



# Track and CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 71 - August 2012

## Men Win New England Division III Championship



## 2011 New England Champion Women Take 2nd This Year



# IN THIS ISSUE

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

Cross Country .....	p. <a href="#">4</a>
Indoor Track and Field .....	p. <a href="#">5</a>
Outdoor Track and Field .....	p. <a href="#">6</a>
A Record Year for Records .....	p. <a href="#">19</a>
MIT Track & Field All-Time Top Ten Lists	
Women .....	p. <a href="#">20</a>
Men .....	p. <a href="#">22</a>
2010 – 2011 Academic Awards .....	p. <a href="#">24</a>
Academic All-America Team Selections .....	p. <a href="#">27</a>
Elite 99 Award Winners .....	p. <a href="#">27</a>
Class of 2016.....	p. <a href="#">28</a>
MIT Coaching Staff .....	p. <a href="#">29</a>
Friends of MIT Cross Country and Track & Field .....	p. <a href="#">30</a>
Century List 2011 – 2012 .....	p. <a href="#">31</a>
We Could Not Do It Without DAPER Support .....	p. <a href="#">32</a>
Where Are They Now – Ethan Crain .....	p. <a href="#">33</a>
Pole Vaulters’ Journeys – Part 12 .....	p. <a href="#">35</a>
Season Statistics	
Women’s Cross Country	
2011 Results .....	p. <a href="#">38</a>
2012 Schedule .....	p. <a href="#">38</a>
2011 Team Roster .....	p. <a href="#">38</a>
Individual Performances – Places .....	p. <a href="#">39</a>
Individual Performances – Times .....	p. <a href="#">40</a>
Men’s Cross Country	
2011 Results .....	p. <a href="#">41</a>
2012 Schedule .....	p. <a href="#">41</a>
2011 Team Roster .....	p. <a href="#">41</a>
Individual Performances – Places .....	p. <a href="#">42</a>
Individual Performances – Times .....	p. <a href="#">43</a>
Women’s Track and Field	
Indoor	
2011 – 2012 Results .....	p. <a href="#">44</a>
2012 – 2013 Schedule .....	p. <a href="#">44</a>
Varsity Scoring & Roster .....	p. <a href="#">44</a>
Championships .....	p. <a href="#">45</a>
Best Individual Performances .....	p. <a href="#">46</a>
Outdoor	
2012 Results .....	p. <a href="#">47</a>
2013 Schedule .....	p. <a href="#">47</a>
Varsity Scoring & Roster .....	p. <a href="#">47</a>
Championships .....	p. <a href="#">48</a>
Best Individual Performances .....	p. <a href="#">50</a>

[\(Continued on page 3\)](#)

*(Continued from page 2)*

Men's Track and Field	
Indoor	
2011 – 2012 Results .....	p. <a href="#">51</a>
2012 – 2013 Schedule .....	p. <a href="#">51</a>
Varsity Scoring & Roster .....	p. <a href="#">51</a>
Championships .....	p. <a href="#">52</a>
Best Individual Performances .....	p. <a href="#">53</a>
Outdoor	
2012 Results .....	p. <a href="#">54</a>
2013 Schedule .....	p. <a href="#">54</a>
Varsity Scoring & Roster .....	p. <a href="#">54</a>
Championships .....	p. <a href="#">55</a>
Best Individual Performances .....	p. <a href="#">57</a>
2012 – 2013 Combined Schedules .....	p. <a href="#">58</a>

## ANNOUNCEMENTS

### **Alumni/ae–Varsity Cross Country Meet**

Unfortunately, the annual Alumni/ae Cross Country meet cannot be held at Franklin Park this year due to park renovations, which will be going on throughout the season. However, on the same date, September 1, MIT will be going to Keene State College in Keene, NH to race in their Alumni Meet. They are allowing MIT to enter alumni teams as well, and the shorter distance may interest those of you who haven't been able to log as many training miles as you would like. The women's race is a 2 Mile and will begin at 11:00 AM, while the men's distance is 5K and will start at 11:30. Transportation will be provided, leaving MIT at 7:45 AM and returning to campus around 5:00 PM. After the races, everyone is invited to eat in the Keene State dining hall (good food, all you can eat). Don't miss your chance to see how you stack up against both the current MIT harriers and the Keene State alums. Please contact Halston and let him know if you plan to attend, as a runner or spectator. He will be racing everyone on the team that is healthy, so the "Has Beens" will need a good turnout and some quality performances in order to have a shot at the victory.

### **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](mailto:tfxc-wiki-request@mit.edu).

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

On Saturday, January 12, 2012 the "Has Beens" will once again take on the varsity in the 39th annual Alumni/ae Meet. Last year the alums had a hard time scoring points against two strong varsity squads. The hard core competitors that have been the backbone of the men's squad for years are beginning to age past their primes, and the women still need to increase their numbers in order to hold their own against the varsity. In both cases an influx of new talent from recently graduated classes could turn the tide. All you alums out there that are in shape, or would like to be, try to find the time to hit the roads, track, or weight room and then come by on January 12 to show the varsity how it's done!

# CROSS COUNTRY

## BOTH TEAMS CONTINUE NEWMAC STREAKS

### WOMEN WITH 5, MEN 14, CONSECUTIVE TITLES

by Halston W. Taylor

The Men's and Women's Cross Country teams came off their best year ever in 2010 with the men winning the NCAA Division III New England Regional for the first time ever, collecting their 13<sup>th</sup> consecutive NEWMAC Conference title, and placing 12<sup>th</sup> at the NCAA Division III Championship. The women, not to be outdone, won their fourth consecutive NEWMAC title, slipped a bit by only finishing fourth in the NCAA Division III New England Regional Championship, but stepped up to finish third at the NCAA Division III Championship.

With the men losing three of their top seven to graduation and the women losing four of their top seven, the goal to have an even more successful year in 2011 seemed a reach, but both teams were determined to make their goal come to fruition.



*The MIT women placed 10 runners in the top 13 positions, with all five scorers in the top seven, to win their fifth consecutive NEWMAC Championship.*

The men added a slew of top recruits, who even though they were only freshmen, had the makings of a championship team. Spencer Wenck, Karl Baranov, Allen Leung and Benji Xie were determined to

make MIT a national championship contender. The women added their own top recruits with Elaine McVay, Amelia Helmick, Dacie Manion, and Stephanie Marzen bringing great success out of high school.

In the annual 5K/3200 time trial conducted on the MIT track at the end of the first week of practice, it was clear these freshmen would be a factor in the team's success. For the men, Dan Harper '12, let it be known he had no intention of letting anyone on the team take the top spot as he ran a blazing 15:23. True to their buildup, Baranov, Xie, Wenck and Leung were all in the top seven and all under 15:40. For the women, the freshmen took the first three spots with Manion, Marzen and Helmick leading the way in 11:28, 11:28 and 11:33 respectively. Tania Morimoto '12 was right behind. Brooke Johnson '13, after missing 2010 to injury, ran 11:37 along with McVay. Overall, the women put 10 under 11:48 for 3200 meters.



*The men captured their 14th straight NEWMAC Championship, remaining the only team to hold the title since formation of the conference in 1998.*

[\*\(Continued on page 11\)\*](#)

# INDOOR TRACK AND FIELD

## MEN POST 5 NEW MIT VARSITY RECORDS

## WOMEN WIN ECAC DIVISION III CHAMPIONSHIP

by Halston W. Taylor

At the beginning of the indoor season I had some very strong mixed feelings about this year in particular. Portia Jones '12, Jamie Simmons '12 and Martha Gross '12 were entering their final year of collegiate track and field. The fact that these three, who put MIT Women's Track & Field on the national map the first year they arrived, would be leaving the program after so many All America honors and three NCAA top four finishes would be a tough pill to swallow. As sad as this was to contemplate, the fact that they had one more indoor and outdoor season as well as the fact that both teams looked very strong on paper made this a season to look forward to.

As always, the season got its start with the [Alumni Meet](#). In the men's meet, for the first time in many years, the alums who show up year after year were starting to show their age, and there was not enough of an influx of recent graduating members to make up for the aging effect. The outcome was an unusually lopsided meet in the Varsity's favor 87-30. Stephen

Morton '10 and Uzoma Orji '06 were the only two winners for the "Has-Beens", taking the Triple Jump and the Shot Put respectfully. The complimentary events, the Long Jump and Weight Throw, did not go the way they usually do for the two veteran competitors. Sheldon Trotman '15 and CK Umachi '12 showed just how talented this varsity squad really is, taking those events with performances of 21-6 and 62-7 1/4.

For the women, although the score was 92 for the Varsity and 30 for the Alumnae, it was more competitive than previous years. The addition of Hazel Briner '11 and Karin Fisher '11 accounted for 18 of the 30 points. Andrea Bradshaw '09 added six points with her win in the Mile Run and third place in the 400. If the class of 2012 comes back next year in shape the outcome may be reversed.

In addition to Uzoma's and Stephen's 16 points, Omari Stephens '08 earned second places in both the 55HH in 8.09 and the Pole Vault in 14-5 1/4. Mitch Kelley '11 chipped in three points for second place in the Shot Put,



*Nathan Peterson clears the bar at 16'10" to grab first place at the ECAC Championship and set a new MIT record.*

throwing 44-1 1/4" behind Uzoma's 55-3 1/2. Craig Mielcarz '03 added two points for a tie for second place in the High Jump when he cleared 6 -1 1/4. Zach Traina '05 earned third place in the 55 dash and the 200, contributing two points. Chris Bateman '07 added a point for his third place finish in the Long Jump. The biggest highlight for the Alumnae came in the Pole Vault where they earned a sweep of their own as Karin Fisher '11 led Hazel Briner '11 and Emily Hwang '09 with her 11-11 3/4 performance. Hazel added a victory of her own, taking the Shot Put in 31-11 1/4. She also scored three points for a second place in the 20 lb. Weight Throw, one point for her third place in the Long Jump and ran the key second leg of the 4x200 that gave the Has-Beens the lead for good in the race. Karin Fisher added a third place finish in the Triple Jump at 32-11.

Other competing alums who did not score were: Akin Aina '95, Gihan Amarasiriwardena '11, Obinna Anyanwu '09, Hemagiri Arumugam



*Louise van den Heuvel enroute to a new MIT best of 4:55.56 in the Mile Run at the NEICAAA Championship.*

*(Continued on page 15)*

# OUTDOOR TRACK AND FIELD

## WOMEN EXTEND NEWMAC WIN STREAK TO FOUR

## MEN TAKE FIRST NE DIV III CROWN SINCE 2003

by Halston W. Taylor

Two weeks after the NCAA Indoor Track and Field Championship, we began competing in the outdoor season. The first meet, one where we try to get the distance runners qualified in a good 5K or 10K, is the [Northeastern Spring Open](#), and we have had very good fortune doing so. Typically the weather is a bit chilly, but generally very little wind. In other words, perfect for the 10K. This year was no different with the temperature around 50 degrees with cloudy skies. Dan Harper '12 brought his A game to this one. The pace was very brisk, which meant all Harper had to do was follow. He ran 1600 splits of 4:53, 4:57, 4:58, 4:58, 4:56 and 4:49 before closing with a 66 to run 30:37.38 for the win, a time that should have gotten him into the NCAA Championship. Other strong performances were produced by Dacie Manion '15 (37:33 - 10K), Stephen Serene '12 (15:18 - 5K) and Justin Bullock '14 (15:34 - 5K).

The next day the team then headed west for the annual Spring Trip. This year it was again in Claremont, CA, with Pomona-Pitzer Colleges gracious enough to allow us to use their track. The training was excellent, but for some reason, both that week and the week leading up to it produced a number of injuries. On the women's side we had lost both multis, Kristine Bunker '14 and Jackie Konopka '14 at the end of the indoor season. We then lost Martha Gross '12 (long sprints) and Preethi Vaidyanathan '15 (high jump) during the spring trip. The men's situation was no better. Pat Marx '13 (middle-distance) was injured from indoor nationals,

Michael DuPlessis '14 (sprints) hurt his hamstring before spring break, Jeremy Sharpe '13 (throws) injured his shoulder, and Nathan Peterson '12 (pole vault) sprained his ankle during the Spring Trip. Then during the meet, [The Westmont College Invite](#), Josh Duncavage '13 (sprints, hurdles) ended his season by pulling his hamstring at the end of the 4x100 Relay and Jackson Wirekoh '13 (horizontal jumps) injured his hamstring. Somehow, MIT actually won both the men's and women's meets. Unlike some years, there were no outstanding performances for MIT, making me wonder if this year's trip was worth it.

The next two meets back in New England, the [Engineer's Cup](#) and the [Maine Quad Meet](#) were meets where we just tried to get healthy and not cause any additional damage. The men lost to RPI in the first meet and Bates in the second meet. In the Engineer's



*On the Spring trip, Jackie Brew jumped 17-3 in the Westmont College Classic, helping MIT to place first of eight teams.*



*Sheldon Trotman scored in five events at the NEWMAC Championship, winning the High Jump at 6'5" and the Triple Jump with a leap of 45'2", taking 2nd in the Long Jump and 4x100, and 6th in the 100 Meter Dash.*

Cup we were without any horizontal jumpers, only two throwers and virtually no high hurdlers. At the Maine meet no one returned from the injured list, but at least things did not get worse. The women won both meets due to amazing depth, but lost Jackie Brew in the Maine meet due to a hip flexor injury. The biggest performances for MIT were in the Javelin. In the Engineer's Cup, Tilly Taylor '15 set a freshman and varsity record of 140-3. In the Bates meet, Cameron Wagar '15 set the freshman record of 191-2.

The next weekend we split the team, sending a handful of athletes to the [Larry Ellis Meet](#) at Princeton while most of the team competed at the [MIT Spring Invitational](#), a non-scoring meet. Things started to come together and the team began to look as though they may be okay in the Championships. Prior to the weekend, I took a look at the seeds for all the schools in the NEWMAC Championship the following weekend and Springfield College was a very clear and strong favorite to win the meet. By the end of the weekend,

*(Continued on page 7)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 6)*

MIT's performances put them even up with Springfield, and with the return of some of the injured athletes I thought we would be okay. At Princeton, Kyle Hannon '13 ran a 3:50.73 PR in the 1500 to qualify for Nationals. Stephen Serene '12 ran a personal best in the 3000SC with a 9:20.32 performance, but still was not racing the entire 3000 meters. The lone MIT representative for the women was freshman Elaine McVay, who ran a freshman record of 17:15.42 in the 5000. Back at MIT, Harper went after the 10K again since he had slipped on the NCAA list in the four weeks since his last 10K. With someone helping with the pace for the first three miles, Harper was on his own the rest of the way and he performed magnificently, running a seven second PR in 30:30.57 to move up to 14th on the list. While there were many great performances, the big news was that Nathan Peterson, Sheldon Trotman '15, Jackson Wirekoh all returned to action.

