



Track and CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 70 - September 2011

MIT Women Capture NCAA Deb Vercauteren Program of the Year Award



Photo: Richard Gross

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ANNOUNCEMENTS

MIT Track & Field and Cross Country Wiki Page

We encourage alumni to visit and update the Track & Field and Cross Country Wiki. The goal is to establish an archive of rosters, contacts, pictures, articles and other pieces of interest. Just upload articles and pictures to your individual page, and then link them back to the roster page. 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, and provides a link to that screen (...[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 7, 2012 the “Has Beens” will once again take on the varsity in the 38th annual Alumni/ae Meet. The men will be trying to avenge last year’s loss, when they had a possible victory snatched from them in the final three events, losing by just 12 points. On the women’s side, the alumnae are still looking for their first victory, but it will take a significant turnout of alumnae superstars to defeat the ever improving women’s varsity.

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 7.

CROSS COUNTRY

MEN WIN FIRST NEW ENGLAND DIV III TITLE

WOMEN TAKE 3RD AT NATIONALS

by Halston W. Taylor

The 2010 edition of the men's and women's cross country teams knew they would have a difficult time matching, much less surpassing the highlights of the 2009 season. In 2009 the men won their 12th NEWMAC title in succession and placed sixth in the NCAA Division III New England Regional Championship. The women earned their third consecutive NEWMAC title, tied for the win at the NCAA Division III New England Regional Championship, and placed fifth at the NCAA Division III National Championship. To make matters worse, both the men and women would be without four of their top seven due to graduation and injury.

The summer training went well and the captains did an outstanding job of preparing their charges for the long season. The team reported on Monday, August 23rd for two weeks of two-a-day workouts and a lot of clinics and lectures by the coaching staff.

The competitive season did not



The MIT men won their first ever New England Division III Championship, defeating second place Williams College by eight points.

get off to a great start for the men. After both the men and women won their respective races in the [Alumni/ae Meet](#) (Men: 20 to 37, Women: 24 to 31) with partial teams, MIT competed against RPI and WPI in the Engineer's cup. Those who did not race in the Alumni/ae meet were scheduled to race in the [Engineer's Cup](#). The MIT women had no trouble, easily winning with 18 points to 57 for RPI and 63 for WPI. The

men were not able to show the same depth as the women and ended a long streak of Engineer's Cup victories when they lost to RPI 38 to 30. WPI finished with 69 points. While Richard Prevost '11 and Gihan Amarasiriwardena '11, were able to finish 1-2, RPI would put six runners before MIT's next runner. Even though only a third of MIT's top seven were competing, it was clear that the typical depth was not there.

The Engineer's traveled to [UMass Dartmouth](#) the next weekend, marking the first time both varsities would run intact. The men surprised many with a very strong performance, defeating nationally ranked Brandeis University and coming within three points of Keene State and winning the meet. The women assumed they would win, but Wellesley College served notice by going out extremely fast and holding on despite a fast closing MIT squad to defeat Tech 41 to 45.



The MIT women get a strong start on the way to their third place finish at the NCAA National Championships.

The next week, MIT again decided to

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INDOOR TRACK AND FIELD

MEN REPEAT AS NEW ENGLAND DIV III CHAMPIONS

WOMEN 3RD AT NATIONALS

by Halston W. Taylor

Due to the number of injuries suffered by the freshman women in 2010, the start of the 2010-11 Indoor Track & Field season for MIT was much different than in years past. Those who participated in the Cross Country season were exempt from the conditioning period as well as the annual Intrasquad Meet just before the exam period in December. For whatever reasons, individuals seem to get more injuries than in previous years, so we must adapt in an effort to keep everyone healthy. Regardless of his or her ability, an injured athlete will not score points.

Thanks to a very generous group of alums (Chris Schell, Glenn Hopkins, Gordy Holterman, John Taylor, Ed Martin, Alex Menchaca, Gordon Beckhart and Will Sauer), the team was able to purchase a much needed AlterG Anti-Gravity Treadmill. This treadmill is able to allow its user to reduce the effect of their body weight by as much as 80%. This permits athletes to continue to train while their body heals rather than rest or possibly cross train. It also allows athletes to train faster than normally possible

by simply dropping their effective body weight by 10-20%. Finally, for those whose bodies breakdown at a lesser mileage than desired, the additional mileage can be achieved while simulating 80-90% body weight, thus minimizing the impact effect. Throughout the indoor season, around 20 different runners were using the device on a regular basis. Five women were able to train who had not been able to train previously, and one, Anna Holt-Gosselin '11, was able to qualify for indoor and outdoor nationals and achieve All America status indoors, in addition to setting the 5K and 10K MIT records.

There were a record number of individuals trying out for both teams, with the men starting out with over 60 and the women over 50. Between self-cuts and team cuts the teams ended up with 55 men and 45 women for the indoor season.

The goals were not very different from years past. The men wanted to defend their New England Division III title and to increase the number earning All America status at the NCAA Division III Championship. The women wanted



Photo: Richard Gross

Nathan Petersen vaulted 16' 9½" to set a new MIT record and tie for fifth place at the NCAA Championship meet.

to return to their championship ways from 2009 and win the New England Division III Championship. Although a very lofty goal, they also wanted to improve on their 10th place NCAA Division III indoor finish in 2010 and work on the second leg of the Vercauteren Cup, the award for the best program in the country for Division III based on the NCAA finishes in Cross Country, Indoor Track & Field and Outdoor Track & Field.

Again, being very cognizant of the injuries that seem to build up each year, a decision was made going into the season that the priority would be on the Championships, with the New England Division III Championship being the top priority. If this meant losing a regular season meet due to holding someone out in order to better serve their health then so be it.

The season began as usual with the [Alumni/ae Meet](#) on January 8. The women still do not have a high

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Zach Traina on his way to a 23.13 win in the Alumni meet 200m. Traina also took the 55m Dash in 6.69, contributing a total of 10 out of the alumni's 55 points.

OUTDOOR TRACK AND FIELD

MEN DEFEND NEWMAC TITLE, MISS NE DIV 3 BY 4 PTS

WOMEN TAKE 4TH AT NATIONALS

by Halston W. Taylor

As is always the case, the Outdoor Track and Field season begins competitively for MIT the first weekend after The NCAA Indoor Championship. Those who finish their indoor season prior to the NCAA Championship take a week off and then begin immediately training for the outdoor season.

As in recent years, MIT began their competitive outdoor season with the [Northeastern University Husky Open](#). Only a handful of distance runners who felt they were ready to get in at least a New England Division III qualifying performance attempted to race. In 2010, MIT lost the New England Division III Men's Outdoor Championship in large part because Williams was able to bring all of their 10K, 3000 Steeplechase and 1500 runners back in the 5K because they had qualified earlier in the season. In that race Williams scored 18 points to MIT's one, thus erasing the MIT lead and allowing Williams to take the meet in the 4x400 Relay. This year, MIT was at least going to be sure to qualify as many people as possible in case it would be necessary at the end of the year. In this case, Paul Welle '11, and Richard Prevost '11, both ran the 5000 Meter Race, placing 1-2 in 15:17.18 and 15:23.45 respectively, both qualifying times. Gihan Amarasiriwardena '11, qualified in the 10K in 32:43.48. The performance of the meet was turned in by Anna Holt-Gosselin '11, who lapped the field in the 10K, under quite windy conditions, to run an NCAA Division III provisional qualifying time and MIT record of 36:02.79.

This year's Spring Trip was back to California, spending the early part of the week at Pomona-Pitzer Colleges and then competing at Point Loma Nazarene University on the weekend. This year MIT took those championship level athletes who were in need of an outdoor facility, and preferably warm weather, to get in a successful week of training. This meant the middle-distance and distance runners would be staying at home, or traveling elsewhere, which was probably the best thing for them as they were really not ready to race again.

The week began with torrential downpours all over California and continued to rain almost every day of that week. Temperatures were not California like, with highs in the 50's-60's most days, but much better than back at MIT. After a very successful week of training, MIT went south to [Point Loma](#) for



Nick Leonard, 3rd place finisher in the Decathlon at the New England Division III Championships, competing in the Long Jump portion of that event.



Maggie Lloyd demonstrates perfect technique on the water jump en route to winning the 3000 Steeplechase at the Engineer's Cup (RPI, WPI).

the competition. The meet scored 19 places (20 down to 1, skipping 19) with no team allowed more than two point scorers per event. MIT was at such a disadvantage with only 27 competing athletes (13 men, 14 women) they just focused on strong performances, not scoring points. The Engineers accomplished numerous New England Division III qualifying marks in all areas. The throwers, led by Vlad Sobes '11, Ken Cooper '13, CK Umachi '12, and Mitch Kelley '11, did a tremendous job, winning three of the four events, with Sobes qualifying provisionally for the NCAA Championship with a javelin throw of 190-10, despite finishing second in his event. The vaulters were led by Karin Fisher '11, and Nathan Peterson '12, respectively winning their events at 12-0 and 15-6. Jackie Brew '14, had a tremendous meet, winning the Long Jump (17-3 ½) and the Triple Jump (34-9 ½) on the field event side of things, and then won the 100 in a freshman record of 12.60. She also placed well in the 100HH and the 200 and added a fine leadoff leg in the NCAA provisional qualifying time of 48.49 in the 4x100 Relay. Louise van den Heuvel '14, set an MIT

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freshman record in the 800 (2:21.83) after running a 4:47.56 in the 1500. Also in the running events, Tyler Singer-Clark '14, in his 400 debut, ran 49.96 and then came back in the 200 to run 22.66. He was also a member of the 4x100 Relay that ran 42.97, a superb early season performance. On the negative side of things, Portia Jones '12 fell in the 100HH, tearing a ligament in her thumb that would need surgical repair. Demonstrating her toughness, Jones ran 24.44 to place second in the 200 and ran a strong 57.6 anchor leg in the 4x400 Relay. The men lost two top athletes for the season, Babajide Akinronbi '14, and Jake Jurewicz '14, both having hamstring injuries during the meet, Akinronbi during the 100 and Jurewicz during the 400. Overall, the women finished third out of 12 teams with 390 points. The men finished fourth out of 12 with 346 points.

Back at MIT, Tech was set to host the [Engineer's Cup](#). Despite the 50 degree temperatures and 30 mph winds, MIT won both the men's and women's meets. The women won every running event, until they substituted their B team in the 4x400 Relay, and they nearly pulled out that victory. The final score was MIT 217, RPI 124.5 and WPI 61.5. The men's meet was a great deal closer. In addition to losing Akinronbi and Jurewicz, Kyle Hannon '13, had a foot pain that prevented him from racing and Mitch Kelley '11, and Dan Harper '12, were out due to illness. Mattias Flander '11, was out for academic reasons and both Logan Trimble '13, and Gihan Amarasiriwardena '11, were not recovered enough to race. Nevertheless, MIT dominated the middle-distance and distance events, outscoring their

opponents in the 800-5000 by a score of 67 to 18 for RPI and 2 for WPI. The final score in the meet was MIT 180, RPI 161.5 and WPI 63.5.

The next week MIT traveled to [Maine](#) for a meet against host Bates and visiting Colby College. The men's meet also contained the University of Southern Maine. The women won easily by a score of 188 to 123 for Bates and 95 for Colby. It would turn out to be the best day of the season from a weather perspective until the NCAA Division III Championship in late May. Due to illnesses and conflicts, the men were minus nearly one third of the team. Despite a very competitive effort by the Engineers, it was not enough to hold off Bates College as the Bobcats won with 258 points to 241 for MIT, 89 for USM and 73 for Colby. Cooper had three personal bests in the meet, 50-8 ¼ in the Shot Put, 151-1 in the Discus and 180-6 for the victory in the Hammer Throw. This led the Engineers to score 44 points in the three events to 52 for Bates, and they may have the best throwers in the country for Division III. In the 5000, Roy Wedge '14, ran a personal best of 15:11.89 to lead Dawit Zewdie '13, and Harper to a 1-2-3 finish in 15:11.89, 15:21.56 and 15:22.30 respectively. The 5K was also a big race for the women as Holt-Gosselin ran a new MIT record of 17:19.86 in winning the event. Brooke Johnson '13, made her debut in the 5K as she continued her comeback. The result was a second place 18:09.45. The women competed very well in every event, dominating the meet from start to finish.

The [MIT Spring Invitational](#) brought the worst weather yet in the young

season; 45 degrees and strong winds off the ocean. It was a very large meet with a lot of entries, so competition was abundant. Josh Duncavage '13, had an excellent meet, running PR's of 10.94 in the 100 and 22.22 in the 200. Martha Gross '12, had similar results in the shorter sprints, running a PR in the 100 in 12.64 and winning the 200 in 26.24. Portia Jones had surgery on her hand and did not compete. Many MIT athletes were given the meet off, which allowed them to recover for the second half of the season.

The final weekend before the championships had MIT split their squad in three directions. The multi-event athletes competed mid-week at the [Holy Cross Multi Meet](#), the top distance runners traveled to Princeton to race in the prestigious [Larry Ellis Invitational](#) and the rest of the team who were competing, traveled to the [Springfield College Invitational](#), the only scoring meet of the three.

The most important goal for MIT at Holy Cross was for Hazel Briner '11, and Jackie Konopka '14, to qualify for the New England Division III Heptathlon and for Nick Leonard '11, to qualify in the Decathlon. Leonard and Konopka qualified easily. Briner had hamstring issues, deciding not to compete in the 800 portion of the event, but still scored enough points in the first six sub-events to qualify.

Down at Princeton, Holt-Gosselin led the way with another MIT record, and National qualifying mark of 16:57.95. Alina Gatowski '11, ran a solid 17:36.74 to just miss the NCAA provisional

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standard. Paul Welle qualified provisionally for the NCAA Division III Steeplechase with an excellent 9:12.93. Richard Prevost ran 9:23.10 to also make the provisional standard.

At Springfield College, the weather woes continued with rain and temperatures in the 40's. The team was simply tired of dealing with the lousy weather, and with many of the top performers not at the meet, the attitude was not what it needed to be at a scoring meet. There were a few excellent performances and even though MIT won both meets, overall, the team members did not support each other or act much like a team. The men's Pole Vault was certainly a highlight as three MIT vaulters cleared 14-7 1/2; Nathan Peterson '12, Cyrus Vafadari '12 and Yida Gao '13. Vlad Sobes improved his season best to 194-4 to win the Javelin Throw. Jackson Wirekoh '13, continued to show remarkable improvement, jumping 43-4 1/2 in the Triple Jump. On the track, only the 800 runners ran season bests



Karin Fisher set MIT Pole Vault records both indoors (13' 6 1/4") and outdoors (13' 3") in 2011.

as Pat Marx '13, and Jared Forman '13, ran 1:55.76 and 1:57.56. The women's Pole Vault was also a great event for MIT even though Karin Fisher '11, managed a no-height as she came in after everyone else had finished vaulting. Lauren Kuntz '13, won the vault with an NCAA provisional qualifying mark of 11-7 3/4 and was supported by personal bests of 11-1 3/4 by Becky Stavely '11 and 10-8 by Kate Wymbs '14. On the track, Brooke Johnson continued to improve, winning the 1500 in 4:48.05. In retrospect, this was quite possibly the catalyst for the championship success MIT was about to accomplish. On a special Monday meeting, the coaches met with the team and reminded them about their traditions, their goals and what it takes to win championships – letting them know that Saturday's effort was not acceptable.

For the first time, going into the [NEWMAC Championship](#), MIT decided they were such heavy favorites that they would back off on maxing out the entries in order to be more prepared for the New England Division III Championship the following week. There was a point near the end of the meet where the coaches were thinking this might not have been the wisest decision. The women rested Hazel Briner '11, who competed only in the Shot Put, held out Brooke Johnson, who was ill, pulled their distance runners from the 5K, and rested their 4x400 A team, but still won the meet with 216.5 points to 154 for Springfield, 103.5 for Wheaton, 77 for Smith and WPI, 68 for Wellesley, 47 for host Coast Guard, 17 for Mt. Holyoke and 15 for Babson. The men decided to rest their distance runners and not run them in the 10K as well as holding out Josh Duncavage, who



Mitch Kelley's 155-0 throw won the discus at the Bates, Colby, USM meet, while Chinedum Umachi and Ken Cooper took 4th and 5th, picking up a total of 18 points.

was having lower leg issues and needed the time to heal. Springfield closed a lot late in the meet, but with the Pole Vault and 5K at the end, MIT was secure. The final score was 266 for MIT, 233 for Springfield, 127 for Coast Guard, 92 for WPI, 51 for Wheaton and 15 for Babson.

In this meet, the team finally got a 60 degree day to work with. MIT dominated quite a few events. In the 200, Portia Jones and Martha Gross '12, placed first and second in 25.27 and 25.40. Jamie Simmons '12, and Gross went 1-3 in the 400 in 57.65 and 59.79. In the 1500, Holt-Gosselin led a 1-3-4 finish in 4:41.54. Sarah Sprague '13, won the 10K in a strategic race, running 41:19.78. Although they did not win, Tech placed 2-3-4-5 in the 100HH with Amy Magnuson 'G, leading the way. Simmons won the 400IH in 63.22 and the 4x100 team of Jackie Brew, Gross, Simmons and Jones won in 48.28. In the field events, Fisher took the Pole Vault title at 12-0 3/4 as the Engineers also placed second,

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fourth and fifth. Despite the 266 points, the men did not perform particularly well. Some areas where they did dominate were the 800, where Pat Marx '13, led the way to a 1-3-4 finish with a 1:56.18 victory. Dawit Zewdie '13, ran a great race to win the 1500 in 4:02.24 and lead Tech to a 1-3-6-7 finish. Dan Harper '12, led Roy Wedge '14, to the finish line for a 1-2 finish in the 5K with times of 15:10.37 and 15:11.70. Welle led Stephen Serene '12, and Prevost to a 1-2-3 finish in the 3000 Steeplechase in 9:28.45, 9:29.67 and 9:35.96 respectively. The vaulters took first and second as Nathan Peterson won at 15-7 and Cyrus Vafadari backed it up with a 15-1 performance. The throwers really dominated, going 1-2-6-8 in the Shot Put, 1-2-4-6 in the Discus Throw, 1-2-4 in the Hammer Throw and 1-7 in the Javelin Throw. Ken Cooper '13, won the Shot in 50-3 ½ and the Hammer in 183-1, Mitch Kelley took the Discus at 155-5, and Vlad Sobes won the Javelin in 198-10.

Going into the [New England Division III Championship](#), the men were 12 point underdogs to Williams while the women were over 30 point underdogs, depending on how one predicted the 10K outcome. In 2009, MIT's women swept the Cross Country, Indoor Track and Outdoor Track New England Division III titles while in 2010 they finished fourth in Cross Country (although they finished third at the NCAA's), and second in both Indoor and Outdoor Track. They started 2011 off with a very close second place finish in the Indoor Track & Field Championship and were getting pretty sick of the bridesmaid



Portia Jones comes off the curve heading for a third place finish in the NCAA Championship 200 Meter Dash.

position. The men won the New England Division III titles Indoors in 2010 and finished second Outdoors, losing the meet in the final event.

The men closed out 2010 with the Cross Country title. They began 2011 in similar fashion, defending their Indoor Championship. Now they were hungry for an Outdoor title and there is no place like home to do so. Nick Leonard started things off extremely well, placing third in the Decathlon with 5507 points. In addition to the completion of the Decathlon on day two, MIT competed in the Discus, Javelin and 10K. While Vlad Sobes was busy launching a new MIT record toss of 214-5 to easily win the Javelin, the discus throwers, who were favored to score nine points, did not even make the finals, squandering a major opportunity. However, in the 10K, Roy Wedge and Dan Harper ran a near perfect race, finishing in first and third with times of 31:47.89 and 31:58.78. MIT maintained a one point lead over Williams at this point, 32-31. At the start of day three, the 3000 Meter Steeplechase was the lead event, and MIT used it to open a nice lead. Paul Welle placed second in 9:17.07, Stephen

Serene had the race of his life, placing fourth in 9:22.77 and Richard Prevost placed fifth in 9:25.25. Perhaps the biggest surprise in the meet was when the quartet of Josh Duncavage, a very fatigued Leonard, Tyler Singer-Clark and Nathan Peterson won the 4x100 Relay in 42.80. Although MIT was not seeded to score in the 1500, Kyle Hannon was the defending Mile champion from the indoor season and expected to do well if MIT was going to have a chance at beating Williams. However all four MIT entries were in the second section because none of them had run faster than 4:00 for the season. Despite a season best by Hannon of 3:58.75 and a huge PR by Justin Bullock '14, of 3:57.19, neither scored. In the High Hurdles, Brian Djaja '13, came out of nowhere to not only make finals, but place sixth with a new PR of 15.33. Duncavage returned to action in the 100, placing fifth with no time recorded due to the starter's pistol not being loud enough to trigger the automatic timer. It was hoped that Pat Marx would return to his form prior to his appendectomy during the indoor season, but it just was not there. His 1:55.87 was only good enough for eighth and one

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point. Leonard showed a ton of heart as he ran a season best in the 400IH to place eighth in 55.34. Singer-Clark and Duncavage teamed up to place third and fourth in the 200 in 22.18 and 22.24. The 22.18 was a personal best for Singer-Clark. The early season plan to load up the 5K in order to win the meet was here. With five solid entries, MIT was hoping to close the gap on Williams. However, only Welle was able to score, running 15:01.94 for fifth place. In the field events, MIT did more than hold their own. Cyrus Vafadari cleared a personal best of 15-11 to win the Pole Vault. Jackson Wirekoh had a tremendous day, adding more than two feet to his personal best in the Triple Jump as he placed fourth in 45-9 $\frac{3}{4}$. Ken Cooper and CK Umachi made up for their poor performance in the Discus by placing third and fourth in the Hammer Throw with respective marks of 187-7 and 179-11, both personal bests. MIT also added points in the Shot Put as Cooper added a fourth place with a put of 50-0 $\frac{3}{4}$. He was supported by teammate Mitch Kelley's fifth place season best of 49-8 $\frac{1}{4}$. Going into the final two events, the 4x800 and 4x400 Relays, MIT was down by 15 points. Despite the three plus hours of lightning delays, the team and their fans were bringing everything they had to try for the Cross Country, Indoor Track and Outdoor Track New England Division III title sweep. In the 4x800, Tech got the job done, running 7:45.70 to win with legs of 1:57.9 from Jared Forman, 1:55.0 from Bullock, 1:58.2 from Logan Daum '11, and a 1:54.5 from Hannon. Williams finished in third, giving Williams the insurmountable lead of 11 points going into the final event. Still MIT did not give up, Duncavage led off the 4x400 Relay with a 50.4, followed by a 49.5 from Singer-Clark. DJ Ronde toured the oval

with the baton in 50.4 and Marx brought it home in 48.9 to give MIT the event victory in 3:19.42 and a clean sweep of the relays.

