2:09	DNC	DNF	3:28	3:36	DNR	DNR	3:04.6
Hofmeister	1:42	1:47	1:51	DNC	3:24	2:10	3:08	DNR	DNR	2:20.3
Holmes	1:55	2:08	1:18	DNC	2:30	2:33	3:19	DNR	DNR	2:17.2
Jain	3:56	3:34	DNR	INJ	INJ	INJ	INJ	DNR	DNR	3:45.0
Khatchadourian	:00	:04	:23	:27	1:01	:07	1:28	2:06	DNR	:42
Kirby	3:53	3:31	3:01	DNC	INJ	INJ	INJ	DNR	DNR	3:28.3
Maltas	DNR	DNR	3:29	DNC	4:09	INJ	INJ	DNR	DNR	3:49.0
Nicholson	3:19	2:24	2:21	DNC	4:19	3:23	3:10	DNR	DNR	3:09.3
Renjifo	:32	:31	:21	:38	1:15	:45	1:17	1:49	DNR	:53.5
Repetski	3:16	2:38	2:48	DNC	3:58	3:57	3:42	DNR	DNR	3:23.2
Schmeckpeper	:12	DNR	DNR	:00	:00	DNR	:00	:00	:00	:02
Stafl	1:54	:54	1:09	DNC	2:31	DNR-AB	2:19	DNR	DNR	1:45.4
Stoddard	3:08	DNF-INJ	INJ	INJ	INJ	INJ	INJ	DNR	DNR	3:08.0
Wong	1:14	:55	1:15	1:32	1:56	1:19	2:52	DNR	DNR	1:34.7

FINAL TEAM RANKINGS

NAME	PLACE	SCORE	DELTA	SCORE	# OF MEETS	SCORE	TOTAL	OVERALL RANK
Berberian	14.17	15	2:48.8	15	6	3	33	15
Brewer	2.13	2	:26.8	2	8	1	5	1
Bruce	6.13	7	1:26.5	7	8	1	15	7
Brulois	4.71	6	1:09.6	5	7	2	13	5
Constantinou	4.83	5	1:18.3	6	6	3	14	6
DiGenova	8.67	9	1:34.2	8	7	2	19	8
Driver	9.33	11	1:40.5	10	7	2	23	10
Dudley	9.43	12	1:45.1	11	7	2	25	11
Hernandez-Mena	15	16	3:04.6	16	5	4	36	16
Hofmeister	11.83	13	2:20.3	14	6	3	30	13
Holmes	12.33	14	2:17.2	13	6	3	30	13
Jain	18.5	22	3:45.0	21	2	7	50	22
Khatchadourian	3.13	3	:42	3	8	1	7	3
Kirby	17.67	20	3:28.3	20	4	5	45	20
Maltas	18	21	3:49.0	22	3	6	49	21
Nicholson	15.33	17	3:09.3	18	6	3	38	17
Renjifo	3.5	4	:53.5	4	8	1	9	4
Repetski	16.33	19	3:23.2	19	7	2	40	18
Schmeckpeper	1.33	1	:02	1	6	3	5	1
Stafl	9.2	10	1:45.4	12	6	3	25	11
Stoddard	16	18	3:08.0	17	1	8	43	19
Wong	8.43	8	1:34.7	9	7	2	19	8

INDOOR TRACK**VARSITY RECORD**

Won 12, Lost 2

MIT162
197.5
184
77**OPPONENT**Coast Guard 102, Bates 88
Williams 202, RPI 145.5, Westfield State 53
Tufts 163, Springfield 109, Bowdoin 96, Gordon 0
Rutgers 131, Northeastern 62, Providence 54, Boston University 40, Boston College 39**VARSITY SCORING & ROSTER**