By the time the [NEWMAC Championship](#) entries were due, Springfield College had taken on a few injuries, putting our men as favorites to win their 12th in a row along with the women being favored to take their fourth straight victory. Even if Springfield College had been healthy it would not have mattered as we showed up ready to take care of business. Sheldon Trotman showed his potential as he won the High Jump at 6-5, won the Triple Jump at 45-2 1/2 and took second in the Long Jump with a leap of 21-9. Michael DuPlessis '14 returned to action, taking second in the 100 with an 11.11 effort. Michael also led off the 4x100 relay, helping MIT take second with an outstanding 42.59. We really



*At the NCAA Championship, Jamie Simmons is in the lead over the final hurdle and finishes second in 60.36, just .09 out of first, to set a new MIT record.*

showed our strength in the middle-distance events, placing 1-2-3 in the 800 led by Pat Marx's victory in 1:56.52 and a 1-2-5-6 finish in the 1500 with Hannon running 3:55.74 and Ben Mattocks '12 running an amazing PR of 3:56.31. Dan Harper led a 1-3-4 finish in the 5K, running away with the victory in 15:05.01. In the field events, where our weakness is typically due to a lack of depth, we won six of the eight events with Peterson taking the Pole Vault, Wagar taking the Javelin and CK Umachi '12 winning the Hammer and Discus. The women were nearly as dominant as Portia Jones '12 won the 100 and 200, earned second in the 100H and anchored the winning 4x100 relay. Cindy Huang '15 won the 800 in a strategic race against a strong field. Jamie Simmons '12 won the 400IH and placed second in the 400. Martina de Geus '14 ran away with the Steeplechase leading MIT to a 1-2-4 finish. The women only won two field events. Tilly took honors in the Javelin and Preethi Vaidyanathan '15 took the High Jump. Both the men and women had the meet won prior to the 5K, so I gave them the choice of running it or not. The men chose to do so while the women elected

to save their energy and legs for the New England Division III Championship the next weekend. Portia took Athlete of the Year honors and Tilly claimed Rookie of the Year. For the men, CK won Field Event Athlete of the Year and Sheldon won Rookie of the Year honors.

Depending on the points given to the 4x100, 4x400, 4x800 and 10K, Bates, MIT, Tufts, and Williams were all pretty even odds to win the Men's [New England Division III](#) title. Williams was the clear favorite to take the women's meet, but two of the past three years they were heavy favorites and MIT won anyway. Anytime a team wins this championship there is always someone who steps up huge to lead their team to victory. This year it was Tyler Singer-Clark '14. The sophomore put together an unbelievable day, first winning the 400 in 48.55 after being the fourth seed. Later, Tyler won the 200 in another PR, this time taking first in 21.67 after being the second seed. On either end of that, he led the 4x100 and 4x400 relay teams to second and

*(Continued on page 8)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 7)*

third places respectively. The other hero for the men was Dan Harper. Dan blew away the field in the 10K, leading start to finish in winning by over a minute in 30:20.42. Dan came back in the 5K and placed third in a PR of 14:42.97. The only other victory for the men came at the hands of Nathan Peterson, as he won the Pole Vault at 15-11. The men's meet had the most incredible running performances in the meet's history. In the 800, Pat Marx placed third in 1:51.80 and Sam Parker '15 ran 1:53.57, but failed to make the top eight. Similarly, in the 1500, Ben Mattocks placed sixth in 3:53.35 and Justin Bullock '14 finished eighth in 3:55.41. In the end, MIT prevailed with 113 points to 97.5 for Williams. The women performed well, but Williams was just too good, winning the meet 157-124 over MIT. It would have been about 12 points closer, but we scratched the 4x400 when it was clear we could not catch Williams and the next closest team only had 81 points. Portia led the way for the women, earning the



*Pat Marx ran a PR of 1:51.80 for third place at the New England Division III Championship.*

victory in the 100HH in a season best 14.34 and taking second in the 100 and 200 as well as anchoring the 4x100 to second place and season best 47.48. Elaine McVay added a crucial 16 points as she won her first ever 10K in 36:14.88 and took third in the 5K in 17:26.37. The only other victory was earned when Tilly took the Javelin with a throw of 138-7.

After hosting the New England Division III Championship, it was a challenge to turn back around and host the [All New Englands](#), but it made it easier on our athletes, and cost us a lot less money, so we took on the challenge. As always, we use this meet and the following weekend to get individuals lined up for Nationals, but do not try to score a lot of points since our athletes need a break after the intensity of the NED3 Championship. We rested individuals such as Jackie Brew and Elaine McVay as well as other key performers. Tyler only competed in the 200 and 4x400, but did very well in both. In the 200 he placed second in another personal best, running 21.62. In the 4x400, he led off with a 48.4 leg in leading the foursome of Sam Parker (49.4), DJ Ronde '13 (49.7) and Pat Marx (48.4) to a 3:16.08 fifth place. Ben Mattocks also earned a second place, running 3:54.56 to win the slow section and beat all but one out of the strategically run seeded section. Nathan jumped 16-4 3/4 to place second in the Pole Vault. Finishing fourth in the Hammer Throw, CK threw 184-2. Stephen Serene finished fifth in the Steeplechase with a PR of 9:17.33. Finishing out the scoring for us was Justin Bullock, placing seventh in the 1500 in 3:55.55. Lauren Kuntz '13 tied her season best of 12-1 1/2 to earn second place in the Pole



*Christine Labaza placed fifth in the Discus at the NEWMAC Championship with a toss of 115-0*

Vault to lead the women's effort. Portia took third in the 100HH in a season best 14.28. She also placed fifth in the 200 with her 24.51. Jamie claimed fourth in the 400IH with a fine 60.84 and Michelle Johnson '15 set a new freshman record in the Triple Jump when she placed seventh at 37-5 3/4. Despite the lack of team effort, the men placed 6th overall with 39 points. The women finished in 14th with 26 points.

Typically, the [IC4A Championship](#), the Division I component of the ECAC Championship is on the same weekend as the ECAC Division III Championship. This precludes us from participating since it is primarily a Saturday-Sunday meet and the Division III qualifying period for the NCAA Division III Championship ends on Friday. However, this year the IC4A meet was the same weekend as the All New Englands. This took a lot of the top competition from the All New England meet, particularly UConn. Since Dan Harper's position on the national 10K list had continued to slip and he felt he was ready to run a great race, we sent

*(Continued on page 9)*



## ... OUTDOOR TRACK AND FIELD

*(Continued from page 8)*



*Tilly Taylor wins the Javelin Throw in the New England Division III Championship with a toss of 138-7.*

him down to Princeton to take on the big boys in the 10K. For the first time this year Dan was in a real race he did not dominate, but he came close. The pace was excellent and Dan was in a position to win and finished with a 64 final quarter after running 29:02 through six miles, but just did not quite have as strong a kick as the winner. Dan finished second in 30:07.44, an amazing race that earned him second place.

RPI hosted the [ECAC Division III Championship](#), the final opportunity to qualify for the NCAA Division III Championship. We certainly took advantage of the opportunity. Nathan set an outdoor best in the Pole Vault of 16-5 in winning the event. Ben Mattocks ran an unbelievable 1500, placing second in 3:50.51, making his improvement over the past month a full 10 seconds. The splits for his race were 58, 2:00 and 3:04 with a closing 300 of 46 seconds. Racing to an equally impressive performance, Stephen Serene set an MIT record in the Steeplechase with a 9:04.32, placing third. CK

did not improve his mark but earned second in the Hammer with a mark of 182-4. Finally, Tyler Singer-Clark ended his season with a 22.09 200, placing eighth. The men elected not to try to qualify for nationals in the 4x100 or 4x400 as it would have taken a supreme effort and all involved wanted to focus on the upcoming final exams. For the women, things did not go as well as hoped. In the 4x400, Jamie, Martha Gross '12, Jackie and Portia had not raced together in this event since the indoor season. The team's 3:58 was not fast enough to get into the fast section, so they would have to get a national qualifying time out of the slower section with no competition. Only the top 16 relay teams would make the national field and it would probably take a low 3:51 performance to get in. As always, Jamie was money in the bank, delivering a 55.9 leadoff to guarantee MIT would see no competition in the race. Martha went out hard, but more detrimental to her race was that she strained trying to go out fast, leaving herself exhausted coming into the finish, which left her at a dismal 59.1 split. Jackie had not run a 400 since indoors, and had not been able to practice 100% due to her ailing hip flexor. She seemed to run cautiously, never really competing at the level she is accustomed to. At least that is what I hoped the problem was because she only split 60.0. Fortunately, Portia delivered with a 55.9 anchor to give MIT a 3:51.05. Unfortunately, three teams in the fast section ran faster than we did, putting us back to at least 13th in the country, but there were many other meets going on around the country, so we would have to wait. Also ranked 13th in the country was the 4x100, which was comprised of the same four



*Portia Jones claimed the 100 Meter Dash title at the NEWMAC Championship in 12.44 seconds.*

women. This time the outcome was not so great. The quartet only ran 48.20, a relatively poor time, and would also have to wait and see if they would make the NCAA Championship field. In the Pole Vault, Lauren Kuntz placed third, jumping 12-1 1/2 for the fourth time this season. Martha ran her best 200 of the season, placing seventh in 25.50. The best competitive effort for the women was earned by Tania Morimoto '12 in the 10K. Tania has never been afraid of dying in a race, which is a quality I rarely see amongst MIT runners. Her goal was to qualify for nationals or die trying. If anything, she was too aggressive, not being patient enough to allow the leaders to come back to her. Instead she went after the leaders, who had broken away, but running a pace they could not handle. This led Tania to run a 5:47 first 1600 and 5:44 second 1600. This put her eight seconds ahead of where Elaine had been when she ran 36:14, which was way too fast. Tania continued running 86 second quarters until she hit the 4800 mark. After crossing the 5K in 18:00, a season best, she fell to 92 second 400's and then eventually to 94's. However, she never stopped racing, fighting every step until she crossed the finish line in fourth place with a 37:22.47 time.

*(Continued on page 10)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 9)*



*Stephen Serene is first over the water jump on his way to a 9:23.14 second place finish in the NEWMAC 3000 Meter Steeplechase.*

Unfortunately this was not fast enough to make the NCAA field.

We had to wait until Sunday morning to know the final field of entrants, but with travel taking place on Tuesday, we had to make some educated guesses as to who would get in and order the airline tickets or risk having to take multiple flights to make it to the west coast. Fortunately, I guessed correctly, which meant we would not have to pay for any unused tickets. When the dust settled we had seven men and seven women qualify. For the men, the qualifiers were Kyle Hannon and Ben Mattocks in the 1500, Dan Harper in the 10K, Pat Marx in the 800, Nathan Peterson in the Pole Vault, Stephen Serene in the Steeplechase and CK Umachi in the Hammer Throw. The women were represented by Jackie Brew in the 4x100 and 4x400, Martha Gross in the 4x100 and 4x400, Portia Jones in the 100HH, 200, 4x100 and 4x400, Lauren Kuntz in the Pole Vault, Elaine McVay in the 10K, Jamie Simmons in the 400IH, 4x100 and 4x400, and Tilly Taylor in the Javelin.

Although we had 14 qualifiers, those seeded to score were only Nathan in the Pole Vault, Portia in

the 100HH and Jamie in the 400IH. The most challenging part of the MIT academic schedule is that most years the final exams are the same week as Nationals. We left as late as possible on Tuesday to allow many of the student-athletes to complete their second day of exams. I still proctored nine exams during the championship, certainly not the best situation for our athletes, but better than the alternative of not being allowed to travel to the Championship. Although the athletes are not aware of this, any time the team has made the podium (top four teams) it has been in a year when exams were the week prior to the [NCAA Championship](#).

Most years we have a strong ratio of All-America winners to qualifiers, but this year we only ended with six All America honors, although most of our athletes placed higher than they were seeded and we ended up with four ninth place finishers, one place removed from All-America. The top performance for MIT was laid down by our best competitor, Jamie Simmons. In the finals of the 400IH, she took the lead on the homestretch, pulled ahead more after the ninth hurdle, fell back a bit on a poor 10th hurdle, but maintained the lead, then lost it in the

final meter. Jamie still earned second place, setting a new MIT record of 60.36. The other individual place winner was CK. He threw a huge PR of 194-5 on his first throw, literally landing on the foul line for a seventh place finish. The 4x400 was an hour after Jamie's 400IH and she spent far too much time sitting, waiting for the 400IH awards ceremony. I messed up here. I should have told the officials to postpone the ceremony because Jamie had to prepare for the 4x400, but I thought they would be more efficient with the awards. Anyway, Jamie was not as prepared as she should have been and could only deliver a 57.3 leadoff. However, Martha delivered a 56.8 and Jackie went 58.3 to put us in a very strong fifth place. Portia went out too hard, but was determined to move the team up. After moving the team to third place she faded badly at the end, giving up right before the finish line, but still ran 56.2 to give MIT an eighth place 3:48.77. Earning ninth place finishes were Lauren Kuntz in the Pole Vault with a season best of 12-5 1/2, Dan Harper in the 10K, Nathan Peterson in the Pole Vault and Stephen Serene in the Steeplechase.

The MVPs for the outdoor season were Jamie Simmons and Tyler Singer-Clark. The Paul McKenzie Award winner was Nathan Peterson and the Lynn Snyder Award winner was Jamie Simmons. Most Improved Awards went to Dan Harper and Alexandra Taylor. Tri-captains for 2013 are Justin Bullock, Josh Duncavage and Kyle Hannon for the men and Jackie Brew, Lauren Kuntz and Alexandra Taylor for the women.

## ...CROSS COUNTRY



*Dan Harper is headed for the win at the NEWMAC Championship, while Roy Wedge and Stephen Serene complete the 1-2-3 MIT sweep.*

*(Continued from page 4)*

Not wanting to put too much stress on the freshmen, given how much I would be counting on them, I waited until the third meet of the season to race anyone in the top seven based on the time trial results. Prior to that we had the [Alumni/ae Meet](#) and the [Engineer's Cup](#) with RPI and WPI. The varsity won the Alumni Meet by a score of 24-31 despite holding out the top seven. The alumni racing outnumbered the varsity racing by two to one. Chris Wong '08 led the way for the old guys with a second place 28:08. Ethan Crain '96 pulled out a solid race to finish fifth in 28:48. Bill Phipps '10, Ben Schmeckpeper '05 and Gihan Amarasiriwardena '11. closed out the scoring for the "Has-Beens" with seventh, eighth and ninth place respectively, putting five in before the varsity fifth man, but giving away, 1-3-4-6 places to the young guys. Also competing for the alums were Josh Feldman '97, Bob Collins '82, Richard Prevost '11, Terry

McNatt '87, Tony Pelosi '01, Jack Bourbonnais '10, Bill Singhose '90 and Bob Walmsley '84. On the women's side of the ledger, Andrea Bradshaw '09, was the only competitor for the Alumnae, but she represented her team well, winning in 19:55. The varsity was racing five individuals, however, Olivia Papa '14 did not finish due to breathing difficulties, which meant the Varsity had no team score and no victory.