The last time the women won the New England Division III title they were over 50 point underdogs to Williams College, but did not let that deter them. With that in mind they set out to score enough to overcome the advantage held by Williams. The women's meet was only a two day meet, the Heptathlon being held on both days. On day one, Hazel Briner took the lead in the Heptathlon through the first four sub-events. The only other event for MIT was the 10K. This was by far the best 10K in the country this year, including the NCAA Championship. Running a consistent pace of 84-85 seconds per quarter, Holt-Gosselin and two Williams' entries, Jennifer Gossels '13, and Annie Dear '13, ran as one for the first 23 laps. Holt-Gosselin made a move to take the lead and Gossels responded with a vicious final lap. Holt-Gosselin pulled away from Dear to finish in second, less than two seconds out of first in 35:20.79, the second fastest time in the country this year and a new MIT record. Also scoring for MIT were Alina Gatowski '11, in sixth and Tania Morimoto '12, in seventh. At the end of the first day Williams was up 46 to 13. The final day was quite a bit better for MIT. First, Briner completed the victory in the Heptathlon with a new MIT record of 4431 points. Martina de Geus '14, placed sixth in the 3000 Steeplechase, setting a new MIT freshman record of 11:08.37. Next was the 4x100 Relay. MIT's foursome of Jackie Brew, Martha Gross, Jamie Simmons and Portia Jones, were the top seed and they lived up to that seed, tying their own MIT record of 48.28. In the High Hurdles, Jones placed second in 14.57 while Magnuson placed third in 14.59. Brew contributed with an eighth place PR of 15.28. In the 400,

Simmons placed second in a PR of 56.28 and Gross placed fifth in 58.59. In the 100, Jones returned, earning another second place in a new MIT record of 12.16 and was supported by Brew, again finishing eighth in 12.70. Simmons came back in the 400IH and won in 62.16 for a season best. Again it was Jones, this time in the 200, as she won her specialty in 24.58 and Gross helped MIT's cause with a 25.42 for fourth place. MIT did not score many points in the field events, but in this meet every point would count. In the High Jump, Megan Bumgarner earned a tie for eighth for a half point and in the Pole Vault, the final field event, MIT claimed 24 huge points to take a 21.5 point lead. Fisher led the scoring with a win in a new MIT record of 13-1. Kuntz took second place in 12-1 $\frac{1}{2}$ while Briner came back from the Hep. to take fourth place in 11-7 $\frac{3}{4}$. Becky Stavely '11, added an eighth place at 11-1 $\frac{3}{4}$. In the 5000, Williams took the pace out hard with their 10K runners back for more points. Brooke Johnson ran an excellent personal best of 17:45.51 to take fifth place honors but that was it for Tech as the Ephs took 24 points of their own. MIT was up 2.5 points with only the 4x400 and 4x800 Relays to go. In the 4x800 Williams definitely had the best team. MIT knew they had to stay close so their dominant 4x400 could close the door. In what was probably the gutsiest race of the year, Louise van den Heuvel, Chandler Burfield '13, Maggie Lloyd '12, and Alexandra Taylor '14, got the job done with respective splits of 2:19.4, 2:23.6, 2:19.2 and 2:20.9 to hold onto third place. Williams did win and was now up by 1.5

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... OUTDOOR TRACK AND FIELD

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points, so as long as MIT could win the 4x400 they would win the meet. With MIT teammates and fans lining the entire track, screaming the chant M-I-T over and over, the 4x400 women were truly fired up. Simmons all but sealed the deal with her opening leg of 55.4. Briner followed that up with a 60.6, which allowed Williams to close within 30 meters, but then Gross dropped a 58.1 and Jones finished with a 56.1 to run 3:50.34. Williams faded to fourth place, allowing MIT to win by 3.5. The performances and energy displayed by MIT were nothing short of inspirational and showed what a true team attitude can bring to the performance table.

MIT's job as a team was done until the NCAA Division III Championship, so until that time it was a matter of qualifying more individuals and improving the rank of those who were provisionally qualified. The next meet was the [NEICAAA Championship](#), pitting all New England Colleges against one another; Divisions I, II and III.

Peterson led the men with a win in the Pole Vault with a season best of 15-9. Vafadari also cleared 15-9, earning third place on misses. Cooper placed seventh in the Shot Put with a huge PR of 52-8 $\frac{3}{4}$. Kelley earned a sixth place with his 156-5 in the Discus Throw. Tech's runners took the weekend off to recover, which left MIT's men with a 14th place overall at 21 points.

The women also left the distance runners at home, but managed to finish seventh overall with 41 $\frac{1}{3}$ points. The Engineers started things off with a 47.70 in the 4x100 Relay to claim fourth place, set a new MIT record and move up significantly on the NCAA provisional list. In the 100HH, Magnuson placed seventh in 14.58, although she ran 14.57 the day before in the trials to hit the NCAA auto standard. The Pole Vault was not quite what MIT hoped for as Fisher took third place at 12-5 $\frac{3}{4}$, Kuntz placed fifth at 11-11 $\frac{3}{4}$ and Briner claimed eighth at 11-5 $\frac{3}{4}$. Jones blasted a new PR and MIT record of 12.02 in the 100 final to take third place. Simmons topped

her 61.04 in the 400IH trials with a 60.73 victory and the fastest time in the country at the time. The Engineers hit the auto standard in the 4x400, running 3:48.53 for second place. Simmons ran a 56.4 to set Gross up, who ran 56.9, by far her best 400 of the year. Briner ran 59.8 to keep MIT in third place. Jones ran 55.2 to bring Tech to second.

The final meet of the season prior to the NCAA Championship was the [ECAC Division III Championship](#). Usually this meet is held in New England, but this year Moravian College in Bethlehem, PA was the host. This combined with the fact that MIT's final exams were the same week and the meet was being held on Thursday and Friday since Friday was the final day to qualify for nationals, put a lot of stress on MIT's student-athletes. Looking to improve their current performances, a few had success. Kuntz improved her season best to 12-2 in the Pole Vault to tie for fourth place. Also on the first day, Dan Harper placed fourth in the 10K in a PR of 31:35.29. On the second day, Simmons had an incredible day. First, she won the 400 in a New MIT and ECAC Division III record, also surpassing the NCAA auto standard in 55.68. Next, Simmons won the 400IH in 60.86 about an hour later. Her performance earned her the ECAC Division III Most Valuable Performer. Martha Gross also set a PR, running 57.74 to place fifth. Of note, even though she did not improve her performances, Portia Jones won both the 100 and 200, running 12.41 and 24.95 respectively. Interestingly, the women would have won the meet should they



Vlad Sobes, shown here winning the Javelin in the NEWMAC Championship meet, threw a 214' 5" personal best and MIT record the next week to pick up another win at the New England Division III Championship meet.

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have elected to run the 4x400. However, having already hit the auto standard and preferring to not fatigue the runners any more, Tech decided to accept second place and wait until Nationals to bring it all.

Going into the [NCAA Division III Championship](#), MIT's women were seeded fourth, but could easily finish anywhere between third and fifth, even with a great meet. Tech entered the meet with 12 athletes, nine women and three men. Competing for the women were Jackie Brew '14, in the 4x100 (seeded 13th) and 4x400 Relays (2nd), Hazel Briner '11, in the Heptathlon (13th), Pole Vault (19th) and 4x400 Relay (2nd), Karin Fisher '11, in the Pole Vault (3rd), Martha Gross '12, in the 4x100 (13th) and 4x400 Relays (2nd), Anna Holt-Gosselin '11, in the 10K (2nd) and 5k (4th), Portia Jones '12, in the 100 (9th), 100HH (16th), 200 (3rd), 4x100 (13th) and 4x400 Relay (2nd), Lauren Kuntz '13 in the Pole Vault (9th), Amy Magnuson 'G, in the 100HH (16th) and Jamie Simmons '12, in the 400 (2nd), 400IH (2nd), 4x100 (13th) and 4x400 Relays (2nd). Representing the men's team was Ken Cooper '13, in the Hammer Throw, Vlad Sobes '11, in the Javelin Throw and Paul Welle '11, in the 3000 Meter Steeplechase.

The night before the start of the meet, at the Coaches' and Athlete's banquet, Vlad Sobes was honored with the Elite 88 Award, which goes to the individual for each gender at the NCAA Championship with the highest GPA. In cases of a tie, the winner is the one with the highest number of academic units. Sobes has a perfect 4.0 GPA in Nuclear Engineering. Kyle Hannon won the award at the Indoor Championship. For the women, Lauren Kuntz was

honored as one of the five with a perfect GPA, but she had fewer units than the winner. Portia Jones was awarded the New England Region Female Track Athlete of the Year.

The men did not have a great meet. Vlad Sobes, seeded high, but not having thrown a single time since the New England Division III Championship due to an aggravated injury, was not able to make finals. Ken Cooper had to break for a lightning storm after his first throw, which did not seem to help him as he fouled his next two throws, also not making the finals. Paul Welle, not thinking he would make the NCAA field, had checked out of racing mentally. He also had not done some of the workouts, so he had not continued to improve since New England Division III's. However, he was totally into the race once he realized he would be racing. He attacked the race, staying with the lead pack through 1600 meters in 4:49, but then faded a bit. Welle held onto 10th place in 9:17.38.

The women started things with the trials in the 4x100 Relay. MIT was not seeded to score or make finals, but this was one of the events MIT needed to go well if they were going to stand on the podium on Saturday. Extending the zone a little more than usual, the Engineers were able to maintain a little more speed in the exchange zones and this did the trick as Brew, Gross, Simmons and Jones ran a new MIT record of 46.93, the third fastest time in the trials. In the final, the strong headwind affected Jones quite a bit, but she still managed to bring MIT from last to fifth place, less than a hundredth of a second out of fourth. Jones had an excellent meet. Going into the hurdles she was still extremely nervous about falling if she really pushed it, but there was little doubt in anyone's mind who knows Jones that she would take care of business the

way she does when Nationals come around. In the trials both Magnuson and Jones qualified for finals. Jones had the fastest time in the field, a 14.13. Magnuson ran a PR in 14.26, the fifth fastest time in the trials. In the finals, the headwind was atrocious, but times were irrelevant as Jones took second place and Magnuson took fourth, 13 very big points for MIT. Jones seemed distracted after the 100HH trials and blew the start of the 100 Meter Dash, not making the finals. In the 200, Jones had the second fastest time in the trials, running 24.61. In the finals, she claimed third place in 24.91 into the very strong winds. Simmons was the second busiest Engineer. Her first event after the 4x100 was the 400IH. In the trials she had the fastest time, running 60.62. In the finals, Simmons ran 60.68 despite the very strong head wind, and even though she was only .08 out of second, she finished in fourth. In the 400, she ran 55.96 in the trials, but had the unfortunate luck of running in a fast heat. Her third place finish in her heat was faster than all runners in the third heat, but since the top two in each heat advanced and the next two fastest runners came out of the first heat, Simmons did not make finals although she had the seventh fastest time. In the 4x400 trials, MIT substituted Jackie Brew for Hazel Briner since Briner was busy with the Heptathlon and Pole Vault. Brew had never run a 400 and for her first one to be at the NCAA Division III Championship, had her pretty nervous. Despite not doing workouts designed for the 400 during the year, there was not much doubt that Brew's competitiveness would overcome her fears. In the trials,

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Simmons led off with a 55.9 to give Tech the lead. Gross followed with a 56.2 to keep the lead. Brew went out a little fast and then slowed at the 250 mark simply because she thought she should not be in the lead. The resulting 57.7 leg kept MIT in the lead and gave MIT high hopes for the future. Jones closed with a 55.9 to give MIT the fastest time in the trials at 3:45.71. In the finals, the fatigued foursome knew they were locked in fourth place as a team regardless how they finished the race. Nevertheless, Simmons ran her best leg ever, a blazing 54.9. Gross ran 57.1, but had sprained her ankle just before the trials and had to be somewhat bothered by the swelling. Brew got hit by the headwind and struggled to the finish in 58.0, about 30 meters out of first and second. Jones made a strong move but the distance was just too much. Despite her 55.8 leg MIT finished in third in 3:45.93. Prior to the final day success, what set MIT up for a great meet was the success of the pole vaulters. The opening height was 11' 1 1/2, which both Briner and Kuntz cleared on first attempt. Kuntz cleared 11' 7, but Briner was not able to make the necessary adjustments and could not

successfully clear the height. Kuntz then cleared 11' 11, which meant she was now All American in the event since only eight vaulters were remaining, including three who had not come in yet. At 12' 3, Fisher came in and cleared on her first attempt. Kuntz also cleared for a new PR, becoming one of the final five vaulters. At 12' 7 1/4 Kuntz again cleared for a new personal best. Fisher also cleared and now there were only four vaulters remaining. Kuntz did not clear 12' 11, but Fisher and the other two vaulters did. Fisher was in third on misses, but reversed things by clearing 13' 3 on her first attempt while the other two vaulters took two to three attempts to clear. Fisher was in first and for anyone to beat her they would have to set a new NCAA Division III record. They both cleared it, dropping Fisher to third when she was unable to make the height. Placing third and fourth with new personal bests and scoring 11 points for MIT far exceeded expectations and put MIT on the scoreboard early in the meet. Holt-Gosselin, injured since before New England Division III's, had been unable to run very much, depending on cross training. Her legs were heavy and fatigued during both the 10K and 5K, although she tried her best. The women's fourth place

meant the fourth NCAA trophy in four consecutive championships (outdoor '10, cross country '10, indoor '11 and outdoor '11). The total of 10 points for third in cross country, third in indoor and fourth in outdoor gave them the Vercauteren Award as the best program in the country.

The season MVP's were Jamie Simmons and Nick Leonard. The Captains for 2012 are Martha Gross, Portia Jones, Lauren Kuntz, Maggie Lloyd and Simmons for the women and Matt Falk, Nathan Peterson, Stephen Serene and CK Umachi for the men. Karin Fisher won the Most Improved for the women and Ken Cooper and Nathan Peterson shared the award for the men. Hazel Briner took the honors for the Lynn Snyder Award, which has been expanded to all events rather than just the distance events. Paul Welle won the men's equivalent, the Paul McKenzie Award. Fisher and Briner also won Institute Awards, Fisher taking the Betsy Schumacher Award and Briner the Pewter Bowl Award. Kyle Hannon was voted the Kispert Award winner.

NEW MIT OUTDOOR RECORDS

Portia Jones	W – Varsity 100	12.02
Anna Holt-Gosselin	W – Varsity 10000	35:20.72
Anna Holt-Gosselin	W – Varsity 5000	16:57.95
Hazel Briner	W – Varsity Heptathlon	4431
Brew, Gross, Simmons, Jones	W – Varsity 400 Relay	46.93
Jackie Brew	W – Freshman 100	12.56
Martina de Geus	W – Freshman 3000SC	11:08.37
Karin Fisher	W – Varsity Pole Vault	13-03
Jackie Konopka	W – Freshman Javelin	108-05
Louise van den Heuvel	W – Freshman 800	2:21.83
Vlad Sobes	M – Varsity Javelin	214-05

...CROSS COUNTRY



Photo: Patrick Barrigan

The alumni had their best turnout in the history of the meet, including last year's National steeplechase champion, Jacqui Wentz, and MIT record holders Andrea Bradshaw '09 and Adrienne Bolger '09, but the varsity prevailed in both races, outlasting the alumni by a score of 24 to 31 in the women's 5K event, and 20-31 in the men's 8K race.

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run their entire varsity since they were traveling to Williams College, the site of the NCAA Division III New England Regional Championship, to race in the [Purple Valley Classic](#), a large meet with some of the top teams in the region as well as prominent out of region teams. The men had no one finish in the top eight, but showed their ability to finish together as the top five (Paul Welle '11, Stephen Serene '12, Roy Wedge '14, Prevost and Dan Harper '12) finished within 29 seconds of one another. The tight delta gave MIT 90 points to tie Keene State for first place and soundly defeat Williams College on their home course. The women, with the exception of Tania Morimoto '12, did not engage themselves in the race and paid dearly for it. Middlebury (57 points), Williams (76 points) and Johns Hopkins (86 points) all defeated MIT with their 102 points.

After a week off, MIT was back at their home course, Franklin Park, for the annual [NEICAAA Championship](#). In 2009, the MIT women finished fourth among all colleges in New England, so this year they were hoping to bring back some of that confidence that seemed to be lacking thus far. The women, as a team, ran a solid race, but nothing spectacular. Katherine Eve '12, finished first for MIT, placing 41st in 18:43. Alina Gatowski was just behind in 44th, running 18:45. Morimoto was not quite as strong, but still ran well in 18:56. The two freshmen, Martina de Geus and Claire O'Connell finished fourth and fifth for MIT in 19:12 and 19:17 respectively. The 12th place finish was much worse than expected, but perhaps the women just did not have the confidence to race at the higher level this year. The men had a disastrous race, finishing 18th overall and sixth among Division III teams. Both Welle and Prevost were recovering from colds and certainly ran like it, placing 107 and

176th respectively. Wedge finished first for MIT in 64th place, a great showing for the freshman.

After a meet at [Connecticut College](#) where MIT did not run their varsity, and another week off, it was time for the Championship season. The first round was the [NEWMAC Championship](#), hosted by Clark College at Moore State Park. The course was an extremely hilly course, the weather was dry and temperatures in the low 50's. The runners were more concerned about the race than the hills on the course, showing the attitude that has earned them 12 consecutive titles for the men and three for the women. Following the same schedule as the NCAA Division III Championship, the men ran first. Favored heavily to win their 13th consecutive title and remain the only men's team to ever win the NEWMAC title, the men nevertheless allowed it to become a race. At the start, Springfield College took the pace out and was

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leading heading up the first hill. However, MIT was close behind with Welle, Prevost and Serene running together. By mile two, Wedge joined the other three to form a pack of six including one Springfield and one Coast Guard runner. Harper would have been with them as well but was suffering from some intestinal problems so was back a bit. During the fourth mile, Serene suffered a side stitch and could not recover. Welle broke away on the uphill to appear to have the victory, but on the final downhill Wedge came streaking by to become the NEWMAC Runner of the Year as well as Rookie of the Year. Welle finished second and Prevost fifth. Harper managed to finish in ninth and Amarasiriwardena rallied to finish in 12th to give MIT the victory with 29 points. Coast Guard was a surprising second with 50 points, beating Springfield by two points.

The women knew they would have a battle on their hands with Wellesley and were properly prepared. Wellesley took the pace out reasonably hard and MIT was fine with letting them lead. By the end of the first mile of the 5K race, it was Randelle Boots of Wellesley with Eve, Gatowski and Morimoto. Boots made a big move in the final half mile to overtake the MIT trio and take the victory. Eve finished second in 18:33, a great time on the hilly course. Morimoto finished third and Gatowski fourth. While Wellesley made it close by bringing across the next two runners, MIT closed it out with de Geus and O'Connell finishing in seventh and eighth. For her efforts de Geus earned Rookie of the Year honors. The score was closer than the actual race with MIT earning the victory with 24 points to 31 for Wellesley.