Uzoma Orji*	'06 76	Anthony Teixeira	'08 19	Peter Mulligan	'08 02
Zach Traina*	'05 75.75	Matt Clancy	'08 17.5	David Reshef	'08 02
Ben Schmeckpeper*	'05 53.25	Sam Berberian	'07 17	Jason Alcaraz	'07 01
Fivos Constantinou	'06 48.25	Jonathan Hsieh	'07 16	Chris Bruce	'08 01
Nestor Hernandez	'05 42.5	Erik Staf	'08 14.25	Franklyn Lau	'08 01
David Blau	'06 40.25	Chris Wong	'08 14	Steve Nicholson	'08 01
Nate Ball	'05 32	Kevin DiGenova	'07 07	Rocco Repetski	'08 01
Makinde Adeagbo	'07 29	Carlos Renjifo	'G 07	Thad Wozniak	'05 01
Eric Khatchadourian	'06 27.25	Ian Driver	'05 06	John Brewer	'05
David Saylor	'G 27	Ulzie Rea	'07 06	Joe Brown	'07
Jesse Collins	'06 24.75	Josh Chartier	'06 05.5	Robby Bryant	'07
Omari Stephens	'08 24.5	Lucas Hernandez-Mena	'08 05	Jeff Kirby	'08
Chris Desrochers	'08 24	Patrick Barragan	'08 02	Brian Malley	'08
Kenny Rosche	'08 21.75	Grant Hofmeister	'08 02		

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (4th) 67 points

Nate Ball	Pole Vault	16-05 (1st)
Uzoma Orji	Shot Put	55-00 (1st)
Ben Schmeckpeper	3000	8:32.04 (1st)
Uzoma Orji	Weight Throw	58-04 (2nd)
Zach Traina	200	22.47 (2nd)
David Saylor	Weight Throw	56-03 1/4 (5th)
Traina, Collins	1600 Relay	3:26.49 (5th)
Rea, Rosche		
Renjifo, Wozniak	DMR	10:30.19 (5th)
Khatchadourian, Constantinou		
Makinde Adeagbo	Triple Jump	43-01 1/2(7th)
Chris Desrochers	Pentathlon	2936 (7th)
Nestor Hernandez	Long Jump	21-08 1/4 (7th)
Fivos Constantinou	1500	4:02.67 (8th)
Nestor Hernandez	Pole Vault	13-06 1/4 (8th)
Thad Wozniak	Pentathlon	2907 (8th)

New England Intercollegiate Amateur Athletic Association (NEIAAA) (9th) 30 points

Nate Ball	Pole Vault	15-05 3/4 (2nd)
Uzoma Orji	Weight Throw	59-08 1/2 (2nd)
Ben Schmeckpeper	5000	14:42.36 (3rd)
Uzoma Orji	Shot Put	54-05 1/4 (4th)
Zach Traina	200	22.02 (6th)

Intercollegiate Athletic Association of Amateur Athletics (IC4A) (20th) 14 points

Nate Ball	Pole Vault	16-00 3/4 (3rd)
Uzoma Orji	Shot Put	57-05 1/2 (4th)
Uzoma Orji	Weight Throw	59-08 1/4 (7th)
David Saylor	Weight Throw	57-07 3/4 (8th)

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National Collegiate Athletic Association (NCAA) (9th) 17 points

Uzoma Orji	Weight Throw	64-09 1/4 (1st)
Uzoma Orji	Shot Put	56-06 3/4 (4th)
Nate Ball	Pole Vault	16-01 3/4 (7th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Uzoma Orji	64-09 1/4 *
	David Saylor	57-08
Shot Put	Uzoma Orji	57-05 1/2
	David Saylor	38-07 1/2
Long Jump	Nestor Hernandez	21-11 1/2
	Matt Clancy	20-10
Triple Jump	Makinde Adeagbo	43-08 1/2
	Anthony Teixeira	41-05 1/2
Pole Vault	Nathan Ball	16-05*
	Nestor Hernandez	14-00
High Jump	Chris Desrochers	5-10
	Thad Wozniak	5-07 3/4
55HH	Omari Stephens	8.43
	Chris Desrochers	8.48
55	Zach Traina	6.67
	David Blau	6.71
200	Zach Traina	21.98*
	David Blau	22.56
400	Kenny Rosche	49.78**
	Ulzie Rea	52.78
600	Jesse Collins	1:24.97
	David Reshef	1:30.04
800	Fivos Constantinou	1:57.74
	Eric Khatchadourian	1:59.89
1000	Fivos Constantinou	2:34.65
	Carlos Renjifo	2:34.93
1500	Fivos Constantinou	4:00.9
	Ben Schmeckpeper	4:01.2
Mile	Fivos Constantinou	4:16.19
	Ben Schmeckpeper	4:19.03
3000	Ben Schmeckpeper	8:20.69*
	Chris Wong	8:57.85
5000	Ben Schmeckpeper	14:40.66
	Chris Wong	15:30.97
1600R	Traina, Collins,	3:26.49
	Rea, Rosche	
3200R	Stafl, Constantinou	8:15.47
	Khatchadourian, Schmeckpeper	
DMR	Khatchadourian, Traina	10:18.30
	Renjifo, Constantinou	
Pentathlon	Chris Desrochers	2938
	Thad Wozniak	2907

