



Track and CC News

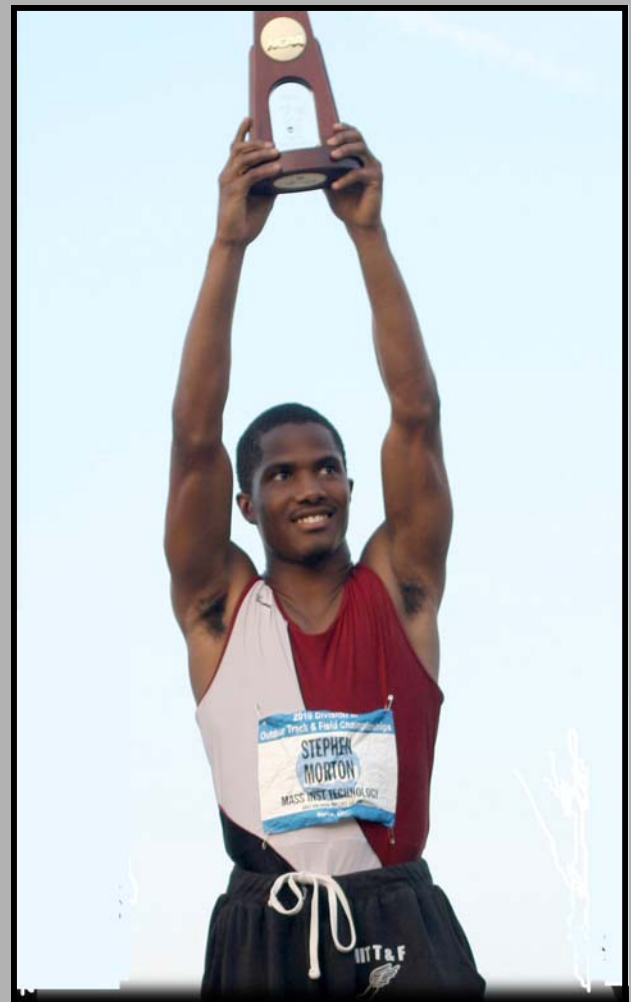
Newsletter for the Friends of MIT Track and Cross Country

Number 69 - September 2010

Congratulations 2010 NCAA National Champions!



*Jacquie Wentz
3000m Steeplechase*



*Stephen Morton
Long Jump*

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ANNOUNCEMENTS

MIT Track & Field and Cross Country Wiki Page

We have now started a Wiki page for the Track & Field and Cross Country alumni. The goal is to establish an archive of rosters, contacts, pictures, articles and other pieces of interest. If you don't already have a Touchstone account (which will probably be the case if this is your first time accessing an MIT Wiki), the easiest way to get started will be to go to the help page that Alisha Schor was kind enough to develop at <http://scripts.mit.edu/~hwtaylor/wikihelp.php>. Alisha's first screenshot shows how to fill out the account creation screen, with a link to that screen in the text above (...[Touchstone account creation](#)...). Once you've created the account, you will be sent an email telling you how to activate the account. After the account is activated, go to the Track & Field and Cross Country Wiki page at <https://wikis.mit.edu/confluence/display/mfxcalumni/Welcome> and log onto the account as shown in the second and third screenshots on Alisha's help page. After logging in, you'll find directions for adding content of your own and linking it to the roster of past teams that Halston has posted. How to navigate and edit the pages may not be obvious if you aren't familiar with Wiki environments, but if you have questions, address them to tfxc-wiki-request@mit.edu.

Alumni/ae–Varsity Indoor Track & Field Meet

On Saturday, January 8, 2011 the “Has Beens” will once again take on the varsity in the 37th annual Alumni/ae Meet. The men are overdue for a win, having last defeated the varsity in 2006, but they just narrowly missed winning in 2008 when the meet was decided by the relay. On the women’s side, the alumnae will be looking for their first victory, but if Leibovic is there to give her sprint points to the alumnae instead of the varsity, Wentz joins Bradshaw and Finn in the longer runs, and Hwang and Zimmerman are back in the field events, things might be looking up for the alums.

It promises to be a good meet, and as always, a great opportunity to meet this year’s athletes and coaches as well as catch up with old teammates. So whether you plan to run, jump, throw, or just cheer, don’t miss the fun next January 8.

CROSS COUNTRY

MEN WIN 12TH STRAIGHT NEWMAC TITLE

WOMEN TAKE 5TH AT NATIONALS

by Halston W. Taylor

The goals for the 2009 season were to defend the respective NEWMAC titles, improve the finish in the NCAA Division III New England Region Championship, and for the women, to improve on their 10th place finish at the 2008 NCAA Division III Championship.

The men had lost three of their top seven from 2008, but knew they had a solid core returning and hoped for some help from the freshmen. The start of the season went well in the first two meets with relatively easy wins over the [Alumni](#) (23-32) and over RPI and WPI in the [Engineer's Cup](#) (25 to 39 to 66). The stumbling block was the first large invitational of the year, the [UMass Dartmouth Invitational](#). This was supposed to be the first meet where all of the MIT runners were to race. However, freshman star, Kyle Hannon, came down with an illness along with a number of other MIT runners as the flu began to make its rounds at the Institute. However, while all of the top five of MIT's varsity team broke 26 minutes for the five mile course, it was a fast course and there were 30 seconds between Hemu Arumugam '10, and Dan Harper '12, MIT's top two runners on this day. Unfortunately, the men finished sixth and none of the top teams from the NESCAC Conference were in the meet. On the plus side, Dawit Zewdie '13, showed he may be more than an 800 runner as he easily won the sub-varsity race with a 25:41 performance.

The men continued to struggle to find their way in the [Keene State](#)



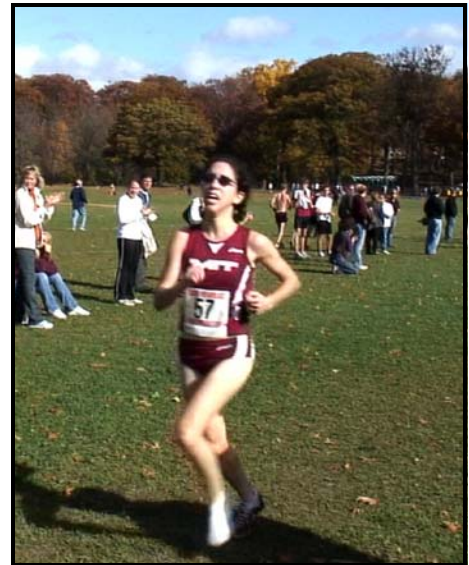
Hemu Arumugam heading for his 25:50 first place finish in the NEWMAC Championship.

[Invitational](#) and the [Codfish Bowl](#) while running partial teams. The next opportunity for the full team to race was the [NEICAAA Championship](#), a meet that paired all of the colleges in New England from Divisions I, II and III. The team continued to put no one close to Arumugam, who himself did not have a very strong race, finishing 44th in 25:35. Zewdie continued his amazing transition to the 8K distance, but as MIT's second man at 26:15, the delta was just too much. Hannon had a hamstring cramp that eventually pulled him from the race and Jacob Young '13, who had been running well very early in the season for a freshman, lost his shoe and struggled the rest of the way. Young had to finish, regardless of his lost shoe because Bill Phipps '10, dropped out with two miles to go, leaving MIT with only five runners in the varsity section. Harper and Ben Mattocks '12, were clocked in 26:24 and 26:41 respectively, which was just too far back. The result was that MIT

finished in 29th place overall and 10th among Division III teams.

Fortunately for MIT, in their one really off year, the other NEWMAC teams, particularly the usually strong Coast Guard team, were also having off seasons. MIT performed relatively well with a win in the [Emmanuel Invitational](#) leading up to the [NEWMAC Championship](#). The Franklin Park course, normally reasonably fast, was like running on a sponge. The ground was so soaked it was not returning any of the energy put in by the runners. Arumugam pulled away from a tough Brian Fuller from Springfield in the final mile for first place in 25:50 to earn NEWMAC Runner of the Year. Bill Phipps bounced back and finished third ahead of Zach Pietras of Springfield while Gihan Amarasiriwardena '11, beat out Springfield's David Birdsall for fifth.

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Maria Monks leads a near sweep (1,2,4,5,6) of the NEWMAC Championship with her 18:32 win.

INDOOR TRACK AND FIELD MEN WIN NE DIV III TITLE WOMEN 10TH AT NATIONALS

by Halston W. Taylor

MIT Track and Field began the season as defending New England Division III Champions on the women's side and as New England Division III Runners-up on the men's. The women did not have a stellar recruiting year, but did receive some help in the middle distance area. The men had an incredible recruiting year, adding 22 to the roster, filling in some key areas, particularly the hurdles, sprints and middle distance events. The numbers on both squads were up from 2009 with the women at 35 and the men at 56, and this was after cuts were made.

The regular season for the men was a pretty easy run through the best Division III teams in New England. Finishing with another undefeated season at 8-0, not counting the [Alumni Meet](#), which as always, was the highlight of the regular season. Despite an excellent effort by the "Has Beens," the varsity took the meet by a score of 77 to 45. The alums won their share of events, with Uzoma Orji '06, claiming two victories, throwing 54-0 ½ in the weight throw and 50-8 ¼ in the shot put, and Yermie Cohen '09, taking

the mile in 4:26.63 and the 800 in 1:56.69. Other alumni victories were earned by Craig Mielcarz '03, in the high jump (6-0), Nate Ball '05, in the pole vault (15-4), Zach Traina '05, in the 200 (23.30) and Ben Schmeckpeper '05, in the 5000 (15:28.00). The victories were there as the alums won more than half of the events, but the depth was not. Generally whenever the alums won the event, the varsity claimed second and third and when the varsity won the event, the varsity still placed second and third. Other alums who scored were Patrick Barragan '08, earning third place in the pole vault, Andy Ugarov '95, placing third in the high jump and Traina in the 55 dash. Others participating were Kevin Scannell '91, Bill Singhose '90, Dan Kwon '04, Omari Stephens '08, Matt Lehman '04, Ulzie Rea '09, Dave Reshef '09, David Blau '06, Eric Khatchadourian '06, Matt Bieniosek '09, Peter Mulligan '08, Joe Roy-Mayhew '08 and Terry McNatt '87. Catching up after the meet over pizza and refreshments was an excellent way to end the day.

The Engineers coasted by [Bates and Colby](#) by a score of 223.5 to 125.5 for Bates and 29 for Colby.



New England Division III Champion, Greg Tao clears 16' 1-1/4" to take 2nd place at the ECAC Championships

Two weeks later, Tech made the annual Maine trip to take on [Bowdoin, Colby, Springfield and Tufts](#). Similar to the first meet, MIT prevailed with 264 points to Springfield's 108, Bowdoin's 92, Tufts' 74 and Colby's 14. The following week, MIT was at home against [Williams College and the Coast Guard Academy](#). Everyone thought if any team could upend the Engineers it would be Williams. However, that meet also was not a great challenge as MIT scored 192.5 to 136.5 for Williams. Coast Guard finished with 47 points.

For everyone who graduated prior to 1995, the [New England Division III Championship](#) is no longer what it used to be. A one day meet with trials in all running events up to the 1000 meters was what the "old timers" would remember. Since, the pentathlon was added on the Friday. Trials were gradually eliminated in the 400, 600, 800 and 1000 as the younger coaches were more concerned about fast times and qualifying for the next round of championships than they were interested in head-to-head competition. The standards were

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Yermie Cohen on his way to a 1:56.69 win in the Alumni meet 800m. Yermie also took the mile run in 4:26.63, contributing a total of 10 out of the alumni's 45 points.

OUTDOOR TRACK AND FIELD

WOMEN 3RD AND MEN 4TH AT NATIONALS

by Halston W. Taylor

Despite the economy and the cutbacks, the outdoor track and field team was still able to take a spring trip, albeit a short one. Just one week removed from indoor nationals, the team practiced at MIT and did various community service projects during the first two days of the week. On Wednesday, the team piled into two buses and headed down to [Washington and Lee University](#) in Lexington, VA. Between changing drivers and the rush hour traffic in New York / New Jersey the trip took 12 hours, getting to the hotel just after midnight. Nevertheless, the team had a very good practice on Thursday and looked forward to the competition. The Friday and Saturday competition was quite good and the weather nearly perfect with cooler temperatures for the distance events on Friday evening and sunny, warmer weather on Saturday. MIT took advantage, winning a number of events and qualifying a few provisionally for the NCAA Championship. Hazel Briner '11, won the heptathlon in a new MIT record of 4079 points, Jamie Simmons '12, ran 63.62 to win the 400IH and provisionally qualify for nationals, Portia Jones '12, blasted a PR in the 100HH with her 14.56 that also provisionally qualified her for nationals, Alina Gatowski '11, broke the MIT 10K record and qualified for nationals with her 36:11.12 for the win and the 4x400 team of Simmons, Martha Gross '12, Briner and Jones ran 3:54.28 to win that event. On the men's side, Vlad Sobes '11, won the javelin with a toss of 186-5 on the muddy approach, Stephen Morton '10, did not have his legs, but he still won the triple jump in 46-4 and

the 200 in 22.15, Greg Tao '10, won and provisionally qualified in the pole vault with his 15-11, Matt Falk '12, jumped a personal best with his 6-2 ¾ victory in the high jump and freshman Pat Marx started the season off right by winning the 800 in Dave Wottle fashion with his 1:55.38. All in all it was a very successful weekend even if the team faced another 12 hour trip back to Cambridge after the meet.

Taking advantage of his last season of eligibility, Yermie Cohen '10, had trained through the fall and winter, competing unattached occasionally. Being back home in California for the spring break, Cohen ran in the Stanford Invitational, provisionally qualifying for the NCAA's in the 1500, running 3:52.82 in the 1500.

**On a side note, one of the reasons I have been trying to raise the money to endow the spring trip is so we can have a more valuable experience with the ability to practice for a full week in warm*



Margaret Leibovic hands off to Martha Gross in the 4x100 at the NEWMAC Championship. MIT finished 2nd and set a new school record of 48.65



Portia Jones leads in the 100m at the Bates/Colby meet. Portia's winning time of 12.63 set a new MIT varsity record which she later lowered to 12.50 at the NEWMAC Championship.

weather and not feel so rushed, regardless of the economy. We were lucky that the 45 degree temperatures on Friday coincided with the distance events and only a few field events, and that the weather was relatively warm on Saturday. This was not ideal, but it worked out, and I thank the Department of Athletics for allowing us to make the trip at all. The two major parts of our program where it would be helpful to endow are this trip and the salaries for the two full-time assistant coaches. Currently we have a little over \$250,000 in the endowment, which is a start but we need a lot more. If you are in a position to help in a significant way, please let me know. We have now been approved to take a spring trip specifically for those folks who require the use of an outdoor facility to do their events. We will be able to take 30 student-athletes instead of the previous 40. I am very appreciative that the Department of Athletics, Physical Education and Recreations (DAPER) agreed to permit this trip despite the budget cuts forced on DAPER by the Institute due to the state of the economy last year.

—Halston Taylor.

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... OUTDOOR TRACK AND FIELD

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The teams traveled to RPI for the [Engineer's Cup](#) and both won in extremely windy conditions. The men's score was 176 to 133 for RPI and 96 for WPI with the men winning 10 of the 19 events. The women scored 149.5 while winning eight events, to 139.5 for RPI and 107 for WPI. The following week, the men defeated [Bates and Colby](#) by a score of 201.5 to 139 for Bates and 60.5 for Colby, winning 13 events. The women won by a score of 167 to 129 for Bates and 109 for Colby. The women won every running event en route to their victory. Jacqui Wentz '10, began her comeback with a 4:47 victory in the 1500.

After an excellent [Spring Invitational](#), where MIT had great performances on the men's side in the throws and a new 5000 record of 17:22.81 by Alina Gatowski and an NCAA qualifying time by Jacqui Wentz in the 3000 Steeplechase with a 10:50.06 performance, the teams focused on the [NEWMAC Championship](#).

The men had won the championship every year but one since the meets inception in 1999 and did not see a threat in 2010. The women had won two of the past three years and also figured to repeat as champions. Both teams were successful, with the men winning with 249 points to 182.5 for Springfield, and the women totaling 197.5 to second place Springfield's 167. It was obvious the athletes had taken this for granted, as the performances were solid, but not what they were capable of. The men won eight events, led by double victories by Yermie Cohen '10 (1500, 800), and Stephen Morton '10 (Long Jump, Triple Jump). The women only won six

events with only Wentz winning two as she easily won the 1500 and 800.