After another week off from racing

it was time for the [NCAA Division III New England Region Championship](#) at the Williams College course. The women were ranked third in the region and tied for seventh in the country while the men were ranked ninth in the region and not within the top 35 in the country. The men had exuded a confidence the latter part of the season that had been missing in the past few years. Their desire to show everyone what they were capable of was palpable. On race day, they were determined to win the title. A lot of MIT teams in the past have talked of such feats, but did not believe they could really do it. These guys thought they could and went out with their best effort. They got out well off the line, establishing themselves towards the front, yet showing the course the respect it deserves given how hilly it is later in the race. Welle was up with the leaders by the mile mark and Serene, Harper, Wedge, Amarasiriwardena and Prevost were all up in the top 30 by the two mile mark. MIT stayed the course throughout the race, with only Prevost dropping off a bit in the last two miles. Welle ended up sixth and Harper and Wedge were close behind in 11th and 12th. Serene finished in 29th and Amarasiriwardena had the race of his career to finish 35th and give MIT its first ever New England Cross Country title, finishing eight points ahead of host Williams College.

The women saw the men's achievement and seemed inspired, perhaps a little too much. Eve went out a bit too fast, as did Anna Holt-Gosselin '11, and O'Connell. Morimoto and Gatowski went out with the leaders. Eve, falling back a bit after her fast start, recovered to join Holt-Gosselin and deGeus in the top 30 by the two mile mark. MIT lost ground in the final uphill during the third mile, but not many



Roy Wedge crossing the line in first place as MIT captures its 13th consecutive NEWMAC title.

places. Gatowski fell behind Morimoto by quite a bit, but came back strong in the final three-fourths of a mile to finish right behind her in ninth place. Eve had her usual strong finish to place 21st, while de Geus earned All Region honors placing 31st. Holt-Gosselin just missed All Region with her 36th place finish but closed out the scoring for MIT with 105 points, two points behind Amherst College for fourth place, and only 14 points behind Williams. Middlebury College won with a fantastic 58 points, showing why they were ranked number one in the country.

What a difference a week makes. The men go from unranked nationally and ninth in the region to 11th ranked nationally and first in the region, while the women drop from seventh nationally and third in the region to 13th nationally and fourth in the region. It just goes to show how inaccurate the polls happen to be. Mentally, the men had a completely different mindset as they were no longer in the underdog position and were expected to represent the region well on the [NCAA Championship](#)

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stage. The women, realizing how close they were to second place at regionals, yet finishing fourth, were determined to race better.

After two days of viewing the course, which was relatively flat and a little soft, the strategy was set. Go out hard off the line to prevent either team on the immediate left or right from squeezing you back, and establish the group you wish to race with by the mile mark. Compete well, but do not start really racing (mentally and physically) until the second half of the race.

The men were again up first on the cold (34 degrees) and windy day. The start was very fast by the entire field and MIT got out very well. Welle was in the back of the first group early in the race, coming through the first mile in a reasonable 4:56. Everyone else on the team was within six seconds with the exception of Wedge, who got knocked down around the 1K mark and lost a lot of ground. Welle was up around 34th at the two mile mark and looked strong, but the rest of the team was less aggressive, falling back by up to an additional 14 seconds. At the half-way mark, Welle was in 19th, Harper 91st, Serene 92nd, Prevost 95th, Wedge 158th, Amarasirwardena 175th and Trimble 238th. Welle was not able to hold his position, falling back a lot in the final half of the race to finish in 71st place in 25:18. Dan Harper and Stephen Serene worked well together the entire race. Both passed Welle in the final mile to end up in 48th and 51st places respectively in 25:08 and 25:09. Wedge moved up a lot as well, ending up in 124th in 25:37. Prevost fatigued a lot, losing over 70 places in the final 4K, but finished well enough to run 25:53 and give MIT a very nice 12th place in the 32 team field.



Katherine Eve, Tania Morimoto, and Alina Gatowski (left to right) on their way to a 2,3, 4 finish at the NEWMAC Championship

The women had a fantastic start. Having four of the seven (Gatowski, Eve, Morimoto, Holt-Gosselin) with previous [NCAA Championship](#) experience certainly helped with handling the carnival type atmosphere seen at this championship. With the exception of O'Connell, who could not contain her energy, the women seemed calm and determined. At the mile mark, MIT was in great shape with Gatowski in 39th at 5:49, Holt-Gosselin in 65th, Morimoto in 73rd, de Geus in 76th, Broderick in 83rd, Eve in 104th and O'Connell in 128th. Gatowski continued to move up and race well as did Eve. Morimoto pretty much held her ground, while Holt-Gosselin and de Geus lost about twenty spots in the final 4K. After the half-way point, it was announced that MIT was in second place, which certainly got the MIT coaches excited. As they headed into the finish, Gatowski was still passing people and ended up in 24th place to earn All America honors in 21:40. Eve, had an amazing last half, ending up in 42nd place overall in 21:54, just seven places out of All America. Morimoto fell back a little, finishing in 80th place in 22:16. Right behind her was Holt-Gosselin in 85th in 22:19. The biggest difference between MIT and those

teams just behind was the fifth runner. While de Geus placed 100th in 22:25 (65th place once the individuals were taken out of the scoring), the fifth place runners for Wisconsin Eau Claire (the fourth place team only four points behind MIT) and Williams (in fifth place just 16 points back), placed an adjusted 91st and 99th respectively.

The third place finish for the women, marked the highest finish ever for the program, improving on the fifth place finish in 2009 and 10th place finish in 2008. The men's finish was the best since their 10th place finish in 1994. Next year, the Championship will be held at the University of Wisconsin Oshkosh, a very flat and fast course.

At the end of year awards dinner, the teams voted on the MVPs for 2010 and captains for 2011. For the men, the MVP was Paul Welle and captains for 2011 are Dan Harper and Stephen Serene. For the women, Alina Gatowski ran away with MVP honors while the team voted Maggie Lloyd and Tania Morimoto as returning captains. Eighth Runner of the Year awards, selected by the coaches, were given to Matt Weaver and Sherry Fu.

TOP 50 TIMES AT FRANKLIN PARK

(FOR THE CURRENT COURSE – ESTABLISHED IN 1992)

MEN – 4.94 MILES

WOMEN – 5K

Ethan Crain	24:40	1994	Jacqui Wentz	18:06	2009
Ben Schmeckpeper	24:44	2002	Debbie Won	18:10	1999
Dan Feldman	24:50	2001	Maria Monks	18:24	2009
Sean Nolan	24:52	2002	Alina Gatowski	18:30	2009
Chris McGuire	24:58	1997	Katherine Eve	18:43	2010
Mike Parkins	25:00	1997	Janis Eisenberg	18:47	1997
Jesse Darley	25:08	1994	Tania Morimoto	18:56	2010
Mark Strauss	25:14	1998	Hana Adaniya	18:58	2006
Hemugiri Arumugam	25:19	2008	Andrea Bradshaw	18:59	2008
Jake Ruzevick	25:19	2006	Martha Buckley	19:00	2002
Sean Montgomery	25:26	2001	Melissa Showers	19:01	2009
Steve Maltas	25:33	2002	Janice O'Brien	19:04	2008
Josh Feldman	25:38	1996	Martina de Geus	19:12	2010
Arnold Seto	25:43	1995	Jennifer Doyle	19:14	2008
Kevin Brulois	25:45	2006	Anna Holt-Gosselin	19:14	2008
Ed Keehr	25:45	1999	Julia Espel	19:16	2004
Leif Seed	25:46	1996	Lauren Klatsky	19:16	1996
John Brewer	25:47	2004	Brooke Johnson	19:17	2009
David Moyle	25:50	1992	Claire O'Connell	19:17	2010
Roy Wedge	25:50	2010	Marie Burkland	19:21	2009
Liyao Guo	25:54	1999	Elizabeth Finn	19:21	2008
Stephen Serene	25:54	2010	Katy Gordon	19:21	2010
Albert Liu	25:55	2001	Maggie Lloyd	19:24	2010
Joe Roy-Mayhew	25:56	2006	Rachel Niehuus	19:24	2006
Yermie Cohen	25:58	2008	Adrienne Bolger	19:33	2006
Dan Harper	25:59	2010	Erika Erickson	19:37	2006
Fivos Constantinou	26:01	2005	Sarah Sprague	19:38	2010
Dan Helgesen	26:03	1995	Alisha Schor	19:39	2006
Trevor Rundell	26:04	2008	Alicia Kaestli	19:40	2009
Paul Welle	26:05	2008	Shue-Fen Tung	19:40	1997
Dawit Zewdie	26:05	2009	Olivia Papa	19:44	2010
Eric Khatchadourian	26:06	2004	Lynn Kamimoto	19:51	2001
Phil Loiselle	26:09	1998	Kathleen Huffman	19:52	2002
Gihan Amarasiriward	26:12	2007	Sherry Fu	19:53	2010
Johannes Schneider	26:14	2006	Lauren Allen	19:54	2009
James Berry	26:15	1995	Karen Condon	19:55	2003
Bill Phipps	26:15	2009	Karen Kinnaman	19:57	2003
Andrew Erickson	26:16	2008	Jessie Thompson	19:59	2005
Rich Rosalez	26:16	1997	Veronica Andrews	20:01	2002
Jack Bourbonnais	26:17	2006	Stephanie Flavin	20:04	2005
Brian Anderson	26:18	2002	Juliann Lajoie	20:06	2009
Frank Johnston	26:18	1999	Kristen Burrall	20:12	2004
Brandon Pung	26:18	2006	Valerie Kuo	20:13	2002
Ben Mattocks	26:21	2009	Margaret Nervegna	20:14	2001
Richard Prevost	26:23	2008	Patricia McAndrew	20:18	1999
Carlos Renjifo	26:24	2002	Liz Labuz	20:19	2008
Jerry Pratt	26:28	1992	Elizabeth Ohrt	20:19	2008
Chris Bruce	26:30	2006	Betsy Eames	20:20	2002
Sohail Husain	26:30	1997	Robin Evans	20:22	1997
Rajesh Suryadevara	26:32	1993	Jennifer Gaugler	20:29	2003

... INDOOR TRACK AND FIELD

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enough turnout to prevent the Varsity from winning the meet. Those participating were Juls Andren '10, Adrienne Bolger '09, Emily Hwang '09, Emily Kuo '02, Margaret Leibovic '10, Alisha Schor '07, Meri Silberstein '95, Cat Tweedie '04, and Julia Zimmerman '09. Also in attendance were Chi-An Emhoff '01, Liz Labuz '09 and Jacqui Wentz '10. The Varsity outscored their former teammates 104.5 to 16.5.

The men had a battle on their hands. The "Has-Beens" refuse to take their title seriously, each year giving the Varsity all they want and more. The Alums claimed five of the six field events, totally dominating the Pole Vault by claiming the top five spots. They also claimed victories in the 55, 55HH and 200, needing only 10 more points in the remaining running events (400-5K). However, it was not to be as only Dave Reshef '09 scored any points, gaining a second place in the 400. The Varsity pulled out the victory 67-55. Claiming double victories for the Alums were Stephen Morton '10



Anna Holt-Gosselin winning the 3000m at the New England Div III Championship meet in a new MIT record of 10:08.37.

(LJ, TJ), Uzoma Orji '06 (WT, SP), and Zach Traina '05 (55, 200). Also taking victories were Omari Stephens '08, in the 55HH and Nate Ball '05, and Greg Tao '10 tying in the Pole Vault. Also scoring for the old-timers were Obinna Anyanwu '09, Craig Mielcarz '03, and Thad Wozniak '06. Competing, but not scoring, were Akin Aina '95, Patrick Barragan '08, Chris Bateman '07, David Blau '06, Josh Chartier '06, Eric Khatchadourian '06, Terry McNatt '87, Peter Mulligan '08, Ulzie Rea '07, Joe Roy Mayhew '08, Kevin Scannell '91, Justin Schmidt '10, Nate Sharpe '09, Sam Sidiqi '99, Andy Ugarov '95, and Chris Wong '08. Cheering their teammates on, but not participating were Dave Afshartous '89, James Flink '64, Ben Schmeckpeper '05, Don Shobry's '75, and Bill Singhose '90.

The Engineers blasted through the early meets with very little difficulty, winning easily against [Bates and Colby](#) as well as defeating eight other teams at the [Springfield College Invitational](#). The point in the season that marks where the performances start mattering begins with the February 5th [tri-meet](#) against Moravian College from Bethlehem, PA, and Williams College. At this point there were only two weeks until the New England Division III Championship, so the competition and the performances were going to be hot. MIT won both meets, marking the first time the women had ever defeated the Ephs in a regular season meet. The men's meet was not really close as MIT took the honors 186.5 to 110 for Williams and 78.5 for visiting Moravian. Not only did the Engineers come out ready for battle, but Williams did not seem to have the team spirit and motivation they have been known for. Williams only won four events in



Mattias Flander jumps a 46' 2" PR in the Triple Jump to take fifth place in the New England Division III Championship meet.

the meet and had very little depth. The lady Engineers took every running event from the 55-3000, showing remarkable depth as well to win with a score of 185.5 to 139 for Williams and 42.5 for Moravian.

The next weekend was the final tuneup prior to the championships. MIT split their squad between [Boston University's Valentines Meet](#) and [MIT's Coed Invitational II](#). The runners took to the banked track at BU while all the field event performers, with the exception of the top pole vaulters, competed at MIT. With neither meet keeping score, Tech's goal was to position themselves to do as well as possible in the upcoming championships. The men showed they were ready, kicking the meet off with an NCAA Championship qualifying time in the Distance Medley Relay. Getting into the fast section assured Tech that the pace would be fast. Logan Trimble '13, opened things up with an excellent 3:03.9 1200 leg. DJ Ronde '13, turned in a 50.6 400 to keep MIT in touch with the pack. Pat Marx '13, running the 800 leg, gave a glimpse of what he is capable of, turning a 1:52.4 leg and putting MIT close to the leaders. Kyle Hannon '13, took over the anchor

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duties and never hesitated, racing every step of the race, which produced a phenomenal 4:05.6 1600 to give MIT a 9:53.16 MIT record and a mark that exceeded the NCAA auto standard. In the open 800, Marx ran 1:52.49 to nearly hit the NCAA auto standard. Back at MIT, Ken Cooper '13, threw a remarkable 61-2 in the 35lb. Weight Throw to miss the NCAA auto standard by four inches. Nathan Peterson '12, made the NCAA provisional standard by clearing 15-5 ½ in the Pole Vault. The women had two NCAA qualifiers; Portia Jones '12, and the 4x400 Relay. Jones ran her first 400 of the year, showing the shorter distances did not hurt her ability to race the longer sprint as she ran 56.80 to surpass the NCAA provisional standard. The 4x400 team did not want to have to race the 4x400 again with the top unit going for their best time until NCAA's, so they knew they had to produce. Jamie Simmons '12, opened up with a 58.1 while Hazel Briner '11, ran the race of her life, splitting 57.6. Martha Gross '12, was able to run 59.7 as she continued to get in shape after an early season back injury. Jones closed the event with a 56.9 to give MIT a 3:52.35 to exceed the NCAA auto standard.

What the team had been waiting for, the [New England Division III Championship](#), was next. Since none of the colleges has an indoor venue large enough to host both the men and the women at the same time, the meets continue to be separate. The women were at home and the men's meet was being hosted by Springfield College.

The men were slight favorites heading into the meet, but on Tuesday of that week Pat Marx



Amy Magnuson, MIT record holder in the 55m Hurdles, takes control in her heat at the Boston University Terrier Classic

had appendicitis and had to have it removed, causing him to miss the championship where he was the favorite in the 800 and the fastest leg in the 4x400. Williams College came out of the gate strong, placing 1-2 in the Pentathlon on Friday, entering the main part of the meet with an 18-0 lead over MIT. Tech continued to fall behind as Williams outperformed their seeds in the Weight Throw and the Long Jump while MIT performed quite poorly. After three events MIT was down 33-4. After exceptional performances by Matt Falk '12, in the High Jump and Kyle Hannon in the Mile Run, MIT cut the lead to 41-26. However, Williams continued to compete very well, earning big points in the High Hurdles and the 400, setting MIT back 48 points behind Williams. Nathan Peterson won the Pole Vault at 15-5 and Mattias Flander '11, jumped a personal best of 46-2 to place fifth in the Triple Jump, but Tech was still down 41 points. MIT gained 18 more points by great performances

from Babajide Akinronbi '14, and Josh Duncavage '13, in the 55 as well as Stephen Serene '12, winning the 1000 out of the slow section. The 200 proved to be the big event for MIT. Duncavage, Tyler Singer-Clark and Akinronbi garnered 17 points by placing second, fourth and fifth respectively. Entering the final three events, all relays, MIT was down by six, 96-90. MIT took the first relay, the DMR, as Richard Prevost '11 (3:10), Nick Leonard '11 (:52), Justin Bullock '14 (1:58), and Eric Safai '14 (4:21), ran to victory to take a one point lead over Williams, who placed fourth in the event. The 4x400 was Williams' event and they showed it by taking third to MIT's fifth, regaining the lead by one point. The final event, the 4x800 would decide the champion. Both teams lined the track and started bringing the house down well before the event even started. MIT had plenty of bodies to produce a sub 2:00 800, but they needed

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a sure victory, so Kyle Hannon was substituted in. Logan Daum '11, did not run his absolute fastest race ever, but he put MIT in good position with a leadoff 2:01. Hannon came back for his third race and hammered the field with a 1:56. Gil O'Neil '13, fresh and ready to run, held the lead, running 1:59. Dawit Zewdie '13, coming back from the open 800, and knowing he had to win the race, held off the closing runner from Springfield repeatedly in the final 200 to give MIT the victory in 7:55.54. Williams needed to finish second to win the meet, but could only manage an 8:03 for fourth place and second in the meet.

The women were 13 point underdogs going into the [New England Division III Championship](#), but that means very little whenever MIT and Williams are on the same track. MIT lost big points on the first day when Briner, the defending champion, fouled out of the Long Jump portion of the Pentathlon. Fortunately, Jackie Konopka '14,



Martha Gross puts in a 58.0 400 leg in the NEICAAA Championship Distance Medley Relay. MIT won the event with a nation leading time of 11:49.80.

not seeded to score, placed third in a great competition. Unlike the men, the women started day two very well. First, Anna Holt-Gosselin '11, ran an exceptional 5:06 anchor in the DMR to help her team, comprised of Andrea Nickerson '14, Kirsten Aarsvold '11, and Olivia Papa '14, win the event for MIT. MIT also won the 4x200 Relay in 1:44.57, 2.5 seconds ahead of second place. The problem was that in both relays Williams was second. The 5000, the second event of the day, was dominated by Williams as they placed 1-2-3 for 24 big points. Despite MIT's best efforts, the Engineers were down 63-33 early in the meet. Tech added big points in the Mile Run by Louise van den Heuvel '14, and by Amy Magnuson 'G, Briner and Jackie Brew in the 55HH, and Jones and Gross in the 400 to pull MIT within three points. However, Williams scored heavy in the 600, 55 Dash, 800 and 1000 while MIT floundered opportunities, coming out of those events down 99-70. The final two non-relay events on the track were the 200 and 3000 Meter races. Jones came back from poor performances in the 400 and 55 to destroy the field in a new MIT record of 25.43. Holt-Gosselin came back to win the 3K in a new MIT record of 10:08.37. With the relays, Triple Jump and Pole Vault to go, MIT was down 91-110. Led by Karin Fisher '11, MIT scored 25 points in the Pole Vault. Fisher led a 1-2-3-8 scoring onslaught from Briner who placed second, Lauren Kuntz '13, who placed third, and Kate Wymbys '14, who placed eighth. Going into the relays, MIT was down by nine, 121-130. At this point, MIT had to gamble and try to win both relays. To do this, the top two 800 runners on the team, Jamie Simmons and Briner, had to switch from the 4x400 to the

4x800, which would weaken the 4x400 while strengthening the 4x800. In the 4x400, the quartet of Gross, Megan Bumgarner '14, Aarsvold and Jones only managed a second place, while Williams placed fourth. MIT was now down by six and needed a miracle in the 4x800. Papa led off with a 2:25, followed by a 2:22 by Simmons, a 2:25 by van den Heuvel and a very gutsy 2:20 anchor by Briner to place second. However, Williams placed third to win the meet by four points, 141-137.

The remaining championships, the [NEICAAA](#) and [ECAC Division III](#), were used by MIT to qualify for the NCAA Division III Championship or improve marks by those who had already qualified.

In the NEICAAA Championship, for the men, Marx was still out, recovering from his appendectomy. There was some concern as to whether he would be back and ready for the NCAA's. Logan Trimble was sick and he has a tendency to keep his illnesses for awhile, so that added concern to the DMR's chances. In addition, Hannon returned to his competitive woes, dropping out of the Mile run at the NEICAAA Championship. On the bright side, freshman, Justin Bullock set a new freshman record in the 1000 by running 2:28.29, placing fourth. Bullock was a potential replacement for the 800 or 1200 leg at the NCAA's. CK Umachi '12, threw the 35lb. Weight 61-0 to place second and qualify provisionally for Nationals. Nathan Peterson cleared 15-7 to place third and move up on the Nationals list.

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The women had a pretty big meet as far as national qualifiers go. Briner scored 3275, which should be enough to get to Nationals. Karin Fisher cleared a new MIT record of 13-3 $\frac{3}{4}$ to win the Pole Vault for the second year in a row. Her mark was the best in the country for Division III. The women's DMR lit up the track, winning the event in 11:49.80, a new MIT record. Louise van den Heuvel led off with an excellent 3:37 1200. Martha Gross ran an excellent 58.0 400. Jamie Simmons smoked the 800 in 2:14.0 to put MIT in second place. Anna Holt-Gosselin did the rest, powering home in 4:59.9 for the 1600 and the victory. In the 200, Portia Jones claimed third place with a new MIT record of 24.40. Unfortunately, there is not a 200 Meter race at the NCAA Division III Indoor Championship.