When we did race everyone at [UMass Dartmouth](#) it was a veritable feast for the Engineers. The men dominated both the Varsity and Sub-varsity races while the women annihilated the competition in both races. In the Women's Sub-varsity race, the runners followed my directions well, running pace instead of going out with the leaders. This strategy proved effective as the ladies took the top 12 spots led by Maggie Lloyd '12 in 19:55, Kali Benavides '15, Claire O'Connell '14, Alexandra Taylor '14 and Shivani

Kaushal '15. The top five demonstrated a 12 second delta. In the Varsity race, Brooke Johnson showed she is back from her year off with injury, as she won a nice battle with Kate Warwick from Brandeis and freshman teammate Elaine McVay, running 17:55 for the 5K race. Elaine fought hard but finished third and was followed by teammates Martina de Geus '14 in fifth, Dacie Manion in seventh and Tania Morimoto in ninth. The 54 second delta was a little to be concerned about as we would need a delta of 30-40 seconds to get on the podium at Nationals. The men did not claim individual honors in either race, but dominated both races nevertheless. In the Varsity race, Dan Harper maintained his top spot on the team with a fine 24:51 for second place. Stephen Serene '12, Spencer Wenck, Allen Leung and Karl Baranov placed 5th, 7th, 9th and 11th respectively to easily win with 31 points in the 34 team field. While the Sub-varsity did not

*(Continued on page 12)*

## ... CROSS COUNTRY

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

claim first place individually they did claim the next six spots with Ben Mattocks '12 leading the way with his second place finish in 25:59. Following Ben were Logan Trimble '13, Dawit Zewdie '13, Chadd Kiggins '15, Matthew Jordan '15 and Andrew Erickson '12.

After a week off from competing we took a trip up to Bowdoin College to see the NCAA New England Region Championship course via the [Bowdoin College Invitational](#). I ran our sub-varsity runners as our varsity and had the varsity run a fartlek on the course so they would learn it without the mental work of racing as there were two big races in succession coming up.

The first of the two big races was the [All New England Championship \(NEICAAA\)](#), pitting all the college teams from all divisions against each other. The men ran very aggressively, ending up with a sixth place finish in the talented field, a clear indication they should be one of the top teams in the country for Division III. The incredible freshman class had been disintegrating over the past couple of weeks and was basically down to one left, Allen Leung. Spencer Wenck, fifth at last year's Nike High School National Championship, had lost entirely too much weight since that time, became noticeably weaker, resulting in an IT Band injury that ended his season. Karl Baranov came down with related hamstring and lower back issues that would need significant time to rehabilitate. Benji Xie was having problems with collapsing during races and would need to have that evaluated. With all of that it was quite amazing the team was able to produce this level of success. Once again, Harper led the way,



*Brooke Johnson and Elaine McVay lead MIT to a 2, 3, 4, 6, 7 finish and their fifth consecutive NEWMAC Championship.*

this time with a 22nd place effort in 25:22. Roy Wedge '14, rounding into the shape he demonstrated as a freshman last year, finished in 39th. Close behind was Stephen Serene in 48th and was followed by Allen Leung in 65th and Ben Mattocks in 70th. The women did not fair quite as well, due mostly to a lesser effort in the race, but still managed to finish in eighth place. Elaine McVay led the Engineers with a 21st place effort of 18:27. Johnson did not have her best race, dropping to 36th. Too far back were Martina de Geus, Tania Morimoto and Claire O'Connell in 65th, 69th and 85th place respectively. Dacie Manion, a very talented freshman, exhibited similar symptoms as Xie, but was finishing races. She was losing dozens of places in the final quarter mile as if totally exhausted.

The following weekend I took the top runners on a trip to [Pre-Nationals \(women's results\)](#), hosted by the University of Wisconsin Oshkosh. Hopes were high as we went into the meet with our highest combined National Ranking ever. The women had fallen a couple of spots but were still ranked fifth while the men had

moved up to seventh, their highest ranking in years. The Pre-nationals field was extremely deep in nationally ranked teams and combined with the previous week's results would give a clear picture of where MIT stood among the top Division III teams. Unfortunately, the men, with the exception of Dan Harper, raced poorly, never engaging in the race, and wasting a valuable opportunity. While they defeated a host of nationally ranked teams, they still finished a dismal seventh in a field weaker than the week before. Harper finished in 13th place in 25:25, a solid effort. Serene was the next closest Tech runner in 32nd place in 25:49. Overall, the spread for MIT's top five was 86 runners and 1:04. The women came to race, but did so without discipline. They did not follow the strategy, instead Brooke Johnson and Elaine McVay did exactly what they were told not to do and were leading before the mile mark of the 6K race, putting a big target on their back, particularly under such windy conditions. Nevertheless, Brooke finished in fourth in 22:03 and Elaine in eighth. Martina placed 26th, Dacie 35th and

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

## ... CROSS COUNTRY

*(Continued from page 12)*

Tania 50th. The delta of 1:00 was still way too much. On the plus side, Dacie finished strong for the first time this year and it was on a 6K course. On the down side, Tania was having problems finding the excellent level of competition we had become accustomed to seeing. The ladies finished in second place with 123 points, considerably behind Washington University of St. Louis with 61 points, but quite a bit in front of Calvin College with 188 points. This indicated that as in years past, the New England region is so strong on the women's side that the third or fourth best team in New England is probably still a top five team in the country.

After another week off, we prepared to defend our [NEWMAC Championship](#) title. Both teams were favored, but both teams could also lose if they did not perform at their best. On the men's side, Springfield College harbored a lot of talent and if they put those considerable talents together it would be a big challenge to the depleted MIT squad. For the women, Wellesley College had the return of All America runner and defending champion, Randelle Boots '13 to bolster their already talented team. The men put together their best race of the season, claiming the top three spots as Dan Harper, Roy Wedge and Stephen Serene pulled away early in the race, separating themselves from the rest of the field by over 20 seconds. Ben Mattocks put together a great race to finish in fifth and Allen Leung completed the scoring with his eighth place effort. The delta was still high at 58 seconds, but at least the spread among the top three was only 17 seconds. The women ran an excellent race with the exception of Brooke Johnson, who did not put the race away early, giving Boots the confidence she



*MIT ran in a tight pack, finishing the UMass Dartmouth Invitational with a delta of just 25 seconds. Their winning score of 31 points was 48 ahead of runner-up Brandeis.*

needed to steal the individual victory in a pedestrian 18:45. The ladies then shut the door, claiming five of the next six and 10 of the next 12 spots to destroy the competition. The slow pace contributed to the small delta, but 19 seconds is good no matter how you look at it. Brooke finished second with Elaine following two seconds back. Claire was back and competed very well, finishing fourth. Martina and Dacie finished together in sixth and seventh to close out the scoring. Also claiming All Conference honors for the men was Logan Trimble. For the women, the additional All Conference honors went to Stephanie Marzen, Tania Morimoto, Sarah Sprague '13, Shivani Kaushal and Maggie Lloyd. Dan was named NEWMAC Male Runner of the Year and Allen and Elaine were named NEWMAC Rookies of the Year.

The end of the season was coming up and the teams seemed to be ready to take care of business at the [NCAA Division III New England Region Championship](#). The men hoped to defend their title while the women wanted to get back to the winners circle they earned in 2009. The men were definitely ready, but once the race started they made a season ending error. In the middle

of 51 teams at the starting line, and no other quality teams on the immediate left or right, the runners had a false sense of security coming off the line in what they thought was close to the front. The left and right sides, full of much more competitive teams than the middle, got out very well, squeezing MIT into the rear by more than 150 places. Dan Harper panicked, wasting unnecessary energy to get up to the front. Stephen Serene took his time, did not panic, but still made it close to the front. Roy Wedge, Ben Mattocks and Allen Leung got to a competitive point between two and three miles, but then lost it, almost as if they mentally gave up. Dan ended up in 12th, earning the final individual spot to the NCAA Championship. Stephen finished in 15th, just out of those advancing. Roy ended up making All Region, but his 32nd place was not much help. The men ended up finishing sixth, 20 points out of fifth and a trip to Nationals. The women, with the exception of Brooke Johnson and Elaine McVay, never became engaged in the race. At the mile mark both Brooke and Elaine were with the leaders at 5:35. Both Middlebury and Williams had

*(Continued on page 14)*

## ... CROSS COUNTRY

*(Continued from page 13)*

all seven of their runners in the top 35 at the mile mark, but we were back between 5:48-5:52, definitely too far back. Brooke and Elaine finished sixth and seventh respectively, leading MIT to a third place finish, advancing to the NCAA Division III championship. Martina de Geus also made All Region with her 32nd place. Some major concerns that needed to be addressed were to get the Engineers to be more competitive early in the race and to figure out how to keep Tania Morimoto and Dacie Manion from fading so much at the end of races. In this regional race, Tania faded 46 seconds in the final mile and three quarters while Dacie lost 1:25 in the final three quarters of a mile.

We left on Thursday for the [NCAA Division III Cross Country Championship](#), hosted by the University of Wisconsin Oshkosh at the Lake Breeze Golf Course. The women had fallen back to a seventh seed due to their less than stellar regional meet and only Dan Harper was representing the men. The course was in great shape and the weather was predicted to be in the mid 40's on race day. After seeing the course on Thursday and Friday, the Engineers seemed ready and pumped to go for the victory. The runners realized it would take a great performance to meet their goals, yet believing such a performance was possible. After a false start where it appeared we did not get out very well, the race began and the ladies appeared to start well. At the mile mark we appeared to be in excellent position, and indeed it would turn out to be their best position in the race with a cumulative total of 288 points. Brooke and Elaine were in 14th and 18th places as planned, and Martina, Claire and Tania were in 77th, 80th and 99th place respectively. By the two mile mark, Brooke and Elaine were



*Tania Morimoto on her way to a fourth place team finish and 76th overall at the NCAA Division III Championship.*

pretty much in the same position, Martina had moved up to 63rd place and Tania up to 73rd place, but Claire totally lost focus, moving back 56 places. Going into the final 3/4 mile the ladies, with the exception of Martina, who moved up to 56th, were falling back a lot. Elaine dropped back to 33rd, Brooke to 41st, and Tania to 97th. Claire regained some of the spots she lost in the second mile by moving up to 116th. The final 3/4 really took MIT off the podium (top four teams). Brooke, who turns out was really sick, but did not know it as yet, fell all the way back to 72nd place and Elaine lost just enough spots (38th) to miss getting All America honors by three places. Tania faded much less than the rest of the season, holding onto 112th, but Claire dropped back to 131st. Martina moved up to 52nd place. Finishing as MIT's sixth runner, Stephanie Marzen placed 178th overall and Dacie Manion, who was in 108th at the two mile mark, finished in 272nd position. Once the individuals not on teams were taken out, MIT was given a total of 276 points, good for fifth place, 53 points from fourth place and another podium finish, but five

points ahead of sixth place. This was a great finish at an NCAA Championship, but when you know you should place higher, fifth is a little disappointing. In the [Men's competition](#), Dan got out reasonably well, but failed to continue to move up towards the front as he assumed the fast pace was too fast and that the leaders would come back to him. However, at the mile mark Dan ran 4:50 and was already around 15 seconds behind and was in 79th place. He seemed to settle after that, remaining between 67th and 72nd place for the next three miles, eventually moving up to finish 64th overall.

At the end of the season awards banquet, the MVP's for the respective teams were Brooke Johnson and Dan Harper. Captains for 2012 are Ben Mattocks and Logan Trimble for the men and Marie Burkland and Brooke Johnson for the women.

## ... INDOOR TRACK AND FIELD

*(Continued from page 5)*

'10, Patrick Barragan '08, David Blau '06, Jack Bourbonnais '09, Logan Daum '11, Eric Khatchadourian '06, Nick Leonard '11, Terry McNatt '87, Peter Mulligan '08, Jake Ruzevick '09, Bill Singhose '90, Ben Schmeckpeper '05, and Victor Williamson '04 for the men, and Kirstin Aarsvold '11, Caroline Figgatt '11, Lynn Jepsen '11, Adeline Kuo '02, Crystal Ray '04, Alisha Schor '07 and Becky Stavely '11 for the women. Those in attendance in a supporting role were Hana Adaniya '07, Javit Drake '94, Alina Gatowski '11, John "Bo" Light '96, Dave Reshef '08, Joe Roy Mayhew '08, Don Shobry's '75 and Bob Walmsley '84.

We showed our strength with superior performances from both teams in easy victories in a tri-meet against [Bates and Colby](#) and a large scoring invitational at Springfield College. In the Bates / Colby Meet the men outscored their opponents 199 to Bates 116 and 64 for Colby while the women took top honors with 210 points to 88 for Bates and 80 for Colby. In the [Springfield Invitational](#), the men won



*Dan Harper posted his best 5K time for the season with his 14:50.81 performance at the Terrier Classic.*



*Portia Jones and Jackie Brew headed for a 1-3 finish at the Bates/Colby meet. Jones' time for the win was a season best 8.40.*

with 176 points, outscoring eight other teams. The women won the meet with 163 points, defeating nine other squads.

Qualifying for the NCAA Division III Championship changed in 2012 to a system of no qualifying standards, but an absolute number per event of 13 men, 15 women and 10 relay teams. This further encouraged athletes to find the banked and oversized tracks. Even though the times on such tracks were penalized, the penalty was not significant enough to discourage people. Individuals were traveling all around the country to chase times. Fortunately for us, the Boston University (BU) and Harvard University tracks were right in our backyard. In fact, excluding the New England Division III Championship, our top runners would be on banked tracks for the remainder of the season.

Our own two MIT Invitationals coincided with the two BU meets, the Terrier Classic and the Valentine's Invite. Most of MIT's runners attended the BU meets while the field event performers were competing back at MIT. The [Terrier Classic](#) on January 27-28,

was the first non-scoring meet for MIT, which allowed individuals to specialize in certain events without having to do their entire repertoire for point scoring purposes. Both the men and women performed superbly in the oval events, taking advantage of the banked track. Of notable performance was a freshman record by Elaine McVay, running 17:21.42 in the 5K, and back at [MIT](#), Kristine Bunker '14 tying the varsity record of 5-3 3/4 set in an earlier meet by teammate Preethi Vaidyanathan '15.

Between the two invitational weekends was the [Battle of Beantown](#) against Boston University, Harvard and Northeastern at Harvard's Gordon Track. There had been more than a little reluctance by the DI schools to allow MIT into the meet in past years, with much of the opposition coming from Boston College. The reluctance was due to the fact that MIT used to dominate the Greater Boston Championship, with the exception of Northeastern University, when those programs were under the guidance of different head coaches. Those programs have since improved considerably and probably saw nothing to gain by adding a D3

*(Continued on page 16)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 15)*

program into the meet. Fortunately, MIT was invited when Boston College dropped out. When the entries were all in, MIT was seeded last in both the men's and women's meets.