With the regular season over, it was now time for the championships. MIT entered the [New England Division III Championships](#) seeded second for both men and women. Both teams performed superbly with 12 new or improved NCAA qualifying marks and over 40 season or personal bests. The men lost a nail biter, leading by one point over Williams with only the 4x400 to go. Williams won the event while MIT ran a new PR for fifth place, losing the meet by five points 159 to 154. The women were never really that close and backed off at the end when it was obvious they could not win, yet were 52.5 points ahead of the third place team with 120.5 points to 157 for Williams. This was truly one of the three best championships I had witnessed in my 28 years. The men performed so far above their seeds that it was actually difficult to believe. The competition in New England is so much better than it used to be in most events that this level of performance as a team is nothing short of amazing. As expected, Stephen Morton carried the team with 30.5 points, winning the long jump with his 23-10 ¼, second in the 200 with a personal best of 21.82, third in the triple jump at 47-6 ½, fourth in the 100 with a fine 10.98 and anchored the fourth place 4x100. Yermie Cohen did his job by running three great events, earning third in the 1500 with a 3:51.92, a fourth in the 800 with a personal best of 1:54.04 and anchoring the 4x800 with a 1:53.2 to earn a second place for MIT. Paul Welle '11, won the steeplechase in a personal best of 9:15.10 and was assisted with a fourth from Richard Prevost '11,

and a seventh from Stephen Serene '12. James Oleinik 'G, won the shot put with a personal best of 52-5 ½ and was supported by a personal best second place by Mitch Kelley '11 at 49-9 ¾ and an eighth place PR by Tony McDonald '10, with a 46-11 ¾ effort. The other big event for MIT was the pole vault where Greg Tao '10 led the way with a 15-11 victory and was supported by Nathan Peterson '12, in fifth at 14-11, a sixth by Cyrus Vafadari '12, also at 14-11 and an eighth by Davey Hunt '12, at 14-5 ¼.

The women simply did not have the field events to get the job done, scoring only 14 points of their 120.5, and all 14 were in the pole vault. Wentz won two events; the steeplechase and then the 800 from the slow section, running a new MIT record of 2:12.92. Portia Jones '12, won the 200 in a new record with her 24.70 as she also added a second in the 100HH, a fourth in the 400, and anchored both relays, the 4x400 to victory and the 4x100 to third place. Jamie Simmons '12, had the only other victory with her 63.29 in the 400IH. Scoring over 100 points in the running events is pretty special at this level against such great competition.

Normally, as the championships progress and the student-athletes turn to their final projects and exams, the performances usually plateau a bit before rising again at nationals. This has not been a normal year and neither were these athletes. Perhaps giving a preview of what was to come at the NCAA Championships, the men placed sixth at the [NEICAAA Championships](#) with 36 points without Stephen Morton, who

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... OUTDOOR TRACK AND FIELD

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was taking a week off from competition after doing so much the week before. Paul Welle led the way with a 9:12.22 personal best for second place in the steeplechase. Greg Tao led the pole vaulters with his second place finish at 15-2 $\frac{3}{4}$. Yermie Cohen had the performance of the day as he set a new MIT record in the 1500 at 3:48.40, good for third place. Other places were earned by Cyrus Vafadari with his fifth place in the pole vault, Pat Marx '13, placing sixth in the 800 with his 1:53.67 and a seventh from Nathan Peterson in the pole vault. The women finished eighth with 37 points, led by Portia Jones as she won the 400 in 56.79, placed third in the 200 at 24.70 and anchored the 4x400 to a second place with a remarkable 54.4 split. Jamie Simmons earned a third place with a new personal best of 62.39, Karin Fisher '11, placed fifth in the pole vault, the 4x100 placed seventh and Lauren Kuntz '13, finished eighth in the pole vault.

At the [ECAC Division III](#)



Karin Fisher clears 11' 10 $\frac{3}{4}$ " on the way to a season best of 12' 2 $\frac{3}{4}$ " at the NCAA Division III Championship.

[Championship](#), MIT continued to rest some athletes, but again, those who competed exceeded expectations. Mitch Kelley led the way for the men with a 157-7 throw in the discus. Vlad Sobes '11, hoping to improve his javelin mark, placed second with his 193-0 throw. James Oleinik also earned second with a 50-0 throw in the shot put. The women had an outstanding meet, earning a close second place despite not really trying to score points. Portia Jones earned two first places, taking both hurdle events in 14.44 and 61.34 respectively. Jacqui Wentz won her specialty with a new PR of 10:22.32. Hazel Briner '11, won the heptathlon with a new record of 4378 points, finishing with an impressive 2:19.49 800. Tania Morimoto '12, made a great comeback from her earlier championships, running an impressive 36:34.11 personal best in the 10K.

Some years there is an extra week in the schedule due to some meets moving to an earlier date as their constitutions rule the meet is held on a particular weekend of the month, while other championships rule the meet is the week before or after another championship. This particular year, there was an extra weekend with no scheduled championship the week before nationals. The NCAA dictates the final date to qualify is the Friday preceding the NCAA Championship. Any last chance meet has to be approved by the NCAA so that there is only one per region. MIT was designated the host and that Friday happened to be the last day of final exams. Usually the MIT student-athletes who go to nationals either have to take their exams early or have them proctored during nationals. Not having to travel on this last day



Despite the rainy conditions at the MIT Spring Invitational, Alina Gadowski sets a new MIT record in the 5000, running 17:22.81

of exams and having the week to recover going into nationals was as good as it gets. The [MIT Last Chance Qualifier](#) had small, but excellent fields, allowing for an incredibly quick meet, lasting only two and a half hours. MIT athletes had an incredible meet for both the men and women. Improved marks for the men included a monster 163-4 discus throw by Mitch Kelley, a season best of 48-0 $\frac{3}{4}$ in the triple jump by Stephen Morton, who also long jumped 23-7 $\frac{1}{4}$, a new personal 800 best of 1:53.45 by Yermie Cohen and an excellent vault of 16-1 $\frac{3}{4}$ by Greg Tao. For the women, Jacqui Wentz crushed a 4:25.43 1500, Portia Jones blasted a new MIT record in the 400 of 55.83, and Karin Fisher vaulted 12-2 $\frac{1}{2}$.

MIT went to the [NCAA Division III Championship](#), hosted by Baldwin Wallace College in Berea, OH, to do just one thing and that was to take care of business. Going into the meet the women were seeded fourth and the men 31st. Those representing MIT were: Yermie

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... OUTDOOR TRACK AND FIELD

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Cohen (1500), Stephen Morton (LJ, TJ), Vlad Sobes (Jav.) and Greg Tao (PV) for the men and Kirsten Aarsvold (4x400 alt.), Karin Fisher (PV), Alina Gatowski (10K), Martha Gross (4x400), Portia Jones (100HH, 200, 400, 4x400), Jamie Simmons (400IH, 4x400) and Jacqui Wentz (1500, 3000SC, 4x400) for the women.

Unfortunately there were quite a few provisional qualifiers who just missed making the meet, and they were: Mitch Kelley, James Oleinik, Paul Welle, Hazel Briner, Margaret Leibovic and Tania Morimoto.

On the first day, Sobes started things off for the men while Karin Fisher began her quest for a second straight All-America award in the pole vault. Sobes, seeded 15th going into the competition, let loose a throw of 200-9 on his first effort to get into the finals in seventh place. In the finals, on his next to last throw, Sobes threw 203-10, a new PR that moved him into fourth place for the moment. He was passed twice, but held on for sixth place, a very surprising three points. Fisher did not appear bothered by the fact that the poles did not arrive until the morning of the competition and the fact that two of her poles she would start with were crushed by the shipping company. Fisher made her first two heights, but did not clear 12-2 $\frac{3}{4}$ until her third attempt (a new outdoor PR), which just per her out of the money. Second attempt would have earned a tie for eighth and first attempt would have been seventh place. Morton began the long jump with a pretty good mark and then dropped a 23-9 jump to take the lead. All through the rest of the trials and all through the finals his mark was not challenged, giving Morton the victory and the first national title for MIT since



Paul Welle exits the water pit while Richard Prevost leaps in at the Bates/Colby meet. MIT dominated the race, with Welle taking 1st and Prevost 2nd 30 seconds ahead of the rest of the field.

2006. The remaining finals for MIT on day one did not go so well as Tao cleared his opening height of 15-5 $\frac{1}{2}$, but was unable to make the next height thus finishing out of All-America status for the first time in four national championships. Alina Gatowski was the final competitor of the day for MIT, running the 10K and was never competitive, starting in the back and fading throughout the race.

Day two only had one final for MIT, the women's steeplechase. Having run the 1500 trials and the 4x400 trials the day before, Wentz followed the plan; staying behind through the 1600 and then taking the lead with three laps to go, which she did to perfection. Wentz pulled away to win by over 14 seconds with a new MIT record of 10:16.16 and the women's first national title.

The final day of competition began with the triple jump. Morton brought his A game to this meet, starting off with a 48-0 jump to get himself into finals in seventh place. On his fifth jump, Morton landed at 49-3 to move up to third place. On his final attempt, he landed over 50', easily the winning mark, but he fouled by less than an inch. Morton was not seeded to score at

all in the meet, yet finished with 16 points, a performance that earned him the Male Field Event Athlete of the Meet. Wentz came back in the 1500 final, did not have the same ownership she had in the steeple, but still managed to compete well enough to earn fifth place with her 4:28.91. What Wentz lacked in ownership, Cohen had in ample supply, running behind until 330 meters to go, he took the lead and pulled away as he turned onto the final straight. However, he was caught with about 50 meters to go, but he maintained his form to hold off the others to earn second place, giving MIT a very unexpected 27 points on the men's side. Jones was up in the 100HH, an event she qualified for when she ran a new MIT record of 14.07 in the trials. In the finals she had an incredible start and was fighting for the lead through four hurdles, but then she clipped the next hurdle and nearly crashed over the seventh hurdle. Somehow she still managed to finish fifth in 14.29. Jamie Simmons was up in the 400IH. She had qualified for the finals with an MIT record of 60.52. While she looked a bit fatigued on the final curve, Simmons finished like she always does—fast, and earned second place in 61.01. Jones,

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... OUTDOOR TRACK AND FIELD

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despite a sore leg from the hurdles, was up next in the 200. She tied the personal best she ran in the trials, a 24.28, and settled for a very fast sixth place. Going into the 4x400 relay the women were in sixth place in the team scoring. The ladies knew they would have to bring it if they wanted to be on the podium (top four teams). If they placed as high as second and Williams finished worse than fourth then they would finish in third place overall. Simmons led things off with a remarkable 56.1 split to put MIT in second place. Martha Gross ran her best leg ever, a 56.4 to keep MIT in a solid second place. Wentz ran a personal best 57.7, but lost ground and slipped to third place. Jones was determined to win even though she was at least 30 meters behind the first place team. She moved into second by the 200 mark and kept moving. Entering the final straight it appeared she may actual catch the lead runner, but she fell about seven meters short, running a huge personal best of 54.1 and leading MIT to a new record of 3:44.49.

The women earned third place as a team with 37 points, one point out of fourth and two points out of fifth.

The men held onto fourth place earning their first time on the podium for outdoor track. Both teams on the podium at the same time may not be duplicated again and will always stand out as a highlight of my career.

Normally, this would be the end of the season, however Wentz had made the B standard for the US Championships in the steeplechase and wanted to keep going. The following week, she improved three seconds, and was now one second away from the A standard. The next week, she flew to Portland, OR to try again and this time succeeded, running 10:04.76, the fastest time in Division III history, and a time that would have placed in the Division I NCAA Championship that was being held on the same day in Eugene. At the USATF Championship, Wentz continued her amazing trek as she qualified for the finals in an easy 10:05.64. Three days later, in the finals, things did not go as planned. The start of the race was delayed as ESPN prepared for the telecast—leaving them on the starting line under very hot and windy conditions. A very fast third lap of 75 seconds and then a 79 seemed to take the strength out of Wentz as she began to fade. Nevertheless, she fought hard and finished well in eighth in

10:12.46. Wentz defeated four of the six other collegiate runners, all Division I. Collegiate distance runners are at a significant disadvantage, after going through such a long, competitive season just before this meet.

This was truly a remarkable season and year. The end of season awards had Alina Gatowski earning the Most Improved, Julie Andren '10, earning the Lynn Snyder Award and Portia Jones getting the Most Valuable Performer. Captains as elected by the team and coaches are Kirsten Aarsvold '11, Hazel Briner '11, Karin Fisher '11 and Maggie Lloyd '12. Jones was voted as the NCAA Division III New England Region Runner of the Year by the coaches in New England.

For the men, Most Improved went to Andrew Musacchio '11. The Paul McKenzie Award went to Tony McDonald and the Most Valuable Performer was awarded to Stephen Morton. Captains for 2010-11 are Mitch Kelley '11, Nick Leonard '11 and Richard Prevost '11.

New MIT Outdoor Records

Hazel Briner	Varsity Heptathlon	4378
Portia Jones	Varsity 110HH	14.07
Portia Jones	Varsity 100	12.50
Portia Jones	Varsity 200	24.28
Portia Jones	Varsity 400	55.83
Jamie Simmons	Varsity 400IH	60.52
Jacqui Wentz	Varsity 800	2:12.92
Jacqui Wentz	Varsity 1500	4:25.43
Yermie Cohen	Varsity 1500	3:48.40
Jacqui Wentz	Varsity 3000SC	10:04.76
Alina Gatowski	Varsity 5000	17:22.81
Alina Gatowski	Varsity 10000	36:11:12
Leibovic, Gross, Simmons, Jones	Varsity 400 Relay	48.44
Simmons, Wentz, Gross, Jones	Varsity 1600 Relay	3:44.49

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After that battle with Springfield's top three, MIT took the next four places to win their 12th consecutive NEWMAC title.

The team's confidence was growing and the workouts were really impressive. With the team healthy, other than Hannon's irritated IT band, the Engineer's entered the [NCAA Division III New England Region Championship](#) being hosted by the University of Southern Maine at the Twin Brooks Recreation Center, with expectations to show what they were capable of. True to the plan, the team got out well, with four of the top five in good position in the top 50. Unfortunately, Hannon's IT band started acting up early in the race and Zewdie's stomach was bothering him, so two of the potential top five runners were not going to help. However, the veterans came through big. Arumugam placed 20th with a strong race on the hilly, muddy course, running 25:59. Just behind him was Paul Welle '11, in 21st place, running his fastest time of the year with a 26:03. Both Arumugam and Welle earned places on the All Region Team. Amarasiriwardena finished strong in 37th place, followed by Harper in 41st and Phipps in 44th, giving MIT a total of 163 points for sixth place. Tech was just 18 points from advancing to nationals and gives the team something to work towards for 2010.

The women, losing three of their top seven to graduation as well as junior Anna Holt-Gosselin to an early summer stress fracture she never allowed to properly heal, were not in a great place to start the season. To top that off, a remarkable recruiting class was cut in half by late spring and summer injuries before the season even began.



Jacqui Wentz, Ravenna Neville of Wesleyan, and Maria Monks held these positions to capture the first three places at the NCAA Division III New England Region Championship. Jacqui's 1st and Maria's 3rd led MIT to a tie with Middlebury College for the team victory.

Just as the men coasted through the [Alumnae](#) and [Engineer's Cup](#), so did the women. Freshman, Brooke Johnson, claimed first place honors in the Alumnae Meet while Alina Gatowski '11, shocked everyone with the victory at Rensselaer. The [UMass Dartmouth Invitational](#) was the first opportunity to see Jacqui Wentz '10, Maria Monks '10, and the rest of the team running together. They did not disappoint, winning with a low score of 60 points with Wentz pulling away for a 17:40 5K victory. Monks finished in fifth in 18:08. Gatowski led Johnson across the line in 10th and 11th with 18:31 and 18:32 times, respectively. Surprising freshman, Marie Burkland, won the sub-varsity race in 19:01, which would have placed her fifth for MIT in the varsity race in 22nd place.

Running partial squads in the [Codfish Bowl](#) and [Keene State Invitationals](#) the Engineers showed a lot of depth although, without Wentz and Monks, there appeared

to be a lack of confidence in going out with the leaders. The first real test of the season was the [NEICAAA Championship](#), an opportunity to race against the best runners from all divisions in New England. The women made the most of their opportunity. Led by Wentz's third-place overall finish, the highest ever for any MIT cross country runner, the Lady Engineers claimed fourth place, finishing only behind Division I powers, Brown University, Boston College and Dartmouth College. Even though the course ran a little slow, Tech followed Wentz's 18:06 with an 18:24 by Monks for 20th place, Gatowski in 18:48 for 47th place, Missy Showers '13, in 63rd place at 19:01 and Johnson in 84th in 19:17. Williams College was the second Division III team in seventh and defending national champion, Middlebury College, was in ninth place.