MIT traveled to New York City for the ECAC Division III Championship where the meet was being held at the famed New York Armory. Fisher jumped 13-6 $\frac{1}{4}$ in her dual with Abigail Schaffer, her counterpart from Moravian, who also cleared 13-6 $\frac{1}{4}$, tying for the second best vault ever in NCAA Division III. Fisher won the event on misses. Holt-Gosselin, forced to run from the slow section due to her slower time entering the meet, put the hammer down from the start, lapping the field to run a new MIT record of 17:09.93, placing her fifth overall in the elite field and ranked her eighth in the NCAA field. Jones won the 55HH in a personal best of 8.21 to easily qualify for the NCAA's.

The men's lone highlight was Peterson in the Pole Vault. He cleared 16-5 $\frac{1}{4}$ for a huge personal best, third place in the meet and surpassing the automatic standard for the NCAA Division III Championship.

Capital University in Columbus, Ohio, was the host for the [2011 NCAA Division III NCAA Championship](#). MIT



Gihan Amarasiriwardena, Roy Wedge, and Dan Harper (left to right) on their way to a 5, 8, 13 finish in the New England Division III Championship 5000 meter run.

traveled with 15 athletes to the meet, eight women and seven men. On day one, Peterson continued his amazing championship season. Clearing 16-9 $\frac{1}{2}$ on his first attempt and setting a new MIT record. He had great attempts at 17-1, but was unable to clear, settling for fifth place. The DMR team of Trimble, Ronde, Marx and Hannon overcame their physical problems and placed sixth with a hard fought race. Hannon anchored in 4:11 on the flat track. Cooper and Umachi were unable to get to the finals in the 35lb. Weight although Umachi launched one ~62' that was barely a toe foul. At the end of Day one the men were done, ending up 28th with 6.5 points.

The women had a nice first day, although Briner just missed scoring in the Pentathlon, finishing ninth as the Shot Put and Long Jump portions of the event did not go very well. Portia Jones qualified for the finals in both the 400 and 55HH, having the third fastest time in the 400 at 57.01, and a new PR and second fastest time in the hurdles at 8.19. In

the DMR, the women ran very well. Louise van den Heuvel shook off the effects of her lingering cold and pushed home a 3:41 1200 leg. Gross ran 59 in the 400 and Simmons 2:19 in the 800 to put MIT in fifth as Holt-Gosselin took over. She ran her best race ever, a 5:01 on the tight turned, flat track to finish in sixth, just .32 out of fifth and less than a second out of fourth. With another twenty meters Holt-Gosselin would have run them down. On Day two, the vaulters took over. Fisher was clean on first attempts through 13'. She needed three attempts to clear 13-4 $\frac{1}{4}$ while her opponent only needed two. Fisher's second place was supported by a sixth for Lauren Kuntz and an eighth for Briner, both clearing 12-0 $\frac{1}{2}$. Unfortunately for Jones, the six lane track could not accommodate all eight finalists in the 55HH. A two section final was run. While Jones was able to win the fast section in an amazing 8.11, two in the slow section beat her, one at 8.10 and the other with a faster 8.11 (measured to the thousandth). The Engineers felt that Jones

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would have won if she could have raced all of her opponents head to head. In the 400, thirty minutes later, Jones finished fourth in an excellent 56.44. Holt-Gosselin was up in the 5K and ran a superb race, finishing in eighth at 17:12.00, giving MIT one more point. The final event for MIT, and the meet, was the 4x400 Relay. Third place in the meet was locked up for MIT, but Tech ran their best regardless. Running in the second of three sections, Simmons brought the baton home in first after a 58.8 leadoff leg. Briner ran a superb 59.0 leg to keep MIT in front. Gross ran a 59.2 third leg to keep MIT in first until the final straight. Jones brought MIT back in front and won the section with a 57.0 leg to finish in 3:54.03. However, all four teams in the fastest

section beat MIT's time to push Tech back to fifth place. It was MIT's third consecutive third place finish at the NCAA Division III Championships as they totaled 31.5 points. For both the men and women there were a total of 19 All America honors earned for 13 different individuals—a great end to a superb season.

The women were now the leading program in the Vercauteren Cup, totaling six points for their two third place NCAA finishes. Williams College was second, seven points back. Going into the Outdoor NCAA Division III Championship, MIT would be guaranteed the award if they finished sixth or better.

At the NCAA Championship

banquet, Kyle Hannon was honored with the Elite 88 Award. This award goes to the individual at the Championship with the highest GPA. If there is a tie the winner is the one with the most academic units. Also honored were Karin Fisher as the New England Region Female Indoor Field Event Athlete of the Year. Portia Jones won the New England Region Female Indoor Track Athlete of the Year.

The team voted Kyle Hannon as the Men's MVP while the captains for 2011-12 are Matt Falk, Nathan Peterson, Stephen Serene and CK Umachi. Portia Jones was voted MVP for the women and the captains will be Martha Gross, Jones, Lauren Kuntz, Maggie Lloyd and Jamie Simmons.

NEW MIT INDOOR RECORDS

Nate Peterson	M – Varsity Pole Vault	16-09 1/2
Trimble, Ronde, Marx, Hannon	M – Varsity DMR	9:52.13
Justin Bullock	M – Freshman 1000	2:28.30
Jackie Brew	W – Varsity Long Jump	17-06 3/4
Hazel Briner	W – Varsity High Jump	5-02
Karin Fisher	W – Varsity Pole Vault	13-06 1/4
Anna Holt-Gosselin	W – Varsity 3000	10:08.40
Portia Jones	W – Varsity 200	24.40
Portia Jones	W – Varsity 55	7.37
Jones, Brew, Gross, Simmons	W – Varsity 4x200 Relay	1:44.57
van den Heuvel, Gross, Simmons, Holt-Gosselin	W – Varsity DMR	11:49.80
Jackie Brew	W – Freshman 55	7.46
Jackie Brew	W – Freshman Long Jump	17-06 3/4
Megan Bumgarner	W – Freshman High Jump	5-01 3/4
Kristine Bunker	W – Freshman High Jump	5-01 3/4
Nickerson, Bumgarner, Papa, van den Heuvel	W – Freshman DMR	12:18.57

MIT WOMEN CAPTURE NCAA DEB VERCAUTEREN PROGRAM OF THE YEAR AWARD

by Greg McKeever

Courtesy of top-four finishes at three straight NCAA Division III Championships, the MIT Women's Cross Country and Track & Field program was honored as the Deb Vercauteren Program of the Year by the United States Track & Field and Cross Country Coaches Association (USTFCCCA). The NCAA Division III Program of the Year Awards are given annually to the most outstanding NCAA Division III Cross Country/Track & Field programs. The award honors the institution that has achieved the most success during the entire academic year. Scoring is based on the team's finish at each NCAA Division III Championship in Cross Country, Indoor Track & Field, and Outdoor Track & Field (i.e. 1st = 1 point, 2nd = 2 points, 31st = 31 points) with the lowest total score for all three championships combined determining the award recipient. Ties among schools split points for positions taken. Tech received the award thanks to third-place showings at the cross country and indoor meets and a fourth-place finish at the outdoor competition.

Coach Halston Taylor has built his program into one of the most dominant in all of Division III, as evidenced by this honor. His teams have shown great consistency at the NCAA Championships, finishing among the top 10 in the country at seven straight National meets. His athletes have earned 54 All-America honors over the past three years, including 14 at last month's Outdoor Championship. With 10 points, MIT outscored second-place Williams College by seven, the largest margin of victory in the history of the award. The Cardinal and Gray finished as the runner-up in the standings in 2009-10, missing out on the honor by just one point.



MIT women take home the third place trophy, marking the program's highest ever finish at the NCAA Cross Country Championships.



The Indoor Track and Field team repeats the Cross Country team's success with another third place at the National Championships.



At the outdoor Championships, the women nearly matched their indoor performance, taking fourth, just three points behind the third place team, Methodist University.

2010 – 2011 ACADEMIC AWARDS

by Greg McKeever

Many of the athletic organizations with which MIT is affiliated recognize student-athletes not only for their athletic prowess, but also for outstanding academic achievement. Among these organizations are the New England Women's and Men's Athletic Conference (NEWMAC), the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA), the College Sports Information Directors of America (CoSIDA), and the National Collegiate Athletic Association (NCAA).

NEWMAC is an association of ten selective academic institutions, including MIT, that are "committed to providing high quality competitive athletic opportunities for student-athletes within an educational and respectful environment that embodies the NCAA Division III philosophy." Every year NEWMAC selects athletes from each of the twelve conference sports to be members of the Academic All-Conference Team for their sport. Honorees must have met the following criteria: earned a minimum cumulative GPA of 3.5/4.0 scale or 4.35/5.0 scale, achieved a second year academic status at his or her institution, and been a member of a varsity team for the entire season.

The USTFCCCA is a non-profit professional organization representing cross country and track & field coaches of all levels. The organization represents over 8,000 coaching members encompassing 94% of all NCAA track & field programs (DI, DII, and DIII) and includes members representing the NAIA as well as a number of state high school coaches associations. Like NEWMAC, the USTFCCCA



Vlad Sobes with his Elite 88 Award at the NCAA Outdoor T & F Championships

recognizes student-athletes with selection to All-Academic Squads, and also honors complete teams with their Team Academic Award. To meet the criteria for USTFCCCA All-Academic honors, individuals must have compiled a cumulative GPA of 3.30/4.0 scale or greater and have met an NCAA automatic or provisional qualifying standard in an individual or relay event during the course of the season. Teams qualifying for USTFCCCA All-Academic status must have compiled a cumulative team GPA of 3.10 or better.

CoSIDA was founded in 1957 and currently is a 2,700-plus member national organization comprised of the sports public relations, communications and information professionals throughout all levels of collegiate athletics in the United States and Canada. CoSIDA's signature program is the Capital One Academic All-America® program which honors the nation's highest-achieving student-athletes for academic and athletic excellence across all divisions of play (NCAA Division I, II, III, NAIA, CIS and NJCAA). CoSIDA members nominate and vote in selection of Academic All-America performers in 12 sports.

The NCAA, the primary governing body for collegiate sports, selects a

single athlete at each of its Championship competitions to receive the Elite 88 Award. The Elite 88 Award recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. Eligible student-athletes are sophomores or above who have participated in their sport for at least two years with their school. They must be an active member of the team, and a designated member of the squad at the Championship. The athlete with the highest grade point average of all those eligible at the Championship receives the award. All ties are broken by the number of credits completed.

2010-11 was an amazing year for the academic success of our student-athletes. Every year we have numerous conference, region and national academic honorees. This year was exceptional with two Elite-88 Award winners and four CoSIDA Academic All-America winners. Congratulations to all of our award winners.

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*(Continued from page 24)***...ACADEMIC AWARDS****Men's Cross Country****NEWMAC Academic All-Conference**

Logan Daum, Timothy Galvin, Stephen Serene, Logan Trimble, David Way, Matthew Weaver, Paul Welle, Jacob Young, Dawit Zewdie

USTFCCCA All-Academic Squad

Daniel Harper, Stephen Serene, Paul Welle

USTFCCCA Team Academic Award**Women's Cross Country****NEWMAC Academic All-Conference**

Chandler Burfield, Marie Burkland, Katherine Eve, Alina Gatowski, Juliann LaJoie, Margaret Lloyd, Tania Morimoto, Melissa Showers, Sarah Sprague

USTFCCCA All-Academic Squad

Katherine Eve, Alina Gatowski, Tania Morimoto

USTFCCCA Team Academic Award**Men's Track & Field****NEWMAC Academic All-Conference**

Matthew Barron, Logan Daum, Matthew Falk, Jared Forman, Timothy Galvin, Yida Gao, Kyle Hannon, Travis Hery, Phillip Hunt, Andrew Musacchio, Gilbert O'Neil, Daniel Ronde, Stephen Serene, Logan Trimble, Chinedum Umachi, Cyrus Vafadari, David Way, Matthew Weaver, Paul Welle, Dawit Zewdie

CoSIDA Academic All-District

Kyle Hannon (First Team)

CoSIDA Academic All-America

Kyle Hannon (Third Team)

NCAA Elite 88 Award – Indoor Track & Field Championship

Kyle Hannon

NCAA Elite 88 Award – Outdoor Track & Field Championship

Vladimir Sobes

Women's Track & Field**NEWMAC Academic All-Conference**

Hazel Briner, Chandler Burfield, Taylor Burfield, Marie Burkland, Caroline Figgatt, Karin Fisher, Alina Gatowski, Portia Jones, Lauren Kuntz, Margaret Lloyd, Amy Magnuson, Leslie Meyer, Tania Morimoto, Melissa Showers, Sarah Sprague

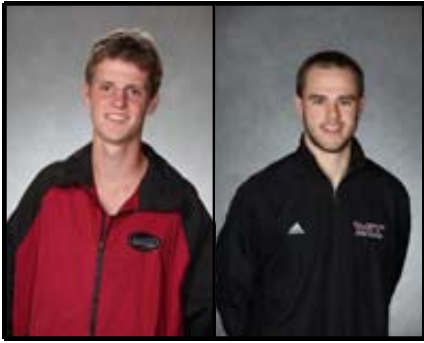
CoSIDA Academic All-District

Hazel Briner (First Team), Karin Fisher (First Team), Alina Gatowski (Second Team), Portia Jones (First Team)

CoSIDA Academic All-America

Hazel Briner (Third Team), Karin Fisher (Third Team), Portia Jones (Second Team)

HANNON AND SOBES RECEIVE ELITE 88 AWARD



Elite 88 Award recipients Kyle Hannon (left) and Vlad Sobes (right).

by Greg McKeever

Kyle Hannon and Vlad Sobes both received the prestigious Elite 88 Award from the NCAA, Hannon at the Division III Indoor Championships and Sobes at the outdoor meet. The Elite 88 Award is given to the student-athlete with the highest grade point average

at the National Championship meet.

Hannon qualified for the Indoor national meet in each of his first two years in Cambridge, participating in the mile as a freshman and returning as part of the Distance Medley Relay at this year's NCAA Championship. He helped the DMR capture a spot on the All-America podium, placing sixth overall. Hannon won three events at the Division III New England Championships this year, taking first in the mile and DMR during the Indoor meet and anchoring the victorious 4x800 relay during the Outdoor season.

Hannon, an Electrical Engineering and Computer Science Major, also received MIT's Kispert Award this past spring as the top male student-athlete among Tech's 18 men's

programs and has posted a perfect 5.0 GPA through his first three semesters at MIT.

Sobes was making his second straight appearance at the NCAA Championship, as he qualified in the javelin in each of the past two years. He placed sixth in the event in 2010, earning All-America honors. At this year's New England Division III Championships, Sobes won the Javelin Throw, setting a new MIT record of 214' 5".

Sobes earned his undergraduate degree in Nuclear Science and Engineering, carrying a perfect 5.0 grade point average throughout his undergraduate career, and is currently pursuing his doctoral degree in the School of Engineering.

BRINER, FISHER, AND JONES SELECTED TO ACADEMIC ALL-AMERICAN TEAM



Academic All-Americans Portia Jones (left), Karin Fisher (center), and Hazel Briner (right).

by Greg McKeever

Hazel Briner, Karin Fisher, and Portia Jones were named to the Capital One Academic All-America team as selected by the College Sports Information Directors of America (CoSIDA) in recognition of their outstanding athletic and academic achievements.

Briner is one of the best all-around athletes to pass through the Tech track and field program, displaying her

versatility by regularly competing in and dominating the pentathlon and heptathlon events. She was a two-time New England Division III champion in each event and owns the MIT record in both. She also landed on the All-America podium four times in three different events, finishing among the top eight nationally in the pentathlon, 4x400 relay and pole vault. She was the recipient of MIT's Pewter Bowl Award, given to the female senior who has shown the highest qualities of inspiration and leadership. Briner graduated with a 4.5 GPA in Biology and Mechanical Engineering.

Fisher, who was tabbed to the Third Team along with Briner, was one of the top pole vaulters in the country the past two years. She earned All-America honors in the event three times and finished as the national runner-up at the 2011 NCAA Division III Indoor

Championship. Voted as the 2011 Betsy Shumacker Woman Athlete of the Year at MIT, Fisher maintained a 4.4 GPA during her undergraduate tenure and graduated from MIT last month with degrees in Electrical Science & Engineering and Physics.

Jones continues to add accomplishments to an outstanding resume compiled in just her first three years at MIT, with her Second Team nod. She has 14 All-America honors to her credit and has been named the New England Track Athlete of the Year on four separate occasions. A five-time New England Women's and Men's Athletic Conference (NEWMAC) Champion, Jones owns the Institute record in 11 different events. She has also maintained a 4.4 GPA in Electrical Engineering and Computer Science.

CLASS OF 2015

The incoming freshmen class has the potential to add strength in a number of areas, and appears to have considerable depth in the middle distances. The 4x800 could be an interesting event to watch this year!

WOMEN

Madelaine Bai rey	100 – 12.55, 200 – 26.03, 400 – 60.9
Kali Benavides	1600 – 5:45, 3200 – 12:13, XC – 19:02
Joanna Chen	PV – 11-0
Margaret Coad	800 – 2:24.24, 1600 – 5:32, 3200 – 12:14, XC – 19:58
Marissa Engle	PV – 10-0
Kayla Harris	400 – 58.70, HJ – 5'0
Amelia Helmick	1500 – 4:56, 3000 – 10:29, XC – 18:43
Cindy Huang	300 IH – 48.15, 800 – 2:14, 1600 – 5:11, XC – 19:13
Michelle Johnson	LJ – 15-11, TJ – 34-5, 100HH – 17.19, 300 IH – 51.7
Shivani Kaushal	1600 – 5:20, 3200 – 11:22, XC – 18:55
Dacie Manion	1600 – 5:11, 3200 – 11:21, XC – 18:50
Stephanie Marzen	800 – 2:22, 1600 – 5:08, 3200 – 11:28, XC – 18:48
Sarah McMillian	55 – 7.42, 100 – 12.20, 200 – 25.46, 400 – 58.96
Ela ine McVay	800 – 2:24, 1600 – 5:10, 3200 – 10:48, XC – 18:25
Hollie O'Brien	SP – 34-6, DT – 117-4
Esme Rhine	SP – 32-8, DT5 – 95, JT – 100-1
Veronica Szklarzewski	HJ – 5-3, 100 HH – 16.7, 300 IH – 50.0, TJ – 35-7 3/4
Tilly Taylor	JAV – 124-11
Preethi Vaidyanathan	HJ – 5-5 3/4

MEN

Karl Baranov	800 – 1:56, 1600 – 4:13.65, 3200 – 9:12, XC – 15:34
Nick Diamantoni	55 – 6.70, 200 – 22.72, 400 – 50.5
Kris Frey	1600 – 4:31, 3200 – 9:40, XC – 15:25
John Halloran	SP 45-9, DT 115
Colin Hong	PV 14-0
Chad Kiggins	800 – 1:53, 1600 – 4:16, 3200 – 9:36, XC – 15:34
Allen Leung	1600 – 4:22, 3200 – 9:18, XC – 15:02
Ricardo Paez	1600 – 4:25, 3200 – 9:45, XC – 15:45
Sam Parker	400 – 51.1, 800 – 1:53.52, 1600 – 4:28, XC – 16:29
Victor Pontis	200 – 23.93, 400 – 51.80
Harry Rein	55 – 7.03, JAV 164-3
Benjamin Schreck	PV 15-1
Aaron Thomas	800 – 1:58, 1600 – 4:26, XC – 15:52
John Thomas	55 HH – 7.6, 110 HH – 16.5, 400 IH – 56.7, HJ 6'0
Sheldon Trotman	LJ – 21-4, TJ – 45-3, HJ – 6-0
Cameron Wagar	JT – 187-6, SP – 51-00 1/2
Spencer Wenck	1600 – 4:17, 3200 – 9:19, XC – 15:21
Benjie Xi e	1600 – 4:20, 3200 – 9:13, XC – 15:59

COACHING AND RECRUITING IS A TEAM EFFORT

by Halston W. Taylor

It takes a real team effort to provide the recruiting and coaching necessary to compete at the highest level of Division III, and the effort put in by our staff is reflected in the achievements of our athletes. One of the aspects of that success is that it breeds more success and also creates more work. Not that I am complaining. I would much rather have the increased workload and be in contention to win every championship than the alternative. In part, due to the success of the entire Cross Country and Track & Field program, and our ability to get that information out, we are getting approximately 100 additional prospective student-athletes per year inquiring about our program. Another part is the success of our primary recruiting coach, Pete Sampson, who is doing a fantastic job of finding very successful high school athletes who might have an interest in MIT.