Fortunately, meets are not decided on the seeds. A few MIT athletes were a little star struck and did not compete to their potential. However, most MIT athletes competed very well. For the men, Josh Duncavage '13 was the star for the Engineers, setting personal bests in the 60 Meter Dash, the 60 Meter HH and the 200. He placed fourth in the both the 60 and 60HH and finished second in the 200, which probably would have been a victory had he been in an outside lane. Allen Leung set a freshman record in the 3000 with an 8:38.39. The men had two victories, the first by CK, winning the Weight Throw in 61-9 1/2 and the other a victory by Pat Marx '13 in the 500 with a time of 1:05.36. The men's score was Harvard 191, NU 156.5, MIT 93 and BU 66.5. The women did not win any events, but competed very well, earning numerous second places and taking down NU in the process. Portia earned second in both the 400 and 200 in 57.16 and 25.17. Jamie blasted the MIT record in the 500 by three seconds, earning second in 1:15.79. Lauren Kuntz '13 placed second in the Pole Vault at 11-11 3/4. Elaine McVay ran an MIT record in the 3000 with a 10:05.97, good for third place. Dacie Manion '15 also broke the old record, earning fourth in 10:08.27. The final scores were Harvard 196, Boston University 176, MIT 70, Northeastern 67.

In the final tune-up prior to the New England Division III



*Jamie Simmons passes Harvard's Shannon Conway in the 500, to take 2nd place in an MIT record of 1:15.79.*

Championships, MIT competed in the [Valentine's Invitational](#) at Boston University. While numerous PR's were accomplished, the big news came from the relay teams. There are not many opportunities to run the best athletes, somewhat fresh, in relays with the goal to run fast enough to qualify for the NCAA Division III Championship. The men put together a quartet (Chadd Kiggins '15, Pat Marx, David Way '13, Justin Bullock '14) in the DMR that ran a superb time of 9:55.71. Chadd ran 3:03.5, David 51.1, Pat 1:52.1 and Justin 4:09.1 to drop a time they hoped would qualify for the National Championship. The women trumped the men with their DMR. Cindy Huang '15 ran a 3:38 1200 and was followed by a 59 quarter by Martha Gross. Jamie ran a superb 2:15 800 leg and Louise van den Heuvel '14 anchored with a 4:59 to give Tech a 11:51.33, certainly a time that would hold up for Nationals. The women also put together an excellent 4x400 Relay, an

MIT record of 3:50.98. Jamie led off with a 57.0, Jackie Brew '14 dropped a 58.6, Maddie Bairey '15 58.7 and Portia an amazing 56.6.

Going into the [New England Division III Championships](#), both the men and women were confident they would take the respective titles—perhaps too confident. The women, competing at Smith College, were solid favorites going into the meet but ended up losing to Williams by one point, 143 to 142, with no other team within 70 points. While it is easy to find one point in many performances, the heart breaking turn of events was a disqualification in the DMR. Winning by over 10 seconds, the foursome of Maggie Lloyd '12, Martha Gross, Stephanie Marzen '15 and Dacie Manion found out they were disqualified due to Lloyd stepping over the inside lane line for three consecutive steps. In fairness to Lloyd, there was no rail, nor any cones marking the border

*(Continued on page 17)*



## ... INDOOR TRACK AND FIELD

*(Continued from page 16)*

of the inside lane. On the bright side, most of the team fought for every point. Michelle Johnson set an MIT freshman and varsity record of 36-10 1/4 in the Triple Jump, good for sixth place. Jamie ran an incredible 1:34.93 in the 600 to set the facility, MIT and Championship record in her victory. MIT took every relay, the 4x200, 4x400 and 4x800. In the 4x200 Portia, Jackie, Martha and Jamie set a meet and MIT record of 1:43.51. In the 4x400, Jamie, Maddie, Martha and Portia won in 3:58.08. The 4x800, the final event of the meet was won in a meet and MIT record of 9:24.87 by Cindy, Alexandra Taylor '14, Margaret Coad '15 and Louise.

The men were competing at Springfield College and after winning the past two [New England Division III Indoor Championships](#), they took for granted that this one would be no different. However, an injury to top point man, Josh Duncavage, a handoff gone very bad in the 4x800 and a lack of

points from some key performers, derailed MIT's chances for victory as they managed second place behind Bates 103 to 95, with Tufts a close third at 89 points.

Josh, counted on to score at least 20 points, only managed six due to a pulled hamstring in the 60 Meter Dash finals. On top of this, Kyle Hannon did not show up to compete, falling out of the back of the Mile Run, a race he should have won. In the 3K-5K, Tech only managed eight points, that being delivered by Dan Harper '12. This was an atrocious showing by the Engineers. Still, in the final event, MIT had an opportunity to win the meet. Down by three points, the very talented 4x800 team needed to win and hope that Bates score no higher than third. Chadd Kiggins, who ran a marvelous race in the open 800 for second place in 1:55.86, did not run as hard as he could in the 4x800, managing only a 1:59 split. This put MIT

behind and a handoff to Jared Forman '13 had him turned away from the direction he was running for too long, so when he received the baton and turned back around he ran into the back of a stopped incoming runner, causing him to fall and drop the baton. He got back in it, but he could not make up the ground and Gil O'Neil '13 and Sam Parker '15 did not have it in them to get the victory, instead finishing eighth. On the plus side, CK Umachi won the Weight Throw with a toss of 63-7 1/2. The only other victory was earned by the 4x400 team of Tyler Singer-Clark '14, Nick Diamantoni '15, Mac Gager '14 and Pat Marx, winning in 3:24.24.

The following week, the [NEICAAA Championship](#) began the march to Nationals. The disappointment from the week before seemed to disappear. All in all, this was one of the best meets in MIT history. Four varsity records fell, with another legendary record being missed by .04 seconds. One freshman record and two more with marginal misses, two victories and eight strong NCAA qualifying performances were the highlights for this championship. Kyle, did his Jekyll and Hyde from the previous week to this one, setting an MIT record in the Mile Run with a 4:06.42, an effort that only netted him seventh in the talented field. Not to be outdone, Louise also set the Varsity Mile record, running 4:55.56 for sixth place. Portia set a new MIT record in the 400, blazing a 55.18 victory. The last varsity record came in the women's 4x800 Relay. Cindy, Alexandra, Margaret and



*CK Umachi unleashes a 62-7 1/4 toss in the 35 lb. Weight Throw at the Alumni Meet, forcing Uzoma Orji, 2005 National Champion in the Indoor Weight Throw, to settle for second place.*

*(Continued on page 18)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 17)*

Louise earned a fifth place with a 9:10.19 tremendous effort, 14 seconds faster than the week before. Sam Parker just missed the legendary Paul Neves's Freshman Record of 1:52.94 with his 1:52.98. Cindy had no problem setting the women's freshman record, running 2:15.96. In addition to the victory by Portia, CK won the Weight Throw at 62-5 3/4.

With one more week to prepare, it seemed MIT was positioned well for the NCAA Division III Championship. The men's DMR stayed in Boston to race in the [IC4A Championship](#), but everyone else hoping to go to Nationals traveled to New York City to race at the Armory, the host of the ECAC Division III Championship. The DMR did not waste the effort, running an amazing 9:49.45 to win the preliminaries at the IC4A's. Justin Bullock led off with a 3:01, Tyler Singer-Clark a 48.2, Pat Marx a 1:51.6 and Kyle Hannon at 4:07.5, which was the second fastest time in NCAA Division III history.

At the [ECAC meet](#), MIT continued to have great performances. Kristine Bunker failed to qualify for Nationals in the Pentathlon, but she did set an MIT High Jump record of 5-4 1/4 in the process. Elaine McVay finished second in a new personal best of 17:17.43 for a new freshman record. Jackie Brew won the 60HH in 8.94, running a varsity record of 8.88 in the trials. Nathan Peterson '12 won the Pole Vault in a new MIT record of 16-10. Jamie Simmons won the 400 in 56.64. The foursome of Jamie, Martha, Jackie and Portia won the 4x400 Relay in an MIT record of 3:49.28. Unknowingly (until they were leaving the building), MIT won the women's title with 56.33 points.

[Nationals](#) for MIT was excellent for the men, who had modest expectations, and an extreme disappointment to the



*Cindy Huang en route to third place in the New England Division III Championship 800 and a new MIT freshman record of 2:17.33. One week later, at the NEICAAA Championship, she lowered it again to 2:15.96.*

women who had very high expectations. For the men, everyone who competed earned All America honors. Nate matched his place in 2011 in the Pole Vault by again placing fifth, clearing 16-3 1/4. CK placed sixth in the Weight Throw, throwing 61-11 3/4. The DMR team made up of Justin, Tyler, Pat and Kyle placed fifth in 10:02.41. The 4x400 team comprised of Tyler, Mac Gager, Sam Parker and Pat surprised a lot of folks as they placed sixth in 3:19.74 on the very tight turn, flat track. The 14 points gave the men a 14th place overall. For the women, other than the two relays earning fifth place, the only other points earned came from an eighth place by Portia in the 60HH. Both Portia and Jamie were crushed in the 400 trials, neither making the finals as they got behind and were unable to pass on the tight turns. This took the heart out of the team. Only the DMR team of Brooke Johnson '13, Martha, Cindy and Louise competed well, running 11:53.85 for fifth place. Jamie, Martha, Jackie and Portia ran 3:53.09 to also place fifth. While there were no

places higher than fifth, MIT did come home with 19 All America honors.

Lauren Kuntz and Kyle Hannon both earned Elite 89 Awards, the NCAA award going to the student-athlete at that NCAA Championship with the highest overall GPA on a 4.0 scale. This was Kyle's second indoor Elite 89 Award in succession. An athlete may only win the award once per year, so neither will be eligible outdoors. Kyle has a converted 3.92 GPA in Electrical Engineering and Computer Science while Lauren has a perfect 4.0 in Mechanical Engineering.

At the end of the season team awards banquet, the respective MVP's voted by the team were CK Umachi for the men and Jamie Simmons for the women. Tri-captains for the men will be Justin Bullock, Josh Duncavage and Kyle Hannon. For the women the tri-captains will be Jackie Brew, Lauren Kuntz and Alexandra Taylor.

# A RECORD YEAR FOR RECORDS

by Halston W. Taylor

This was another amazing year for varsity and freshman records. Included in this newsletter will be an update of the top 10 lists for all events, men and women. Just when I think a record is out of reach, someone comes along and proves me wrong—again. I am not sure when the women's program will reach a steady state, but it does not appear to be too near. Stay tuned!



Kyle Hannon set a new MIT Indoor Mile best of 4:06.42 at the NEICAAA Championship, eclipsing Paul Neves' 29 year old record of 4:08.16.

## Women's Indoor

### Varsity

Jackie Brew	60	7.90
Jackie Brew	Long Jump	17-07
Kristine Bunker	High Jump	5-04 1/4
Michelle Johnson	Triple Jump	36-10 1/4
Portia Jones	400	55.18
Portia Jones	60HH	8.82
Jamie Simmons	500	1:15.79
Jamie Simmons	600	1:34.93
Louise van den Heuvel	Mile Run	4:55.56
Elaine McVay	3000	10:05.97
Portia Jones	4x200	1:43.51
Jackie Brew		
Martha Gross		
Jamie Simmons		
Jamie Simmons	4x400	3:49.28
Jackie Brew		
Martha Gross		
Portia Jones		
Cindy Huang	4x800	9:10.19
Alexandra Taylor		
Margaret Coad		
Louise van den Heuvel		

### Freshman

Margaret Coad	1000	3:00.28
Cindy Huang	800	2:15.96
Michelle Johnson	Triple Jump	37-05 3/4
Elaine McVay	3000	10:05.97
Elaine McVay	5000	17:21.42
Preethi Vaidyanathan	High Jump	5-03 1/4

## Men's Indoor

### Varsity

Josh Duncavage	60	6.99
Josh Duncavage	60HH	8.49
Kyle Hannon	Mile Run	4:06.42
Nathan Peterson	Pole Vault	16-10
Justin Bullock	DMR	9:49.45
Tyler Singer-Clark		
Pat Marx		
Kyle Hannon		

### Freshman

Allen Leung	3000	8:38.39
-------------	------	---------

## Women's Outdoor

### Varsity

Jackie Brew	Long Jump	18-01 3/4
Tilly Taylor	Javelin	140-03

### Freshman

Cindy Huang	800	2:16.47
Elaine McVay	5000	17:15.42
Elaine McVay	10K	36:14.88
Tilly Taylor	Javelin	140-03
Preethi Vaidyanathan	High Jump	5-03
Ashley Wheeler	Hammer	138-01

## Men's Outdoor

### Varsity

Stephen Serene	Steeplechase	9:04.32
----------------	--------------	---------

### Freshman

Cameron Wagar	Javelin	191-02
---------------	---------	--------

## MIT INDOOR TRACK &amp; FIELD ALL-TIME TOP 10 LISTS

## WOMEN

**55m**

1	Jones, Portia '11	7.37	2011
2	Brew, Jackie '14	7.45	2011
3	Leibovic, Margaret '10	7.51	2008
4	Smith, Clarissa '04	7.52	2003
5	Chen, Elaine '99	7.59	1999
5	Szklarzewski, Veronica '15	7.59	2012
7	Bairey, Maddie '15	7.64	2012
8	Briner, Hazel '11	7.64	2011
9	Magnuson, Amy '10	7.70	2009
10	Kuo, Adeline '02	7.73	2001
10	Banful, Afua '03	7.73	2000

**55HH**

1	Magnuson, Amy '10	8.01	2008
2	Jones, Portia '12	8.11	2011
3	Clayton, Nydia '04	8.45	2001
4	Brew, Jackie '14	8.50	2012
5	Briner, Hazel '11	8.52	2011
6	Thorvaldsen, Alyssa '00	8.55	2000
7	Konopka, Jackie '14	8.77	2012
8	Bumgarner, Megan '14	8.96	2011
9	Fanchiang, Christine '07	9.13	2005
10	Nyenke, Chinwe '04	9.30	2004

**200m**

1	Jones, Portia '12	24.40	2011
2	Brew, Jackie '14	25.44	2012
3	Simmons, Jamie '12	26.36	2012
4	Bairey, Maddie '15	26.48	2012
5	Chen, Elaine '99	26.69	1999
6	Smith, Clarissa '04	26.90	2003
7	Sam, Regina '02	27.07	2000
8	Leibovic, Margaret '10	27.10	2008
9	Brown, Allison '09	27.13	2007
10	Gross, Martha '12	27.18	2010

**400m**

1	Jones, Portia '12	55.18	2012
2	Simmons, Jamie '12	56.38	2012
3	Gross, Martha '12	58.28	2010
4	Bairey, Maddie '15	58.69	2012
5	Brew, Jackie '14	58.91	2012
6	Sam, Regina '02	60.08	2000
7	Veldhuis, Leanne '08	60.73	2006
8	Thorvaldsen, Alyssa '00	61.27	2000
9	Bumgarner, Megan '04	61.45	2002
10	Smith, Clarissa '04	62.11	2002