Running none of the top six runners, the women easily won

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the [Emmanuel Invitational](#), taking 1-2-4-5-6 with Katherine Eve '12, leading the way with a 18:50 PR. Going into the [NEWMAC Championship](#), in which the women were hoping to claim their third consecutive title, confidence was high. Only Burkland was sitting out, trying to get over a strained Anterior Tibialis. Wentz had begun to have some pain from a plantar fasciitis injury, but was given clearance to continue to run and race. Monks pulled out an inspired victory with a fine 18:32 on the soggy course. Wentz was second, and other than Amanda DiPaolo of Springfield getting third place, it was all Engineers, with Johnson, Showers, Tania Morimoto '12, and Gatowski, who was coming back from a cold, taking places four through seven. The 18 point total was the lowest winning score ever in the women's meet. Monks ran away with Runner of the Year honors and Brooke Johnson earned the NEWMAC Rookie of the Year Award.

The best the Engineers ever finished in the [NCAA Division III New England Regional Championship](#) was the third-place finish in 2008. The rankings had MIT ranked fourth in the country for Division III while Middlebury was ranked fifth, with Williams in seventh. MIT was certainly hoping for the win and planning on one of the two automatic births to nationals. The upper classmen were very confident while it was clear the freshmen were very nervous. The race bared this fact as Wentz, Monks, Gatowski and Morimoto at the two mile mark were in places 1-2-4-5 while the others were a bit further back. Wentz and Monks pulled away along with Ravenna Neville from Wesleyan University, battling all the way to the finish. Wentz finally pulled away to claim MIT's first individual New England title for the women in 21:35 on the muddy 6K course. Monks finished in third in 21:44 while Gatowski held on for eighth in 22:05. Morimoto fell back and was passed by Eve, who finished in 24th to Morimoto's 27th. MIT's 63 points tied Middlebury for first place as there is no tie breaker in the NCAA. This share of the title gave MIT the sweep of New England Division III titles in 2009 (Indoor Track and Field, Outdoor Track and Field, Cross Country). Brooke Johnson finished in 28th place to join the top five MIT runners on the All Region Team.

[Nationals](#) was hosted by Baldwin Wallace College in Cleveland, Ohio. The race course was a golf course that had soaked up quite a bit of rain earlier in the week, so once again the course promised to be slow and tough on the legs, not very promising for Wentz

and her deteriorating plantar fasciitis. Nevertheless, the lady harriers thought they had a chance to win the meet, figuring if Wentz, Monks and Gatowski could earn All-America honors and the next two could finish in the top 80, they would have the point total to get the job done.

MIT drew box #46, the furthestmost box on the right hand side, which was significantly lower in elevation than the left hand side. However, being on the outside would mean not having to get out too hard in order to prevent getting squeezed as the teams in the middle would have to do. However, despite the knowledge they needed to get out, the squad from MIT put themselves in a hole right from the start as they positioned themselves near the back as the course narrowed. Not being able to see the left side, particularly with the split start, put MIT at a slight disadvantage, which they did not compensate for. Working very hard to get back up towards the front, Tech was actually in solid position at two miles with Monks up in ninth place. Wentz had hurt her foot at the start and never really recovered, running uncomfortably near 30th place. From that point, the Engineers paid for their mile two aggressiveness, losing ground for the remainder of the race. Monks held on to earn the highest finish ever for the MIT women's cross country program with a 13th place finish, earning All-America honors. Wentz fought to hold onto 29th place, also earning All-America honors. Gatowski ran an excellent race, finishing in 51st position, fantastic for her first national race. Morimoto fell back a lot as her legs would just not move, finishing in 127th position. She was followed by Johnson in 144th. MIT held onto fifth place, a position they certainly would have been pleased with at the beginning of the season. However, after such a season of success and thinking there was a shot at winning, fifth place no longer seemed as fulfilling an accomplishment—such is what happens when one gets accustomed to success.

All preseason goals were accomplished and the squads are already working on 2010 season goals.

The MVPs were Hemagiri Arumugam for the men and Jacqui Wentz for the women. Captains for the men are Gihan Amarasiriwardena '11, Richard Prevost '11 and Paul Welle '11. The captains for the women are Alina Gatowski '11, Maggie Lloyd '12, and Tania Morimoto '12. Eighth runner awards went to Jacob Young '13 and Lauren Allen '13.

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made much easier so that instead of fields of 12-16 participants, there are now over 30 in some events. What a few colleges used to do, and now all do, is chase times by going to the banked tracks during the regular season to get fast enough performances to secure a spot in the fast sections of the 400-1000 races.

Due to the easier standards and MIT's excellence, the Engineers qualified 42 athletes for the men's championship, having individuals entered in every event with the exception of the pentathlon. Stephen Morton '10, put the team on his back and carried them to victory, scoring 34 points by himself, earning victories in the long jump, triple jump and 200-meter dash and adding a fifth place in the 55-meter dash. Morton won the long jump on his first attempt, jumping 23-9 for a new MIT record and did not jump again. After trials and finals in both the 55 and 200, Morton found he was behind going into the final attempt in the triple. Being the clutch performer that he is, Morton jumped a new personal best and



Jamie Simmons powers to a first place finish in the 600 at the Bates/Colby meet — edging Molly Radis of Bates by .02 seconds, 1:38.67 to 1:38.69.

MIT record 49-4 ¼ to pull out the win. Greg Tao '10, just returning from a groin injury, managed to win the pole vault with a third attempt 15-9 ¼ make. The other victory was delivered by the Distance Medley Relay team. Richard Prevost '11 took control of the race with a 3:10.0 1200 leg. Pat Marx kept MIT up front with a 51.7 400 and Dawit Zewdie '13, showed some hidden talent when he opened up a nice lead with an amazing 1:57.9 800 leg. Kyle Hannon '13, allowed the opposition from Amherst College to catch up, but he then dispatched him to give MIT the win in 10:21.06. The meet was really won on the strength of the field events. MIT scored 60.5 of their 132.5 total in the six field events. The pole vault was the biggest event, scoring 17.5 points as Nathan Peterson '12, tied for third and Cyrus Vafadari placed eighth to support Tao's win. The throwers held up their end, scoring 23 points in the shot and weight. Ken Cooper '13, set the freshman record in the weight with a 53-3 heave, good for third place. James Oleinik 'G, came through for a second place in the shot put and Tony McDonald '10, had a great meet, throwing personal bests in both events, placing sixth in the shot with 46-3 ½ and eighth in the weight with 51-8 ½.

MIT's focus tends to be on the New England Division III Championship and then the NCAA Division III Championship. In between, the NEICAAA Championship and ECAC Division III Championship tend to serve as national qualifying opportunities rather than an opportunity for the team to do well. Hence, unless someone has a chance for a record or is in position to qualify for nationals, they are better off preparing for the short outdoor season. With this in mind, MIT



Kyle Hannon (center) anchoring the 4x800 to 4th place in the NEICAAA Championships. The all-freshman team of Marx, Trimble, Zewdie, and Hannon set a new MIT freshmen record of 7:44.24, less than 4 seconds behind the winning team from Connecticut.

only sent 16 men to the [NEICAAA Championship](#).

Stephen Morton took the weekend off from jumping, but did take a crack at the MIT 200 meter dash record. Fortunately he was able to secure lane four and succeeded in his task by running 21.92 in the trials to win his section. Unfortunately, lane two in the finals only produced a 22.14, which did not score. Pat Marx '13, wanted to race in the 800 but did not have a time fast enough to get into the stellar field, so he raced in the 500. Making the most of the opportunity, Marx not only made the final, but proceeded to place sixth, setting the MIT freshman record at 1:04.32. Kyle Hannon '13, also set a freshman record, placing seventh in the mile run with a well run 4:12.18. Finally, in the final event of the meet, the freshman quartet of Marx, Dawit Zewdie, Logan Trimble and Hannon destroyed the MIT freshman record in the 4x800 relay, placing fourth. Surpassing everyone's goals, the foursome led

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off with Marx running a cautious 1:57.7. Zewdie ran like a man possessed, splitting 26.2, 54.5 and 1:24.9 en route to a 1:54.1 leg. Trimble followed suit with an equally impressive 1:55.6 split. Hannon brought it home with a fine 1:56.8 to give the Engineers a 7:44.24 performance.

The week prior to nationals, a few athletes who had already qualified for the NCAA Championship headed to the [ECAC Division III Championship](#) at Smith College and the [IC4A Championship](#) at Boston University to either improve their mark or to sharpen their skills. Greg Tao '10, made the most of this, vaulting 16-1 $\frac{3}{4}$ for a new personal best and making the NCAA field. Kyle Hannon '13, also took advantage over on the BU oval, running a new freshman record of 4:11.67.

At the [NCAA Division III Championship](#), the men's team was represented by Kyle Hannon in the mile, Stephen Morton in the long and triple jumps and Greg Tao in the pole vault. Tao was the first to compete and came through big, matching his personal best of 16-1 $\frac{3}{4}$ on his third attempt after going clean at the first two heights. Although he was unable to clear 16-5 $\frac{3}{4}$ he did tie for sixth. Hannon did not fair so well, failing to qualify for the finals with his sub-par 4:21.26. In the long jump, Morton was the second seed going into the competition, but fouled his first two attempts and was unable to stop on his third attempt when he realized he was off his mark, fouling again to end his quest in the long jump. Morton needed to redeem himself in the triple jump, an event in which he was the top ranked jumper. In the trials he jumped 48-6 $\frac{3}{4}$ to get within 2 cm. of first place. On his next to last



Hazel Briner leaps to a 15' 11½" personal best in the long jump en route to winning the New England Division III Championship pentathlon with 3379 points. Just three weeks later, at the NCAA Division III Championship, Hazel improved both her LJ (16' 2½") and total score (3391) to take 3rd place and set a new MIT varsity record.

jump he took the lead with a leap of 48-9 $\frac{1}{2}$. However, he was passed by the final jumper other than Morton. On his final attempt, he brought it all, jumping 49-03, 1/4 " away from first place. The men scored 10.5 points to finish in 17th place.

Despite the improvement of the women's team at MIT, the [Alumnae Meet](#) is getting more competitive each year. This year, the Varsity prevailed 78-40, but the Alumnae are only a couple graduating classes away from turning the tables. The alums won four events in 2010. Meredith Silberstein '05, took honors in the long jump with a leap of 15-10 $\frac{1}{4}$. In the throwing events, where the Varsity had no entries, Julia Zimmerman '09, placed first in the weight throw with a toss of 30-04 $\frac{3}{4}$, while Emily Hwang '09, not only supported the weight throw effort with a second place, but won the shot put with a put of 25-9 $\frac{1}{2}$. The final victory was earned by Andrea Bradshaw '09, who ran away from the Varsity competitors in the 800 with a

2:22.10 clocking. Many more Alumnae placed. Karen Davie '08, earned third in the long jump and triple jump. Chi-Fong Wang '07, placed second in the triple jump. Silberstein exhibited her many talents by also placing second in the shot put and third in the 200. Likewise, Zimmerman showcased a variety of athletic skills by gaining second place in the high jump, and vaulting even though she was unable to score in that event. Hwang also placed second in the pole vault. Adeline Kuo '02, placed third in the 55 meter dash. Elizabeth Finn '09, earned third place in the 5000. Other alumnae who competed were; Allison Houghton '08, Adrienne Bolger and Erika Erickson '09.

The women, despite having a slightly larger roster than last year, also had a few more injuries, thus proving they were still a team of very high quality, but also very little depth. They cruised to a victory over [Bates and Colby](#) by score of 160 to 127 for Bates and 97 for Colby,

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as well as a relative nail biter over [Bowdoin, Tufts and Colby](#) by a score of 210.5 to 159, 112.5 and 90 points respectively.

The final test for an unbeaten season was given at home and the challenge was [Williams](#). With Amy Magnuson '10, not competing due to an aggravating hamstring injury and the calculated point differential between the two teams, the decision was made by MIT not to pursue the victory unless everything started going very much MIT's way. After the mile race where MIT went one-two with national qualifying performances by Jacqui Wentz '10 and Brooke Johnson '13, of 4:59.87 and 5:00.51 respectively, Wentz came up with a lump on her metatarsal, ending her indoor season. Even though Williams thumped MIT quite thoroughly 208 to 132, with Coast Guard finishing third with 15 points, this was indeed a meet of superb performances. In addition to the mile, Portia Jones '12, laid down some very impressive marks. She took the 55HH in a PR and national qualifying mark of 8.26, won the 200 in a flat track PR of 25.67 and claimed second place in both the 400 and the high jump. Her 400 time of 57.71 would have been a meet record had it not been for Hillary Higgs '12, from Williams who ran 57.57. Her 5' 1" high jump was also a personal best. Jamie Simmons '12, did her part with a fabulous 1:37.03 personal best in the 600. MIT swept all six places in the pole vault with Karin Fisher '11, leading the way at 11-10.

The week before the New England Division III Championships, many of the women went to Boston

University's banked track for the [Valentine's Invitational](#) to attempt to get both NCAA Division III qualifying performances as well as improve their seed for the upcoming New England D3 meet. Portia Jones took advantage of the BU oval, running 55.98 for the top D3 time in the country in the 400. In addition, the 4x400 team ran 3:53.94 with Jamie Simmons leading the way with a 57.6 leg. The most amazing feat came in the distance medley relay. Brooke Johnson led off with a 3:38.2 1200 leg followed by a 55.8 leg by Jones. Simmons showed she can go up in distance, blazing a 2:17.0 800. With Wentz on the shelf, the Engineers opted to go with Alina Gatowski '11 in the 1600 anchor. Her previous best of 5:23 gave no indication of what was about to come. Gatowski received the baton towards the front of the pack and just raced. She did not think about her time or whether she was going too fast or not. She just hammered out splits of 71, 2:29, 3:48 and 5:04.8 to give MIT an incredible time of 11:55.71.

Despite all that was done to prevent injuries and illnesses, the luck simply ran out. Going into the [New England Division III Championship](#), in addition to Wentz and Magnuson being out of the championship, Marie Burkland '13, and Alina Gatowski had fevers of 102 and were in no shape to compete. Missy Showers '13, was nursing a quad injury and on day two of the championship, Hazel Briner came down with a fever. Two weeks prior to the championship it looked as though MIT could not be beaten, but with all of the

injuries and illnesses, MIT was down at least 60 points and had no chance of beating Williams. Wins by Briner in the pentathlon, Jones in the 55HH and Simmons in the 600 were the only victories Tech could secure. Fortunately, even in the state they were in, the team was able to secure second place with 90 points.

Karin Fisher won the pole vault title at the [NEICAAA Championship](#) against the best competition in New England for all divisions. Her vault of 12-4 put her in a solid position to make nationals. Portia Jones earned third place with a 56.13 effort in the 400 finals. Also placing third, despite poor handoffs, was the 4x400 team of Jamie Simmons, Martha Gross, Hazel Briner and Jones. The quartet set an MIT record with a time of 3:51.61. Also placing were Simmons in the 400 with a 57.04. Her trials time of 56.70 was a personal best and easily qualified her for the NCAA Division III Championship. Briner also placed in the pole vault with a fourth place vault of 11-11 $\frac{3}{4}$.

The next week, at the [ECAC Division III Championship](#), a final tune-up before nationals, MIT took advantage of the opportunity. Hazel Briner placed second in the pole vault with a personal best of 12-3 $\frac{1}{2}$. Brooke Johnson set an MIT freshman record in the 800, placing sixth in 2:18.51 out of the slow section. Martha Gross ran a personal flat track best of 59.10 in the 400. Also running a personal best was Jamie Simmons in the 800 with a 2:18.87, which placed her eighth.

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At the [NCAA Division III Championship](#) hosted by DePauw University in Greenfield, Indiana, MIT had a chance to earn a team trophy, which is awarded to the top four teams. Everything needed to go just right, and that would not be easy given that MIT athletes were attempting to participate in so many events with so few people. Hazel Briner, the third seed in the pentathlon was also attempting to pole vault at the same time, an event in which she was not seeded to score. Briner would also be running the third leg in the 4x400 final at the end of her long day. Portia Jones was competing in back to back events, the 55HH and the 400, with trials on Friday and finals on Saturday. She would also be anchoring the 4x400 at the end of the day on Saturday. Jamie Simmons would be running the trials and, hopefully the finals, of the 400 as well as the 800 leg of the distance medley relay on day one after the 400 trials, and the leadoff leg of the 4x400 at the end of the day on Saturday. Brooke Johnson, a freshman, would be running the mile trials on Friday and then the 1200 leg of the distance medley relay a couple of hours later.