This year we are anticipating about 700 seniors to have filled out an information profile, expressing interest in MIT and the desire to be a part of our program. Each of these prospective candidates receives a written reply, but only about a third have both the academic and athletic performances to be recruited. That number of 200 or so will get calls once a month by the coaches responsible for the potential event area of the recruit as well

as receiving a call and weekly email updates from me. The admissions process is more competitive now than ever before. There could be approximately 20,000 applicants for undergraduate admission this year, meaning the percentage of those admitted may be under 10%. The admissions office does not give us any "selections" or "picks", but they do their best to help us along with music, the arts and other areas of the Institute to have a well rounded class. As early action and regular action decisions are made, the difficult part is making sure our top recruits who are admitted matriculate to MIT. As you can imagine, many of these folks are also admitted to Harvard, Princeton and Stanford, as well as numerous other outstanding colleges. The perceived intensity of MIT and financial aid play a critical role in these recruits' decisions. The coaching staff logs about 200 calls per month, as well as far too many emails to count throughout the year, to help yield the best recruiting class possible.

The second half of the equation is the administrative work dealing with budget, travel and team management, and the actual coaching. With six teams and approximately 110 student-athletes, it takes an entire staff, both paid and volunteer, to make sure everything is getting done on a daily and weekly basis.

It was not long ago that there were only 60 or so total athletes in the program. That number has almost doubled and the quality of those student-athletes continues to go up. We still make cuts every year, but the quality of the freshmen each year continues to get better.

I want to take a moment to acknowledge the sacrifices my assistant coaches make, taking time from family and friends to make those recruiting calls, plan the workouts, and give up more than half of their weekends throughout the year for competitions. Everyone plays a role in the success of this program, and it would not be as successful without them.

Fortunately, we are not losing any coaches this year, but are picking up a much needed hurdles and sprints coach. The new part-time coach is Peter McNaughton, recently coaching at the University of Dubuque. Coaching all of the running events and relays has become too much for me. Having someone to provide the necessary individual attention to the short hurdlers and sprinters will be a much needed relief.

MIT COACHING STAFF

Halston Taylor	Director and Head Coach for Cross Country / Track & Field (all running events)
Todd Linder	Associate Head Coach for Track & Field – Full time (throws and multi-events)
Kathrine Bright	Assistant Coach for Track & Field – Full time (jumps)
Patrick Barragan	Assistant Coach for Track & Field – Part time (pole vault)
Summer Hutcheson	Assistant Coach for Cross Country – Part time
Peter McNaughton	Assistant Coach for Track & Field – Part time (sprints and hurdles)
Rich McNeil	Assistant Coach for Track & Field – Part time (throws)
Pete Sampson	Assistant Coach CC/ T & F – Part time (mid. dist. & dist. running); primary recruiting coach
Nate Ball	Assistant Coach for Track & Field – Volunteer (pole vault)
Chi-Fong Wang	Assistant Coach for Track & Field – Volunteer (javelin)
Stephen Morton	Assistant Coach for Track & Field – Volunteer (horizontal jumps)
Sid Palas	Assistant Coach for Track & Field – Volunteer (pole vault)
Jeff Paterno	Assistant Coach for Cross Country / Track & Field – Volunteer (mid. dist. & dist. running)
Nate Sharpe	Assistant Coach for Track & Field – Volunteer (pole vault)
Greg Tao	Assistant Coach for Track & Field – Volunteer (pole vault)

FRIENDS OF MIT CROSS COUNTRY AND TRACK & FIELD

OUR "EXTENDED FAMILY"

by Halston W. Taylor

A family can be described as a group of people united due to a significant shared characteristic. A family can also be counted on for support when it is needed.

You all, the alumni/ae, parents, and friends are all of that and more. Your support comes in many ways and all are appreciated. Following our success through the website and reading the weekly emails, communicating with me via email and dropping by to say hello when in town, coming to meets to cheer and perhaps remember what it was like when you were on the team, and of course, the monetary support, together enable us to be the championship team we are.

The two primary fund raising efforts continue to be the endowment of the Spring Trip, which currently has \$250,000 of the needed \$1,000,000, and the endowment of the two full-time assistant coach positions. The only way to guarantee the continuity of both is to endow them. Anyone in a position to help with either endowment please do not hesitate to contact me as this is something we would really like to pursue. There is not currently an account for the endowment for the Assistant Coach positions, but if someone or some group of individuals let me know of their interest we will get the account started.

A special thanks this year to Chris Schell and some brothers of FIJI (Glenn Hopkins, Gordon Holterman, John Taylor, Ed Martin, Alex Menchaca, Gordon Beckhart and Will Sauer) who when asked, got together and provided the \$32K to allow us to purchase the much needed AlterG Anti-Gravity Treadmill. This treadmill, which allows the user to run at an effective bodyweight anywhere from 20-100%, saved our year. Many of our runners who were not able to return to running under normal conditions, were able to run on the AlterG and prepare for a much quicker return to competing. It also allowed individuals to train faster than normal or put in increased mileage but not have to deal with the stress of 100% body weight. In fact, it was used so much that we need another one as soon as possible just to allow us to schedule everyone who needs to use it. If I had to determine the reasons for our success this year, I would vote the AlterG as the

single most important contributing factor, as it got so many women running who ended up scoring big in the championships. A second unit would guarantee we could provide scheduled time for all who need to use it. Anyone who would like to have the conversation with me with regard to this donation should email me at their convenience.

As we continue to win New England Division III Championships (three this year), we must purchase banners to recognize the success of the student-athletes. The banners cost a little over \$300 each, and the money in the Awards Fund is beginning to run low. In addition to the banners we are in desperate need of a records board to show off the amazing achievements. For a record board that would show Indoor and Outdoor Records for Men and Women the cost would be around \$6,000. This would also provide the ability to change records from year to year with little difficulty. Anyone interested in designating money for a record board please let me know.

The general funds for Cross Country and Track & Field provide the flexibility to help with many expenses that come up throughout the year and are the staple of our fund raising efforts. Your continued support in these areas allow us to do much of what we do at the highest levels.

Again, thank you for all your support. We all appreciate it, more than you know.

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
Track and Field award's fund.	2739705
Sherie and Donald Morrison Men's and Women's Track & Field Spring Trip Endowment Fund.	3155810

(Continued on page 30)

...FRIENDS OF MIT CROSS COUNTRY/TRACK & FIELD*(Continued from page 29)***Total dollars in donations: \$346,934.60**

Sherie and Donald Morrison Men's and Women's Track & Field	
Spring Trip Endowment Fund (3155810)	\$250,000.00
Track & Field Awards Fund (2739705)	\$ 400.00
Men's Cross Country (2641800)	\$ 7,379.00
Men's Track and Field (2648100)	\$ 72,786.60
Women's Cross Country (2641900)	\$ 3,439.00
Women's Track and Field (2648900)	\$ 11,970.00

2010 - 2011 CENTURY LIST**\$5000 or more in gifts**

Ms Carol R Aronson
Mrs Gowri R Grewal
Mr Paul S. Grewal
Mr Glenn A Hopkins
Dr Donald G Morrison
Dr Sherie L Morrison
Mr Christopher H. Schell
Dr Donald E Shobry

\$1000 - \$5000 in gifts

Dr Jeffrey M Baerman
Thomas W Bohannon MD
Mr John A Buell Jr
Dr Lewis Chamoy
Mr Michael F Di Christina
Dr James M Flink
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Mr Gordon C Holterman Jr
Mr John E Kaufmann
Mr Edward A Martin
Mr Christopher S Mcguire
Mr Alex Menchaca
Craig D Mielcarz
Dr Frank C Richardson
Mr Richard C Rosalez
John M Taylor, MD
Dr Katherine Dabulis Taylor
Dr Robert L Wesson

\$100 - \$1000 in gifts

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Mr Robert J Eve
Daniel R Feldman
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Mrs Debra B Fisher
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Dr Robin C Grandl
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Mr John J B Light
Jeffrey C Lukas MD
Dr James M Lyneis
Ms Christine C Lyons
Mr Michael C Lyons
Mr John W Martin
Mr Stanley A Martin
Ms Elizabeth Maxwell

(Continued on page 31)

...CENTURY LIST

(Continued from page 30)

Yuval Mazor
Ms Annmarie McAninch
Dr Robin Keith McGuire
Mr Timothy J McManus
Mr Daryl L Merrett
Mr John F Mizerak
Mr William C Mogensen
Mr Antonio Morales-Pena
Dr Kenneth R Morash
Mr Neil S Morimoto
Mrs Theresa K Mosier
Mr Steven P Munoz
Mr William J Nicholson
Sean Patrick Rock Nolan
Ms Marilyn R Oberhardt
Dr Richard K Okine

James R Oleinik
Leonard J Parsons
Mr Anthony R Pelosi
Dr Larry D Petro
Damian O Plummer
Mr Joseph F Presing
Mr Carlos A Renjifo
Mr David M Richards
Dr Linda C Rillorta
Ms Crystal A Russell
Dr Adel A M Saleh
Ravi Sastry
Mr Willard L Sauer
Dr Kevin Patrick Scannell
Mr Mark R Schwartz
Dr Arnold Seto
Ms Clarissa Y Smith
Mr Ronald E Smith Jr

Ms Martha C Soto
Ms Kathleen M Tobin
Ms Catherine A Tweedie
Mr John L Usher
Mr Stephen G Vaitones
Mr Charles T Van Buren
Mr Robert M Walmsley
Dr Donald Everett Wesson
Ms Anne Michon Westbrook
Mr Scott M Westbrook
Craig B Wildman
Mr James H Williams
Dr David R Wilson
Ms Deborah S Won
Thaddeus J Wozniak
Dr James R Yankaskas
Mr Robert C Zak Jr
Prof Maria T Zuber

WE COULD NOT DO IT WITHOUT DAPER SUPPORT

by Halston W. Taylor

There has been a lot of success with the Cross Country and Track & Field programs over the years, and this year in particular; NEWMAC Conference Titles for Men's Cross Country, Women's Cross Country, Men's Outdoor Track and Field and Women's Track and Field, New England Division III Titles for Men's Cross Country, Men's Indoor Track and Field and Women's Outdoor Track and Field, NCAA Division III Cross Country 3rd place finish by the women and a 12th place finish by the men, NCAA Division III 3rd place finish in Indoor Track and Field and 4th place in Outdoor Track and Field for the women, and the Vercauteren Cup for the Top Program in the country for Division III for the women.

A large part of that success is due to the tremendous support provided by many areas of DAPER. The behind the scenes help makes it possible for us to focus on winning. I hope I do not leave anyone out, but here is a list of those who provide critical support to the success of our program.

Our administration; Julie Soriero, John Benedick, Barb Bolich and Dan Martin helps us with a philosophy that asks the question, "how can we help?". From allowing the flexibility to fund raise for necessary

purchases to finding ways to help us go to the necessary competitions, the support has never been better.

Jody Mello, the aquatics manager, finds a way to get our distance runners in the pool for the cross training in order to help eliminate injuries.

Our equipment desk staff, led by Jennifer Miller McEachern, goes out of their way to make sure the uniforms and practice gear are ready regardless of the late hours we practice or early hours of departure for meets.

The Athletic Trainers, led by Head Athletic Trainer, Tom Cronan, keep us whole. Our program probably has the highest occupant rate in the Athletic Training Room, most of it preventative, and part of that is owning the ice bath.

Ryan Steele, the head of our event staff provides unparalleled support for our home track meets. Ryan not only organizes the volunteer help from the running clubs, but also provides paid student help when needed. He also pitches in himself, working as long as necessary to get the job done.

Amy Heintl, our facilities manager for Track and Field, has the very difficult job of making sure everything is in working order; from the track surface to the lights, Amy is our closer, saving

many situations.

Last but not least, the men in the trenches, the DAPER facilities team managed by Crystal Houston, set up our facilities for practice and meets, working tirelessly to make certain everything runs smoothly, everyone is safe, and our facilities look the best.

Although they are not employees of DAPER, Steve Vaitones, the Director of USATF – New England, Justin Kuo and Akin Aina '95, are extremely dedicated to MIT Cross Country and Track & Field. Justin is the caretaker of our camera and timing system used for all finish line results. This is an extremely complex and time consuming job, and I cannot thank him enough. Akin helps set up the cameras and timing system for most of our meets as well as oversees the operation of the Field Lynx system, which permits the field event results to be electronically entered to the overall results. Steve is not only the referee for most of our meets, but is a valuable contributor in many ways, including helping set up for meets and keeping track of historical information about our program. This is done for the love of the sport and loyalty to the program, not the small amount of money they get paid.

Thank you everyone!

JOE SOUSA PASSES AWAY

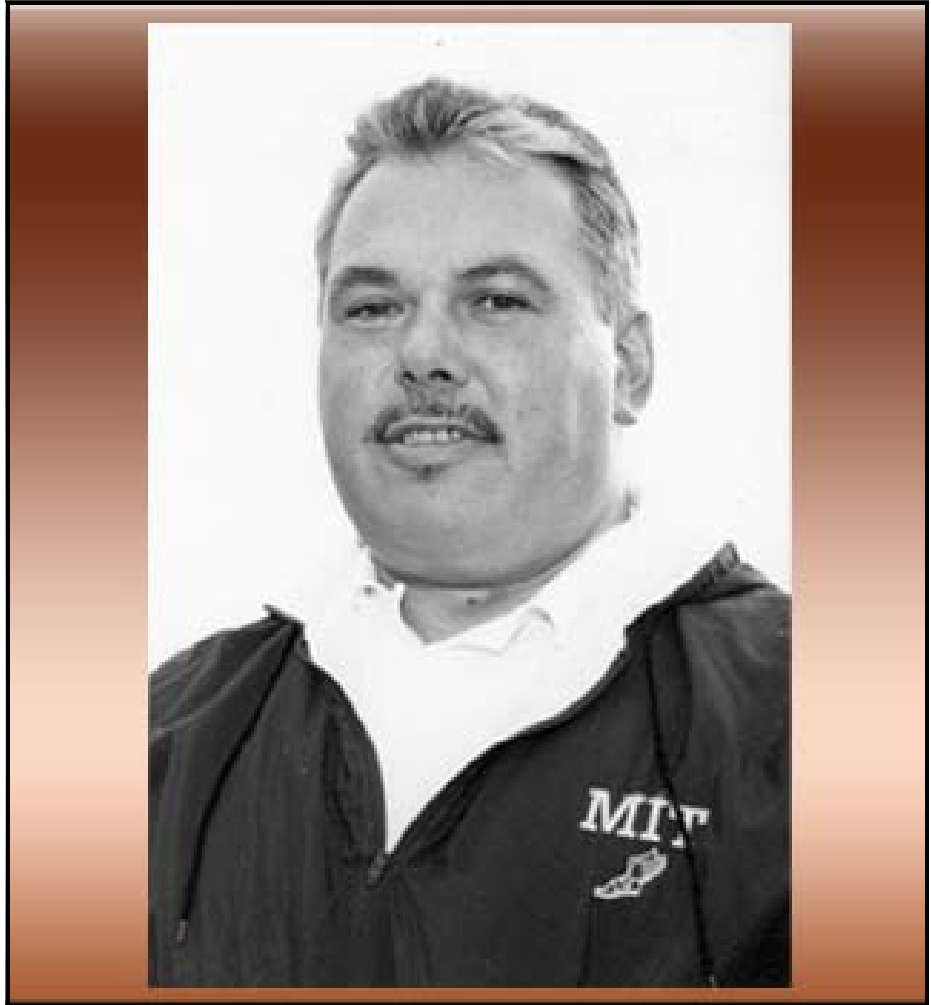
by Greg McKeever

Joe Sousa, former head coach of MIT's women's cross country and outdoor track and field teams, passed away on June 8 after a valiant battle with pancreatic cancer. He began his seven-year tenure at MIT in 1991 with the cross country program and led the outdoor track and field team in its inaugural varsity season the following spring.

The 1995 New England Women's 8 Conference (NEW 8) Cross Country Coach of the Year, Sousa led the Engineers to three consecutive runner-up finishes at the conference championship meet. His athletes recorded a trio of NEW 8 individual champion titles and Runner of the Year honors in addition to 11 All-Conference selections and two Rookie of the Year awards.

Sousa guided the Cardinal and Gray to then-Institute best 11th-place finishes at the 1994 and 1995 NCAA New England Division III Regional Championship, while seven athletes collected All-New England accolades. He also produced the program's first NCAA Championship individual qualifier and All-America recipient in Janis Eisenberg.

Under Sousa's tutelage, the outdoor track and field program posted a pair of third-place finishes at the NEW 8 Championship and registered 10 event victories. MIT totaled seven top-five individual performances at the New England Division III Championship, including five runners-up. At the All-New England Championship in 1998,



Joe Sousa, former head coach of MIT's women's cross country and outdoor track and field teams, passed away on June 8. He began his seven-year tenure at MIT in 1991 with the cross country program and led the outdoor track and field team in its inaugural varsity season the following spring.

Lila French captured second place in the pole vault, one year after becoming the first MIT woman to compete in the event. As a testament to his development of the program, several of the records set during his career continue to be among the top-10 performances in Institute history.

"What Joe brought to his athletes was a genuine concern about the person he was coaching, not just

the product on the track or in the field," said Halston Taylor, MIT's current Director of Cross Country and Track and Field. "Joe wanted his athletes to love life and the sport of track and field. Those who he coached were touched in a very special way and will remember him always for what he brought to their lives as student-athletes. Joe was a great colleague and a true friend."

WHERE ARE THEY NOW – CRAIG MIELCARZ

by Craig Mielcarz '03

Some of the best advice I received at MIT was given before I ever even enrolled. As a high school senior I attended a late season indoor invitational to watch the team compete, and had an opportunity to chat with outgoing captain Ravi Sastry '99. I told Ravi that I was leaning towards attending Dartmouth in the fall, and he shared with me his thought process some years earlier when he transferred out of a Division I program into more academically challenging Tech. "I thought it was about time I started doing some work," he told me. I knew exactly what he meant. He was describing an attitude I ultimately adopted and carried with me through MIT and into my personal and professional life. I've been thrilled to learn that hard work is actually something that gets easier with practice.

But it wasn't easy at first. During winter break freshman year, with one semester at the fire hose and a month worth of miserable track practices under my belt, I resolved to find other things to do with my time when I returned for IAP. I convinced myself that track



Since 2008, Craig has been providing electrical and systems engineering consulting through his firm, Mielcarz Consulting, Inc. in Salem, MA.



Craig took 2nd in the 2001 NCAA Division III High Jump, setting the MIT record at 6-11, which still stands today. Craig also holds the MIT Indoor record of 6-10 ¾

and field wasn't fun anymore, that I had achieved all my goals during my high school career, and that there were other opportunities that I was missing out on. My parents were devastated and Coach Halston Taylor, never short for words on the subject of quitting, struggled to provide his trademark inspiration on this particular occasion. The person who made a difference this time was Tony Pelosi '01. In my mind I can still picture the look of disdain on his face when I told him I wouldn't be rejoining the team in January. "I'll see you at practice when we get back," was all he said when we parted ways after a chance meeting during the break.

That winter we broke a decade-long drought by winning the Division III New England Championship for the first time since Bill Singhose '90 roamed the track. Rick Rajter '03, Pete Bluvas '01, Pelosi and I posted a 1, 2, 3, 6 finish in the pentathlon on day one of the meet, which I then followed up with a high jump victory on day two. We would win the indoor meet again two years later on the strength of a 1-7 pentathlon sweep (38 points). By the time graduation rolled around, the team had won the indoor Division III New England championship meet three times and the outdoor meet once, finally

accomplishing the double my senior year. I was fortunate to enjoy individual success as well, achieving four All-American honors in five trips to the NCAA championships, including a 2nd place 6'11" high jump performance. More importantly, I hope I was able to provide those who came after with one-tenth the leadership that was exhibited to me as an underclassman.

After graduating from MIT, I spent five years as an electrical engineer for several product development firms before hanging out my shingle as an independent electrical and systems engineering consultant, providing services to the consumer, medical, and military markets. Currently I'm training for my 2nd degree black belt in Shaolin Kung Fu, and recently finished my first half-marathon in a painful 1:45. Over the past few years I have enjoyed watching the men's team achieve even greater success, as well as the stunning emergence of the women's team as a national powerhouse. I have yet to miss competing in the annual alumni meet, and I encourage those who've been away for a few years to make the trip back next January. The Has-Beens could certainly use the help.

POLE VAULTERS' JOURNEYS – PART 11

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

Injury – for an undergrad this is a temporary state briefly intruding on the normal state of healthiness. For a Has-Been, this is the near-permanent state. Injury is a central part of the everyday life of high performance alumni athletes, for example vaulters. Periods of non-injury are only briefly enjoyed, if at all.

Rambo had not vaulted in the last 8 years, and was more than 10 years past his varsity days. So, it was necessary to plan some training before the alumni meet. This is difficult while working in Kabul, Afghanistan. In order to train, Rambo added a 500 meter part gravel, part cement running track inside the barbed wire fence, which is inside the 18 foot high blast wall, which surrounds the hotel his company developed on the outskirts of Kabul. Rambo was confident that he was the only person in Afghanistan doing 100 meter sprints in purple Nike zoom spikes in December of 2010. Thankfully, the 30 guards armed with Kalashnikovs observing these sprint practices from their guard towers around the hotel did not make sporting target practice out of the sprint intervals.