Varsity Record *

Freshman Record **

OUTDOOR TRACK**VARSITY RECORD**

Won 21, Lost 1

MIT

90.5

184

283.5

OPPONENT

UCSD 135.5, Middlebury 68, CMS 67, Azusa Pacific 67, Colby 63.4, Corcordia University Irvine 46, Cal State San Marcos 42, Point Loma Nazarene 39, Allegheny 35, Pomona Pitzer 29, University of Colorado at Colorado Springs 20, USC 20, Alliant International 18, Cuyamaca 16, Western State 12 Vanguard 6, Buena Vista 5.5

RPI 150, WPI 62

Bates 206, Colby 131, USM 59.5

VARSITY SCORING & ROSTER

Uzoma Orji*	'06 68	Tom Hoover	'05 14	Brian Malley	'08 03
Zach Traina*	'05 52	Chris Wong	'08 12	Rocco Repetski	'08 01
Ben Schmeckpeper*	'05 36	Kevin Brulois	'07 11	Sam Berberian	'07
Brian Anderson	'G 41	Chris Desrochers	'08 10	Robby Bryant	'07
Nestor Hernandez	'05 33	Eric Khatchadourian	'06 10	Josh Chartier	'06
Fivos Constantinou	'06 28	Thad Wozniak	'06 09	Ian Driver	'05
David Blau	'06 27	John Brewer	'05 08	Spencer Dudley	'07
Kenny Rosche	'08 27	Jonathan Hsieh	'07 07	Lucas Hernandez-Mena	'08
Ouari Stephens	'08 27	Chris Bruce	'08 06	Grant Hofmeister	'08
Makinde Adeagbo	'07 24	Carlos Renjifo	'G 05	Brian Jacokes	'08
Jesse Collins	'06 23	Patrick Barragan	'08 04	Steve Maltas	'06
David Saylor	'G 22	Chris Bateman	'07 04	Peter Mulligan	'08
Nate Ball*	'05 20	Kevin DiGenova	'07 04	Steve Nicholson	'08
Anthony Teixeira	'08 19	Ulzie Rea	'07 04	Joe Roy-Mayhew	'08
				Erik Staffl	'08

* Captain

CHAMPIONSHIPS**New England Women's and Men's Athletics Conference (NEWMAC)** (1st) 246 points