This was all probably more than any coach should allow, but it was the athlete's championship. They talked about it and decided they wanted to go for it all. Johnson started things off in the mile run. Her first 400 was in 74 but she was trying to position herself way too early, wasting valuable energy in the process. The 800 was a solid 2:30. The third quarter slowed a bit to 3:48, but Johnson was in fine shape going into the final quarter. However, when the group moved she did not move with them. Her legs not



Tony McDonald unleashes a 51' 8½" toss at the New England Division III Championships.

responding, she gave up a bit in the final 100, which caused her to miss finals by .67 even though she ran 5:03.89.

The bad kept getting worse. Jones was in the 55HH and had the worst start of year. Even so, she rallied to finish .01 out of qualifying for the finals with an 8.33 performance. The bleeding finally stopped when Jones came back 20 minutes later to win her heat of the 400 in 56.82, a flat track personal best for Jones. The time put Jones in the fast section final on Saturday. Simmons also ran the 400, but struggled too much and too long in lane two trying to get around an opposing runner after not taking her on the break. Her final time was 58.76.

The final event on Friday was the distance medley relay. An already fatigued Johnson started out well on the 1200 leg, but struggled in the final 400, finishing in 3:43 with MIT in eighth place. Gross got the baton and ran a vicious 26.0 first 200 en route to an excellent 58.1 split, putting MIT in fifth place at the handoff. Despite

Simmons solid 2:17.8 800 leg, a flat track best, MIT was unable to hold the position, falling back badly to ninth place. Gatowski, not really having raced in a month, did not seem to have missed a step. Going out in 71 for the quarter, she made up very little ground. Even coming through the 800 in 2:28, she could not move up. Losing a little focus in the third quarter, Gatowski slowed to 3:49 before rallying to finish in a flat track best of 5:07.5. The final time of 12:07.20 did not place, but the performance was excellent nevertheless.

Saturday morning kicked off with the women's pentathlon at 9:00 a.m. and the pole vault at 10:00 a.m. Unfortunately for Briner, she was in both, but she knew this two weeks before the championship and decided to do both events anyway. She started off with the 55HH and matched her personal best with an 8.73. In the high jump portion, which was happening at the same time as her vaulting, she cleared 5-0 1/2, 1/2 inch below her best. In the vault, she cleared 11-4 1/4 and 11-10, but failed to clear 12-4, which would have been a personal best. Fisher, also in the vault, looked very good, matching her personal best of 12-4 to earn All-America honors with her tie for sixth place.

Briner continued the pentathlon with a 35-1 shot put, not her best, but not bad either. This moved her up to sixth overall going into the long jump portion of the event. She jumped 16-2, a very nice personal best, which moved her up to fifth place with only the 800 meter run to go. Having the best 800 mark in the

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field and knowing she could move up to third with a solid effort, Briner started out near the front of the field of 17, splitting the 200 in 34.8. Going into the backstretch she took the lead, coming through the 400 in 71.2. Tired from the long day of competing the pole vault and the pentathlon events, Briner nevertheless held on for a 2:23.48. Her time moved her up the two spots to third overall with a new MIT record of 3391 points.

Jones was up in 400 final. Earning her way into the fastest of the two section final, Jones got out well in the inside lane, taking the break and splitting 26.2 at the 200. Two of the four passed Jones on the backstretch and final turn and the other passed her in the final few meters. Her 56.72 was her fastest indoor flat track 400 ever. The first section

all ran over 57 seconds, giving Jones fourth place overall.

The final event of the meet was the women's 4x400 relay. Seeded third, based on their banked track time of 3:51.61, the foursome of Simmons, Gross, Briner and Jones were in the fastest of three sections. The fastest time out of the two previous sections was 3:54.78, an impressive time on such a tight turn track. Simmons led off, working her way from the last of four teams to pass off the baton in third, splitting 58.5. Gross lost ground on the handoff, moving back to fourth as she took over the baton duties. Getting out in 26.9 to take back third place, she split 58.4 as she handed off to a very tired Briner. Briner lost a lot of ground to the second place team with her 60.8 400,

but did not relinquish the hold on third. Jones took the baton and proceeded to run a fantastic 57.0, holding off fourth place team. MIT's time of 3:54.84 was .06 behind the time from section two, giving Tech fourth place overall.

Captains for the men in 2010-11 will be: Mitch Kelley, Nick Leonard and Richard Prevost. Stephen Morton was elected MVP for the season and he also was voted the NCAA New England Region Field Athlete of the Year for the indoor season.

Captains for the women will be Kirsten Aarsvold, Hazel Briner, Karin Fisher and Maggie Lloyd. The co-MVPs were Hazel Briner and Portia Jones. Jones also was voted the NCAA New England Region Track Athlete of the Year for the indoor season.

New MIT Indoor Records

Hazel Briner	W -- Varsity Pentathlon	3391
Stephen Morton	M -- Varsity 200	21.92
Portia Jones	W -- Varsity 400	55.98
Pat Marx	M -- Freshmen 500	1:04.32
Pat Marx	M -- Freshmen 600	1:22.86
Brooke Johnson	W -- Freshmen 800	2:18.51
Jackie Wentz	W -- Varsity 1000	2:57.68
Brooke Johnson	W -- Freshman 1000	3:00.77
Brooke Johnson	W -- Varsity Mile	4:57.75
Kyle Hannon	M -- Freshmen Mile	4:11.67
Ken Cooper	M -- Freshmen Weight Throw	53' 3"
Stephen Morton	M -- Varsity Long Jump	23' 9"
Portia Jones	W -- Varsity High Jump	5' 1¾"
Jones, Simmons, Leibovic, Gross	W -- Varsity 800 Relay	1:45.32
Jones, Simmons, Gross, Briner	W -- Varsity 1600 Relay	3:51.61
Burkland, Morimoto, Kaestli, Johnson	W -- Varsity 3200 Relay	9:51.30
Marx, Zewdie, Trimble, Hannon	M -- Freshmen 3200 Relay	7:44.24
Johnson, Jones, Simmons, Gatowski	W -- Varsity DMR	11:55.71

CLASS OF 2014

by Halston W. Taylor

The class of 2014 promises to bring the number on the women's roster in to the 40's for track. The women also fill in the hole in the throwing events with the addition of Brooke Hamilton and Christine Labaza, while gaining a top notch high jumper in Kristine Bunker. The addition of Jackie Konopka in the multis will give us depth in those events.

The men added a couple of throwers in Cody Chamberlain and Derek Vaughn to make up for the losses to graduation. For the first time in many years we are adding in three short and long sprinters in Tyler Singer-Clarke, Michael Duplessis and Jake Jurewicz. The usual multitude of middle distance and distance runners are led by Jay McKenna, Matt Metlitz and Roy Wedge.

We will not replace the loss of national champions Jacqui Wentz and Stephen Morton. Nor will we immediately replace All-America winners, Yermie Cohen and Greg Tao. However, we have significant losses each year. One of many strong characteristics about MIT Track & Field is that when it is needed, people step-up and new stars develop.

Men

Jonathan Abbott	1600-4:26, 800-2:00, 5000-16:53
Justin Bullock	5000-16:49, 1600-4:38, 800-2:04
Cody Chamberlain	SP-48', Disc-134'
Michael Duplessis	400-50.1, 200-22.69, 100-11.53
Ben Frank	5000-18:22
Mac Gager	600-1:24.7, 400-50.2, 800-1:57.29
Brent Johnson	110HH-15.88, 300IH-42.45
Jacob Jurewicz	400-50.9, 200-22.4 split, TJ-43' 4"
Benoit Landry	1500-4:07, 3000-9:09
Jay McKenna	5000-15:47, 1600-4:17
Matt Metlitz	5000-15:47, 3200-9:31, 1600-4:20
Jordan Mizerak	HJ-6' 0", TJ-40' 11", LJ-20"
Jeffrey Prouty	5K-16:28, 1600-4:56, 3200-10:21
Christian Reed	3KST-9:51, 1600-4:28, 800-2:02
Eric Safai	2.95-16:03, 1600-4:25, 800-1:57
Tyler Singer-Clarke	100-10.7, 200-22.65, 400-52.1
Oliver Song	5000-15:52
Derek Vaughn	SP-48', Disc-110'
Roy Wedge	5000-15:51, 3200-9:29, 1600-4:28
Josh Zeidman	3.0-16:14, 1600-4:35, 800-1:59

Women

Kaitlin Allen	5000-18:39, 3200-11:38, 1600- 5:18
Arunima Balan	3000-11:07, 1500-5:14
Jackie Brew	100-12.80, LJ-16' 10", TJ-33' 6"
Emma Broderick	1600-5:17, 800-2:21
Megan Bumgarner	100HH-5.78, 400-58.73, 300IH-45.99
Kristine Bunker	HJ-5' 5', 400-63, 800-2:30
Martina De Geus	5000-19:19, 300IH-49.38, TJ-33' 3"
Sherry Fu	3.0-18:41, 800-2:34, 1600-5:30
Lilian Guevera	400-65, TJ-33' 0"
Brooke Hamilton	SP-38' 7", Disc-109' 7"
Jaclyn Konopka	300IH-46.20, 100HH-15.20, 200-27.89
Christine Labaza	Disc-112' 5", SP-36' 2"
Jennifer Liu	300IH-50.5, TJ-32' 11", LJ-15' 3"
Theresa McHatton	55-7.91, 100-13.4, LJ-14' 11"
Colleen Meehl	5000-19:53, 800-2:34, 1500-5:15
Andrea Nickerson	5000-18:40, 1600-5:11, 800-2:21
Casey O'Brien	1600- 5:21, 800-2:27, 5000-20:32
Claire O'Connell	3.0-18:49, 400-62.90, 300IH-50.01
Olivia Papa	5000-18:47, 3200-11:24, 1600-5:09
Kelly Peterson	3.0-19:13, 3200-12:05
Chandler Schlupf	LJ-15' 2", TJ-30' 2", HJ-4' 8"
Laura Stillwell	800-2:26.2
Cheetiri Smith	800-2:36, 1600-5:44
Alexandra Taylor	5000-20:43, 800-2:25
Louise Van de Huevel	800-2:25, 600-1:43.22, 400-62.3
Kate Wymbs	400IH-66.6, 0200-28.74, PV-10' 0"

COACHES TAYLOR AND BRIGHT WIN AWARDS COACH ORJI LEAVES TO FOCUS ON PhD

by Halston W. Taylor

The success of the athletes and the team brings awards to the coaches as well. All coaching awards are voted on by their coaching peers. Kathrine Bright (jumps coach) was voted Men's New England Region Field Event Coach for the indoor season. Halston Taylor was voted Women's New England Region Cross Country Coach of the Year and the Men's New England Region Indoor Coach of the Year.

Uzoma Orji '06, a four time NCAA Champion has been an assistant throws coach ever since he graduated. He has helped bring the men's throwing program to a level that is arguably the best in New England.

Shot Put

52-5 ½, 49-9 ¼, 46-1 ¾, 44-2 ¾

Discus

163-4, 140-1, 137-3, 135-3, 133-5

Hammer

162-10, 162-9, 158-10, 154-8

Weight

53-8 ½, 53-3, 52-1 ¾, 50-9 ½, 47-5 ¾



Halston Taylor

Katherine Bright

Uzoma Orji

Uzoma will be leaving the program next year to focus on his Ph.D, and will certainly be missed. We will have a difficult time repeating his results.

Todd Linder, the Associate Head Coach of both programs was the head throws coach the past two years and will continue in that position. The hope is that we will find another assistant to help in that area, but at this time a suitable replacement has not been found.

A special thank you goes to the volunteer coaches who give so much time. Without them our program would not be the same as the athletes would not receive the individual attention they currently get.

Returning Coaches and Primary Duties

Halston Taylor	Director Cross Country / Track & Field – all running, hurdling , relays
Todd Linder	Associate Head Coach Track & Field – throws, multis
Patrick Barragan	Assistant Coach – pole vault
Kathrine Bright	Assistant Coach – jumps
Summer Hutcheson	Coach Cross Country / Track & Field – all running
Jeff Paterno	Volunteer Assistant Cross Country / Track & Field
Pete Sampson	Assistant Coach Cross Country / Track & Field - recruiting
Chi-Fong Wang	Volunteer Assistant – javelin
Steve Vaitones	Volunteer Assistant Cross Country / Track & Field (assists with program promotions and track meets)
Justin Kuo	Volunteer Assistant Cross Country / Track & Field (assists with and manages timing systems)

2009-10 CENTURY LIST

by Halston W. Taylor

We truly had a banner year in both giving from our "Friends" and in performance from the teams. In the past year alone we added the four New England Division III championship banners (Women's 2009 for Cross Country, Indoor Track, Outdoor Track and Men's 2010 Indoor Track) as well as the support for the operating budget that includes the spring trip. For next year, we already have a pledge of \$15,000 for an [Alter-G Anti Gravity Treadmill](#), which is half of the needed cost. We are also continuing to try to endow both the Spring Trip and the Full-time Assistant Coach Salaries.

I know I say this every year, but we truly could not achieve what we do if it were not for your incredible generosity. So thank you alumni and parents.

Anyone wishing to contribute can do so online by going to <http://giving.mit.edu/> and entering one of the following account numbers:

Friends of Women's cross country	2641900
Friends of Men's cross country	2641800
Friends of Women's track and field	2648900
Friends of Men's track and field	2648100
Leaver and Morrison T & F Endowment	3652825
Awards Fund	2739705

Total dollars in donations: \$66,352.26

Men's Track and Field: \$37,144.28

Women's Track and Field: \$10,844.98

Men's Cross Country: \$6,650

Oscar Hedlund Fund: \$5,000

Awards Fund: \$3,880

Scoreboard Fund: \$878

\$5000 or more in gifts

Mrs. Gowri R. Grewal
Mr. Paul S. Grewal
Mr. William J. Nicholson
Dr. Frank C. Richardson
Dr. Katherine A. Richardson
Dr. Donald E. Shobrys

\$1000 - \$5000 in gifts

Dr. Lewis Chamoy
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Craig D. Mielcarz
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Mrs. Lottie W. Cohen
Dr. Yoram Cohen
Mr. Robert M. Collins Jr
Mr. Daniel J. Corcoran III

(Continued on page 21)

...CENTURY LIST*(Continued from page 20)*

Dr. Sharlene M. Day
 Mr. Michael E. DeMassa
 Mr. Gordon J. DeWitte
 Dr. John J. Dillon
 Terry A. Dorschner
 Mr. Mark W. Dunzo
 Mr. Robert J. Eve
 Mr. Joshua D. Feldman
 Mr. Thomas A. Goddard
 Dr. Thomsen J. Hansen
 Mr. Roger A. Hinrichs
 Mr. Junius K. Ho
 Mr. Hung Q. Hoang
 Dr. Edward P. Hoffer
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 Mr. Elliot E. Hui
 Mr. Sohail N. Husain
 Emily Hwang
 Mr. Nikhil Iyengar
 Mrs. Patricia R. Jepsen
 Mr. Robert E. Jepsen
 Mr. Neal P. Karchem
 Mr. David S. Kelman
 Mr. Apraham A. Khatchadourian
 Eric A Khatchadourian
 Mrs. Susan M. Khatchadourian
 Dr. David B. Kieda
 Mr. George W. Kimball
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 David E. Kloster
 Mr. Michael A. Knewtson
 Mr. Kalpak D. Kothari
 Mr. Joseph S. Kowalski
 Adeline Ling Kuo
 Dr. Paul J. Kuzmenko
 Mr. Albert K. Lau
 Stuart S. Laval
 Jeffrey C. Lukas MD
 Ms Christine C. Lyons
 Mr. Michael C. Lyons
 Mr. Ayisi B. Makatiani
 Mr. John W. Martin
 Gerardo Martinez
 Yuval Mazor
 Ms Annmarie McAninch
 Mr. Daryl L. Merrett
 Mr. William C. Mogensen
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 Dr. James R. Yankaskas
 Mr. Robert C. Zak Jr

MIT'S NCAA CHAMPIONS

by Pat Sullivan '71

On May 28th and 29th Stephen Morton and Jacqui Wentz joined the ranks of NCAA Division III national champions. Morton's victory in the long jump made him the 12th MIT track athlete to achieve the honor, while Wentz dominated the steeplechase to become 13th on that list, and the first ever from the women's squad.