**500m**

1	Simmons, Jamie '12	1:15.79	2012
2	Veldhuis, Leanne '08	1:18.86	2007
3	Wang, Chi-An '01	1:19.69	2000
4	Aarsvold, Kirsten '11	1:21.74	2010
5	Staid, Andrea '07	1:21.78	2004
6	Niehuus, Rachel '07	1:22.50	2006
7	Bunker, Kristine '14	1:22.70	2012
8	Bradshaw, Andrea '09	1:23.04	2007
9	Ku, Stephanie '14	1:25.99	2011
10	Silberstein, Meredith '05	1:27.35	2002

**600m**

1	Simmons, Jamie '12	1:34.93	2012
2	Bradshaw, Andrea '09	1:36.87	2009
3	Gross, Martha '12	1:39.66	2010
4	Veldhuis, Leanne '08	1:40.03	2008
5	Staid, Andrea '07	1:40.89	2004
6	Briner, Hazel '11	1:41.37	2010
7	Aarsvold, Kirsten '11	1:41.83	2010
8	Huang, Cindy '15	1:42.74	2012
9	van den Heuvel, Louise '14	1:43.08	2012
10	Wang, Chi-An '01	1:43.18	2000

**800m**

1	Bradshaw, Andrea '09	2:15.00	2009
2	Huang, Cindy '15	2:15.96	2012
3	Wentz, Jacqui '10	2:16.86	2010
4	van den Heuvel, Louise '14	2:17.06	2012
5	Taylor, Alexandra '14	2:18.10	2012
6	Johnson, Brooke '13	2:18.51	2010
7	Simmons, Jamie '12	2:18.87	2010
8	Coad, Margaret '15	2:20.00	2012
9	Papa, Olivia '14	2:20.37	2011
10	Briner, Hazel '11	2:20.70	2011

**1000m**

1	Wentz, Jacqui '10	2:57.68	2010
2	Bolger, Adrienne '09	2:58.43	2008
3	van den Heuvel, Louise '14	2:58.91	2012
4	Taylor, Alexandra '14	2:59.14	2012
5	Coad, Margaret '15	3:00.28	2012
6	Johnson, Brooke '13	3:00.77	2010
7	Lloyd, Maggie '12	3:00.88	2012
8	Eve, Katherine '12	3:03.45	2009
9	Kaestli, Alicia '12	3:04.90	2010
10	Buckley, Martha '04	3:05.05	2004

**1500m**

1	Buckley, Martha '04	4:49.50	2004
2	Espel, Julia '05	4:50.72	2005
3	Won, Debbie '00	4:53.2	1999
4	Evans, Robin '99	5:06.08	2000
5	Harris, Melanie '01	5:06.9	1999
6	Bolger, Adrienne	5:08.43	2006
7	Benedetti, Nancy '05	5:15.20	2004
8	Gaugler, Jen '05	5:15.36	2005
9	Andrews, Veronica '05	5:16.80	2002
10	Doyle, Jennifer '09	5:17.43	2006

**Mile**

1	van den Heuvel, Louise '14	4:55.56	2012
2	Johnson, Brooke '13	4:57.75	2010
3	Wentz, Jacqui '10	4:59.87	2010
4	Marzen, Stephanie '15	5:07.96	2012
5	Holt-Gosselin, Anna '11	5:08.53	2009
6	Manion, Dacie '15	5:08.98	2012
7	McVay, Elaine '15	5:09.04	2012
8	Monks, Maria '10	5:09.36	2007
9	Lloyd, Maggie '12	5:10.17	2012
10	Buckley, Martha '04	5:10.23	2004

*(Continued on page 21)*

## ... INDOOR TOP 10 LIST

## WOMEN

*(Continued from page 20)***3000**

1	McVay, Elaine '15	10:05.97	2012	8	Clayton, Nydia '04	5-01	2001
2	Manion, Dacie '15	10:08.27	2012	9	Szklarzewski, Veronica '15	5-00 1/2	2012
3	Holt-Gosselin, Anna '11	10:08.37	2011	10	Konopka, Jackie '14	5-00 1/4	2011
4	Doyle, Jennifer '09	10:11.98	2009		10 Sullivan, Kay '02	5-00 1/4	1999
5	Monks, Maria '10	10:12.29	2007				
6	de Geus, Martina '14	10:15.29	2011				
7	Johnson, Brooke '13	10:18.92	2010				
8	Morimoto, Tania '12	10:20.50	2012				
9	Buckley, Martha '04	10:21.95	2002				
10	Espel, Julia '05	10:21.45	2003				

**5000**

1	Wentz, Jacqui '10	17:05.20	2009
2	Holt-Gosselin, Anna '11	17:09.93	2011
3	McVay, Elaine '15	17:17.43	2012
4	Monks, Maria '10	17:21.65	2007
5	Doyle, Jennifer '09	17:35.15	2009
6	Buckley, Martha '04	17:35.93	2004
7	Gatowski, Alina '11	17:42.85	2010
8	Morimoto, Tania '12	17:52.75	2012
9	Finn, Elizabeth '09	17:56.43	2006
10	Manion, Dacie '15	18:02.98	2012

**Weight Throw**

1	Imoukhuede, Princess '02	57-00 3/4	2002
2	Thomas, Aline '08	50-07 1/4	2008
3	Irmer, Adrienne '04	48-10	2004
4	Asa-Awuku, Akua '03	48-03 1/2	2002
5	Aina, Bukola '03	43-05	2002
6	Vigil, Miquela '03	40-03	2004
7	Furman, Kay '07	40-02 3/4	2007
7	Wheeler, Ashley '15	40-02 3/4	2012
9	Buseman-Williams, J. '01	40-01	2000
10	Johnson, Kelly '05	39-11 1/4	2004
10	Rich, Sarah '08	39-11 1/4	2008

**Shot Put**

1	Imoukhuede, Princess '02	42-04	2002
2	Thomas, Aline '08	42-02	2008
3	Hamilton, Brooke '14	37-08 3/4	2011
4	Ray, Crystal '04	37-05 3/4	2001
5	Randolph, Allyson '10	37-04	2007
5	Irmer, Adrienne '04	37-00 1/4	2004
7	Briner, Hazel '11	37-00 1/4	2010
8	Bunker, Kristine '14	35-10	2012
8	Asa-Awuku, Akua '03	35-03 1/2	2002
9	Power, Theresa '00	35-00 1/2	2000

**High Jump**

1	Bunker, Kristine '14	5-04 1/4	2012
2	Vaidyanathan, Preethi '15	5-03 3/4	2012
3	Briner, Hazel '11	5-02 1/4	2011
4	Bumgarner, Megan '14	5-01 3/4	2011
5	Jones, Portia '12	5-01 3/4	2010
6	Schwartz, Emily '05	5-01 3/4	2003
7	Chen, Elaine '99	5-01	1999

**Long Jump**

1	Brew, Jackie '14	17-07	2012
2	Briner, Hazel '11	17-06 1/4	2011
3	Magnuson, Amy '10	17-06	2008
4	Gupta, Nalini '05	17-03 1/4	2004
5	Smith, Clarissa '04	17-03	2003
6	Szklarzewski, Veronica '15	16-11 1/2	2012
7	Clayton, Nydia '04	16-09 1/2	2001
8	Silberstein, Merri '05	16-05	2005
9	Johnson, Michelle '15	16-03 3/4	2012
10	Repak, Emilie '09	16-03	2006

**Triple Jump**

1	Johnson, Michelle '15	36-10 1/4	2012
2	Nyenke, Chinwe '04	36-07 3/4	2004
3	Gupta, Nalini '05	36-05	2002
4	Magnuson, Amy '10	35-04 1/2	2007
5	Brew, Jackie '14	34-11 3/4	2012
6	Eze, Didi '05	34-11 1/2	2005
7	Szklarzewski, Veronica '15	34-11 1/4	2012
8	Fisher, Karin '11	33-08	2010
9	Birkhimer, Stephanie '14	33-03 3/4	2012
10	Metzler, Genita '08	33-02 1/2	2007

**Pole Vault**

1	Fisher, Karin '11	13-06 1/4	2011
2	Hwang, Emily '09	12-06	2009
3	Briner, Hazel '11	12-03 1/2	2010
4	Kuntz, Lauren '13	12-00 1/2	2011
5	Li, Vanessa '02	11-10 1/2	2002
6	Tweedie, Catherine '04	11-09 3/4	2004
7	Fanchiang, Christine '07	11-01	2006
8	Chen, Joanna '15	11-00 3/4	2012
9	Brown, Allison '08	11-00	2007
9	Engle, Marissa '15	11-00	2012

**Pentathlon**

1	Briner, Hazel '11	3379	2010
2	Bunker, Kristine '14	3123	2012
3	Clayton, Nydia '04	3063	2001
4	Konopka, Jackie '14	3062	2012
5	Veldhuis, Leanne '08	2882	2005
6	Burianek, Theresa '99	2798	2000
7	Chamberlian, Holly '13	2575	2010
8	Zhu, Diana '13	2485	2010
9	Tweedie, Catherine '04	2259	2001

# ... INDOOR TOP 10 LIST

## MEN

### 35 Lb. Weight Throw

1	Uzoma Orji '06	65-01 1/2	2006
2	Ck Umachi '12	63-07 1/2	2012
3	Pat Parris '85	61-06	1985
4	John Morefield '56	61-02 1/2	1956
5	Ken Cooper '13	61-02	2011
6	Scott Deering '89	60-11 1/2	1989
7	John Wallberg '96	60-02	1997
8	John-Paul Clarke '91	59-02 1/4	1991
9	Chris Khan '04	57-11	2003
10	Brian Moore '73	57-08 1/2	1973

### Shot Put

1	Uzoma Orji '06	59-06 1/4	2004
2	John Morefield '56	52-08 3/4	1956
3	Brian Moore '73	51-07 1/2	1973
4	Chris Khan '04	51-02 1/4	2004
5	Scott Deering '89	50-10	1989
6	James Oleinik '09	50-03 1/2	2010
7	Ken Cooper '13	50-02 1/2	2011
8	Mitch Kelley '11	49-00 1/4	2011
9	John-Paul Clark '91	47-09 1/2	1991
10	Fred Bunke '78	47-05 1/2	1978

### Pole Vault

1	Nathan Peterson '12	16-10	2012
2	Nate Ball '05	16-06	2006
3	Matt Robinson '94	16-03 3/4	1994
4	Greg Tao '10	16-01 3/4	2010
5	Omari Stephens '08	16-00 3/4	2007
6	Bill Singhose '90	15-10 1/2	1990
7	Dave Wilson '73	15-04	1973
8	Cyrus Vafadari '12	14-11	2010
9	Dafe Ogagan '98	14-09	1997
10	Andrew Jamieson '99	14-06	1999
10	Steve Sydorik '68	14-06	1968

### High Jump

1	Craig Mielcarz '03	6-10 3/4	2003
2	Brian Hoying '03	6-09 3/4	2001
3	Tom Washington '92	6-09 1/2	1992
4	Jim Turlo '81	6-08	1981
4	Andy Ugarov '95	6-08	1995
6	Reid Von Borstel '78	6-07 3/4	1978
7	Glenn Hopkins '87	6-07	1987
8	Martin Taylor '83	6-07	1983
9	Walt Gibbons '73	6-06	1973
9	Garret Moose '91	6-06	1991
9	Rick Rajter '03	6-06	2002
9	Bill Singhose '90	6-06	1990

### Long Jump

1	Stephen Morton '10	23-09	2010
2	Stanley Johnson	23-06 3/8	1936
3	Bill Singhose '90	23-01 1/4	1990
4	Kevin Scannell '91	23-00	1992

5	Nkere Udofia '83	22-06 1/4	1983
6	Rex Ross '66	22-06	1966
7	Craig Mielcarz '03	22-05 3/4	2003
8	Ravi Sastry '99	22-03 1/2	1998
9	Albert Lau '72	22-02 3/4	1972
10	Robbie Gray '02	22-02 1/4	2000

### Triple Jump

1	Stephen Morton '10	49-04 1/4	2010
2	Martin Taylor '83	47-07 1/4	1983
3	K. Prakah-Asante '90	47-02 1/2	1990
4	Mattias Flander '11	46-02 1/2	2011
5	Bill Singhose '90	46-01	1990
6	Andy Ugarov '95	46-00 3/4	1995
7	Yaw Akoto '74	45-11 1/2	1974
7	Jacob Kim '87	45-11 1/2	1987
9	Kevin Scannell '91	45-07 3/4	1992
10	Austin Neudecke '05	45-05 1/2	2003

### Pentathlon

1	Bill Singhose '90	3828	1990
2	Craig Mielcarz '03	3570	2001
3	Rick Rajter '03	3419	2003
4	Garrett Moose '91	3303	1991
5	Tom Hoover '05	3298	2003
6	Tony Pelosi '01	3288	2001
7	Peter Bluvus '01	3239	2000
8	Ravi Sastry '99	3221	1999
9	Victor Williamson '04	3198	2003
10	Lincoln Bonner '97	3091	1997

### 55m High Hurdles

1	Bob Tronnier '73	7.3	1973
2	Sean Garrett '88	7.69	1988
2	Joe Presing '84	7.69	1984
4	Bill Singhose '90	7.70	1990
5	Richard Okine '77	7.5	1977
5	Al Tervalon '65	7.5	1965
7	Ravi Sastry '99	7.85	1998
8	Rick Rajter '03	7.87	2001
8	Anthony Teixeira '08	7.87	2008
10	Jim Turlo '81	7.88	1980

### 55m

1	Mark Dunzo '91	6.50	1991
2	Stephen Morton '10	6.51	2009
3	Andrew Francis '04	6.52	2001
4	Ayisi Makatiani '90	6.53	1990
4	Matt Sandholm '97	6.53	1996
6	Richard Bell '34	6.3	1934
7	David Blau '06	6.56	2006
8	Joe Peters '88	6.57	1988
9	Michael Duplessis '14	6.58	2012
10	Babajide Akinronbi '14	6.60	2011
11	Josh Duncavage '13	6.61	2012

(Continued on page 23)

## ... INDOOR TOP 10 LIST

## MEN

*(Continued from page 22)***200m**

1	Stephen Morton '10	21.92	2010
2	Zach Traina '05	21.98	2005
3	Mark Dunzo '91	22.17	1991
4	Ayisi Makatiani '90	22.23	1990
5	David Blau '06	22.34	2006
6	Josh Duncavage '13	22.35	2012
7	Tyler Singer-Clarke '14	22.56	2012
8	Kahlil Dozier '12	22.70	2009
9	Michael Duplessis '14	22.75	2012
10	Matt Sandholm '97	22.80	1996

**400m**

1	Ayisi Makatiani '90	48.46	1990
2	Mark Dunzo '91	49.05	1991
3	Tyler Singer-Clark '14	49.74	2012
4	Karim Roshd '89	49.77	1988
5	John Taylor '84	50.07(Y)	1984
6	Kenny Rosche '08	49.78	2005
7	Lance Parker '84	49.8	1984
8	Yuval Mazor '02	50.12	2002
9	Nick Leonard '11	50.13	2009
10	Todd Rosenfield '01	50.30	2001