Nate Ball	Pole Vault	15-07 (1st)
Uzoma Orji	Discus	140-03 (1st)
Uzoma Orji	Shot Put	55-11 (1st)
David Saylor	Hammer	175-00 (1st)
Ben Schmeckpeper	3000SC	9:20.0 (1st)
Zach Traina	100	11.01 (1st)
Zach Traina	200	22.13 (1st)
David Blau, Kenny Rosche, Jonathan Hsieh	400 Relay	42.70 (1st)
Zach Traina		
Brian Anderson	1500	3:57.73 (2nd)
David Blau	100	11.10 (2nd)
Chris Bruce	3000SC	9:54.10 (2nd)
Kevin Brulois	5000	15:35.24 (2nd)
Ian Driver	10,000	33:12.38 (2nd)
Nestor Hernandez	Pole Vault	13-05 1/4 (2nd)
Nestor Hernandez	Long Jump	21-01 1/2 (2nd)
Uzoma Orji	Hammer	170-06 (2nd)
Zach Traina, Brian Anderson, Jesse Collins	1600 Relay	3:24.22 (2nd)
Kenny Rosche		
Brian Anderson	800	1:56.43 (3rd)
David Blau	200	22.65 (3rd)
Fivos Constantinou	1500	4:03.74 (3rd)
Eric Khatchadourian	5000	15:39.28 (3rd)
Ouari Stephens	110HH	16.37 (3rd)
Makinde Adeagbo	Triple Jump	41-11 1/4 (4th)
John Brewer	1500	4:04.48 (4th)
Joe Roy-Mayhew	10,000	33:44.07 (4th)
Anthony Teixeira	110HH	16.82 (4th)

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Chris Wong	5000	15:42.02 (4th)
Chris Desrochers	400IH	57.99 (5th)
Spencer Dudley	10,000	34:10.19 (5th)
Tom Hoover	Long Jump	20-01 3/4 (5th)
Kenny Rosche	200	22.85 (5th)
Brian Jacokes	10,000	34:10.73 (6th)
Kenny Rosche	400	50.62 (6th)
Erik Staffl	5000	15:46.60 (6th)
Omari Stephens	Pole Vault	12-05 1/2 (6th)
Anthony Teixeira	Triple Jump	40-00 3/4 (6th)
Patrick Barragan	Pole Vault	12-05 1/2 (7th)
Jonathan Hsieh	100	11.68 (7th)
Makinde Adeagbo	Long Jump	18-10 3/4 (8th)
Fivos Constantinou	800	1:59.88 (8th)
Kevin DiGenova	3000SC	10:32.90 (8th)
Carlos Renjifo	1500	4:09.09 (8th)

New England Division 3 (NE Div. 3) (2nd) 99.5 points

Brian Anderson	800	1:54.29 (1st)
Uzoma Orji	Hammer	182-06 (1st)
Uzoma Orji	Shot Put	53-03 3/4 (1st)
Eric Khatchadourian	10,000	32:44.10 (1st)
David Saylor	Hammer	177-02 (2nd)
Zach Traina	100	10.92 (2nd)
Zach Traina	200	21.53 (2nd)
Nestor Hernandez	Pole Vault	13-02 1/2 (3rd)
David Blau	100	11.04 (4th)
Blau, Rosche, Hsieh, Traina	400 Relay	42.86 (4th)
Ben Schmeckpeper	3000SC	9:22.92 (5th)
Traina, Anderson, Collins, Rosche	1600 Relay	3:26.40 (5th)
David Blau	200	22.47 (6th)
Uzoma Orji	Discus	142-11 (6th)
Omari Stephens	Pole Vault	12-02 3/4 (6th - tie)
John Brewer	1500	4:00.53 (7th)
Chris Desrochers	400IH	57.51 (8th)

New England Intercollegiate Amateur Athletic Association (NEIAAA) (26th) 5 points

David Saylor	Hammer	176-08 (4th)
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Intercollegiate Athletic Association of Amateur Athletics (IC4A) (39th - tie) 5 points

Uzoma Orji	Shot Put	57-03 (4th)
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National Collegiate Athletic Association (NCAA) (12th) 21 points

Uzoma Orji	Hammer	189-02 (2nd)
Uzoma Orji	Shot Put	58-03 (2nd)
Nate Ball	Pole Vault	16-07 1/4 (4th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Uzoma Orji	189-02
	David Saylor	177-07
Shot Put	Uzoma Orji	58-03
	David Saylor	39-09 1/2
Discus	Uzoma Orji	153-00
	David Saylor	125-05
Javelin	Jesse Collins	154-05
	Chris Desrochers	131-08
Long Jump	Nestor Hernandez	21-04 3/4
	Tom Hoover	20-01 3/4
Triple Jump	Makinde Adeagbo	43-02 1/4
	Anthony Teixeira	40-00 3/4