Stephen Morton '10 compiled an impressive record during his time at MIT, including six consecutive wins in the long jump at the New England Division III Championships (indoors and outdoors from 2008 through 2010) and breaking Stanley Johnson's varsity long jump record that had been standing for 74 years, but up until the final meet of his collegiate career, the national championship had eluded him. At the indoor Nationals this year he very nearly made it, placing 2nd in the triple jump, just one-quarter inch behind



Stephen Morton '10 making the winning leap of 23' 9" in the NCAA Division III National Championship at Baldwin Wallace College in Berea, OH.

the winner, but still had to go home without a gold medal. So when his chance came at the outdoor meet, he immediately took control, leading the preliminary flights with a jump of 23' 9", and hitting the same mark again in the finals. The best distance posted by any of his competitors was 23' 7½", making Morton the 2010 Division III long jump champion. Stephen also placed third in the triple jump, scoring 16 of MIT's 27 points, and was named Outstanding Men's Field Athlete of the meet.

In addition to the outdoor long jump record of 24' 2¼", Morton set new varsity records in the outdoor triple jump (49' 7¾"), outdoor 100m (10.79), indoor triple jump (49' 4¼"), indoor long jump (23' 9"), and indoor 200m (21.92). He also led the team in scoring for seven of his eight seasons, missing only outdoors during his sophomore year, when he was second to senior captain Anthony Teixeira by just 4 points.

Jacqui Wentz '10 had triple duty at the Division III Nationals, running the 1500m, 3000m steeplechase, and a leg of the 1600m relay. Though she was seeded higher in the 1500m than in the steeplechase (first seed for the 1500m and second seed in the 3000m SC), her potential to become the steeplechase champion was clearly demonstrated by her progress in the event over the past few years. Despite the fact that she had been participating in track since her freshmen year in high school, Wentz only began running the steeplechase as a sophomore at MIT. Her best time that year (2007)



Jacqui Wentz '10 dominates the field in the NCAA Division III Steeplechase to become MIT's first women's track and field national champion.

was 11:00.50. The next year, she won the New England Division III meet in 10:47.46, then sliced another 15 seconds from her personal best to place fourth in the NCAA Division III Championship in a new MIT varsity record of 10:32.61. This year she won the steeplechase in the New England Division III Championship and the ECAC Championship, posting a new PR of 10:22.32 in the latter. After a string of wins and continually improving times like that, it's not surprising that Jacqui took control of the National Championship race, pulling away from the field over the last three laps to win in a time of 10:16.16, 14 seconds ahead of the second place finisher.

As if once again lowering the MIT varsity record and becoming the first women's track national champion weren't enough, Jacqui continued to race in the weeks following the Nationals, making

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POLE VAULTERS' JOURNEYS – PART 10

by Sam Sidiqi '99 (aka Rambo) and
Bill Singhose '90 (aka Singhugue)

Vaulter Journeys – where Vaulters sally forth to gorge on tasty food and accomplish unusual athletic feats – are mostly seen as fun distractions by observers. However, do not dismiss these journeys as wasteful follies, as a good vaulter journey can provide solutions to real-world problems. In the most recent vaulter journey, a novel cull-the-herd technique was developed. Rambo then attempted to employ the method to downsize his company, which like many others, was hit hard by last year's downturn.

Rambo was living in Switzerland, coming to the end of a 3-year assignment in Basel, a nice quiet little city in the Northwest of the country that borders both Germany and France. Professor Singhugue invented a ruse to visit some collaborating professor in Zurich so that he could enjoy the beautiful scenery and partake in a Swiss vaulter journey.

Many readers are familiar with past vaulter's journeys, and similar feats were accomplished this time around. Switzerland is beautiful terrain best seen by athletic endeavor. Forest runs were complimented by competitions of "first to 100 pull ups". Mountain hikes, and a good mix of road and mountain biking provided the requisite physical exertions to balance the calorie intake of the inevitable gorgings. Indeed, when it came to food, the vaulters were well cared for. Swiss cheeses are good for filling bellies, the best being a hot, melting raclette



Aided by a "conveniently scheduled" academic boondoggle, Singhugue joined Rambo by the idyllic Swiss Rhine for the latest in the series of Vaulters' Journeys.

cheese served with boiled potatoes and pickles.

Also worthwhile was a trip to the Olympic museum in Lausanne where interesting track paraphernalia are on display. The center alter piece is a set of Pole Vault standards and cross bar set to Sergey Bubka's record. They also have all the Olympic torches, and spikes from some of the more famous track stars. Fortunately, the visit was the day before the Lausanne Golden league meet, and numerous track stars including Asafa Powell and Lolo Jones were on hand for pictures, autographs, and general banter. No famous vaulters though.

The key event of this vaulter journey, and the one with most applicability to the business world, was the Rhine Swim. The Rhine, more famous as a German river, actually originates in the frigid Swiss mountains. It then traverses between Switzerland and

Germany before becoming the border of France and Germany. A good vaulter workout is one that includes the local monuments as a backdrop; a Rhine Swim is even better, as the Rhine takes center stage. After a good run to warm up, the vaulters tossed their shirts and shoes in a plastic bag and jumped in. The water is cold, moves fast, and has good obstacles like boats, bridges, and hard metal buoys. There are also hazardous on-shore distractions – Swiss men overindulge in naked sunbathing. A vaulter hampered with a cramp could easily be culled. It is hard to statistically validate this possibility – there were only two vaulters on this trip and they only did two Rhine swims. Had they done more, there surely could have been a casualty (please refer to 18.05 or 14.30 for further explanation).

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...MIT'S NCAA CHAMPIONS

(Continued from page 22)

another remarkable improvement of 12 seconds. That brought her PR down to 10:04.76, the fastest ever for a Division III runner and qualifying her for the USATF National Championship. At the USATF meet she ran a 10:05.64 in her trial heat, easily maintaining fourth position to automatically qualify on place for the final. The final proved more difficult, with hot, windy conditions and a slow early pace that picked up abruptly during the second lap. Despite feeling the strain of the increased pace, Jacqui hung on to finish eighth in 10:12.46, just five seconds behind the Division I national champion, Bridget Franek of Penn State.

The NCAA Division III Championship for outdoor track

and field was first held in 1974, and the indoor version of the meet was initiated in 1985. Since that time, 13 MIT track and field athletes have become Division III national champions, and one, Uzoma Orji, achieved the honor four times.

Uzoma Orji '06 collected his fourth national title when he heaved the shot 60' 2.5" at the NCAA Division III Outdoor Track and Field Championship in Lisle, Ill. The mark was a new personal best, MIT varsity record, Division III Championship meet record, and a Village of Lisle-Benedictine University Sports Complex record. He also finished second in the hammer throw with a mark of 198' 4", accounting for all of MIT's 18 points, putting the team in a tie for 15th place out of 66 teams.



Uzoma Orji '06 unleashes the winning throw in the shot put at the 2004 Division III National Championships. This was the first of four times that Orji would claim the Division III national champion title .

NCAA Division III National Champions

2010	Stephen Morton	Outdoor Long Jump
2010	Jacqui Wentz	Outdoor Steeplechase
2006	Uzoma Orji	Outdoor Shot Put
2006	Uzoma Orji	Indoor Shot Put
2005	Uzoma Orji	Indoor Weight Throw
2004	Uzoma Orji	Indoor Shot Put
1997	John Wallberg	Indoor Weight Throw
1994	Ethan Crain	Outdoor 1500m
1991	Mark Dunzo	Indoor 400m
1990	Ayisi Makitiani	Indoor 400m
1989	Scott Deering	Indoor Weight Throw
1989	Bill Singhose	Outdoor Decathlon
1985	Pat Parris	Indoor Weight Throw
1982	Dave Kieda	Outdoor Hammer
1977	Frank Richardson	Outdoor 10000
1974	John Pearson	Outdoor Hammer

Orji still holds all the MIT varsity weight records:

Indoor Shot - 59' 6¼"
 Indoor Weight - 65' 1½"
 Outdoor Shot - 60' 2½"
 Outdoor Hammer - 205' 9"

John Wallberg '96 earned his national championship at the 1997 NCAA Division III indoor meet held at the University of Wisconsin - Oshkosh. John had the best mark (60' 2") entering the competition, but got off to a poor start. A slow circle, combined with John's late step-in led to a sub par 55' 10" throw in the trials. This not only gave others hope, but put John in second behind a Bates thrower with 56' 4".

After correcting the technique problem during the ensuing warm-up period, John's first throw in the finals was a 59' 4" effort. No one else in the finals came close to that mark, and John won by 3 feet. On his last

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...MIT'S NCAA CHAMPIONS



Ethan Crain '96, the 1994 Division III national 1500m champion is shown here finishing in the MIT Varsity/Alumni Cross Country meet

[*\(Continued from page 24\)*](#)

two throws, John attempted to go for the MIT Record of 61' 4", but fell short of that goal.

John finished his MIT career with the freshman record in both the weight and hammer, as well as the varsity record in the hammer. He competed in the National Championships all but his freshman year indoors. He finished 6th indoors his sophomore year for his first All-America Award. His junior year he was 4th indoors and 3rd outdoors. His senior year, John red-shirted his indoor season, but took 2nd outdoors.

Ethan Crain '96 won the NCAA Division III 1500m in the championship meet at North Central College in Naperville, IL. Crain, who was seeded eighth in the event entering the meet,

covered the distance in 3:52.52 to earn the title. It was a tactical race, with a slow start and a marked quickening of the pace in the second half, yielding split times of 66, 2:09, 3:06, and 3:52.

Ethan continued to run after graduating, and achieved PRs of 3:48.69 for 1500m, 8:21.07 for 3000m, and 14:32.29 for 5000m. An achilles tendon injury led to a long hiatus from competitive running, but he has returned to training in the past few years. You can follow his workouts at runcrain.blogspot.com.

Mark Dunzo '91 earned gold in the 400-meter competition at the 1991 indoor championship meet held at Wesleyan University in Middletown, CT. MIT standout, Ayisi Makatiani, took the indoor 400m crown in 1990, and Mark was determined to continue the tradition.. He went right to work on Friday evening in his qualifying heat, winning the race easily from lane 5.

Dunzo's qualifying time of 49.80, the only sub-50 in the preliminary 400 heats, set up a final race against Lincoln rivals Rodney Moore and Lincoln Townsend the next day. Moore and Townsend finished one-two in the first 400 qualifying heat.

As it turned out, Mark's hard work in the shorter sprints during the season helped him to take control of the race right from the start. He blasted out of the lane 3 blocks, making up the stagger on the first backstretch, and easily won the race to the break. Leading by 10 meters at the 300-meter mark, Dunzo cruised home.



Mark Dunzo '91 was the 1991 national champion in the indoor 400m. He was also a member of the indoor 1600m and outdoor 400m and 1600m relay teams that still hold the MIT varsity records

Along with his national title, Mark held school records in the indoor 55m and 200m races, the indoor and outdoor 1600m relays and the outdoor 400m relay.

Ayisi Makatiani '90 became national champion with a strong win in the 400 meters, leading from start to finish, at the 1990 indoor Division III National Championship. The meet was held at Smith College in Northampton, MA, and Makatiani's time of 48.46 was a personal best for him on an unbanked track. The win was a welcome change from the unprecedented streak of bad luck that seemed to plague the team throughout the meet.

On paper, this squad had a good chance of becoming MIT's first Division III National Team Champions, but two places lost by one centimeter (one in the

[*\(Continued on page 26\)*](#)

...MIT'S NCAA CHAMPIONS



Bill Singhose '90 was the 1989 Division III national champion in the decathlon. His winning point total of 7206 is still the MIT varsity record.

[\(Continued from page 25\)](#)

weight throw and one in the long jump) and a dropped baton in the trials of the 1600m relay (where MIT had the second seed), kept that from happening. They still finished second, just 5½ points behind Lincoln University, but it was hard not to think about the championship that might have been theirs.

Makatiani is one of the most talented runners ever to compete for MIT. He still holds varsity indoor records in the 400m (48.46), 500m (1:02.75), and 1600m relay (3:15.74), and outdoors in the 400m (46.84), 400m relay (41.63) and 1600m relay (3:12.7).

Scott Deering '89 took first place in the 35-pound weight throw at the 1989 indoor NCAA Division III Championships, held at Bowdoin College.

Deering set a facility record in the weight throw with a toss of 59' 5¾", outdistancing Peter Goodrich of Bates College by more than 2½ feet.

Deering's second throw of the competition turned out to be enough to take the gold medal, but he said he would have been happier had he surpassed the MIT record. Patrice Parris '85 had hurled the weight 61' 6" four years earlier to break a 29-year-old MIT record.

Deering had an impressive string of wins in championship competition in 1989, including first places at the Greater Boston Championship and the ECAC Championship.

Bill Singhose '90 set a new MIT decathlon record of 7206 points (which still stands today) in the NCAA Division III National Championship Track Meet, held at North Central College in Naperville, IL. Along the way to his decathlon win, Singhose took first in the long jump (23' 4¾") and the pole vault (14' 9"); second in the discus, javelin, and high hurdles; third in the shot put and 400 meters; fourth in the 100 meters and 1500 meters; and sixth in the high jump. He set personal bests in the long jump, 100 meters (11.24), shot put (40' 9") and discus (123' 8").

Singhose who led by 100 points after the first day, put the competition away with his pole vault on the second day. His winning decathlon total was 512 points greater than his nearest competitor, Kevin Luthy of Case Western Reserve.

Patrice Parris '85 hurled the

35-pound weight 60' 7¼" on his second throw to take first place at the 1985 NCAA Division III Indoor Track and Field Championships at Bates College. His win made Parris the fourth MIT athlete to become a Division III track and field champion. Just two weeks earlier, Parris broke the 29-year-old MIT record when he threw the weight 61' 6" to take fourth at the IC4A Championships at Princeton. The previous record (61' 2½") had been held by John Morefield '56.

Dave Kieda '82 became MIT's third Division III national champion when he won the hammer throw in the 1982 championship meet in Naperville, IL. His winning toss was 176' 9", 3½ feet ahead of second place finisher, Dan Mlodozienec from SUNY Fredonia. Dave was the second MIT weight man to win a national championship event. John Pearson started the tradition when he took the hammer title in 1974. In later years, four more weight men would achieve national champion status, and account for nearly half (6 out of

[\(Continued on page 27\)](#)



Dave Kieda '82 was the 1982 Division III national champion in the hammer throw.

...MIT'S NCAA CHAMPIONS



The first Division III national champion's plaque awarded to an MIT athlete was this one John Pearson received for his victory in the 1974 hammer throw.

[\(Continued from page 26\)](#)

13) of all MIT Division III Track and Field national champions.

Frank Richardson '77 concluded his MIT career with a first place finish in the 10,000m in the NCAA Division III Track Championships at Calvin College in Grand Rapids, MI. Richardson ran the distance in 29:50.92, over 40 seconds ahead of second place finisher Bill Strain of Millersville State. The victory qualified Richardson for the NCAA Division I Championships at the University of Illinois where he placed eleventh in a world class field. Kenyan Samson Kimombwa won the race in a new NCAA record time of 28:10.27, and U.S. distance star, Craig Virgin took second. Later that month,

Kimombwa would set the world record of 27:30.5 in Helsinki, Finland.

Richardson still holds the MIT varsity 10,000m record of 29:39.8, and if the old non-metric records were still maintained, would also have records in the indoor two-mile and three-mile, and outdoor three-mile and six-mile. He continued to compete at a high level after graduation. In 1980 he won both the USATF National Marathon in Cupertino, CA with a time of 2:13:54 and the Chicago Marathon in 2:14:04.

John Pearson '74 was the first MIT track and field athlete to become a Division III national champion. The NCAA initiated the separation of track and field competition into three divisions in

1974, and John was ready to take advantage of the opportunity to grab the title. The meet was held at Eastern Illinois University in Charleston, IL. John won the hammer throw with a toss of 170' 4", which also became the Division III record. His closest competitor was Joe Gould from Queens College (CUNY) who placed second at 166' 0".

In 1973, before there was a Division III, John competed in the "College Division" nationals, which included the schools which would later make up Division II. In that meet he placed 5th to earn All-America status.

Pre-Division III

The MIT intercollegiate Track and Field and Cross Country programs predate NCAA's formation of their Division III by many years. Prior to that time, MIT athletes had to compete against much larger schools (those now in Division I and II) in national championship events. So what about those athletes that might have been Division III champions if the competition had been organized then the way it is now? There's no question about including one past MIT runner who wasn't a Division III champion in the list, and that is Henry Steinbrenner '27. Steinbrenner was the NCAA national champion in the 220 hurdles competing against all NCAA athletes, regardless of the size of their respective schools.

In the next issue of the newsletter, we'll dig up all of the pre-Division III performances we can find and try to crunch the numbers to compare those athletes with our current Division III champions. It should give us an interesting list of competitors who deserve to be recognized as champions in their own right, as well as some insight into what the championship meet experience was like in earlier times as compared with today.

...POLE VAULTERS' JOURNEYS



Swiss men, when indulging in their favorite form of sunbathing, can pose a serious threat to unsuspecting vaulters during a Rhine swim. This sunbather is poised to hit the banks of the Rhine and liberally spread visual assaults to passing vaulters.