**500m**

1	Ayisi Makatiani '90	1:02.75	1990
2	Pat Marx '13	1:04.32	2010
3	Karim Roshd '89	1:05.27	1988
4	Dave Richards '86	1:05.41	1986
5	John Granata '11	1:05.87	2010
6	Yuval Mazor '02	1:05.98	2001
7	Mac Gager '14	1:05.99	2012
8	Dan Rodgers '09	1:06.04	2006
9	Dan Lin '86	1:06.11	1986
10	David Way '13	1:06.21	2012

**600m**

1	Sean Montgomery '01	1:21.40	2001
2	Pat Marx '13	1:21.99	2012
3	John Granata '11	1:22.91	2008
4	Yuval Mazor '02	1:22.98	2002
5	David Way '13	1:23.31	2011
6	Mark Jeunnette '02	1:23.72	2001
7	Jesse Alejandro '05	1:23.76	2002
8	Chadd Kiggins '15	1:23.86	2012
9	Matt Bieniosek '09	1:23.91	2009
10	Mac Gager '14	1:23.94	2012

**800m**

1	Paul Neves '84	1:50.79(Y)	1982
2	Brian Anderson '04	1:52.07	2003
3	Pat Marx '13	1:52.49	2011
4	Ron Smith '85	1:52.56	1985
5	Sam Parker '15	1:52.98	2012
6	Sean Montgomery '01	1:53.47	2001
7	Leif Seed '99	1:53.82	1999
8	Matt Bieniosek '09	1:54.36	2007
9	Chadd Kiggins '15	1:54.64	2012
10	Sean Walker '89	1:55.64(Y)	1989

**1000m**

1	Brian Anderson '04	2:26.38	2003
2	Kyle Hannon '13	2:27.12	2011
3	Ethan Crain '96	2:27.14	1995
3	Leif Seed '99	2:27.14	1999
5	Paul Neves '84	2:27.30	1983
6	Justin Bullock '14	2:28.20	2011
7	Logan Trimble '13	2:28.76	2011
8	Sean Walker '89	2:28.80	1989
9	Jeff Lukas '82	2:29.04	1982
10	Gordon Holterman '86	2:29.20	1987

**1500m/Mile**

1	Kyle Hannon '13	4:06.42(Y)	2012
2	Paul Neves '84	4:08.16(Y)	1983
3	Brian Anderson '04	4:10.11(Y)	2004
4	Gordon Holterman '86	4:10.28(Y)	1987
5	Sean Montgomery '01	3:52.22	2001
6	Mike Piepergerdes '93	3:52.58	1992
7	Yermie Cohen '09	4:11.30(Y)	2009
8	Justin Bullock '14	4:14.39(Y)	2012
9	Ethan Crain '96	3:54.41	1995
10	Ben Wilson '72	4:14.3(Y)	1970

**3000m**

1	Ben Schmeckpeper '05	8:20.69	2005
2	Bob Walmsley '84	8:27.72	1984
3	Mark Strauss '01	8:28.35	1999
4	Dan Feldman '01	8:32.97	2001
5	Mike Parkins '99	8:33.72	1999
6	Colin Kerwin '82	8:33.82	1982
7	Paul Welle '11	8:34.82	2011
8	Joe Roy-Mayhew '08	8:37.35	2008
9	Hemagiri Arumugam '10	8:37.41	2009
10	Daniel Harper '12	8:38.08	2012

**5000m/3-Mile**

1	Frank Richardson '77	13:49.0(Y)	1977
2	Sean Nolan '03	14:32.68	2002
3	Dan Feldman '01	14:33.80	2002
4	Ben Schmeckpeper '05	14:39.81	2004
5	Mark Strauss '01	14:43.29	1999
6	Chris McGuire '00	14:48.10	2000
7	Jesse Darley '95	14:48.47	1995
8	Ethan Crain '96	14:49.38	1995
9	Jake Ruzevick '09	14:49.87	2007
10	Daniel Harper '12	14:50.81	2012

## 2011 – 2012 ACADEMIC AWARDS

by Charlotte Brackett

Every year, numerous athletic organizations recognize MIT student-athletes, not only for their impressive athletic abilities but also for their exceptional academic accomplishments. Among these organizations are the New England Women's and Men's Athletic Conference (NEWMAC), the College Sports Information Directors of America (CoSIDA), the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) and the National Collegiate Athletic Association (NCAA).

MIT student-athletes were incredibly successful in 2011-12, both in and out of the classroom. Each year, many of the athletes are honored by multiple organizations for their impressive academic accolades, and this year was no different. There were three USTFCCCA winners, four CoSIDA Academic All-America winners and, for the second consecutive year, two of our students received the Elite 89 Award.

NEWMAC, which was established in 1998, is comprised of ten selective academic institutions affiliated with Division III athletics. Each year, NEWMAC selects students who excel in the classroom to be part of the Academic All-Conference Team for their respective sports. In order to be selected to become a member of this team, honorees must have earned a minimum cumulative GPA of 3.5/4.0 or 4.35/5.0 scale, achieved a second year academic status at his or her institution and have been a member of a varsity team for the entire season.

Founded in 1957, CoSIDA, a national organization consisting of over 2,700 professionals in the field of sports public relations,



*MIT's student-athletes at the NCAA Championship banquet*

communications and information, has been responsible for the annual selection of Academic All-America performers from a pool of both male and female athletes who compete in 12 NCAA championship sports at the Division I, II and III level. In January 2011, Capital One became the named sponsor of the program. Nominees of the Capital One Academic All-America Program must maintain a minimum cumulative GPA of 3.30/4.0 scale, have participated in at least fifty percent of the team's games during that season and attained a second year of eligibility.

The USTFCCCA is a non-profit organization that represents men's and women's cross country and track & field coaches at the Division I, II and III level. The organization represents over 8,000 coaching members throughout the United States, incorporating 94 percent of all NCAA Division I, II and III track & field programs. In order to receive USTFCCCA All-Academic honors, students must have earned a minimum cumulative GPA of 3.30/4.0 scale and have earned an NCAA automatic or provisional qualifying standard in an individual or relay event during the season. In order for

a team to receive USTFCCCA All-Academic status, they must have a compiled cumulative team GPA of 3.10 or better.

The NCAA is the principal governing body of all collegiate sports and is an association of conferences and individuals that compete in Division I, II and III athletics at colleges and universities all over the United States and Canada. Each year, the NCAA selects a single athlete with the highest cumulative GPA to receive the Elite 89 Award, formerly known as the Elite 88 Award. This award recognizes those who not only are elite athletes, but have also achieved the highest grade point average among his or her peers. Eligible student-athletes must have competed at the national championship level and participated in their sport for at least two years at their current institution.

Congratulations to all of the student-athletes for an exceptional year!

*(Continued on page 25)*



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

## ...ACADEMIC AWARDS

### MEN

#### **NCAA Elite 89 Award – Indoor Track & Field**

Kyle Hannon

#### **Capital One CoSIDA Track & Field/Cross Country Academic All-District**

Kyle Hannon, Stephen Serene, Tyler Singer-Clark

#### **Capital One CoSIDA Track & Field/Cross Country Academic All-America**

Kyle Hannon, Stephen Serene

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

Daniel Harper, Stephen Serene

#### **USTFCCCA Cross Country Team All-Academic Award**

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

Justin Bullock, Brian Gager, Kyle Hannon, Daniel Harper, Sam Parker, Stephen Serene, Tyler Singer-Clark, Chinedum Umachi

#### **USTFCCCA Track & Field Team All-Academic Award**

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

Justin Bullock, Jay McKenna, Stephen Serene, Logan Trimble, Matthew Weaver

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

Justin Bullock, Brendan Ensor, Matthew Falk, Jared Forman, Yida Gao, Kyle Hannon, Jacob Jurewicz, Jay McKenna, Jordan Mizerak, Gilbert O'Neil, Daniel Ronde, Stephen Serene, Jeremy Sharpe, Tyler, Singer-Clark, Logan Trimble, Chinedum Umachi, David Way, Matthew Weaver

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

*(Continued from page 25)*

## ...ACADEMIC AWARDS

### WOMEN

#### **NCAA Elite 89 Award – Indoor Track & Field**

Lauren Kuntz

#### **Capital One CoSIDA Track & Field/Cross Country Academic All-District**

Lauren Kuntz, Portia Jones

#### **Capital One CoSIDA Track & Field/Cross Country Academic All-America**

Lauren Kuntz, Portia Jones

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

Martina de Geus

#### **USTFCCCA Cross Country Team All-Academic Award**

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

Kristine Bunker, Martina de Geus, Martha Gross, Cindy Huang, Brooke Johnson, Jaclyn Konopka, Lauren Kuntz, Jamie Simmons, Tilly Taylor, Louise van den Heuvel

#### **USTFCCCA Track & Field Team All-Academic Award**

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

Kaitlin Allen, Chandler Burfield, Marie Burkland, Martina de Geus, Katherine Eve, Tania Morimoto, Claire O'Connell, Olivia Papa, Sarah Sprague, Alexandra Taylor, Louise van den Heuvel

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

Kaitlin Allen, Kristine Bunker, Marie Burkland, Martina de Geus, Lauren Kuntz, Margaret Lloyd, Leslie Meyer, Tania Morimoto, Claire O'Connell, Melissa Showers, Alexandra Taylor, Louise van den Heuvel, Katherine Wymbys

# HANNON, KUNTZ, JONES AND SERENE NAMED TO ACADEMIC ALL-AMERICA TEAM HANNON AND KUNTZ RECEIVE ELITE 89 AWARD

by Charlotte Brackett

Kyle Hannon, Lauren Kuntz, Portia Jones and Stephen Serene 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 successes during the 2011-12 year. Hannon and Kuntz also received the Elite 89 Award, an esteemed accolade given by the NCAA to a student-athlete with the highest grade point average participating in the national championship for their sport. This is the second consecutive year in which Hannon has received the award.

A rising senior and an electrical engineering and computer science major, Hannon moved up from the third team last year to the first team this year. He was a recipient of the Elite 89 Award for the second year in a row after his performance at the 2012 Division III Indoor Championship. Hannon ran in the



*Portia Jones, Kyle Hannon, Lauren Kuntz, and Stephen Serene were named to the Capitol One Academic All-America Team for 2011-2012.*

distance medley relay at the 2011 and 2012 NCAA Indoor Championship, earning All-America honors with a fifth place finish, and won the 1500m at the New England Women's and Men's Conference (NEWMAC) championship this past spring.

Also a rising senior, and a mechanical engineering and physics major, Kuntz received her first Academic All-America award this year following her placement

on the first team. She received the Elite 89 Award in March at the 2012 Division III Indoor Championship. Kuntz is a two-time All-America honoree in the pole vault and has won the event at the NEWMAC championship twice.

Jones, a 2012 graduate who majored in electrical engineering and computer science, received her second consecutive All-America honor when she was tabbed to the second team. Throughout her successful career as an MIT student-athlete, Jones garnered 17 All-America honors, including an eighth place finish in the 4x400 relay at the 2012 NCAA Outdoor Championship. She was second in the 100 meter hurdles at last year's national championship and currently holds 11 records at MIT.

A May 2012 graduate with a degree in physics; Serene received his first Academic All-America honor this year. He has been an all-conference performer twice in both cross country and track & field and has received ten All-New England accolades. He was also a presidential scholar during his senior year.



*Elite 89 Award recipients Kyle Hannon and Lauren Kuntz.*

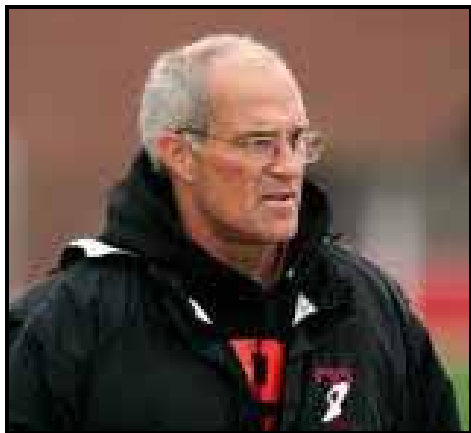
**CLASS OF 2016****WOMEN**

Kristyn Berretta	5000 - 18:53, 3200 - 11:51, 1600 - 5:18
Jean Chow	400 - 58.04
Isabel Crystal	800 - 2:30, 400 - 61.5
Elena De La Paz	5000 - 19:13, 3200 - 11:48, 1600 - 5:23, 800 - 2:23
Tony Diblasi	400 - 62.5, 200 - 27.08, 100 - 13.02
Katie Ellinger	5000 - 19:36, 3000 - 11:32, 1500 - 5:16
Natasha Gunther	3 Mile - 17:36, 3200 - 11:11, 1600 - 5:18
Allison Hallock	5000 - 18:33, 3000 - 10:28, 800 - 2:20
Kelsey Jamieson	5000 - 19:28, 3000 - 10:47, 1500 - 5:00, 800 - 2:24
Emily Kazarinoff	HJ - 5-04, HH - 14.83
Sally Miller	LJ - 16-01, TJ - 33-02 1/2
Frankie Perone	5000 - 18:56, 1600 - 5:13, 800 - 2:18, 400 - 62.00
Sarah Quinn	5000 - 18:31, 3200 - 11:02, 1600 - 1600, 800 - 2:21
Stephanie Riocci	JT - 117-02
Katharina Ross	LJ - 17-00, TJ - 35-11
Marissa Stephens	5000 - 18:45, 3200 - 11:25, 1600 - 5:25, 800 - 2:28
Isabella Stuopis	SP - 40-05, DT - 123-00, JT - 103-00
Heather Sweeney	5000 - 19:39, 3200 - 11:22, 1600 - 5:18
Cimran Viridi	PV - 12-09
Sherry Wan	PV - 10-00, LJ - 16-09 3/4, HJ - 4-11
Nicole Zeinstra	5000 - 18:24, 3200 - 11:00, 1600 - 4:59.91, 800 - 2:22.86

**MEN**

David Afolabi	300IH - 40.83
Derek Barnes	400 - 49.20, 200 - 21.99, HJ - 6-00
Brian Copeland	SP - 45-00, DT - 116-00
Matthew Deyo	5000 - 15:55, 3200 - 9:27
Cody Diaz	5000 - 16:54, 1500 - 4:20, 800 - 1:58.7, 400 - 54
Edgar Gridello	5000 - 15:28.83, 3000 - 9:00.84
Peter Haine	5000 - 17:33, Mile - 4:45, 1000 - 2:48.93
Patrick Juras	5000 - 15:41, 3200 - 9:34, 1600 - 4:12, 800 - 1:58
Michael Kaba	400IH - 55.64, 110HH - 15.27, 55HH - 7.69, 400 - 50.78, 200 - 22.48
Daniel Kilcoyne	5000 - 15:59, 1500 - 4:00, 1000 - 2:34
States Lee	400 - 49.66, 200 - 22.30, 100 - 11.24
Richard Lu	300IH - 38.94, 110HH - 14.86
Raul Madera	400IH - 56.8, 400 - 50.2, 300 - 37.1, 200 - 23.1
Carrington Motley	LJ - 22-01 1/4, TJ - 43-00 1/2
Alec Noakes	DT - 144-07, SP - 49-10
Izunna Okonkwo	LJ - 6.93 (22-9), HJ - 6-06
Adrian Samsel	400IH - 54.77, 110HH - 15.0, 55HH - 8.11, LJ - 21-06, TJ - 44-01
Curtis Shoyer	JT - 171-00, SP - 42-01
Ian Tolan	3200 - 9:25.45, 1600 - 4:21.13
Marshall wentworth	PV - 14-00

# TAYLOR RECEIVES FOUR COACH OF THE YEAR AWARDS



Head Coach for CC/T&F Halston Taylor

In addition to leading his teams to six championships in the 2011 - 2012 campaign, Head Coach Halston Taylor added to his impressive list of personal awards when he was selected as Coach of the Year by both the New England Women's and Men's Athletic Conference (NEWMAC) and the United States Track & Field and Cross Country Coaches Association (USTFCCCA). MIT teams again swept all four NEWMAC Championships and Taylor was named Coach of the Year in three of the four T&F and CC categories: men's Cross Country, women's Cross Country, and men's Track & Field.