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Pole Vault	Nathan Ball	16-08 3/4*
	Nestor Hernandez	14-00
High Jump	Tom Hoover	5-10
	Chris Desrochers	5-08
110HH	Omari Stephens	16.06
	Anthony Teixeira	16.50
100	Zach Traina	10.87
	David Blau	11.00
200	Zach Traina	21.53*
	David Blau	22.16
400	Kenny Rosche	50.57
	Jesse Collins	52.01
800	Brian Anderson	1:52.84
	Fivos Constantinou	1:57.70
1500	Brian Anderson	3:57.73
	John Brewer	4:00.53
3000SC	Ben Schmeckpeper	9:20.0
	Chris Bruce	9:54.1
5000	Ben Schmeckpeper	14:37.58
	Kevin Brulois	15:35.24
10,000	Ben Schmeckpeper	31:51.11
	Eric Khatchadourian	32:44.10
400R	Blau, Rosche, Hsieh, Traina	42.70
1600R	Traina, Anderson, Collins, Rosche	3:23.96

Varsity Record *

2004-2005 SCHEDULES

CROSS COUNTRY

9/3	ALUMNI	FRANKLIN PARK
9/10	ENGINEER'S CUP	SMITH COLLEGE
9/17	UMASS DARTMOUTH INVITATIONAL	UMASS DARTMOUTH
9/24	JUMBO INVITATIONAL	TUFTS
10/8	NEIAAA CHAMPIONSHIP	FRANKLIN PARK
10/15	TBA	TBA
10/29	NEWMAC CHAMPIONSHIP	SMITH COLLEGE
11/13	NCAA DIV. III QUALIFIER	SPRINGFIELD COLLEGE
11/20	NCAA DIV. III CHAMPIONSHIP	OHIO WESLEYAN UNIVERSITY

INDOOR TRACK

12/3	NORTHEASTERN INVITATIONAL	REGGIE LEWIS
1/7	ALUMNI	HOME
1/14	BATES, COAST GUARD	COAST GUARD
1/21	WILLIAMS, RPI, WESTFIELD ST.	WILLIAMS
1/28	BOWDOIN, SPRINGFIELD, TUFTS	BOWDOIN
2/4	TBA	TBA
2/11	MIT COED INVITATIONAL	HOME
2/11	FASTRACK INVITATIONAL	BOSTON UNIV.
2/17-18	NE DIV. III CHAMPIONSHIP	HOME
2/24-25	NEIAAA CHAMPIONSHIP	BOSTON UNIV.
3/3-4	ECAC CHAMPIONSHIP	URSINUS COLL.
3/3-4	IC4A CHAMPIONSHIP	BOSTON UNIV.
3/10-11	NCAA DIV. III CHAMPIONSHIP	ST. OLAF COLL.

OUTDOOR TRACK

4/1	SPRING TRIP MEET	TBA
4/8	ENGINEER'S CUP	WPI
4/15	BATES, COLBY, USM	BATES
4/22	MIT COED INVITATIONAL	HOME
4/29	NEWMAC CHAMPIONSHIP	HOME
5/4-6	NE DIV. III CHAMPIONSHIP	TUFTS
5/12-14	IC4A CHAMPIONSHIP	TBA
5/12-13	NEIAAA CHAMPIONSHIP	TBA
5/18-19	ECAC DIV. III CHAMPIONSHIP	SPRINGFIELD
5/25-27	NCAA DIV. III CHAMPIONSHIP	TBA

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Mark Your Calendar

100th Anniversary of CC at MIT Varsity / Alumni Cross Country Meet Picnic and Events Dinner	Franklin Park Zesiger Fitness Center University Park Hotel @ MIT	September 3, 2005 11:30 AM 1:30 PM 6:00 PM
Varsity / Alumni Track Meet Pentathlon All Other Events	Johnson A.C. Johnson A.C.	January 7, 2006 9:00 AM 12:00 PM