[\(Continued from page 23\)](#)

Culling the herd is a powerful vaulter concept used to make the group stronger. In an economic downturn, as companies face huge revenue losses – culling the herd becomes an essential task. Rambo had to figure out how to downsize his company. Many so-called consultants, or any MIT alum who has taken some Sloan classes, will look at employment reviews, productivity, or revenue generated to determine who should be fired. Vaulters prefer to use methods more tightly linked to their own view of success. So, later that summer at the global board meeting for his firm, Rambo trumpeted how enjoyable and relaxing a swim in the Rhine would be. Global board meetings are a perfect place for culling the herd. Each member lost is a large savings,

and due to age of the participants, you are much more likely to get some type of medical failure or physical weakness to aid the culling.

So, off went the Global Board to the Rhine. They stripped down, jumped in, and began to enjoy. There were 3 near losses. One near victim completely lacked the ability to swim. After some hundred yards of almost drowning, while holding onto a floaty, this board member was saved by some lifeguards in a rescue boat (this group greatly hampered Rambo's effort at downsizing). Another potential "early retiree" was almost caught in some metal poles and then narrowly escaped the vortex suction next to a bridge support. The lifeguards could not save this one, and based on Rambo's observations this one only survived via preternatural intervention. The

last potential victim only got 90% of the way to a heart attack in his struggle to fight the current and swim to shore. So, Rambo's attempt to cull the herd was unsuccessful. If he had stayed awake in 14.30, he might have realized that he needed more targets in the water, a longer course, and of course, no lifeguards.

The Europe division of Rambo's company still had to make its savings numbers, so the only choice was to redeploy resources. Rambo was transferred from a cushy regional job in Switzerland to the front lines of Kabul, Afghanistan. Next time Rambo goes for a cost savings initiative, he will ensure no Swiss guards are present. Singhuge, and other willing members of the MIT vaulting and track tribe are hereby invited to Afghanistan; clearly one of the best culling environments around.

SEASON STATISTICS**WOMEN'S CROSS COUNTRY****2009 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	16
Engineers' Cup (RPI,WPI)	Saratoga Park	1st	22
UMass Dartmouth Invitational	UMass Dartmouth	1st of 42	60
Codfish Bowl	Franklin Park	3rd of 23	129
Keene State Invitational	Keene State	3rd of 12	90
NEICAAA Championships	Franklin Park	4th of 49	217
Emmanuel Invitational	Franklin Park	1st of 19	15
NEWMAC Championship	Franklin Park	1st of 10	18
New Eng. Div. III Reg. Champ.	Twin Brooks	1st(tie) of 47	63
NCAA Div. III Championship	Baldwin Wallace College	5th of 32	254

2010 SCHEDULE

9/04	Alumni Meet	Franklin Park
9/11	Engineer's Cup (RPI,WPI)	Franklin Park
9/18	UMass Dartmouth Invitational	UMass Dartmouth, N. Dartmouth, MA
9/25	Purple Valley Classic	Mt. Greylock H.S., Williamstown, MA
10/9	NEICAAA Championship	Franklin Park
10/16	Connecticut College Invitational	Harkness Memorial Park
10/30	NEWMAC Championship	Gardner, MA
11/13	New Eng. Div. III Reg. Champ.	Mt. Greylock H.S., Williamstown, MA
11/20	NCAA Div. III Championship	Wartburg College, Waverly, IA

Individual Performances

The chart below contains the number of races in which each athlete competed, and the times and places they achieved in those meets. If a runner completed a competition, her time is entered in the first line of the cell corresponding to that meet. The second line contains the runner's overall finishing position in the race, followed (after a separating comma) by her place relative to just her MIT teammates. In the two meets which included sub-varsity races, the placing information for the sub-varsity runners is prefixed by 'SV'. If the athlete did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators: INJ-injured, SICK-illness, MISS BUS-failed to get to the team bus on time, AB-EX-pre-excused absence, DNR-Did Not Run, DNF-Did Not Finish.

NAME	# OF RACES	ALUMNI 9/5	RPI,WPI 9/12	UMASS DART 9/19	CODFISH 9/26	KEENE ST 10/3	NEICAAA 10/10	EMMANUEL 10/16	NEWMAC 10/31	NE DIV 3 11/14	NCAA 11/21
Allen	6	20:08 6,5	DNR	19:30 SV-5,4	DNR	19:54 23,5	20:02 SV-49,4	19:54 5,4	21:41 48,16	DNR	DNR
Burfield, C.	3	DNR	19:03 5,3	19:14 33,5	SICK	19:54 22,4	INJ	INJ	INJ	INJ	INJ
Burfield, T.	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ
Burkland	5	19:59 4,4	DNR	19:03 SV-1,1	DNR	19:50 21,3	19:21 SV-16,1	DNR	DNF	DNR	DNR
Eve	7	19:36 3,3	DNR	SICK	19:21 16,2	DNR	19:52 149,7	18:50 1,1	19:53 11,7	22:32 24,4	24:06 155,6
Gatowski	7	DNR	18:36 1,1	18:31 10,3	18:30 7,1	DNR	18:48 47,3	DNR	19:33 7,6	22:05 8,3	23:08 51,3
Gordon	6	19:29 2,2	19:09 6,4	19:25 46,6	DNR	DNR	19:30 SV-23,2	DNF	20:15 15,8	DNR	DNR
Holt-Gosselin	1	DNR	INJ	INJ	INJ	INJ	INJ	INJ	21:23 39,14	DNR	DNR
Johnson	6	19:25 1,1	DNR	18:32 11,4	DNR	MISS BUS	19:17 84,5	DNR	19:20 4,3	22:39 28,6	23:58 144,5
Kaestli	6	DNR	19:36 9,6	19:24 SV-3,2	19:44 25,4	DNR	19:42 SV-32,3	19:40 4,3	20:37 21,10	DNR	DNR
Lajoie	6	20:29 10,8	DNR	19:48 SV-8,6	DNR	20:29 40,8	20:33 SV-89,7	20:06 6,5	20:33 18,9	DNR	DNR
Lloyd	6	20:23 8,6	DNR	19:31 SV-6,5	DNR	19:57 24,6	20:07 SV-54,5	20:32 11,6	20:53 25,11	DNR	DNR
Monks	5	DNR	DNR	18:08 5,2	DNR	DNR	18:24 20,2	DNR	18:32 1,1	21:44 3,2	22:29 13,1
Morimoto	8	DNR	18:54 2,2	19:51 65,7	DNR	19:44 18,2	19:36 112,6	19:16 2,2	19:31 6,5	22:38 27,5	23:49 127,4
O'Brien	3	AB-EX	SICK	DNR	20:57 71,5	20:52 50,10	SICK	DNR	20:55 27,13	DNR	DNR
Ohrt	4	20:31 11,9	DNR	20:51 SV-35,8	DNR	20:37 43,9	20:22 SV-72,6	INJ	20:54 26,12	DNR	DNR
Showers	6	DNR	DNR	DNR	19:26 18,3	19:34 13,1	19:01 63,4	DNR	19:21 5,4	23:18 55,7	24:56 222,7
Sprague	4	20:27 9,7	DNR	19:53 SV-9,7	DNR	20:18 33,7	21:06 SV-141,8	INJ	INJ	INJ	INJ
Sun	3	INJ	INJ	INJ	INJ	DNR	21:52 SV-201,9	21:03 20,7	21:28 42,15	DNR	DNR
Wentz	5	DNR	DNR	17:40 1,1	DNR	DNR	18:06 3,1	DNR	18:45 2,2	21:37 1,1	22:43 28,2
Westbrook	2	DNR	19:35 8,5	19:26 SV-4,3	INJ	INJ	INJ	INJ	INJ	INJ	INJ

MEN'S CROSS COUNTRY**2009 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	23
Engineers' Cup (RPI,WPI)	Saratoga Park	1st	25
UMass Dartmouth Invitational	UMass Dartmouth	6th of 37	145
Codfish Bowl	Franklin Park	4th of 18	96
Keene State Invitational	Keene State	5th of 11	114
NEICAAA Championships	Franklin Park	29th of 47	681
Emmanuel Invitational	Franklin Park	1st of 17	20
NEWMAC Championship	Franklin Park	1st of 7	24
New Eng. Div. III Reg. Champ	Twin Brooks	6th of 48	163

2010 SCHEDULE

9/04	Alumni Meet	Franklin Park
9/11	Engineer's Cup (RPI,WPI)	Franklin Park
9/18	UMass Dartmouth Invitational	UMass Dartmouth, N. Dartmouth, MA
9/25	Purple Valley Classic	Mt. Greylock H.S., Williamstown, MA
10/9	NEICAAA Championship	Franklin Park
10/16	Connecticut College Invitational	Harkness Memorial Park
10/30	NEWMAC Championship	Gardner, MA
11/13	New Eng. Div. III Reg. Champ.	Mt. Greylock H.S., Williamstown, MA
11/20	NCAA Div. III Championship	Wartburg College, Waverly, IA

Individual Performances

The chart below contains the number of races in which each athlete competed, and the times and places they achieved in those meets. See page 25 for a detailed description of the data.

NAME	# OF RACES	ALUMNI 9/5	RPI,WPI 9/12	UMASS DART 9/19	CODFISH 9/26	KEENE ST 10/3	NEICAAA 10/10	EMMANUEL 10/16	NEWMAC 10/31	NEDIV 3 11/14
Amarasiriwardena	7	26:56 2,2	DNR	26:18 62,7	DNR	27:15 33,5	26:26 SV-10,1	26:41 6,5	26:34 5,3	26:22 37,3
Arumugam	6	DNR	26:43 1,1	25:05 7,1	25:27 4,1	DNR	25:40 44,1	DNR	25:50 1,1	25:59 20,1
Bourbonnais	6	28:23 13,7	DNR	26:37 SV-12,4	DNR	27:27 43,8	27:21 SV-74,6	27:13 14,9	28:20 35,14	DNR
Conn	6	28:53 19,11	DNR	27:17 SV-32,10	DNR	29:05 95,12	28:17 SV-173,10	27:32 22,13	28:45 42,16	DNR
Daum	5	DNR	29:36 38,14	27:20 SV-35,13	28:04 89,9	DNR	SICK	28:53 43,18	30:51 84,25	DNR
Delgado	2	DNR	28:11 20,7	SICK	SICK	SICK	28:27 SV-189,12	SICK	QUIT	QUIT
Delton	3	DNR	29:21 35,13	SICK	27:01 43,6	DNR	SICK	DNF	DNR-AB	DNR
Erickson, A	6	27:44 10,5	DNR	27:18 SV-33,11	DNR	28:03 66,10	28:39 SV-205,14	26:59 12,8	28:17 34,13	DNR
Forman	1	28:40 17,10	DNR	INJ	INJ	INJ	INJ	INJ	INJ	INJ
Galvin	5	DNR	28:38 27,10	27:46 SV-47,14	SICK	SICK	28:59 SV-225,15	27:59 29,17	29:34 63,24	DNR
Hannon	5	26:48 1,1	DNR	SICK	SICK	26:29 13,1	DNF	DNR	27:41 21,10	28:02 138,7
Harper	6	DNR	INJ	25:35 30,2	SICK	26:49 22,2	26:24 127,3	26:47 8,6	26:48 8,5	26:26 41,4
LaColla	5	DNR	28:40 28,11	27:19 SV-34,12	27:34 69,8	INJ	27:32 SV-101,8	INJ	28:46 43,17	DNR
Marx	5	28:27 16,9	DNR	26:55 SV-20,7	DNR	INJ	27:31 SV-98,7	27:18 16,10	28:04 31,12	DNR
Mattocks	6	DNR	27:24 7,4	25:47 38,4	DNR	27:37 48,9	26:41 157,4	26:21 5,4	27:10 13,8	DNR
McDaniel	6	28:26 15,8	DNR	27:13 SV-29,9	DNR	28:10 72,11	28:05 SV-157,9	27:20 17,11	29:12 54,20	DNR
O'Neil	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ
Petters	3	27:59 12,6	DNR	SICK	26:47 33,4	DNR	INJ	INJ	27:51 24,11	DNR
Phipps	7	DNR	27:13 5,3	25:48 39,5	DNR	26:55 24,3	DNF	26:15 4,3	26:22 3,2	26:28 44,5
Prevost	4	INJ	INJ	26:52 SV-18,6	26:52 36,5	DNR	27:06 SV-54,5	INJ	27:27 17,9	DNR
Puncel	5	DNR	28:21 24,9	SICK	SICK	DNF	28:32 SV-194,13	27:49 27,16	28:27 38,15	DNR
Rotich	1	INJ	INJ	INJ	INJ	INJ	INJ	INJ	29:16 57,22	DNR
Serene	5	DNR	27:35 9,5	26:13 SV-6,3	26:26 23,3	DNR	26:49 SV-31,2	26:14 3,2	26:59 10,7	DNR
Trimble	6	27:35 7,4	DNR	26:12 SV-5,2	DNR	27:24 42,7	27:04 SV-49,4	27:22 19,12	28:54 45,18	DNR
Way	5	DNR	28:55 31,12	26:56 SV-21,8	SICK	MISS BUS	28:18 SV-175,11	27:46 26,15	29:32 61,23	DNR
Weaver	5	DNR	28:13 22,8	26:50 SV-17,5	27:27 65,7	DNR	SICK	27:42 24,14	29:11 53,19	DNR
Welle	7	DNR	27:02 3,2	26:04 47,6	SICK	27:18 37,6	26:56 SV-38,3	26:11 2,1	26:58 9,6	26:03 21,2
Young	5	27:06 4,3	DNR	25:45 35,3	DNR	27:09 27,4	27:44* 249,5	SICK	29:15 56,21	DNR
Zewdie	7	DNR	27:51 16,6	25:41 SV-1,1	26:05 14,2	DNR	26:15 105,2	26:51 9,7	26:42 7,4	26:44 58,6

WOMEN'S TRACK AND FIELD**INDOOR****2009-10 RESULTS****VARSITY**

Won 6, Lost 1

MIT

78

160

210.5

132

OPPONENT

Alumni 40

Bates 127, Colby 97

Bowdoin 159, Tufts 112.5, Colby 90

Williams 208, Coast Guard 15**2010-11 SCHEDULE**

1/8	Alumni Meet	MIT
1/15	Bates, Colby	Bates
1/22	TBA	TBA
1/28-29	Terrier Classic	Boston University
1/29	MIT Coed Invite I	MIT
2/5	Coast Guard, Williams, Moravian	MIT
2/11-12	Valentine's Invitational	Boston University
2/12	MIT Coed Invitational II	MIT
2/19-20	New England Div. III Championship	MIT
2/25-26	NEICAAA Championship	Boston University
3/4-5	ECAC Championship	NYU
3/5-6	IC4A Championship	Boston University
3/11-12	NCAA Div. III Championship	Capital University

VARSITY SCORING & ROSTER

Portia Jones	'12 100.25	Amy Magnuson*	'10 16	Becky Stavely	'11 03
Hazel Briner	'11 77.5	Kirsten Aarsvold	'11 12.25	Victoria Okuneye	'13 02.5
Brooke Johnson	'13 49.75	Lauren Kuntz	'13 11	Emily Kuo	'11 01.75
Jamie Simmons	'12 37.5	Maggie Lloyd	'12 11	Leslie Meyer	'13 01.5
Karin Fisher	'11 36	Missy Showers	'13 11	Caroline Figgatt	'11 01
Jacqui Wentz*	'10 31	Holly Chamberlain	'13 08.5	Chandler Burfield	'13
Martha Gross	'12 29.5	Marie Burkland	'13 07.75	Taylor Burfield	'13
Tania Morimoto	'12 27.75	Anna Holt-Gosselin	'11 07	Kelley Determan	'13
Alina Gatowski	'11 27	Lynn Jepsen	'11 07	Juliann LaJoie	'13
Alicia Kaestli	'12 22.75	Sarah Sprague	'13 07	Jacqueline Sun	'13
Margaret Leibovic*	'10 21.25	Diana Zhu	'13 06	Alex Westbrook	'13
		Laura Allen	'13 04		