In order to get back on the horse, Rambo showed up a week early in Boston, and scheduled some training time with the undergrads and other alums. Patrick Barrigan, an alumnus and current coach, was kind enough to let Rambo vault after he signed a pleasantly worded death-and-injury waiver form. The visit made clear to Rambo that there really is no



Rambo's hotel in Kabul, Afghanistan. A gravel track was added inside the barbed wire fence during a later stage of development.

going back home. Amazingly, the vaulters did not go outside to run for the warm up. This would have been sacrilege in the old days. The old Halston expected that everyone on the team should be able to run a warm-up 5K in 18 minutes. These warm ups were supposed to be done in shorts as long as it was above 5 degrees fahrenheit, below which sweatpants might be allowed. Today's vaulters just do some little 40 meter striders just for warm up. Supposedly long distance running saps the explosiveness out of the legs of these new-generation jumpers. Same with stretching. No more touching your toes. Nope, the vaulters, in a mixed group of boys and girls started doing what they said were "explosive stretching". It appeared to Rambo to be like the activities of those aerobic shows that passed for entertainment for 12 year-old boys before the Internet came along. It was with a feeling of dissonance that Rambo observed grown male vaulters kicking their legs around like Jane Fonda, but without the leg warmers. Rambo sighed, put his left leg over his right, and bent over to try to touch his toes for a 15 count, clearly the old dog.

The old dog continued to practice like the old days. Remarkably it all came back, and Rambo had a practice with 20 plus vaults. Two days later, before going back to practice, he felt a slight twinge in his neck while sitting at his desk. Just a flesh wound right? So, he went and had a second day of practice. Again with a lot of vaults, but this time spiced up with intense pain. During the next few days Rambo felt increasingly intense pain and even lost sensation in his left arm for brief periods. It was difficult to explain to the doctors why he was vaulting again after 8 years. In analyzing the injury, the doctors had rather weak evaluations. The best description of how injuries work for alumni track athletes was given by Akin Aina, a sprinter alumnus who may have the most experience in the matter:

Akin: "You have to have an understanding of how injuries work for the older athlete if you are going to stay in the game. For example, take the heel injury I got a few years back. I woke up one morning, and slowly got out of bed, and you know what happened?"

Rambo: "You stepped on something?"

Alumnus 2: "You slipped?"

Akin: "Nope. Not at all. Basically, as I got out of bed, old age snuck up and took a bite out of my heel. You have to watch out for old age. It will get you. No doubt."

Singhuge also has a clear understanding and deep appreciation of injury and the alumni experience. Showing up the day before the alumni meet, he did a calm warmup followed by some pole drops. Enough to put the fear of competition into the undergrads. However, the intention to vault was not there. Ten years

(Continued on page 35)

...POLE VAULTERS' JOURNEYS



Singhugue challenged the 17 vaulters (male, female, alumni, and varsity) at the alumni meet to an all-out "maximum number of pull-ups in 10 minutes" competition, then proceeded to claim the victory with an unbeatable total of 125.

[*\(Continued from page 34\)*](#)

previously, as an alumnus 10 years out, Singhugue would enter into and score in 7 events or more, despite one or two injuries. That was no longer the case. Singhugue, 20 plus years out of his varsity days, was nursing a stomach pull. (Nobly earned while beating Ravi Sastry in an old-man pentathlon in September.) This seems to be a multi-year injury most recently aggravated by racquetball (don't ask). This is the kind of injury that could finally see an old warhorse culled from the herd. In any case, Singhugue did not vault. Rambo attempted to vault, but was unable to pull off the one-armed vault and had to drop out.

Singhugue and Rambo, both sitting injured next to the runway, were out of the vault. Somehow, the world did not pause. A seemingly innumerable host of vaulters, alumni and undergrad (OK, there were 17) were there to move the competition forward. Rambo was pleased to discover that the two undergrads who vaulted against each other for the win were actually both alumni.

The vault was one of the top events for the alumni men in a meet that the undergrads won.

Injured alumni have different strategies for approaching an alumni event. Ravi Sastry, injured physically and mentally from the old-man pentathlon, decided not to show. Clearly this is the weakest strategy. Rambo, after realizing he couldn't drop a pole, entered into the 200. Never mind that it was his first ever 200 in competition, or that he couldn't use blocks because of his the injury to his arm (not that he would have remembered what to do with blocks). However, if you have carried around a set of spikes across four continents, and have flown from Afghanistan to Boston, you have to compete. The 200 went OK, and Rambo was only beaten by one of the varsity... women that is. The varsity men all beat Rambo. Rambo did handily defeat the alumni women however.

Singhugue had a different approach. He didn't skip the meet like Ravi. He also didn't leave himself as fodder for the varsity to abuse like Rambo. Instead, he changed the game. After the vault and the meet were over, he issued The

Vaulter Challenge. Singhugue and the 17 male and female, alumni and varsity, vaulters all did as many pull-ups as they could in a 10 minute period of pain. With Rambo out of the fight, the 40+ year old Singhugue mopped the floor with the young alumni and infant varsity kids by doing 125 pull-ups.

The 10 year advantage of Singhugue in terms of experience and deadened pain receptacles in his brain allowed him to snatch a victory out of an injury no-show competition. Rambo was left with an ice pack on his shoulder and a sad 200 time. It seems an alumnus needs to balance his injuries, his planning and his goals. An undergrad varsity track athlete might make a trade off of how running injured in the winter might affect his outdoor season in the same year. An alumnus, however, needs to think in longer cycles. Singhugue is likely working on a strategy to take it easy during the first part of the decade so that he can come back stronger the second half of the decade. It is just a matter of a longer cycle. Rambo's 2011 go at the vault may just be the right warm up for 2012 or even 2013. Or, maybe old age will take another bite out of his shoulder. If old age doesn't get him, then it will likely be a Kodiak brown bear, as the vaulters are off to Alaska again this year.

SEASON STATISTICS**WOMEN'S CROSS COUNTRY****2010 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st of 2	24
Engineers' Cup (RPI,WPI)	Franklin Park	1st of 3	18
UMass Dartmouth Invitational	UMass Dartmouth	2nd of 39	45
Purple Valley Classic	Mt. Greylock H. S.	4th of 19	102
NEICAAA Championships	Franklin Park	12th of 47	348
Connecticut College Invitational	Harkness Memorial Park	3rd of 18	93
NEWMAC Championship	Gardner, MA	1st of 10	24
New Eng. Div. III Reg. Champ.	Mt. Greylock H. S.	4th of 51	105
NCAA Div. III Championship	Wartburg College	3rd of 32	214

2011 SCHEDULE

09/03	Alumni Meet	Franklin Park - Boston, MA
09/10	Engineer's Cup (RPI,WPI)	Franklin Park - Boston, MA
09/17	UMass Dartmouth Invitational	UMass Dartmouth - N. Dartmouth, MA
10/01	Bowdoin College Invitational	Bowdoin College - Brunswick, ME
10/08	NEICAAA Championship	Franklin Park - Boston, MA
10/15	UW Oshkosh Invitational	UW Oshkosh - Oshkosh, WI
10/30	NEWMAC Championship	Franklin Park - Boston, MA
11/12	New Eng. Div. III Reg. Champ.	Bowdoin College - Brunswick, ME
11/19	NCAA Div. III Championship	UW Oshkosh - Oshkosh, WI

Team Roster

Kaitlin Allen	'14	Sherry Fu	'14	Andrea Nickerson	'14
Lauren Allen	'13	Alina Gatowski*	'11	Casey O'Brien	'14
Arunima Balan	'14	Katy Gordon	'11	Claire O'Connell	'14
Emma Broderick	'14	Anna Holt-Gosselin	'11	Olivia Papa	'14
Chandler Burfield	'13	Brooke Johnson	'13	Melissa Showers	'13
Marie Burkland	'13	Juliann Lajoie	'13	Sarah Sprague	'13
Martina de Geus	'14	Margaret Lloyd*	'12	Laura Stilwell	'14
Katherine Eve	'12	Tania Morimoto*	'12	Alexandra Taylor	'14
				Louise Van den Heuvel	'14

*Captain

Individual Performances - Places

The chart below contains the number of races in which each athlete competed, and where they placed in those meets. Places are entered in the form a,b,c - where 'a' is the runner's finishing position relative to all participants (including non-scoring) in the race; 'b' is the runner's position relative to just her MIT teammates; and 'c' (only present if the race was scored using points and the runner was a scoring member of the team) is the 'scoring' position, which is also the number of points added to the team score for this runner. In 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, DNR-Did Not Run, DNF-Did Not Finish.

NAME	# OF RACES	ALUMNI 9/4	RPI, WPI 9/11	UMASS DART 9/18	PURPLE V 9/25	NEICAAA 10/9	CONN COLL 10/16	NEWMAC 10/30	NE DIV 3 11/13	NCAA 11/20
Allen, K	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNR
Allen, L	3	DNR	4,3,4	SV-11,6	DNR	SV-202,10	INJ	INJ	INJ	DNR
Balan	5	DNR	DNR	SV-22,9	SV-27,5,25	SV-226,11	110,11	56,15	DNR	DNR
Broderick	2	DNR	DNR	SV-2,1	DNR	INJ	DNR	SICK	DNR	195,7
Burfield	1	DNR	6,5,6	SICK	INJ	INJ	INJ	INJ	INJ	DNR
Burkland	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNR
de Geus	7	6,4,6	DNR	17,4,14	25,4,25	95,4,95	DNR	7,4,7	31,4,31	100,5,65
Eve	6	DNR	1,1,1	DNR	15,3,15	41,1,41	DNR	2,1,2	21,3,21	42,2,25
Fu	4	DNR	DNR	SV-5,4	54,6	SV-51,4,43	27,4,27	19,10	DNR	DNR
Gatowski	7	DNR	DNR	4,1,3	13,2,13	44,2,44	2,1,2	4,3,4	9,2,9	24,1,15
Gordon	3	DNR	2,2,2	SICK	DNF	SV-20,1,17	DNR	16,8	DNR	DNR
Holt-Gosselin	4	DNR	DNR	9,3,7	INJ	INJ	INJ	18,9	36,5,36	84,4,56
Lajoie	6	8,5,8	DNR	SV-9,5	SV-7,1,6	SV-76,5,62	94,9	40,13	DNR	DNR
Lloyd	6	DNR	7,6	SV-3,2	DNR	SV-24,2,19	7,2,7	15,7	65,7	DNR
Morimoto	7	2,1,2	DNR	7,2,6	11,1,11	68,3,68	DNR	3,2,3	8,1,8	80,3,53
Nickerson	0	INJ	INJ	INJ	INJ	INJ	DNR	INJ	INJ	INJ
O'Brien	5	DNR	12,7	45,7	DNR	SV-122,8	69,8	51,14	DNR	DNR
O'Connell	7	5,3,5	DNR	18,5,15	41,5,38	100,5,100	DNR	8,5,8	44,6	183,6
Papa	4	3,2,3	DNR	19,6	INJ	SICK	32,5,32	DNF	DNR	DNR
Sprague	5	DNR	5,4,5	SV-4,3	DNR	SV-34,3,27	25,3,25	13,6	DNR	DNR
Stilwell	4	DNR	DNR	SV-13,7	SV-13,2,12	SV-155,9	99,10	INJ	DNR	DNR
Taylor	4	SICK	SICK	SICK	SV-14,3,13	SV-100,6	59,6	24,11	DNR	DNR
van den Heuvel	5	DNR	DNR	SV-16,8	SV-17,4,16	SV-109,7	64,7	37,12	DNR	DNR

Individual Performances - Times

The chart below contains the number of races in which each athlete competed, and the times they achieved in those meets. If a runner completed a competition, her time is entered in the cell corresponding to that meet. In meets with sub-varsity races, times for runners who ran in the sub-varsity race are 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, DNR-Did Not Run, DNF-Did Not Finish.

NAME	# OF RACES	ALUMNI 9/4	RPI, WPI 9/11	UMASS DART 9/18	PURPLE V 9/25	NEICAAA 10/9	CONN COLL 10/16	NEWMAC 10/30	NE DIV 3 11/13	NCAA 11/20
Allen, K	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNR
Allen, L	3	DNR	20:02	SV-19:37	DNR	SV-21:27	INJ	INJ	INJ	DNR
Balan	5	DNR	DNR	SV-20:16	SV-22:11	SV-21:44	25:44	21:10	DNR	DNR
Broderick	2	DNR	DNR	SV-18:32	DNR	INJ	DNR	SICK	DNR	23:05
Burfield	1	DNR	20:26	SICK	INJ	INJ	INJ	INJ	INJ	DNR
Burkland	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNR
de Geus	7	19:54	DNR	18:38	23:27	19:12	DNR	19:03	23:18	22:25
Eve	6	DNR	18:39	DNR	23:07	18:43	DNR	18:33	23:02	21:54
Fu	4	DNR	DNR	SV-19:00	24:10	SV-19:53	23:48	19:51	DNR	DNR
Gatowski	7	DNR	DNR	18:01	23:05	18:45	22:26	18:39	22:42	21:40
Gordon	3	DNR	19:41	SICK	DNF	SV-19:21	DNR	19:27	DNR	DNR
Holt-Gosselin	4	DNR	DNR	18:22	INJ	INJ	INJ	19:49	23:31	22:19
Lajoie	6	21:05	DNR	SV-19:22	SV-21:07	SV-20:16	25:21	20:40	DNR	DNR
Lloyd	6	DNR	20:36	SV-18:57	DNR	SV-19:24	23:11	19:20	24:16	DNR
Morimoto	7	19:37	DNR	18:18	23:02	18:56	DNR	18:38	22:41	22:16
Nickerson	0	INJ	INJ	INJ	INJ	INJ	DNR	INJ	INJ	INJ
O'Brien	5	DNR	20:45	19:31	DNR	SV-20:43	24:44	21:03	DNR	DNR
O'Connell	7	19:52	DNR	18:39	23:50	19:17	DNR	19:08	23:41	23:01
Papa	4	19:44	DNR	18:42	INJ	SICK	23:52	DNF	DNR	DNR
Sprague	5	DNR	20:13	SV-18:59	DNR	SV-19:38	23:46	19:19	DNR	DNR
Stilwell	4	DNR	DNR	SV-19:45	SV-21:36	SV-21:03	25:27	INJ	DNR	DNR
Taylor	4	SICK	SICK	SICK	SV-21:36	SV-20:32	24:34	20:05	DNR	DNR
van den Heuvel	5	DNR	DNR	SV-20:01	SV-21:43	SV-20:37	24:41	20:36	DNR	DNR

MEN'S CROSS COUNTRY**2010 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st of 2	20
Engineers' Cup (RPI,WPI)	Franklin Park	2nd of 3	38
UMass Dartmouth Invitational	UMass Dartmouth	2nd of 36	76
Purple Valley Classic	Mt. Greylock H. S.	1st (tie) of 18	90
NEICAAA Championships	Franklin Park	18th of 47	454
Connecticut College Invitational	Harkness Memorial Park	9th of 19	253
NEWMAC Championship	Gardner, MA	1st of 7	29
New Eng. Div. III Reg. Champ.	Mt. Greylock H. S.	1st of 49	93
NCAA Div. III Championship	Wartburg College	12th of 32	347

2011 SCHEDULE

09/03	Alumni Meet	Franklin Park - Boston, MA
09/10	Engineer's Cup (RPI,WPI)	Franklin Park - Boston, MA
09/17	UMass Dartmouth Invitational	UMass Dartmouth, N. Dartmouth, MA
10/01	Bowdoin College Invitational	Bowdoin College - Brunswick, ME
10/08	NEICAAA Championship	Franklin Park - Boston, MA
10/15	UW Oshkosh Invitational	UW Oshkosh - Oshkosh, WI
10/30	NEWMAC Championship	Franklin Park - Boston, MA
11/12	New Eng. Div. III Reg. Champ.	Bowdoin College - Brunswick, ME
11/19	NCAA Div. III Championship	UW Oshkosh - Oshkosh, WI

Team Roster

John Abbott	'14	Daniel Harper	'12	Stephen Serene	'12
Gihan Amarasiriwardena*	'11	Pat Marx	'13	Logan Trimble	'13
Justin Bullock	'14	Ben Mattocks	'12	David Way	'13
Joe Christopher	'12	Jay McKenna	'14	Matthew Weaver	'12
Logan Daum	'11	Matt Metlitz	'14	Roy Wedge	'14
Andrew Erickson	'12	Gil O'Neil	'13	Paul Welle*	'11
Mac Gager	'14	Richard Prevost*	'11	Jacob Young	'13
Timothy Galvin	'13	Christian Reed	'14	Josh Zeidman	'14
		Eric Safai	'14	Dawit Zewdie	'13
*Captain					

Individual Performances - Places

The chart below contains the number of races in which each athlete competed, and where they placed in those meets. Places are entered in the form a,b,c - where 'a' is the runner's finishing position relative to all participants (including non-scoring) in the race; 'b' is the runner's position relative to just his MIT teammates; and 'c' (only present if the race was scored and the runner was a scoring member of the team) is the 'scoring' position, which is also the number of points added to the team score for this runner. In 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, DNR-Did Not Run, QUIT-Left the team

NAME	# OF RACES	ALUMNI 9/4	RPI,WPI 9/11	UMASS DART 9/18	PURPLE V 9/25	NEICAAA 10/9	CONN COLL 10/16	NEWMAC 10/30	NE DIV 3 11/13	NCAA 11/20
Amarasiriwardena	6	DNR	2,2,2	69,7	DNR	137,5,137	DNR	12,5,12	35,5,35	245,6
Bullock	5	DNR	DNR	SV-36,8	SV-43,1	SV-190,9	145,8	73,17	DNR	DNR
Christopher	7	9,6	DNR	SV-10,3	100,10	SV-47,2,44	58,3,53	13,6	85,7	DNR
Daum	3	18,9	DNR	SICK	SICK	SICK	172,11	85,19	DNR	DNR
Erickson	5	DNR	21,7	SV-15,5	DNR	SV-65,3,60	37,134	23,10	DNR	DNR
Gager	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ
Galvin	2	INJ	INJ	INJ	INJ	INJ	166,10	77,18	DNR	DNR
Harper	7	3,2,3	DNR	13,2,11	27,5,27	77,3,77	DNR	9,4,9	11,2,11	48,1,37
Marx	4	13,7	DNR	SV-50,9	DNR	SV-155,8	DNR-AB	46,15	DNR	DNR
Mattocks	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ
McKenna	6	7,5,7	DNR	SV-5,2	92,9	SV-125,6	75,5,67	27,11	DNR	DNR
Metlitz	3	DNR	10,3,10	36,5,34	58,8	QUIT	QUIT	QUIT	QUIT	QUIT
Prevost	7	DNR	1,1,1	38,6	24,4,24	176,6	DNR	5,3,5	46,6	169,5,124
Reed	5	DNR	23,8	SV-25,6	DNR	SV-137,7	125,7	45,14	DNR	DNR
Safai	6	5,4,5	DNR	SV-28,7	55,6	SV-103,5,89	110,6	20,7	DNR	DNR
Serene	7	1,1,1	DNR	15,3,13	14,2,14	69,1,69	DNR	32,12	29,4,29	51,2,40
Trimble	7	DNR	14,5,13	SV-3,1	57,7	203,7	39,2,36	22,9	DNR	261,7
Way	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ
Weaver	5	DNR	19,6	SV-13,4	SICK	SV-80,4,72	71,4,63	36,13	DNR	DNR
Wedge	7	4,3,4	DNR	17,4,15	16,3,16	64,1,64	DNR	1,1,1	12,3,12	124,4,91
Welle	6	DNR	DNR	4,1,3	9,1,9	107,4,107	DNR	2,2,2	6,1,6	71,3,55
Young	4	DNR	12,4,12	128,8	DNR	SV-42,1,39	DNR	21,8	DNR	DNR
Zeidman	5	DNR	28,9	DNR	159,11	SV-221,10	156,9	64,16	DNR	DNR
Zewdie	0	DNR	INJ	INJ	INJ	QUIT	QUIT	QUIT	QUIT	QUIT

Individual Performances - Times

The chart below contains the number of races in which each athlete competed, and the times they achieved in those meets. If a runner completed a competition, his time is entered in the cell corresponding to that meet. In meets with sub-varsity races, times for runners who ran in the sub-varsity race are 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, DNR-Did Not Run, QUIT-Left the team.