The USTFCCCA chose Taylor as men's New England Division III Outdoor Track & Field Coach of the Year after the MIT men defeated Williams College, breaking the Ephs' streak of eight straight New England Division III titles.

Under Taylor's guidance, MIT Track & Field and Cross Country programs have produced 188 All-America honorees and 13 national champions. Both T&F teams had tremendous showings at the 2010 NCAA Outdoor Championships, as the women finished third and the men placed fourth in the nation.

## TWO NEW MEMBERS JOIN COACHING STAFF

*by Halston W. Taylor*

We had some very big changes to the coaching staff in 2012. Zachary Haupt replaced Kathrine Bright in the jumps and we added Peter McNaughton in the sprints and hurdles. There were certainly some growing pains as the new coaches learned how we do things, and as they grew accustomed to the differences such a rigorous education can have on practices and competitions. However, the end product was a very good one and will only get stronger. We say goodbye to Rich McNeil who will be leaving the throws at MIT to go to be a graduate assistant at Springfield College where he will undoubtedly help the Pride in their quest to beat MIT.



*Zachary Haupt (left) formerly held assistant T&F coaching positions at Webster University and University of Central Arkansas.. Peter McNaughton (right) joins MIT after having coached sprint and hurdles at Millikin University and Augustana College.*

## 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 – Multis and Throws, Recruiting Coordinator
Patrick Barragan	Assistant Coach – Pole Vault and Strength Training
Zachary Haupt	Assistant Coach – Jumps
Summer Hutcheson	Assistant Coach – Cross Country
Peter McNaughton	Assistant Coach – Sprints and Hurdles
Pete Sampson	Assistant Coach – Distance, Recruiting, Injury transition
Nate Ball	Volunteer Assistant – Pole Vault)
Will Feldman	Volunteer assistant – All Running Events
Jeff Paterno	Volunteer Assistant – Distance
Nate Sharpe	Volunteer Assistant – Pole Vault
Chi-Fong Wang	Volunteer Assistant – Javelin

# FRIENDS OF MIT CROSS COUNTRY AND TRACK & FIELD

*by Halston W. Taylor*

Once again, you all (alumni/ae, parents and friends) have come through in a very big way. A total of \$106,966.74 from 278 different donors is a phenomenal year for us. A large part of this was a \$40,000 gift from Don and Sherie Morrison for our much needed second Alter G anti-gravity treadmill. The remainder was all in general donations which funds many of our opportunities that arise throughout the year. Some of the annual opportunities that are funded solely because of your gifts are supplementing the Spring Trip, travel for professional development, special equipment, practice gray t-shirts with team name, team awards, banners for New England Division III Championships, and All America name plates. In addition there are always unusual situations that arise that could not be funded if not for the incredible generosity of our extended MIT family.

I have to remark again on how beneficial the Alter G anti-gravity treadmill has been. The past year and a half the unit has been used pretty much every available minute, every weekday, allowing our injured athletes to continue training as they prepare to re-enter regular practice and competition. So, as an injured athlete is cleared to get on the Alter G (much sooner than full impact running), which can lower the impact by as much as 80% of an individual's body weight, they can immediately start doing full mileage (but maybe at 60% of their body weight). As we work them up towards full practice speed, the percent of body weight we use on the Alter G goes up as well. By the time they are fully

healed they are also immediately ready to compete. With the second Alter G, we can now also super-train individuals. For example, if we have a distance runner who we determine needs 70 miles per week (mpw) to reach their potential, but they consistently break down at 60 mpw, we back them down to 50 mpw and add 20 mpw on the Alter G at 85% of their body weight. At this weight they can also train 30-40 seconds per mile faster at much less impact, thus improving their nervous system response as well as their cardiovascular training.

Our one continued immediate need is for a record board to display our indoor and outdoor freshman and varsity records. The cost of this and the replacement plaques is approximately \$10,000. Rather than try to piece meal this, I think it best if one person provide the funding for this item. If anyone is in such a position to fund this please contact me directly.

We continue to need to build up the Spring Trip endowment fund (3155810) in order to guarantee the annual trip will exist in the future as athletic directors and head coaches change. I also hope to guarantee the continuity of the two full-time assistant coach positions. That endowment has not yet begun, and we will be looking for at least \$150,000 to start the fund. Anyone interested should contact me.

As always, the general donations to the men's and women's cross country and track & field funds are necessary for the reasons mentioned above.

I hope you all know how much I, and the entire program, appreciate your help. I also hope you consider our success your success.

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

2641900 -- Friends of Women's Cross Country  
 2641800 -- Friends of Men's Cross Country  
 2648900 -- Friends of Women's Track and Field  
 2648100 -- Friends of Men's Track and Field  
 2739705 -- Track and Field Awards Fund  
 3155810 -- Sherie and Donald Morrison Men's and Women's  
 Track & Field Spring Trip Endowment Fund

# 2011 - 2012 CENTURY LIST

**Total dollars in donations: \$106,966.74**

**Sherie and Donald Morrison Men's and Women's Track & Field**

Spring Trip Endowment Fund (3155810) . . . . .	\$ 1,293.74
Track & Field Awards Fund (2739705) . . . . .	\$ 67.50
Men's Cross Country (2641800) . . . . .	\$ 7,323.00
Men's Track and Field (2648100) . . . . .	\$ 77,865.60
Women's Cross Country (2641900) . . . . .	\$ 5,075.00
Women's Track and Field (2648900) . . . . .	\$ 10,042.50

**\$5000 or more in gifts**

Mrs Gowri R. Grewal  
Mr Paul S Grewal  
Dr Donald Graham Morrison  
Mr William J Nicholson  
Dr Donald E Shobrys

**\$1000 - \$5000 in gifts**

Dr Jeffrey M Baerman  
Mr John A Buell Jr  
Mr Aart J. de Geus  
Mr John J Golden Jr  
Mr Glenn A Hopkins  
Dr Esther M. John  
Mr John E Kaufmann  
Mr Christopher S Mcguire  
Mr Alex Menchaca  
Craig D Mielcarz  
Dr Katherine Dabulis Taylor  
Dr Robert L Wesson

**\$100 - \$1000 in gifts**

Hana L Adaniya  
Dr David R Afshartous  
Morio Alexander  
Mr Brian C Anderson  
Obinna C Anyanwu  
Nathan B Ball  
Ms Bridget E Banas Schechter  
Mr James S Banks  
Mr Christopher H. Bateman  
Dr Barry L Bayus  
Mr Lewis H Bender  
Mr John J Biesiadecki  
Mr Gustav A Blomquist  
Mr Bradley J Bolivar  
Jack H Bourbonnais  
Andrea E Bradshaw  
Mr Anton F Briefer  
Dr W Sumner Brown  
Dr Frederick J Bunke Jr  
Dr Alfred Carlson  
Elaine Y Chen

Mr Jay P Chiang  
Mr Jonathan L Claman  
Ms Emily Cole  
Mr Robert M Collins Jr  
Fivos G Constantinou  
Mr Daniel J Corcoran III  
Mr Eric H Darling  
Dr Marjorie J Delo  
Mr Christopher L Demarco  
Mr Michael E DeMassa  
Mr Gordon J DeWitte  
Mr Michael P Donohue  
Terry A Dorschner  
Jennifer A Doyle  
Mr Ross N Dreyer  
Ms Janis H Eisenberg  
Dr Turan Erdogan  
Mr Robert J Eve  
Mr Joshua D Feldman  
Karin E Fisher  
Dr James M Flink  
Mr Bradley E Geilfuss Jr  
Dr Robin C. Grandl  
Mrs Cynthia J. Gross  
Mr Richard G. Gross  
Ms Eugenia L Hahn  
Dr Thomsen J Hansen  
Ms Melanie L Harris  
Ms Mia C Heavener  
Mr Daniel S Helgesen  
Mr Stephen D Hester  
Mr Roger A Hinrichs  
Mr Junius K Ho  
Mr Hung Q Hoang  
Dr Edward P Hoffer  
Mr Gordon C Holterman Jr  
Mrs Kristine Holterman  
Ms Kathi L. Kaplan  
Mr Neal P Karchem  
Mr Edward A Keehr  
Capt Stephen W Keith  
Ms Kimberly A Keithline  
Mr David S Kelman

Dr David B Kieda  
Mr George W Kimball  
Dr Max M Klein  
Mr David E. Kloster  
Mr Alan J Knauf  
Mr Kalpak D Kothari  
Mr Kenneth L Kovach  
Mr Joseph S Kowalski  
Adeline Ling Kuo  
Dr Paul J Kuzmenko  
Mr Albert K Lau  
Margaret C Leibovic  
Nicholas W Leonard  
Mr John J B Light  
Ms Julie Lin  
Jeffrey C Lukas MD  
Ms Christine C Lyons  
Mr Michael C Lyons  
Mr Ayisi B Makatiani  
Dr Richard F. Manelius  
Mr Edward A Martin  
Mr John W Martin  
Mr Stanley A Martin  
Mr Robert H Maskrey  
Ms Elizabeth Maxwell  
Yuval Mazor  
Mr Daryl L Merrett  
Mr Nikolaos Michalakis  
Mr John F. Mizerak  
Mr William C Mogensen  
Mr Neil S. Morimoto  
Mrs Theresa K. Mosier  
Sean Patrick Rock Nolan  
Ms Marilyn R Oberhardt  
Dr Richard K Okine  
James R Oleinik  
Mr John A. Papa  
Mrs Lenora G. Papa  
Leonard J Parsons  
Mr Reginald F Paulding  
Mr Anthony R Pelosi  
Mr Michael Piepergerdes

*(Continued on page 32)*

## ...CENTURY LIST

*(Continued from page 31)*

Damian O Plummer  
Mr Gregory M Procopio  
Mr Carlos A Renjifo  
Dr Linda C. Rillorta  
Mr Richard C Rosalez  
Dr Donald B Rosenfield  
Mrs Nancy Liebman Rosenfield  
Dr Roy W Roth  
Mr David H Rothstein

Ms Crystal A Russell  
Dr Adel A M Saleh  
Mr Willard L Sauer  
Dr Kevin Patrick Scannell  
Mr Sean A Schubert  
Mr Mark R Schwartz  
Dr Arnold Seto  
Ms Martha C Soto  
Richard N Sutton MD  
Dr Amy J Symstad  
Anthony D Teixeira

Ms Kathleen M. Tobin  
Mr John L Usher  
Mr Mark L Walker  
Mr Robert M Walmsley  
Marc R Washington  
Ms Anne Michon Westbrook  
Craig B Wildman  
Ms Deborah S Won  
Mr David M Wright Jr  
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, last 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. In 2012, the success continued with four more NEWMAC team titles and another New England Division III title for Men's Outdoor Track & Field. Add 25 All America honors, and I have to take a moment to thank all of those who make this success possible.

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.

Phil Hess, the Sports Information Director, along with Mindy Brauer, Charlotte Brackett and Greg McKeever (recently having taken another position with the NEWMAC office), make certain that Track & Field and Cross Country get the necessary publicity as well as the nominations for all the awards our student-athletes receive.

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!



## WHERE ARE THEY NOW – ETHAN CRAIN

by *Ethan Crain '96*



*Returning to the track, Ethan competes her in the 5000 Meter Run at the New Balance Twilight series.*

There are events in everyone's life that shape who you become and what you accomplish. An example of this in my life is the first interaction I had with Coach Taylor during the summer before my freshman year at MIT. Coach was making the rounds with all the incoming freshmen to make sure that we were putting in the required miles to prepare us for our first cross country season and I was extremely excited to get the call because a college coach was

actually taking the time to talk to me. I did not exactly have the greatest running credentials from high school, owning very modest PRs of 4:40, 9:52 and 17:20 for the 1600m, 3200m and 5km, respectively, and I was hoping that increasing my mileage from a previous high of 35 miles per week to 60-70 miles per week would push me to the next level. I still remember what Coach told me like it was yesterday – if I worked really hard I might be able to make the JV squad, because there were 15 or 16 other freshmen coming in with faster times than me, and I could possibly make the varsity squad by my senior year. That conversation not only changed my summer running plans but also set the course for my entire running career to this day. That very day I increased my mileage target for the summer to 90 miles per week and maintained that mileage for most of my four years in school, peaking out at 120 miles per week. What I lacked in talent I was determined to make up for in hard work. I cannot imagine that Coach Taylor knew how to motivate me at that point, but one of my greatest motivations is being told I can not do something.