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (2nd) 90 points

Hazel Briner	Pentathlon	3379 (1 st)
Portia Jones	55HH	8.34 (1 st)
Jamie Simmons	600	1:37.01 (1 st)
Karin Fisher	Pole Vault	11-05 3/4 (2 nd)
Portia Jones	400	58.13 (2 nd)
Portia Jones, Margaret Leibovic, Martha Gross, Jamie Simmons	800 Relay	1:45.32 (2 nd)
Brooke Johnson	MILE	4:57.75 (3 rd)
Hazel Briner	Pole Vault	11-05 3/4 (4 th)
Martha Gross	400	59.18 (4 th)
Portia Jones	200	26.09 (4 th)
Tania Morimoto	5000	18:16.18 (4 th)
Martha Gross, Jamie Simmons, Emily Kuo, Kirsten Aarsvold	1600 Relay	4:06.54 (5 th)
Marie Burkland, Kirsten Aarsvold, Alicia Kaestli, Missy Showers	Distance Medley Relay	12:37.85 (5 th)
Lynn Jepsen	Pole Vault	10-06 (8 th)
Maggie Lloyd	5000	18:54.18 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (7th) 31 points

Karin Fisher	Pole Vault	12-04 (1 st)
Portia Jones	400	56.13 (3 rd)
Jamie Simmons, Martha Gross, Hazel Briner, Portia Jones	1600 Relay	3:51.61 (3 rd)
Hazel Briner	Pole Vault	11-11 3/4 (4 th)
Jamie Simmons	400	57.04 (5 th)

Eastern Collegiate Athletic Conference (ECAC Division III) (11th) 29 points

Hazel Briner	Pole Vault	12-03 1/2 (2 nd)
Karin Fisher	Pole Vault	11-11 3/4 (3 rd)
Martha Gross	400	59.10 (3 rd)
Portia Jones	55HH	8.40 (4 th)
Brooke Johnson	800	2:18.51 (6 th)
Jamie Simmons	800	2:18.87 (8 th)

National Collegiate Athletic Association (NCAA Division III) (10th) 18.5 points

Hazel Briner	Pentathlon	3391 (3 rd)
Portia Jones	400	56.72 (4 th)
Jamie Simmons, Martha Gross, Hazel Briner, Portia Jones	1600 Relay	3:54.84 (4 th)
Karin Fisher	Pole Vault	12-04 (tie - 6 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Hazel Briner	35-00 1/4
Shot Put	Hazel Briner	37-00 1/4
	Holly Chamberlain	26-02 1/4
Long Jump	Hazel Briner	16-02
	Amy Magnuson	15-04 3/4
Triple Jump	Karin Fisher	33-08
	Amy Magnuson	33-02
Pole Vault	Karin Fisher	12-04
High Jump	Hazel Briner	12-03 1/2
	Portia Jones	5-01 3/4**
	Hazel Briner	5-01
Pentathlon	Hazel Briner	3391 pts.**
	Holly Chamberlain	2575 pts.
55HH	Portia Jones	8.26
	Amy Magnuson	8.62
55	Portia Jones	7.63
	Margaret Leibovic	7.73
200	Portia Jones	25.67
	Martha Gross	27.18
400	Portia Jones	55.98**
	Jamie Simmons	56.70
500	Kirsten Aarsvold	1:21.74
600	Jamie Simmons	1:37.01
	Martha Gross	1:39.66
800	Jacqui Wentz	2:16.86
	Brooke Johnson	2:18.51*
1000	Jacqui Wentz	2:57.68**
	Brooke Johnson	3:00.77*
Mile	Brooke Johnson	4:57.75**
	Jacqui Wentz	4:59.87
3000	Brooke Johnson	10:18.92
	Tania Morimoto	10:23.89
5000	Alina Gatowski	17:42.85
	Tania Morimoto	18:10.43
800R	Jones, Simmons, Leibovic, Gross	1:45.32**
1600R	Jones, Simmons, Gross, Briner	3:51.61**
3200R	Burkland, Morimoto, Kaestli, Johnson	9:51.30
DMR	Johnson, Jones, Simmons, Gatowski	11:55.71**
Varsity Record**		
Freshman Record*		

OUTDOOR**2010 RESULTS****VARSITY**

Won 4, Lost 0

MIT

149.5

167

OPPONENT

RPI 139.5, WPI 107

Bates 129, Colby 109

2011 SCHEDULE

3/19	Northeastern Open	Northeastern University
3/26	Spring Training Trip	Point Loma Spring Meet
4/2	Engineer's Cup (RPI, WPI)	MIT
4/9	Bates, Colby, USM	Bates
4/12-13	Holy Cross Heptathlon/Decathlon	College of Holy Cross
4/16	MIT Spring Invitational	MIT
4/22	Larry Ellis Invitational	Princeton
4/23	TBA	TBA
4/30	NEWMAC Championship	Coast Guard
5/5-7	New England Div. III Reg. Champ.	MIT
5/13-14	NEICAAA Championship	Southern Connecticut State
5/19-20	ECAC Championship	Moravian
5/20	Last Chance Qualifier	TBA
5/26-28	NCAA Div. III Championship	Ohio Wesleyan University

VARSITY SCORING & ROSTER

Hazel Briner	'11 43	Tania Morimoto	'12 09	Lynn Jepsen	'11 02
Portia Jones	'12 36.5	Sarah Sprague	'13 09	Leslie Meyer	'13 02
Jamie Simmons	'12 25.5	Jacqui Wentz *	'10 8.75	Victoria Okuneye	'13 02
Karin Fisher	'11 24	Holly Chamberlain	'13 08	Taylor Burfield	'13
Martha Gross	'12 23.5	Lauren Kuntz	'13 07	Marie Burkland	'13
Margaret Leibovic*	'10 21.5	Laura Allen	'13 05	Juliann Lajoie	'13
Maggie Lloyd	'12 17.25	Kirsten Aarsvold	'11 04.75	Brooke Johnson	'13
Alina Gatowski	'11 16.5	Sara Comis	'13 04	Missy Shower	'13
Alicia Kaestli	'12 14	Caroline Figgatt	'11 04	Becky Stavely	'11
Diana Zhu	'13 12	Emily Kuo	'13 03.25	Missy Shower	'13
Juls Andren*	'10 09	Chandler Burfield	'13 02	Alex Westbrook	'13

* Captain

CHAMPIONSHIPS**New England Women's and Men's Athletics Conference (NEWMAC)** (1st) 197.5 points

Alina Gatowski	10,000	40:07.46 (1 st)
Portia Jones	100HH	14.73 (1 st)
Jamie Simmons	400IH	63.85 (1 st)
Jamie Simmons	400	57.49 (1 st)
Jacqui Wentz	1500	4:37.77 (1 st)
Jacqui Wentz	800	2:17.81 (1 st)
Laura Allen	5000	18:56.55 (2 nd)
Martha Gross	400	58.55 (2 nd)
Portia Jones	400IH	65.46 (2 nd)
Portia Jones	High Jump	5-01 (2 nd)
Maggie Lloyd	3000SC	11:40.40 (2 nd)
Margaret Leibovis, Martha Gross, Jamie Simmons, Portia Jones	400 Relay	48.65 (2 nd)
Emily Kuo, Martha Gross	1600 Relay	4:02.52 (2 nd)
Kirsten Aarsvold, Jamie Simmons		
Karin Fisher	Pole Vault	11-02 ½ (3 rd)
Brooke Johnson	1500	4:47.34 (3 rd)
Portia Jones	100	12.52 (3 rd)
Sarah Sprague	10,000	41:07.27 (3 rd)
Hazel Briner	100HH	15.91 (4 th)
Martha Gross	200	26.35 (4 th)
Alicia Kaestli	1500	4:54.97 (4 th)
Lauren Kuntz	Pole Vault	10-08 ¾ (4 th)
Kirsten Aarsvold	400IH	69.59 (5 th)
Hazel Briner	Pole Vault	10-08 ¾ (5 th)
Karin Fisher	Triple Jump	33-05 ¼ (5 th)
Tania Morimoto	1500	4:57.53 (5 th)
Victoria Okuneye	High Jump	4-09 (5 th - tie)
Hazel Briner	Long Jump	16-07 1/4 (6 th)
Hazel Briner	Shot Put	35-03 (6 th)
Margaret Leibovic	100	13.01 (6 th)
Alicia Kaestli	800	2:24.86 (7 th)
Margaret Leibovic	200	27.20 (7 th)
Juls Andren	Hammer	119-11 (8 th)
Hazel Briner	200	27.44 (8 th)
Hazel Briner	High Jump	4-09 (8 th)
Brooke Johnson	800	2:25.01 (8 th)
Diana Zhu	Triple Jump	31-07 1/4 (8 th)

New England Division 3 (NE Div. 3) (2nd) 120.5 points

Portia Jones	200	24.70 (1 st)
Jamie Simmons	400IH	63.29 (1 st)
Jacqui Wentz	3000SC	11:07.42 (1 st)
Jacqui Wentz	800	2:12.92 (1 st)
Jamie Simmons, Martha Gross, Hazel Briner, Portia Jones	1600 Relay	3:56.06 (1 st)
Hazel Briner	Heptathlon	4262 (2 nd)
Karin Fisher	Pole Vault	11-07 3/4 (2 nd)

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Alina Gatowski	10,000	37:37.39 (2 nd)
Portia Jones	100HH	14.43 (2 nd)
Jamie Simmons	400	57.08 (3 rd)
Portia Jones, Jamie Simmons,	400 Relay	48.44 (3 rd)
Margaret Leibovic, Martha Gross		
Portia Jones	400	57.21 (4 th)
Lauren Kuntz	Pole Vault	10-08 (5 th)
Alicia Kaestli, Maggie Lloyd,	3200 Relay	9:37.47 (5 th)
Emily Kuo, Jacqui Wentz		
Hazel Briner	Pole Vault	10-08 (6 th - tie)
Martha Gross	400	57.95 (6 th)
Maggie Lloyd	3000	11:31.93 (6 th)
Tania Morimoto	10,000	38:07.84 (6 th)
Sarah Sprague	10,000	39:03.81 (7 th)
Martha Gross	200	25.77 (8 th)

New England Intercollegiate Amateur Athletic Association (NEIAAA) (8th) 37 points

Portia Jones	400	56.79 (1 st)
Jamie Simmons, Martha Gross,	1600 Relay	3:48.62 (2 nd)
Kirsten Aarsvold, Portia Jones		
Portia Jones	200	24.70 (3 rd)
Jamie Simmons	400IH	62.39 (3 rd)
Karin Fisher	Pole Vault	11-05 3/4 (5 th)
Martha Gross, Portia Jones,	400 Relay	48.65 (7 th)
Margaret Leibovic, Jamie Simmons		
Lauren Kuntz	Pole Vault	10-11 3/4 (8 th)

Eastern Collegiate Athletics Conference (ECAC) (2nd) 66 points

Hazel Briner	Heptathlon	4378 (1 st)
Portia Jones	100HH	14.44 (1 st)
Portia Jones	400IH	1:01.34 (1 st)
Jacqui Wentz	3000SC	10:22.32 (1 st)
Jamie Simmons, Jacqui Wentz	1600 Relay	3:54.07 (2 nd)
Martha Gross, Portia Jones		
Tania Morimoto	10,000	36:34.11 (3 rd)
Margaret Leibovic, Portia Jones	400 Relay	48.66 (3 rd)
Martha Gross, Jamie Simmons		
Karin Fisher	Pole Vault	11-01 3/4 (4 th - tie)
Hazel Briner	Pole Vault	11-01 3/4 (7 th)

National Collegiate Athletic Association (NCAA) (3rd) 37 points

Jacqui Wentz	3000SC	10:16.16 (1 st)
Jamie Simmons	400IH	61.01 (2 nd)
Jamie Simmons, Jacqui Wentz	1600 Relay	3:44.49 (2 nd)
Martha Gross, Portia Jones		
Portia Jones	100HH	14.29 (5 th)
Jacqui Wentz	1500	4:28.91 (5 th)
Portia Jones	200	24.28 (6 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Juls Andren	121-01
Shot Put	Hazel Briner	36-02 1/4
Discus	Juls Andren	114-06
Javelin	Hazel Briner	85-00
	Lynn Jepsen	78-07
Long Jump	Hazel Briner	17-02
	Sara Comis	16-06
Triple Jump	Karin Fisher	34-06 1/4
	Diana Zhu	32-05 1/2
Pole Vault	Karin Fisher	12-02 3/4
	Hazel Briner	11-05 3/4
High Jump	Portia Jones	5-01
	Hazel Briner	4-11
Heptathlon	Hazel Briner	4378**
100HH	Portia Jones	14.07**
	Hazel Briner	15.67
100	Portia Jones	12.50**
	Margaret Leibovic	12.89
200	Portia Jones	24.28**
	Martha Gross	25.77
400	Portia Jones	55.83**
	Jamie Simmons	57.08
400IH	Jamie Simmons	60.52**
	Portia Jones	61.34
800	Jacqui Wentz	2:12.92**
	Hazel Briner	2:19.49
1500	Jacqui Wentz	4:25.43**
	Brooke Johnson	4:47.34
3000SC	Jacqui Wentz	10:04.76**
	Maggie Lloyd	11:19.26
5000	Alina Gatowski	17:22.81**
	Tania Morimoto	18:19.03
10,000	Alina Gatowski	36:11.12**
	Tania Morimoto	36:34.11
400R	Leibovic, Gross, Simmons, Jones	48.44**
1600R	Simmons, Gross, Jones, Jones	3:44.49**
3200R	Lloyd, Kuo, Kaestli, Wentz	9:37.47
Varsity Record**		
Freshman Record*		

MEN'S TRACK AND FIELD**INDOOR****2009-2010 RESULTS****VARSITY**

Won 8, Lost 0

MIT77
223.5
264
192.5**OPPONENT**Alumni 45
Bates 125.5, Colby 29
Springfield 108, Bowdoin 92, Tufts 74, Colby 14
Williams 136.5, Coast Guard 47**2010-2011 SCHEDULE**

1/8	Alumni Meet	MIT
1/15	Bates, Colby	Bates
1/22	TBA	TBA
1/28-29	Terrier Classic	Boston University
1/29	MIT Coed Invite I	MIT
2/5	Coast Guard, Williams, Moravian	MIT
2/11-12	Valentine's Invitational	Boston University
2/12	MIT Coed Invitational II	MIT
2/19-20	New England Div. III Championship	Tufts
2/25-26	NEICAAA Championship	Boston University
3/4-5	ECAC Championship	NYU
3/5-6	IC4A Championship	Boston University
3/11-12	NCAA Div. III Championship	Capital University

VARSITY SCORING & ROSTER

Stephen Morton*	'10 107	Mitch Kelley	'11 18	Davey Hunt	'12 04.5
Kyle Hannon	'13 36	G. Amarasiriwardena	'11 17	Chaz Sims	'13 04
Mattias Flander	'11 32	Paul Welle	'11 17	Ian Fischer	'12 03.5
John Granata	'11 30.25	Logan Trimble	'13 15	Tim Galvin	'13 03
Tony McDonald*	'10 29	Ken Cooper	'13 13	Yida Gao	'13 02
David Way	'13 28	Greg Tao*	'10 13	Justin Schmidt	'10 01
James Oleinik	G 25	Andrew Musac	'11 11	Jackson Wirekoh	'13 01
Gil O'Neil	'13 25	Matt Falk	'12 09	Matt Barron	'13 00.5
D.J. Ronde	'13 24.25	Ben Mattocks	'12 09	Jack Bourbonnias	'10
Pat Marx	'13 23.25	Bill Phipps	'10 09	David Choi	'13
Chinedum Umachi	'12 23	Andrew Erickson	'12 08.75	Brendan Ensor	'12
Joshua Duncavage	'13 22	Dawit Zewdie	'13 08.25	Travis Hery	'11
Nathan Peterson	'12 22	Matt Weaver	'12 08	Patrick McDaniel	'13
Hemagiri Arumugam*	'10 21	Logan Daum	'11 07	Cory Monroe	'13
Stephen Serene	'12 20.25	Adam Mustafa	'11 07	Dmitrij Petters	'13
Nick Leonard	'11 20	Kahlil Dozier	'12 06.5	Michael Puncel	'12
Rene Peters	'13 18	Dan Harper	'12 06	James Rotich	'12
Brian Djaja	'13 18	Richard Prevost	'11 05	Jacob Young	'13