NAME	# OF RACES	ALUMNI 9/4	RPI,WPI 9/11	UMASS DART 9/18	PURPLE V 9/25	NEICAAA 10/9	CONN COLL 10/16	NEWMAC 10/30	NEDIV 3 11/13	NCAA 11/20
Amarasiriwardena	6	DNR	26:42	26:21	DNR	26:26	DNR	27:08	26:41	26:38
Bullock	5	DNR	DNR	SV-27:28	SV-18:10	SV-28:45	28:38	29:42	DNR	DNR
Christopher	7	28:22	DNR	SV-26:27	28:42	SV-26:55	27:07	27:20	27:36	DNR
Daum	3	29:53	DNR	SICK	SICK	SICK	29:30	30:22	DNR	DNR
Erickson	5	DNR	28:13	SV-26:41	DNR	SV-27:07	26:45	27:41	DNR	DNR
Gager	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ
Galvin	2	INJ	INJ	INJ	INJ	INJ	29:21	29:55	DNR	DNR
Harper	7	27:14	DNR	25:07	27:10	25:59	DNR	26:59	26:08	25:08
Marx	4	28:54	DNR	SV-27:49	DNR	SV-28:19	DNR-AB	28:43	DNR	DNR
Mattocks	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ
McKenna	6	28:06	DNR	SV-26:12	28:28	SV-27:54	27:20	27:59	DNR	DNR
Metlitz	3	DNR	27:10	25:42	27:51	QUIT	QUIT	QUIT	QUIT	QUIT
Prevost	7	DNR	26:39	25:45	27:08	26:51	DNR	26:37	26:55	25:53
Reed	5	DNR	28:23	SV-27:07	DNR	SV-28:05	28:10	28:40	DNR	DNR
Safai	6	27:51	DNR	SV-27:11	27:46	SV-27:34	27:53	27:37	DNR	DNR
Serene	7	26:39	DNR	25:09	26:48	25:54	DNR	28:19	26:29	25:09
Trimble	7	DNR	27:28	SV-26:06	27:49	27:08	26:46	27:40	DNR	27:09
Way	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ
Weaver	5	DNR	27:53	SV-26:33	SICK	SV-27:21	27:16	28:28	DNR	DNR
Wedge	7	27:23	DNR	25:10	26:52	25:50	DNR	26:08	26:10	25:37
Welle	6	DNR	DNR	24:51	26:41	26:15	DNR	26:12	25:57	25:18
Young	4	DNR	27:20	27:35	DNR	SV-26:53	DNR	27:37	DNR	DNR
Zeidman	5	DNR	28:50	DNR	30:05	SV-29:13	28:50	29:16	DNR	DNR
Zewdie	0	DNR	INJ	INJ	INJ	QUIT	QUIT	QUIT	QUIT	QUIT

WOMEN'S TRACK AND FIELD**INDOOR****2010-11 RESULTS****VARSITY**

Won 12, Lost 0

MIT

104.5

216.5

206.5

185.5

OPPONENT

Alumni 16.5

Bates 85.5, Colby 76

Tufts 139.5, Ramapo 99.5, Wheaton 96, Springfield 75, Westfield 36,
UMass Dartmouth 31, Coast Guard 26.5, Smith 26

Williams 139, Moravian 42.5

2011-12 SCHEDULE

1/7	Alumni Meet	MIT - Cambridge, MA
1/14	Bates, Colby	MIT - Cambridge, MA
1/21	Springfield College Invitational	Springfield College - Springfield, MA
1/27-28	Terrier Classic	Boston University - Boston, MA
1/28	MIT Coed Invite I	MIT - Cambridge, MA
2/4	Williams, Moravian	MIT - Cambridge, MA
2/10-11	Valentine's Invitational	Boston University - Boston, MA
2/11	MIT Coed Invitational II	MIT - Cambridge, MA
2/17-18	New England Div. III Championship	Smith College - Northampton, MA
2/24-25	NEICAAA Championship	Boston University - Boston, MA
3/2-3	ECAC Championship	New Balance Armory - New York, NY
3/09-10	NCAA Div. III Championship	Grinnell College - Grinnell, IA

VARSITY SCORING & ROSTER

Portia Jones	'12	90.25	Stephanie Ku	'14	17.5	Katherine Wymbs	'14	01.66
Hazel Briner*	'11	69.5	Maggie Lloyd*	'12	17.5	Marie Burkland	'13	01
Jacqueline Brew	'14	64.25	Lauren Kuntz	'13	13	Emily Kuo	'11	01
L. van den Heuvel	'14	49.25	Tania Morimoto	'12	13	Caroline Figgatt	'11	00.66
Jamie Simmons	'12	39.25	Casey O'Brien	'14	10.5	Lynn Jepsen	'11	00.66
Olivia Papa	'14	34	Sarah Sprague	'13	10	Kaitlin Allen	'14	
Martine de Geus	'14	32.75	Diana Zhu	'13	09.5	Chandler Burfield	'14	
M. Bumgarner	'14	31.75	Arunima Balan	'13	07	Sara Comis	'13	
Karin Fisher*	'11	29	Kirsten Aarsvold*	'11	06.75	Rebecca Greene	'14	
Andrea Nickerson	'14	28.25	Alexandra Taylor	'14	06.25	Christine Labaza	'14	
Amy Magnuson	G	26	Jaclyn Konopka	'14	06.25	Jennifer Liu	'14	
Brook Hamilton	'14	23	Martha Gross	'12	05.25	Leslie Meyer	'13	
Alina Gatowski*	'11	22	Becky Stavely	'11	05	Chandler Schlupf	'14	
A. Holt-Gosselin	'11	18.75	Lillian Guevara	'14	03	Melissa Showers	'13	
Kristine Bunker	'14	17.5	T. S.-McHatton	'14	03	Laura Stilwell	'14	

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (2nd) 137 points

Karin Fisher	Pole Vault	12-05 (1 st)
Anna Holt-Gosselin	3000	10:08.37 (1 st)
Portia Jones	200	25.43 (1 st)
Portia Jones, Jacqueline Brew, Martha Gross, Jamie Simmons	800 Relay	1:44.57 (1 st)
A. Nickerson, Kirsten Aarsvold, Olivia Papa, Anna Holt-Gosselin	Distance Medley Relay	12:23.06 (1 st)
Hazel Briner	Pole Vault	11-11.75 (2 nd)
Portia Jones	400	58.39 (2 nd)
Martha Gross, Megan Bumgarner, Kirsten Aarsvold, Hazel Briner	1600 Relay	4:05.18 (2 nd)
Olivia Papa, Jamie Simmons, L. van den Heuvel, Hazel Briner	3200 Relay	9:33.65 (2 nd)
Jacqueline Brew	Long Jump	17-06.75 (3 rd)
Jaclyn Konopka	Pentathlon	2958 (3 rd)
Lauren Kuntz	Pole Vault	11-11.75 (3 rd)
Amy Magnuson	55HH	8.47 (3 rd)
Hazel Briner	55HH	8.56 (4 th)
Jamie Simmons	600	1:38.64 (4 th)
Jacqueline Brew	55HH	8.63 (5 th)
Portia Jones	55	7.42 (7 th)
Martina de Geus	3000	10:15.29 (6 th)
Olivia Papa	800	2:22.09 (6 th)
Martha Gross	400	1:00.19 (7 th)
Amy Magnuson	Triple Jump	35-03 (7 th)
Louise van den Heuvel	Mile	5:09.65 (7 th)
Jacqueline Brew	Triple Jump	34-04 (8 th)
Tania Morimoto	5000	18:25.68 (8 th)
Kate Wymbs	Pole Vault	10-06 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (7th) 41 points

Karin Fisher	Pole Vault	13-03.75 (1 st)
L. van den Heuvel, Martha Gross, Jamie Simmons, A. Holt-Gosselin	DMR	11:49.80 (1 st)
Hazel Briner	Pentathlon	3275 (2 nd)
Portia Jones	200	24.96 (3 rd)
Lauren Kuntz	Pole Vault	11-06.50 (4 th)
Portia Jones	60HH	8.99 (7 th)

Eastern Collegiate Athletic Conference (ECAC Division III) (5th) 46 points

Karin Fisher	Pole Vault	13-06 ¼ (1 st)
Portia Jones	55HH	8.21 (1 st)
Jamie Simmons, Hazel Briner, Martha Gross, Portia Jones	1600 Relay	3:53.25 (1 st)
Amy Magnuson	55HH	8.47 (4 th)
Anna Holt-Gosselin	5000	17:09.93 (5 th)
Jamie Simmons	400	58.48 (6 th)
Lauren Kuntz	Pole Vault	11-06 ½ (7 th)
Jacqueline Brew	Long Jump	17-02 ¾ (8 th)
Hazel Briner	Pole Vault	11-06 ½ (8 th)

(Continued on page 44)

[\(Continued from page 43\)](#)**National Collegiate Athletic Association (NCAA Division III)** (3rd) 30.5 points

Karin Fisher	Pole Vault	13-04 ¼ (2 nd)
Portia Jones	55HH	8.11 (3 rd)
Portia Jones	400	56.44 (4 th)
Jamie Simmons, Martha Gross, Hazel Briner, Portia Jones	1600 Relay	3:54.03 (5 th)
Lauren Kuntz	Pole Vault	12-0 ½ (tie-6 th)
L. van den Heuvel, Martha Gross	DMR	12:01.83 (6 th)
Jamie Simmons, A. Holt-Gosselin		
Hazel Briner	Pole Vault	12-0 ½ (8 th)
Anna Holt-Gosselin	5000	17:12.00 (8 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Brook Hamilton	36-02 ¼
	Hazel Briner	35-06 ¾
Shot Put	Brook Hamilton	37-08 ¾
	Hazel Briner	34-07
Long Jump	Jacqueline Brew	17-06 ¾/**
	Hazel Briner	17-06 ¼
Triple Jump	Amy Magnuson	35-03
	Jacqueline Brew	34-06 ½
Pole Vault	Karin Fisher	13-06 ¼ **
	Hazel Briner	12-03 ½
High Jump	Hazel Briner	5-02 ¼**
	Megan Bumgarner	5-01 ¾ *
	Kristine Bunker	5-01 ¾ *
Pentathlon	Hazel Briner	3281 pts.
	Jaclyn Konopka	2958 pts.
55HH	Portia Jones	8.11
	Amy Magnuson	8.47
55	Portia Jones	7.37**
	Jacqueline Brew	7.46*
200	Portia Jones	24.40**
	Jacqueline Brew	26.10
400	Portia Jones	56.44
	Jamie Simmons	58.00
500	Kirsten Aarsvold	1:23.72
	Stephanie Ku	1:25.99
600	Jamie Simmons	1:37.14
	Stephanie Ku	1:43.63
800	Olivia Papa	2:20.37
	Hazel Briner	2:20.70
1000	Louise van den Huevel	3:07.23
	Martina de Geus	3:10.08
Mile	Louise van den Huevel	5:03.98
	Martina de Geus	5:12.29
3000	Anna Holt-Gosselin	10:08.37**
	Martina de Geus	10:15.29
5000	Anna Holt-Gosselin	17:09.93
	Maggie Lloyd	18:11.81
800R	Jones, Brew, Simmons, Gross	1:44.57**
1600R	Simmons, Briner, Gross, Jones	3:52.35
3200R	Papa, Simmons, van den Heuvel, Briner	9:33.42
DMR	van den Heuvel, Gross, Simmons, Holt-Gosselin	11:49.80**
Varsity Record**		
Freshman Record*		

OUTDOOR**2011 RESULTS****VARSITY**

Won 22, Lost 2

MIT

390

217

188

187.5

OPPONENT**Colby 462, Middlebury 426**, Point Loma 377, Azusa Pacific 342.5, Occidental 282.50, Grinnell 217, Allegheny 212, Vanguard 138, Carleton 135, San Diego 89, Soka 88

RPI 124.5, WPI 61.5

Bates 123, Colby 95

Springfield 174, Westfield St. 107.5, New Haven 69, College of St. Rose 63, CCNY 49, Keene State 40, WPI 30, Eastern Conn. St. 8, Wheaton (Mass.) 7

2012 SCHEDULE

3/24	Northeastern Open	Northeastern University - Boston, MA
3/31	Spring Training Trip	TBA
4/7	Engineer's Cup (RPI, WPI)	RPI - Troy, NY
4/14	Bates, Colby, USM	Colby - Waterville, ME
4/18-19	Holy Cross Heptathlon/Decathlon	College of Holy Cross - Worcester, MA
4/20	Larry Ellis Invitational	Princeton - Princeton, NJ
4/21	MIT Spring Invitational	MIT - Cambridge, MA
4/28	NEWMAC Championship	Smith College - Northampton, MA
5/3-5	New England Div. III Champ.	Springfield College - Springfield, MA
5/10-12	NEICAAA Championship	TBA
5/17-18	ECAC Championship	TBA
5/24-26	NCAA Div. III Championship	Claremont-Mudd-Scripps - Claremont, CA

VARSITY SCORING & ROSTER

Jacqueline Brew '14 53	Lauren Kuntz '13 19	Sarah Sprague '13 05
Portia Jones '12 48.5	Kirsten Aarsvold* '11 16	Emily Kuo '11 04.25
Hazel Briner* '11 43	A. Holt-Gosselin '11 14	T. S.-McHatton '14 04
Jamie Simmons '12 35.5	Tania Morimoto '12 13	Marie Burkland '13 03
Martha Gross '12 34.5	Alexandra Taylor '14 12.25	Stephanie Ku '14 02.25
Karin Fisher* '11 34	Alina Gatowski '11 12	Chandler Schlupf '14 02
L. van den Heuvel '14 30	Becky Stavely '11 11	Diana Zhu '13 01
Brooke Johnson '13 27	Christine Labaza '14 09	Caroline Figgatt '11
Maggie Lloyd* '12 26	Chandler Burfield '14 07.25	Rebecca Greene '14
Brook Hamilton '14 24	Katherine Wymbys '14 07	Jennifer Liu '14
M. Bumgarner '14 24	Kristine Bunker '14 05	Leslie Meyer '13
Amy Magnuson G 22	Lillian Guevara '14 05	Casey O'Brien '14
Martine de Geus '14 20	Lynn Jepsen '11 05	Laura Stilwell '14
Jaclyn Konopka '14 19	Tania Morimoto '12 05	

* Captain

CHAMPIONSHIPS**New England Women's and Men's Athletics Conference (NEWMAC)** (1st) 216.5 points

Karin Fisher	Pole Vault	12-00 $\frac{3}{4}$ (1 st)
Anna Holt-Gosselin	1500	4:41.54 (1 st)
Portia Jones	200	25.27 (1 st)
Jamie Simmons	400IH	1:03.22 (1 st)
Jamie Simmons	400	57.65 (1 st)
Sarah Sprague	10,000	41:19.78 (1 st)
Jacqueline Brew, Martha Gross, Jamie Simmons, Portia Jones	400 Relay	48.28 (1 st)
Martina deGeus	3000SC	11:17.23 (2 nd)
Karin Fisher	Triple Jump	35-07 $\frac{1}{4}$ (2 nd)
Martha Gross	200	25.40 (2 nd)
Martha Gross	400	59.79 (2 nd)
Lauren Kuntz	Pole Vault	11-05 $\frac{3}{4}$ (2 nd)
Amy Magnuson	100HH	14.59 (2 nd)
Tania Morimoto	5000	18:21.41 (2 nd)
Christine Labaza	Discus	102-07 (3 rd)
Maggie Lloyd	3000SC	11:30.83 (3 rd)
Portia Jones	100HH	15.08 (3 rd)
Louise van den Heuvel	1500	4:50.85 (3 rd)
Kirsten Aarsvold, Megan Bumgarner	1600 Relay	4:12.33 (3 rd)
Stephanie Ku, Emily Kuo		
Jacqueline Brew	100HH	15.79 (4 th)
Jacqueline Brew	Long Jump	16-10 $\frac{1}{2}$ (4 th)
Jacqueline Brew	Triple Jump	34-04 $\frac{3}{4}$ (4 th)
Alina Gatowski	1500	4:51.30 (4 th)
Katherine Wymbs	Pole Vault	10-06 (4 th)
Megan Bumgarner	High Jump	5-01 (5 th)
Megan Bumgarner	100HH	16.06 (5 th)
Becky Stavely	Pole Vault	10-06 (5 th)
Louise van den Heuvel	800	2:22.64 (5 th)
Kirsten Aarsvold	400IH	1:09.32 (6 th)
Chandler Burfield	800	2:22.8 (6 th)
Brook Hamilton	Hammer	128-03 (6 th)
Portia Jones	400	1:01.77 (6 th)
Jacqueline Brew	100	12.82 (7 th)
Hazel Briner	Shot Put	35-00 $\frac{1}{2}$ (7 th)
Brook Hamilton	Discus	99-05 (7 th)
Jaclyn Konopka	High Jump	4-11 (7 th)
Kristine Bunker	High Jump	4-11 (8 th - tie)
Jaclyn Konopka	Long Jump	15-11 $\frac{1}{2}$ (8 th)
Maggie Lloyd	400IH	1:09.66 (8 th)

New England Division 3 (NE Div. 3) (1st) 141.5 points

Hazel Briner	Heptathlon	4431 (1 st)
Karin Fisher	Pole Vault	13-01 (1 st)
Portia Jones	200	24.58 (1 st)
Jamie Simmons	400IH	1:02.16 (1 st)
Jacqueline Brew, Martha Gross, Jamie Simmons, Portia Jones	400 Relay	48.28 (1 st)
Jamie Simmons, Martha Gross	1600 Relay	3:50.34 (1 st)
Hazel Briner, Portia Jones		
Lauren Kuntz	Pole Vault	12-01 $\frac{1}{2}$ (2 nd)
Anna Holt-Gosselin	10,000	35:20.72 (2 nd)
Portia Jones	100	12.35 (2 nd)
Portia Jones	100HH	14.57 (2 nd)
Jamie Simmons	400	56.28 (2 nd)

(Continued on page 47)

[\(Continued from page 46\)](#)

Amy Magnuson	100HH	14.59 (3 rd)
L. van den Heuvel, Chandler Burfield	3200 Relay	9:23.54 (3 rd)
Maggie Lloyd, Alexandra Taylor		
Hazel Briner	Pole Vault	12-01 ½ (4 th)
Martha Gross	200	25.42 (4 th)
Martha Gross	400	58.59 (5 th)
Brooke Johnson	5000	17:45.51 (5 th)
Alina Gatowski	10,000	37:55.3 (6 th)
Martina de Geus	3000SC	11:08.37 (6 th)
Tania Morimoto	10,000	38:00.86 (8 th)
Becky Stavely	Pole Vault	11-01 ¾ (8 th)
Jacqueline Brew	100	12.69 (8 th)
Jacqueline Brew	100HH	15.28 (8 th)
Megan Bumgarner	High Jump	5-00 ¼ (8 th - tie)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (7th) 41.33 points

Jamie Simmons	400IH	1:00.73 (1 st)
Jamie Simmons, Martha Gross,	1600 Relay	3:48.53 (2 nd)
Hazel Briner, Portia Jones		
Karin Fisher	Pole Vault	12-05 ½ (3 rd)
Portia Jones	100	12.02 (3 rd)
Jacqueline Brew, Martha Gross	400 Relay	47.70 (4 th)
Jamie Simmons, Portia Jones		
Lauren Kuntz	Pole Vault	11-11 ¾ (5 th)
Amy Magnuson	100HH	14.58 (7 th)
Hazel Briner	Pole Vault	11-05 ¾ (8 th – tie)

Eastern Collegiate Athletic Conference (ECAC Division III) (2nd) 77.5 points

Portia Jones	100	12.41 (1 st)
Portia Jones	200	24.93 (1 st)
Jamie Simmons	400	55.68 (1 st)
Jamie Simmons	400IH	1:00.86 (1 st)
Karin Fisher	Pole Vault	12-11 ¾ (2 nd)
Portia Jones	100HH	14.85 (3 rd)
Lauren Kuntz	Pole Vault	12-02 (4 th)
Alina Gatowski	5000	17:44.24 (5 th)
Martha Gross	400	57.74 (5 th)
Martha Gross	200	25.94 (5 th)
Jacqueline Brew, Martha Gross	400 Relay	48.95 (5 th)
Jamie Simmons, Portia Jones		
Hazel Briner	Pole Vault	11-02 ¼ (6 th)

National Collegiate Athletic Association (NCAA Division III) (4th) 45 points

Portia Jones	100HH	14.57 (2 nd)
Karin Fisher	Pole Vault	13-03 (3 rd)
Portia Jones	200	24.91 (3 rd)
Jamie Simmons, Martha Gross,	1600 Relay	3:45.93 (3 rd)
Jacqueline Brew, Portia Jones		
Lauren Kuntz	Pole Vault	12-07 ¼ (4 th)
Amy Magnuson	100HH	14.64 (4 th)
Jamie Simmons	400IH	1:00.65 (4 th)
Jacqueline Brew, Martha Gross	400 Relay	47.12 (5 th)
Jamie Simmons, Portia Jones		

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Brook Hamilton	128-03
	Christine Labaza	82-05
Shot Put	Brook Hamilton	37-09 ½
	Hazel Briner	35-01 ¼
Discus	Christine Labaza	113-05
	Brook Hamilton	105-06
Javelin	Jaclyn Konopka	108-05*
	Hazel Briner	94-06
Long Jump	Jacqueline Brew	17-03 ½
	Hazel Briner	16-11 ¼
Triple Jump	Karin Fisher	35-08
	Jacqueline Brew	34-09 ½
Pole Vault	Karin Fisher	13-03 **
	Lauren Kuntz	12-07 ¼
High Jump	Megan Bumgarner	5-01
	Kristine Bunker	4-11
	Jaclyn Konopka	4-11
Heptathlon	Hazel Briner	4431**
	Jaclyn Konopka	3529
100HH	Portia Jones	14.13
	Amy Magnuson	14.26
100	Portia Jones	12.02**
	Jacqueline Brew	12.58*
200	Portia Jones	24.44
	Martha Gross	25.40
400	Jamie Simmons	55.68**
	Martha Gross	57.74
400IH	Jamie Simmons	60.62
	Hazel Briner	67.82
800	Louise van den Heuvel	2:21.83*
	Chandler Burfield	2:22.80
1500	Anna Holt-Gosselin	4:41.54
	Louise van den Heuvel	4:47.56
3000SC	Martina deGues	11:08.37*
	Maggie Lloyd	11:20.88
5000	Anna Holt-Gosselin	16:57.95**
	Alina Gatowski	17:36.74
10,000	Anna Holt-Gosselin	35:20.72**
	Alina Gatowski	37:55.30
400R	Brew, Gross Simmons, Jones	46.93**
1600R	Simmons, Gross Brew, Jones	3:45.71
3200R	van den Heuvel, Burfield, Lloyd, Taylor	9:23.54