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (1st) 132.5 points

Stephen Morton	Long Jump	23-09 (1 st)
Stephen Morton	200	22.38 (1 st)
Stephen Morton	Triple Jump	49-04 1/4 (1 st)
Greg Tao	Pole Vault	15-09 1/4 (1 st)
Richard Prevost, Pat Marx, Dawit Zewdie, Kyle Hannon	DMR	10:21.06 (1 st)
James Oleinik	Shot Put	49-08 1/4 (2 nd)
Richard Prevost	1000	2:31.10 (2 nd)
Ken Cooper	Weight Throw	53-03 (3 rd)
Nathan Peterson	Pole Vault	15-03 (3 rd -tie)
Hemu Arumugam	3000	8:44.03 (4 th)
Matt Falk	High Jump	6-2 (4 th)
Pat Marx	600	1:22.86 (4 th)
Chinedum Umachi	Weight Throw	53-01 3/4 (4 th)
Paul Welle	5000	15:22.85 (4 th)
Brian Djaja	55H	7.93 (5 th)
Stephen Morton	55	6.59 (5 th)
Bill Phipps, Stephen Serene, Gil O'Neil, Logan Trimble	3200 Relay	8:00.94 (5 th)
Mattias Flander	Triple Jump	44-6 3/4 (6 th)
Anthony McDonald	Shot Put	46-03 1/2 (6 th)
Bill Phipps	1000	2:34.06 (6 th)
Rene Peters	55	6.66 (6 th)
Hemagiri Arumugam	3000	8:49.94 (7 th)
Dan Harper	5000	15:34.57 (7 th)
Cyrus Vafadari	Pole Vault	14-11 (7 th)
Josh Duncavage	200	23.32 (8 th)
Tony McDonald	Weight Throw	51-08 1/2 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (21st) 12 points

Pat Marx, Dawit Zewdie	3200 Relay	7:44.24 (4 th)
Logan Trimble, Kyle Hannon		
Pat Marx	500	1:04.32 (6 th)
Kyle Hannon	Mile	4:12.18 (7 th)
Nathan Peterson	Pole Vault	15-03 (7 th)

Eastern Collegiate Athletic Conference (ECAC) (17th) 16 points

Greg Tao	Pole Vault	16-01 3/4 (2 nd)
Stephen Moron	Triple Jump	46-04 1/4 (3 rd)
Stephen Morton	Long Jump	22-00 3/4 (7 th)

National Collegiate Athletic Association (NCAA Division III) (17th) 10.5 points

Stephen Morton	Triple Jump	49-03 (2 nd)
Greg Tao	Pole Vault	16-01 3/4 (tie 6 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Chinedum Umachi	53-08 1/2
	Ken Cooper	53-03*
Shot Put	James Oleinik	50-03 1/2
	Mitch Kelley	47-01
Long Jump	Stephen Morton	23-09**
	Mattias Flander	21-04
Triple Jump	Stephen Morton	49-04 1/4**
	Mattias Flander	45-01 1/2
Pole Vault	Greg Tao	16-01 3/4
	Nathan Peterson	15-03
High Jump	Matt Falk	6-02
	Chinedum Umachi	5-11 1/4
Pentathlon	Travis Hery	2826 pts.
	Matt Falk	2745 pts.
55HH	Brian Djaja	7.93
	Eric Boyer	8.02
55	Stephen Morton	6.59
	Rene Peters	6.63
200	Stephen Morton	21.92**
	Joshua Duncavage	22.59
400	Pat Marx	50.92
	Nick Leonard	51.23
500	Pat Marx	1:04.32*
	John Granata	1:05.87
600	Pat Marx	1:22.86*
	John Granata	1:23.68
800	Gil O'Neil	1:57.69
	David Way	1:58.30
1000	Richard Prevost	2:31.10
	Bill Phipps	2:32.53
Mile	Kyle Hannon	4:11.67*
	Ben Mattocks	4:24.82
3000	Hemagiri Arumugam	8:39.58
	Ben Mattocks	8:41.71
5000	Gihan Amarasiriwardena	15:11.96
	Hemagiri Arumugam	15:15.44
1600R	Marx, Way, Granata, Ronde	3:22.02
3200R	Marx, Zewdie, Trimble, Hannon	7:44.24*
DMR	Welle, Dozier, Daum, Arumugam	10:19.67

Varsity Record**

Freshman Record*

OUTDOOR**2010 RESULTS****VARSITY**

Won 4, Lost 0

MIT

176

167

OPPONENT

RPI 133, WPI 96

Bates 139, Colby 60.45

2011 SCHEDULE

3/19	Northeastern Open	Northeastern University
3/26	Spring Training Trip	Point Loma Spring Meet
4/2	Engineer's Cup (RPI, WPI)	MIT
4/9	Bates, Colby, USM	Bates
4/12-13	Holy Cross Heptathlon/Decathlon	College of Holy Cross
4/16	MIT Spring Invitational	MIT
4/22	Larry Ellis Invitational	Princeton
4/23	TBA	TBA
4/30	NEWMAC Championship	Coast Guard
5/5-7	New England Div. III Reg. Champ.	MIT
5/13-14	NEICAAA Championship	Southern Connecticut State
5/14-15	IC4A Championship	Princeton University
5/19-20	ECAC Championship	Moravian
5/20	Last Chance Qualifier	TBA
5/26-28	NCAA Div. III Championship	Ohio Wesleyan University

VARSITY SCORING & ROSTER

Stephen Morton*	'10	45.5	Ben Mattocks	'10	09	Gihan Amarasiriwardena	'11
Paul Welle	'11	24	Andrew Musacchio	'11	09	Eric Boyer	'13
Nicholas Leonard	'11	23.5	Kahlil Dozier	'12	07	David Choi	'13
Joshua Duncavage	'13	19.5	Bill Phipps	'10	07	Brendan Ensor	'12
Yermie Cohen	'10	19	Stephen Serene	'12	07	Mattias Flander	'11
Pat Marx	'13	18.75	Brian Djaja	'13	06	Timmy Galvin	'13
Mitch Kelley	'11	18	Yida Gao	'13	06	John Granata	'13
Tony McDonald*	'10	14	Cyrus Vafadari	'12	06	Kyle Hannon	'13
Rene Peters	'13	13.75	Dan Harper	'12	05	Pat McDaniel	'13
James Oleinik	'G	13	Dawit Zewdie	'13	05	Gil O'Neil	'13
Richard Prevost	'11	12	Travis Hery	'11	03	Michael Puncel	'12
Greg Tao*	'10	12	Dmitrij Petters	'13	03	Justin Schmidt	'10
Daniel Ronde	'13	11	Ian Fischer	'12	02.5	Chazz Sims	'13
Jackson Wirekoh	'13	11	Jack Bourbonnias	'10	02	Logan Trimble	'13
Hemagiri Arumugam*	'10	10	Nathan Peterson	'12	01.75	Ck Umachi	'12
Ken Cooper	'13	10	Logan Daum	'11	01.25	David Way	'13
Matt Falk	'12	10	Matt Barron	'13	01	Matthew Weaver	'12
Vlad Sobes	'10	10	Adam Mustafa	'11	01	Jacob Young	'13

* Captain

CHAMPIONSHIPS

<u>New England Women's and Men's Athletics Conference (NEWMAC)</u> (1 st) 249 points		
Yermie Cohen	800	1:56.29 (1 st)
Yermie Cohen	1500	3:59.32 (1 st)
Dan Harper	5000	15:20.65 (1 st)
Mitch Kelley	Discus	151-07 (1 st)
Stephen Morton	Long Jump	23-05 1/4 (1 st)
Stephen Morton	Triple Jump	46-02 (1 st)
James Oleinik	Shot Put	47-00 1/4 (1 st)
Vlad Sobes	Javelin	200-11 (1 st)
Matt Falk	High Jump	6-01 1/4 (2 nd)
Mitch Kelley	Shot Put	45-0 1/4 (2 nd)
Richard Prevost	3000SC	9:22.05 (2 nd)
Greg Tao	Pole Vault	15-5 1/2 (2 nd)
Gihan Amarasiriwardena	10,000	33:22.47 (3 rd)
Hemagiri Arumugam	1500	4:02.53 (3 rd)
Logan Daum	800	1:58.35 (3 rd)
Joshua Duncavage	400IH	56.43 (3 rd)
Tony McDonald	Shot Put	45-04 1/4 (3 rd)
Andrew Musacchio	110HH	15.83 (3 rd)
Cyrus Vafadari	Pole Vault	14-09 (3 rd)
Paul Welle	3000SC	9:36.30 (3 rd)
Nathan Peterson, Nicholas Leonard, Joshua Duncavage, Stephen Morton	400 Relay	42.81 (3 rd)
Davey Hunt	Pole Vault	14-02 3/4 (4 th)
Nicholas Leonard	400IH	57.61 (4 th)
Tony McDonald	Hammer	163-01 (4 th)
Ben Mattocks	1500	4:02.85 (4 th)
Stephen Morton	200	22.14 (4 th)
Jackson Wirekoh	Triple Jump	40-08 1/4 (4 th)
Jack Bourbonnais	10,000	33:36.71 (5 th)
Tony McDonald	Discus	125-09 (5 th)
Stephen Morton	100	11.11 (5 th)
Nathan Peterson	Pole Vault	13-09 (5 th)
Chinedum Umachi	Hammer	156-04 (5 th)
Chinedum Umachi	High Jump	5-11 1/4 (5 th)
Logan Daum, Nicholas Leonard, Dawit Zewdie, Pat Marx	1600 Relay	3:29.96 (5 th)
Ken Cooper	Discus	125-05 (6 th)
Ken Cooper	Shot Put	43-10 (6 th)
Josh Duncavage	110HH	16.60 (6 th)
Matthew Weaver	10,000	33:51.25 (6 th)
Nicholas Leonard	110HH	16.67 (7 th)
Bill Phipps	800	2:00.73 (7 th)
Dawit Zewdie	3000SC	9:59.60 (7 th)
Kahlil Dozier	200	23.09 (8 th)
Bill Phipps	1500	4:06.35 (8 th)
<u>New England Division 3 (NE Div. 3)</u> (2 nd) 154 points		
Stephen Morton	Long Jump	23-10 1/4 (1 st)
Greg Tao	Pole Vault	15-11 (1 st)
James Oleinik	Shot Put	52-05 1/2 (1 st)
Paul Welle	3000SC	9:15.10 (1 st)
Hemagiri Arumugam	10,000	31:56.02 (2 nd)
Mitch Kelley	Shot Put	49-09 3/4 (2 nd)

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Pat Marx	800	1:53.52 (2 nd)
Stephen Morton	200	21.82 (2 nd)
William Phipps, Dawit Zewdie	3200 Relay	7:45.42 (2 nd)
Logan Daum, Termie Cohen		
Yermie Cohen	1500	3:51.92 (3 rd)
Nick Leonard	400IH	54.91 (3 rd)
Stephen Morton	Triple Jump	47-06 1/2 (3 rd)
Vlad Sobes	Javelin	190-05 (3 rd)
Yermie Cohen	800	1:54.04 (4 th)
Daniel Harper	10,000	32:17.92 (4 th)
Stephen Morton	100	10.98 (4 th)
Richard Prevost	3000 SC	9:27.97 (4 th)
Nathan Peterson, Joshua Duncavage	400 Relay	42.87 (4 th)
Nicholas Leonard, Stephen Morton		
Andrew Musacchio	100HH	15.30 (5 th)
Nathan Peterson	Pole Vault	14-11 (5 th)
Nicholas Leonard, Daniel Ronde	1600 Relay	3:23.58 (5 th)
Joshua Duncavage, Patrick Marx		
Cyrus Vafadari	Pole Vault	14-11 (6 th)
Joshua Duncavage	400IH	56.10 (7 th)
Stephen Serene	3000SC	9:42.48 (7 th)
Chinedum Umachi	Hammer	161-11 (7 th)
Hemagiri Arumugam	5000	15:11.33 (8 th)
Davey Hunt	Pole Vault	14-05 1/4 (8 th)
Mitch Kelley	Discus	141-06 (8 th)
Tony McDonald	Shot Put	46-11 3/4 (8 th)

New England Intercollegiate Amateur Athletic Association (NEIAAA) (6th) 36 points

Greg Tao	Pole Vault	15-02 3/4 (2 nd)
Paul Welle	3000SC	9:12.22 (2 nd)
Yermie Cohen	1500	3:48.40 (3 rd)
Vlad Sobes	Javelin	197-08 (4 th)
Cyrus Vafadari	Pole Vault	14-02 3/4 (5 th)
Pat Marx	800	1:53.67 (6 th)
Nathan Peterson	Pole Vault	14-02 3/4 (7 th)

Eastern Collegiate Athletics Conference (ECAC) (9th) 30 points

James Oleinik	Shot Put	50-00 (2 nd)
Vlad Sobes	Javelin	193-00 (2 nd)
Mitch Kelley	Discus	157-07 (4 th)
Greg Tao	Pole Vault	15-05 (5 th)
Richard Prevost	3000SC	9:37.84 (6 th)
Daniel Harper	5000	15:19.55 (7 th)
Mitch Kelley	Shot Put	47-06 1/4 (7 th)

National Collegiate Athletic Association (NCAA) (4th) 27 points

Stephen Morton	Long Jump	23-09 (1 st)
Yermie Cohen	1500	3:50.72 (2 nd)
Stephen Morton	Triple Jump	49-03 (3 rd)
Vlad Sobes	Javelin	203-10(6 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Ck Umachi	162-10
	Tony McDonald	162-09
Shot Put	James Oleinik	52-05 1/2
	Mitch Kelley	49-09 3/4
Discus	Mitch Kelley	163-04
	Tony McDonald	140-01
Javelin	Vlad Sobes	203-10
	Travis Hery	113-10
Long Jump	Stephen Morton	23-10 1/4
	Rene Peters	20-07 3/4
Triple Jump	Stephen Morton	49-03
	Jackson Wirekoh	41-08 3/4
Pole Vault	Greg Tao	16-01 1/4
	Nathan Peterson	14-11
	Cyrus Vafadari	14-11
High Jump	Matt Falk	6-02 3/4
	CK Umachi	5-11 1/4
110HH	Brian Djaja	15.21
	Andrew Musacchio	15.30
100	Stephen Morton	10.95
	Rene Peters	11.07
200	Stephen Morton	21.82
	Joshua Duncavage	22.62
400	Pat Marx	50.36
	Daniel Ronde	51.81
400IH	Nick Leonard	54.91
	Joshua Duncavage	56.10
800	Yermie Cohen	1:53.45
	Pat Marx	1:53.52
1500	Yermie Cohen	3:48.40**
	Hemagiri Arumugan	4:02.53
3000SC	Paul Welle	9:12.22
	Richard Prevost	9:22.05
5000	Hemagiri Arumugam	15:11.33
	Daniel Harper	15:13.08
10,000	Hemagiri Arumugam	32:02.11
	Gihan Amarasiriwardena	32:10.90
400R	Peters, Leonard, Duncavage, Morton	42.81
1600R	Leonard, Ronde, Duncavage, Marx	3:23.58
3200R	Phipps, Zewdie, Daum, Cohen	7:45.42
Varsity Record**		
Freshman Record*		

2010-2011 COMBINED SCHEDULES

CROSS COUNTRY

9/04	Alumni Meet	Franklin Park
9/11	Engineer's Cup (RPI,WPI)	Franklin Park
9/18	UMass Dartmouth Invitational	UMass Dartmouth, N. Dartmouth, MA
9/25	Purple Valley Classic	Mt. Greylock H.S., Williamstown, MA
10/9	NEICAAA Championship	Franklin Park
10/16	Connecticut College Invitational	Harkness Memorial Park
10/30	NEWMAC Championship	Gardner, MA
11/13	New Eng. Div. III Reg. Champ.	Mt. Greylock H.S., Williamstown, MA
11/20	NCAA Div. III Championship	Wartburg College, Waverly, IA

INDOOR TRACK

1/8	Alumni Meet	MIT
1/15	Bates, Colby	Bates
1/22	TBA	TBA
1/28-29	Terrier Classic	Boston University
1/29	MIT Coed Invite I	MIT
2/5	Coast Guard, Williams, Moravian	MIT
2/11-12	Valentine's Invitational	Boston University
2/12	MIT Coed Invitational II	MIT
2/19-20	New Eng. Div. III Reg.Champ.	Tufts
2/25-26	NEICAAA Championship	Boston University
3/4-5	ECAC Championship	NYU
3/5-6	IC4A Championship	Boston University (Men only)
3/11-12	NCAA Div. III Championship	Capital University

OUTDOOR TRACK

3/19	Northeastern Open	Northeastern University
3/26	Spring Training Trip	Point Loma Spring Meet
4/2	Engineer's Cup (RPI, WPI)	MIT
4/9	Bates, Colby, USM	Bates
4/12-13	Holy Cross Heptathlon/Decathlon	College of Holy Cross
4/16	MIT Spring Invitational	MIT
4/22	Larry Ellis Invitational	Princeton
4/23	TBA	TBA
4/30	NEWMAC Championship	Coast Guard
5/5-7	New Eng. Div. III Reg. Champ.	MIT
5/13-14	NEICAAA Championship	Southern Connecticut State
5/14-15	IC4A Championship	Princeton University (Men only)
5/19-20	ECAC Championship	Moravian
5/20	Last Chance Qualifier	TBA
5/26-28	NCAA Div. III Championship	Ohio Wesleyan University