Varsity Record**
Freshman Record*

MEN'S TRACK AND FIELD**INDOOR****2010-2011 RESULTS****VARSITY**

Won 11, Lost 0

MIT**OPPONENT**

67	Alumni 55
192	Bates 116, Colby 45
215	Tufts 99, Springfield 92, Wheaton 77, UMass Dartmouth 74, Coast Guard 67, Ramapo 67, Westfield 39
186.5	Williams 110, Moravian 78.5

2011-12 SCHEDULE

1/7	Alumni Meet	MIT - Cambridge, MA
1/14	Bates, Colby	MIT - Cambridge, MA
1/21	Springfield College Invitational	Springfield College - Springfield, MA
1/27-28	Terrier Classic	Boston University - Boston, MA
1/28	MIT Coed Invite I	MIT - Cambridge, MA
2/4	Williams, Moravian	MIT - Cambridge, MA
2/10-11	Valentine's Invitational	Boston University - Boston, MA
2/11	MIT Coed Invitational II	MIT - Cambridge, MA
2/17-18	New England Div. III Championship	Tufts College - Medford, MA
2/24-25	NEICAAA Championship	Boston University - Boston, MA
3/2-3	ECAC Championship	New Balance Armory - New York, NY
3/3-4	IC4A Championship	Boston University - Boston, MA
3/09-10	NCAA Div. III Championship	Grinnell College - Grinnell, IA

VARSITY SCORING & ROSTER

Ken Cooper	'13 46	Andrew Musacchio	'11 15	Richard Prevost*	'11 05.75
Logan Trimble	'13 40	Logan Daum	'11 14	Cyrus Vafadari	'12 04
Joshua Duncavage	'13 36.25	Joseph Christopher	'12 14	Matt Barron	'13 03
Kyle Hannon	'13 34	Paul Welle	'11 12	Michael DuPlessis	'14 03
Pat Marx	'13 33.5	Gil O'Neil	'13 11.75	Andrew Erickson	'12 03
Chinedum Umachi	'12 33	Ben Mattocks	'12 11	Adam Mustafa	'11 03
Matt Falk	'12 29	Nathan Peterson	'12 11	Gaelen Guzman	'14 02
Mattias Flander	'11 27	Jordan Mizerak	'14 10	Davey Hunt	'12 02
Babahide Akinronbi	'14 26.25	Jackson Wirekoh	'13 10	Jared Forman	'13 01
D.J. Ronde	'13 24.75	Tyler Singer-Clark	'14 09.25	Matt Weaver	'12 01
Jacob Jurewicz	'14 20.5	G. Amarasiriwardena	'11 09	Jonathan Abbott	'14
Daniel Harper	'12 19	Justin Bullock	'14 08	Brian Djaja	'13
David Way	'13 18.5	Mac Gager	'14 07.25	Brendan Ensor	'12
Mitch Kelley*	'11 16	Yida Gao	'13 07	Jay McKenna	'14
Roy Wedge	'14 16	Brent Johnson	'14 07	Cory Monroe	'13
Nick Leonard*	'11 15.5	Eric Safai	'14 07	Christian Reed	'14
Dawit Zewdie	'13 15.5	Timmy Galvin	'13 06.25	Jeremy Sharpe	'14
		Travis Hery	'11 06	Joshua Zeidman	'14

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (1st) 114 points

Kyle Hannon	Mile	4:17.56 (1 st)
Stephen Serene	1000	2:32.70 (1 st)
Nathan Peterson	Pole Vault	15-05 (1 st)
Logan Daum, David Way, Gil O'Neil, Dawit Zewdie	3200 Relay	7:55.54 (1 st)
Richard Prevost, Nick Leonard, Justin Bullock, Eric Safai	DMR	10:21.04 (1 st)
Joshua Duncavage	200	22.69 (2 nd)
Matt Falk	High Jump	6-04 (3 rd)
Babajide Akinronbi	200	23.15 (4 th)
David Way	600	1:23.31 (4 th)
Babajide Akinronbi	55	6.60 (5 th)
Ken Cooper	Shot Put	47-09.25 (5 th)
Ken Copper	Weight Throw	56-06 ½ (5 th)
Mattias Flander	Triple Jump	46-02 ½ (5 th)
Daniel Harper	5000	15:22.42 (5 th)
Tyler Singer-Clarke	200	23.15 (5 th)
Tyler Singer-Clark, Mac Gager, Jacob Jurewicz, D.J. Ronde	1600 Relay	3:25.83 (5 th)
Joseph Christopher	3000	8:41.12 (6 th)
Dawit Zewdie	800	1:58.22 (6 th)
Logan Trimble	Mile	4:21.96 (7 th)
Roy Wedge	5000	15:26.14 (8 th)
Paul Welle	3000	8:43.32 (8 th)
Cyrus Vafadari	Pole Vault	13-11.25 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (11th) 20 points

Chinedum Umachi	Weight Throw	61-00 (2 nd)
Nathan Peterson	Pole Vault	15-07 (3 rd)
Justin Bullock	1000	2:28.29 (4 th)
Ken Cooper	Weight Throw	55-08.50 (8 th)

Eastern Collegiate Athletic Conference (ECAC) (37th) 6 points

Nathan Peterson	Pole Vault	16-05 ½ (3 rd)
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National Collegiate Athletic Association (NCAA Division III) (28th) 6.5 points

Nathan Peterson	Pole Vault	16-09 ½ (tie-5 th)
Logan Trimble, D.J. Ronde, Pat Marx, Kyle Hannon	DMR	10:04.49 (6 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Ken Cooper	61-02
	Chinedum Umachi	61-00
Shot Put	Ken Cooper	50-02 ½
	Mitch Kelley	49-00 ¼
Long Jump	Mattias Flander	20-10 ½
	Travis Hery	20-01
Triple Jump	Mattias Flander	46-02 ½
	Jackson Wirekoh	42-08 ¾
Pole Vault	Nathan Peterson	16-09 ½ **
	Cyrus Vafadari	14-05 ¼
High Jump	Matt Falk	6-04
	Chinedum Umachi	6-03 ¼
55HH	Andrew Musacchio	8.20
	Nick Leonard	8.21
55	Babajide Akinronbi	6.60
	Joshua Duncavage	6.62
200	Joshua Duncavage	22.46
	Tyler Singer-Clarke	22.69
400	Jacob Jurewicz	50.49
	D.J. Ronde	50.97
500	David Way	1:06.44
	Mac Gager	1:06.47
600	Pat Marx	1:23.19
	David Way	1:23.31
800	Pat Marx	1:52.49
	David Way	1:57.87
	Dawit Zewdie	1:57.87
1000	Kyle Hannon	2:27.12
	Justin Bullock	2:28.29*
Mile	Kyle Hannon	4:15.73
	Logan Trimble	4:17.57
3000	Paul Welle	8:34.82
	Joseph Christopher	8:41.12
5000	Daniel Harper	15:07.65
	Roy Wedge	15:18.63
800R	Duncavage, Gager, Singer-Clarke, Akinronbi	1:34.58
1600R	Ronde, Gager, Jurewicz, Marx	3:21.34
3200R	Daum, Hannon, O'Neil, Zewdie	7:55.54
DMR	Trimble, Ronde, Marx, Hannon	9:52.13**

Varsity Record**

Freshman Record*

OUTDOOR**2011 RESULTS****VARSIITY**

Won 21, Lost 4

MIT

346

180

241

218.5

OPPONENT**Middlebury 437.5, Point Loma 379, Azusa Pacific 352**, Colby 336,
Occidental 256.5, Grinnell 240, Allegheny 140, Carleton 135,
San Diego 126, Soka 93, Vanguard 58

RPI 158.5, WPI 66.5

Bates 258, University of Southern Maine 89, Colby 73Springfield 154.5, Westfield St. 92.5, College of St. Rose 74,
Keene State 50, WPI 48, CCNY 47.50, New Haven 30,
Eastern Conn. St. 23, Manhattanville 23**2012 SCHEDULE**

3/24	Northeastern Open	Northeastern University - Boston, MA
3/31	Spring Training Trip	TBA
4/7	Engineer's Cup (RPI, WPI)	RPI - Troy, NY
4/14	Bates, Colby, USM	Colby - Waterville, ME
4/18-19	Holy Cross Heptathlon/Decathlon	College of Holy Cross - Worcester, MA
4/20	Larry Ellis Invitational	Princeton - Princeton, NJ
4/21	MIT Spring Invitational	MIT - Cambridge, MA
4/28	NEWMAC Championship	Smith College - Northampton, MA
5/3-5	New England Div. III Champ.	Springfield College - Springfield, MA
5/10-12	NEICAAA Championship	TBA
5/17-18	ECAC Championship	TBA
5/24-26	NCAA Div. III Championship	Claremont-Mudd-Scripps - Claremont CA

VARSIITY SCORING & ROSTER

Ken Cooper	'13 53	Travis Hery	'11 15	Jeremy Sharpe	'14 06
C. Umachi	'12 42.5	A. Musacchio	'11 13	Cory Monroe	'13 03.5
Nathan Peterson	'12 33	Roy Wedge	'13 13	Logan Trimble	'13 02.5
Mitch Kelley*	'11 31	Kyle Hannon	'13 12	Gil O'Neil	'13 02.25
Nick Leonard*	'11 31	Ben Mattocks	'12 12	Mac Gager	'14 01.25
Justin Bullock	'14 29.25	Dawit Zewdie	'12 12	Matt Barron	'13 01
Tyler Singer-Clark	'14 29	Jordan Mizerak	'14 10	Jonathan Abbott	'14
J. Duncavage	'13 28.25	Eric Safai	'14 10	B. Akinronbi	'14
Paul Welle	'11 28.25	Jared Forman	'13 09	Amarasiriwardena	'11
Jackson Wirekoh	'13 28.25	Yida Gao	'13 08	Michael DuPlessis	'14
Stephen Serene	'12 23	Brent Johnson	'14 08	Mattias Flander	'11
Matt Falk	'12 22	Jay McKenna	'14 08	Nate Forbes	'14
Vlad Sobes	'11 22	Davey Hunt	'12 06.5	Jacob Jurewicz	'14
Cyrus Vafadari	'12 22	Brian Djaja	'13 06	Matt Weaver	'12
Daniel Ronde	'13 18	Daniel Harper	'12 06	Joshua Zeidman	'14
Pat Marx	'13 16.75	Christopher Reed	'14 06		

* Captain

CHAMPIONSHIPS**New England Women's and Men's Athletics Conference (NEWMAC) (1st) 266 points**

Ken Cooper	Hammer Throw	183-01 (1 st)
Ken Cooper	Shot Put	50-03 ½ (1 st)
Daniel Harper	5000	15:10.37 (1 st)
Mitch Kelley	Discus	155-05 (1 st)
Patrick Marx	800	1:56.94 (1 st)
Nathan Peterson	Pole Vault	15-07 (1 st)
Vlad Sobes	Javelin	198-10 (1 st)
Paul Welle	3000SC	9:28.45 (1 st)
Dawit Zewdie	1500	4:02.24 (1 st)
Mitch Kelley	Shot Put	48-00 (2 nd)
Stephen Serene	3000SC	9:29.67 (2 nd)
Chinedum Umachi	Discus	143-11 (2 nd)
Chinedum Umachi	Hammer Throw	170-11 (2 nd)
Roy Wedge	5000	15:11.70 (2 nd)
Cyrus Vafadari	Pole Vault	15-01 (2 nd)
Daniel Ronde, Tyler Singer-Clark, Nicholas Leonard, Patrick Marx	1600 Relay	3:23.56 (2 nd)
Justin Bullock	1500	4:03.24 (3 rd)
Mattias Flander	Triple Jump	43-07 ¾ (3 rd)
Kyle Hannon	800	1:58.18 (3 rd)
Nicholas Leonard	400IH	55.52 (3 rd)
Richard Prevost	3000SC	9:35.96 (3 rd)
Tyler Singer-Clark	200	22.25 (3 rd)
J. Duncavage, Nicholas Leonard, T. Singer-Clark, M. DuPlessis	400 Relay	43.28 (3 rd)
Justin Bullock	800	1:59.27 (4 th)
Ken Cooper	Discus	136-09 (4 th)
Matt Falk	High Jump	5-11 ¼ (4 th -tie)
Mattias Flander	Long Jump	20-11 ¾ (4 th)
Jeremy Sharpe	Hammer Throw	156-00 (4 th)
Matt Weaver	10,000	34:28.97 (5 th)
Jackson Wirekoh	Triple Jump	43-05 ¾ (5 th)
Gihan Amarasiriwardena	5000	15:52.93 (6 th)
Mac Gager	400	52.22 (6 th)
Yida Gao	Pole Vault	13-07 ¼ (6 th)
Jay McKenna	1500	4:06.79 (6 th)
Andrew Musacchio	110HH	16.10 (6 th)
Jeremy Sharpe	Discus	126-10 (6 th)
Jeremy Sharpe	Shot Put	42-07 (6 th)
Paul Welle	400IH	59.13 (6 th)
Matthew Barron	Javelin	151-06 (7 th)
Kyle Hannon	1500	4:07.62 (7 th)
Chinedum Umachi	High Jump	5-09 ¼ (7 th)
Daniel Ronde	400	52.33 (7 th)
Ben Mattocks	5000	16:09.88 (8 th)
Jordan Mizerak	Long Jump	19-02 ¼ (8 th)
Chinedum Umachi	Shot Put	41-08 ½ (8 th)

(Continued on page 54)

[\(Continued from page 53\)](#)**New England Division 3 (NE Div. 3)** (2nd) 147 points

Vlad Sobes	Javelin	214-05 (1 st)
Cyrus Vafadari	Pole Vault	15-11 (1 st)
Roy Wedge	10,000	31:47.89 (1 st)
J. Duncavage, Nick Leonard, T. Singer-Clark, Nathan Peterson	400 Relay	42.80 (1 st)
J. Duncavage, Tyler Singer-Clark, Daniel Ronde, Pat Marx	1600 Relay	3:19.42 (1 st)
Jared Forman, Justin Bullock, Logan Daum, Kyle Hannon	3200 Relay	7:45.70 (1 st)
Paul Welle	3000SC	9:17.07 (2 nd)
Ken Cooper	Hammer Throw	187-07 (3 rd)
Matt Falk	High Jump	6-04 (3 rd)
Daniel Harper	10,000	31:58.78 (3 rd)
Nick Leonard	Decathlon	5507 (3 rd)
Tyler Singer-Clarke	200	22.18 (3 rd)
Ken Cooper	Shot Put	50-00 $\frac{3}{4}$ (4 th)
Joshua Duncavage	200	22.24 (4 th)
Stephen Serene	3000SC	9:22.77 (4 th)
Jackson Wirekoh	Triple Jump	45-09 $\frac{3}{4}$ (4 th)
Joshua Duncavage	100	NT (5 th)
Mitch Kelley	Shot Put	49-08 $\frac{1}{4}$ (5 th)
Richard Prevost	3000SC	9:25.25 (5 th)
Paul Welle	5000	15:01.94 (5 th)
Brian Djaja	110HH	15.33 (6 th)
Nathan Peterson	Pole Vault	14-05 $\frac{1}{4}$ (6 th)
Leonard	400IH	55.34 (8 th)
Pat Marx	800	1:55.87 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (14th) 21 points

Nathan Peterson	Pole Vault	15-09 (1 st)
Cyrus Vafadari	Pole Vault	15-09 (3 rd)
Mitch Kelley	Discus	156-05 (6 th)
Ken Cooper	Shot Put	52-08 $\frac{3}{4}$ (7 th)

Eastern Collegiate Athletic Conference (ECAC) (12th) 23 points

Ken Cooper	Hammer Throw	186-00 (2 nd)
Cyrus Vafadari	Pole Vault	15-02 $\frac{3}{4}$ (3 rd)
Daniel Harper	10,000	31:35.29 (4 th)
Chinedum Umachi	Hammer Throw	176-02 (5 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Ken Cooper	187-07
	Chinedum Umachi	179-11
Shot Put	Ken Cooper	52-08 $\frac{3}{4}$
	Mitch Kelley	49-08 $\frac{1}{4}$
Discus	Mitch Kelley	162-06
	Chinedum Umachi	152-04
Javelin	Vlad Sobes	214-05
	Matt Barron	156-08
Long Jump	Mattias Flander	20-11 $\frac{3}{4}$
	Travis Hery	20-08
Triple Jump	Jackson Wirekoh	45-09 $\frac{3}{4}$
	Mattias Flander	43-07 $\frac{3}{4}$
Pole Vault	Cyrus Vafadari	15-11
	Nathan Peterson	15-09
High Jump	Matt Falk	6-04
	Chinedum Umachi	5-11 $\frac{1}{4}$
Decathlon	Nick Leonard	5507
110HH	Brian Djaja	15.33
	Nick Leonard	15.69
100	Josh Duncavage	10.94
	Nick Leonard	11.34
200	Tyler Singer-Clark	22.18
	Josh Duncavage	22.22
400	Tyler Singer-Clark	49.96
	Daniel Ronde	51.03
400IH	Nick Leonard	55.34
	Joshua Duncavage	56.42
800	Pat Marx	1:55.76
	Paul Welle	1:56.70
1500	Justin Bullock	3:57.19
	Kyle Hannon	3:58.75
3000SC	Paul Welle	9:12.93
	Stephen Serene	9:22.77
5000	Daniel Harper	15:10.37
	Roy Wedge	15:11.70
10,000	Dan Harper	31:35.29
	Roy Wedge	31:47.89
400R	Duncavage, Leonard, Singer-Clark, Peterson	42.80
1600R	Duncavage, Ronde, Singer-Clark, Marx	3:19.42
3200R	Forman, Bullock, Daum, Hannon	7:45.70
Varsity Record**		
Freshman Record*		

2011-2012 COMBINED SCHEDULES

CROSS COUNTRY

09/03	Alumni Meet	Franklin Park - Boston, MA
09/10	Engineer's Cup (RPI,WPI)	Franklin Park - Boston, MA
09/17	UMass Dartmouth Invitational	UMass Dartmouth - N. Dartmouth, MA
10/01	Bowdoin College Invitational	Bowdoin College - Brunswick, ME
10/08	NEICAAA Championship	Franklin Park - Boston, MA
10/15	UW Oshkosh Invitational	UW Oshkosh - Oshkosh, WI
10/29	NEWMAC Championship	Franklin Park - Boston, MA
11/12	New Eng. Div. III Champ.	Bowdoin College - Brunswick, ME
11/19	NCAA Div. III Championship	UW Oshkosh - Oshkosh, WI

INDOOR TRACK

1/7	Alumni Meet	MIT - Cambridge, MA
1/14	Bates, Colby	MIT - Cambridge, MA
1/21	Springfield College Invitational	Springfield College - Springfield, MA
1/27-28	Terrier Classic	Boston University - Boston, MA
1/28	MIT Coed Invite I	MIT - Cambridge, MA
2/4	Williams, Moravian	MIT - Cambridge, MA
2/10-11	Valentine's Invitational	Boston University - Boston, MA
2/11	MIT Coed Invitational II	MIT - Cambridge, MA
2/17-18	New England Div. III Champ.	Tufts - Medford, MA (Men)
2/17-18	New England Div. III Champ.	Smith College - Northampton, MA (Women)
2/24-25	NEICAAA Championship	Boston University - Boston, MA
3/2-3	ECAC Championship	New Balance Armory - New York, NY
3/3-4	IC4A Championship	Boston University - Boston, MA (Men)
3/09-10	NCAA Div. III Championship	Grinnell College - Grinnell, IA

OUTDOOR TRACK

3/24	Northeastern Open	Northeastern University - Boston, MA
3/31	Spring Training Trip	TBA
4/7	Engineer's Cup (RPI, WPI)	RPI - Troy, NY
4/14	Bates, Colby, USM	Colby - Waterville, ME
4/18-19	Holy Cross Heptathlon/Decathlon	College of Holy Cross - Worcester, MA
4/20	Larry Ellis Invitational	Princeton - Princeton, NJ
4/21	MIT Spring Invitational	MIT - Cambridge, MA
4/28	NEWMAC Championship	Smith College - Northampton, MA
5/3-5	New England Div. III Champ.	Springfield College - Springfield, MA
5/10-12	NEICAAA Championship	TBA
5/17-18	ECAC Championship	TBA
5/24-26	NCAA Div. III Championship	Claremont-Mudd-Scripps, Claremont, CA