Even though I made huge improvements in my running fitness over four years, the most important running-related skill that I learned at MIT was mental preparation for a race. With the help of Coach Taylor and a sports psychologist that worked with the team for a while, I developed a routine of relaxation and visualization drills that I performed every night. The routine consisted of a combination of relaxation drills, based on keywords that I could recall at race time, and general and specific race tactic visualizations, depending on the day of the week. I considered these exercises to be as vital to my



*Ethan finishing in the 2009 MIT Varsity/ Alumni Cross Country meet.*

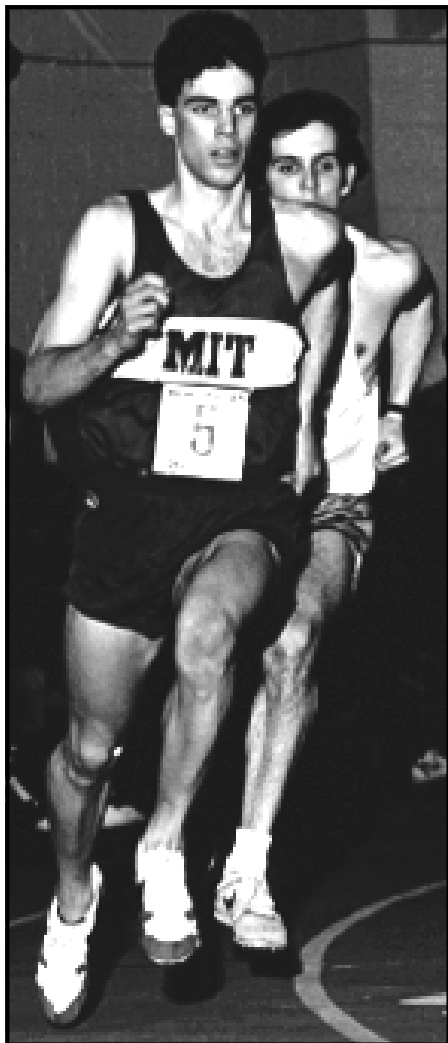
development and success at race time as the miles we logged and running drills we did every day. I am not sure who is credited with the over-used adage that "running is 90% mental", but I think that they were a bit off the mark. I believe the saying should be "winning is 90% mental". Most athletes do all of the physical preparation but neglect the mental portion. I believe that the main difference between those that can win in championship situations and everyone else is mental toughness, which must be developed and only comes with practice.

The culmination of my mental preparation came in the 1994 Outdoor Track Nationals where I qualified in the 1500m for the first time at a last chance meet only 6 days before nationals started. I knew that I had done as much of the physical preparation as I could but was still a severe underdog since my qualifying time was several seconds slower than the top seed times and a lot of the other guys had been to the big

*(Continued on page 34)*

## ... WHERE ARE THEY NOW

*(Continued from page 33)*



*Ethan won a hotly contested 1000 Meter Run in the 1995 Division III New England championships. Ethan is one of just 13 MIT T&F athletes to win in the NCAA Division III Championship. He was the 1994 national champion in the outdoor 1500 Meter Run.*

dance before. Other than the time I was racing or eating, I spent most of the 4 days we were in Naperville in my hotel room visualizing every detail of my race over and over again in my head and covering every possible scenario that might unfold in the race. When I finally got to the track to race, both the trials and the finals were almost surreal

experiences because I executed every step exactly according to my plan, and everyone else in the races also seemed to do exactly as I had planned. Even though I improved my PR a full second in the trials and then again in the final I felt like the race was unfolding in slow motion and I did not feel any pain. It has been more than 18 years since that race but I can still remember every step, all the splits and the feeling of running down the final straight in first place. I have not been able to recreate that experience since, but believe that it was only possible because of the skills I developed while at MIT.

After leaving MIT in 1996 with my BSEE, I worked for both Fairchild and National Semiconductor as an Analog Circuit Designer. After working for almost 7 years I went back to MIT in 2002 and earned my MSEE. I worked towards my PhD for about a year before my daughter was born. At that point, I realized that being a good dad was much more important to me, and I returned to the working world. I spent two years at Silicon Labs before pairing up with two former lab mates from MIT and joining Cavium Networks where I am a Senior SER/DES architect designing high-speed serial I/Os for network processors. Currently, I live in Nashua, NH with my wife, Michelle, who I met my sophomore year at MIT, and our four children, Jacob (12), Samuel (11), Amanda (8) and Noah (2). I have tried to get my kids interested in running over the years but have had very limited success. I am still holding out hope that at least one of them shares my love of the sport since I did not start running until high school.

I have continued running competitively with a few breaks over the years but my training, goals and achievements are largely limited by all too frequent injuries these days.

As much as I hate cycling, each year more and more of my training shifts from the run to the bike out of necessity because my legs cannot take the pounding like they could when I was younger. I have focused on road racing the last couple of years but found my way back to the track last summer where I was able string together almost nine months of uninterrupted training and ran 15:10 for the 5000m and 4:06 for the 1500m. I forgot how fun, and painful, it is to run on the track and hope to do more of it in the future. Right now I am in the initial stages of training for the Cape Cod Marathon in October, which will be my first marathon and my first race as a masters runner. These plans are tentative at best though because, honestly, I am a bit scared of the distance. Based on my one half-marathon I do not think that the marathon and I will get along and I will soon return to the shorter events.

While at MIT I was fortunate enough to set a few school records and break into the top ten lists in several events. This past spring track season Stephen Serene ran 9:04 in the steeplechase to take my last school record and move me down a notch on the top 10 list. Initially I thought I would be sad about losing these records but the opposite is actually true – I am immensely proud. I am happy for Stephen, and I am proud of the MIT track program for successfully developing so many talented athletes. The achievements of these athletes are a testament to the growing success and strength of MIT's track and cross-country programs and shows that the winning tradition is still alive and well.

## POLE VAULTERS' JOURNEYS – PART 12

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

As loyal readers may recall, the first documented Vaulters' Journey was 13 years ago in scenic Alaska. Thus, the vaulters returned to Alaska much older and more injured, but not necessarily wiser. Actually, quite certainly less wise. The height of their folly was to mix a vaulter journey with the involvement of significant others for the first time.

Rambo and his wife Elizabeth had travelled to Alaska from India and spent the first few days camping with Rambo's family near Anchorage. They then headed south and rolled into the resort and hunting lodge of Singhuge's relatives. It was a brilliant house overlooking a massive yard, with a fishing pond, and a perfect view of Kachemak Bay. You needed ATV's to get around the place efficiently. This was the house of Singhuge's aunt and uncle, Jessie and Beaver, who are commercial fishermen. It made



*Rambo, Singhuge, Dooroo, and Elizabeth saddle up for a "relaxing" ride on the return of Vaulters' Journeys to Alaska, this time with significant others along to share the adventure.*

Rambo wonder, why waste the effort on toiling away on an MIT degree, if you can be this successful fishing? For the \$200K a four year MIT education costs today, would parents be better off taking that money and buying their kids a fishing boat?

After searching around the palace in the wilderness, Rambo and Co. finally came across Singhuge and his fiance Dooroo who were engaged in the well practiced art of kid-tossing.

It's a reasonable sport for the vaulters, if somewhat dangerous for the kids being thrown (in this case Jessie and Beaver's grand children). Maybe that is why Rambo and Singhuge have not been graced with children yet; God is smart enough not to let them have kids who might be used in any manner of sport or as acrobatic implements. But, that is what is nice about Alaska; it is one of the few places in the US where you can still do whatever you want to do. You want to throw a kid 10 feet in the air on the side of a cliff face? – go ahead!

On a similar note, further down the cliff face, other grand children were shooting skeet flying into the bay. Rambo is not normally scared of 11-year-olds, but he is when he sees one who can shoot two skeet off of one pull without blinking. Singhuge and Dooroo also took their turns with the guns. Dooroo was an ace shot, and hit her first two without a miss. Singhuge missed, and missed – much like his recent vaulting attempts. Singhuge, who likes to win, or



*Rambo tries his hand at skeet shooting but found the competition (aka Dooroo) a bit tougher than he and Singhuge expected.*

[\*\(Continued on page 36\)\*](#)

## ...POLE VAULTERS' JOURNEYS

*(Continued from page 35)*



*Has "grandkid tossing" replaced "perilous handstands and backflips" as the adrenaline inducing activity of choice for vaulters?*

used to like it anyway, was resoundingly beaten. A wiser man would know, however, that when it comes to wives and girlfriends, the guy is never really going to win.

Beyond Dooroo showing off her sharpshooting skills, it was also interesting to note that in less than 48 hours Rambo had been handed a loaded weapon unbidden by no fewer than three different people who barely knew him. Hasn't more than a decade of war in Afghanistan taught Americans not to put loaded weapons in the hands of Afghans? What's important to understand is that Alaskans may not be liberals, but they are liberal with their weapons. Even though MIT is in liberal Massachusetts, there are sure to be some NRA members reading this. If you are one of them, you should know that you are welcome in Alaska.

Homer is a great town, and the vaulter crew took advantage of it.

Great seafood on the "spit" (a touristy isthmus that goes deep into Homer Bay); an ATV ride of danger to a scenic lake where rainbow trout can be easily caught; and the destruction of a massive dock to ward off the historical preservation society and create a massive bonfire in one fell swoop. All in an easy couple of days in Homer. The other important activity in Homer is the mountain run. From the center of Homer to the houses that overlook the bluff is a nice 20 minute run up 1200 vertical feet. These kinds of challenges are obligatory for vaulters on a normal journey. However, the vaulters were still a bit injured. Rambo from the alumni meet 6 months before (see the last Vaulters' Journeys) and Singhuge from the alumni meet 18 months before. So, the vaulters were actually trying to avoid the run. Dooroo would not let the old vaulters rest. She had to do the run, and basically forced them into it. Dooroo 2, wimpy vaulters 0. Putting Homer behind them, the vaulters took off in the direction of Anchorage, but with more adventures on the way. Not happy with a couple of trout caught in Homer, the crew decided to do

some more fishing. Red Salmon, a good fighting, and better tasting, fish were running up the Kenai river in good numbers. The vaulters rustled up a guide, and went out fishing, leaving at around 5 PM for a night-time fishing adventure. Night time in an Alaskan summer is relative, as it is so far north that it doesn't ever get much darker than dusk. Their guide was a crazy Alaskan, as one might imagine a crazy fishing guide might be. We won't go into the details, but Rambo hereby takes back the statement that parents should consider spending their children's education dollars on a fishing boat. Interacting with this guide made it perfectly clear that an MIT education is definitely worth it, and Jessie and Beaver's commercial fishing fortune was an aberration, not the rule.

Despite the crazy guide, the vaulters and their wives took a pretty good haul of fish. As readers know, Vaulter Journeys are about the activity and the experimental eating. Here Rambo's wife Elizabeth rose to the occasion. She decided to advance the idea of fresh sushi, and dined on chunks of fresh salmon cut on the spot. The vaulters, normally

*(Continued on page 37)*



*Singhuce finds it a bit tricky to hold on to a slippery salmon, or is he inventing a new event, Salmon Juggling, for the pole vaulters' next extreme competition?*

## ...POLE VAULTERS' JOURNEYS



*Rambo slams a Dr. Pepper while riding an ATV in front of a bonfire.*

*(Continued from page 36)*

proud of their eating abilities, were left in the dust. Ladies 3, vaulters 0.

The vaulters and crew finished their fishing after 1AM. At that hour, it's basically impossible to find a camping site. So, the crew slept in the camper in the parking lot of a diner after eating a hearty meal (everyone but Elizabeth, she had eaten enough salmon). Here Singhuge revealed to Rambo an important lesson. If you have actually lived in a trailer before, especially in the kind of trailer in which you keep a pet pig named Little Guy, then you don't actually like camping. It was not a pleasant night of sleep, so the crew was happy to get up at 6am, Fed Ex the fish to the "lower 48", and move on.

Next on the list was horseback riding. The girls got nice horses, and the vaulters mean ones. Or, maybe the girls knew how to handle their horses and the vaulters didn't. Anyway, Elizabeth had good fun. She threw her camera on the ground just to watch Singhuge lose his horse trying to get it for her, and spent a good 10 minutes chasing down the horse to attempt a remount. Once he was partially mounted, the horse bolted at about 30 mph towards a dense patch of trees with Singhuge clinging to the side of the horse. His extensive experience of bailing off wayward vaults saved him from serious

injury. He was able to tumble off the bolting stallion and bounce to a stop just before smashing into the trunk of a big fir. A successful remount was achieved by surrounding the skittish stallion with all the other horses to keep him in place.

When the ride was done, and the horses unsaddled, the vaulters had to take the horses back to their stable. The normal Alaskan way to do this is to hold the horse by the bridle and direct it along with you as you drive your ATV. But, the horse owner said that we could also ride the horses bareback to take them back. Bareback? No thanks. The vaulters thought. Elizabeth was game, and jumped on her horse, trotting back. Of course she goaded Rambo into following, so he mounted his horse bareback and followed. However, Rambo's mean mare had other ideas, and took off over a hill, with Rambo holding her mane for dear life. Halfway falling off, but not dying, Rambo finally got the horse back to the stable with minimal shreds of dignity intact. Without formal training Elizabeth had learned well the game of "cull the heard". On one horse riding trip she had made decent efforts to take out both Singhuge and Rambo, and did it almost effortlessly. Ladies 4, Vaulters 0.



*Singhuce, Dooroo and Rambo cast for Reds in the Kenai*

The trip continued with a glacier hike, a tour around Seward, and a glacier tour in Portage. Finally they arrived in Anchorage, happy to get back to a house, not a trailer befouled with fish entrails and horse hairs. They cooked some fresh red salmon on a cedar plank on the grill, and retold stories. Actually, the ladies told the stories, the vaulters only glowered. The vaulters would have to rethink their strategy for Vaulters' Journeys. If bringing along the ladies only led to loss and shame, was that a worthwhile decision? Probably not, but the vaulters aren't wise enough to know it. Hopefully the score will be more even for the next Vaulters Journey.



*Rambo, Elizabeth, Singhuce and Dooroo made short work of the dock to provide fuel their upcoming bonfire.*

**SEASON STATISTICS****WOMEN'S CROSS COUNTRY****2011 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	—	No Score
Engineers' Cup (RPI,WPI)	Franklin Park	1st of 3	23
UMass Dartmouth Invitational	UMass Dartmouth	1st of 37	25
Bowdoin College Invitational	Bowdoin College	1st of 10	67
NEICAAA Championships	Franklin Park	8th of 39	276
UW Oshkosh Pre-Nationals	UW Oshkosh	2nd of 43	123
NEWMAC Championship	Franklin Park	1st of 10	22
New Eng. Div. III Reg. Champ.	Bowdoin College.	3rd of 51	134
NCAA Div. III Championship	UW Oshkosh	5th of 32	276

**2012 SCHEDULE**

09/01	Keene State Alumni Meet	Keene State University
09/15	UMass Dartmouth Invitational	UMass Dartmouth - N. Dartmouth, MA
09/22	Purple Valley Classic	Williams College - Mt. Greylock H.S.
10/06	NEICAAA Championship	Westfield State College - Stanley Park
10/27	NEWMAC Championship	Smith College
11/10	New Eng. Div. III Reg. Champ.	Westfield State College - Stanley Park
11/17	NCAA Div. III Championship	Rose Hulman College - Terre Haute, IN

**2011 TEAM ROSTER**

Kaitlin Allen	'14	Milly Helmick	'15	Elaine McVay	'15
Kali Benavidas	'15	Cindy Huang	'15	Tania Morimoto*	'12
Chandler Burfield	'13	Brooke Johnson	'13	Janice O'Brien	'12
Marie Burkland	'13	Shivani Kaushal	'15	Claire O'Connell	'14
Margaret Coad	'15	Margaret Lloyd*	'12	Olivia Papa	'14
Martina de Geus	'14	Dacie Manion	'15	Sarah Sprague	'13
Katherine Eve	'12	Stephanie Marzen	'15	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 9/3	RPI, WPI 9/10	UMASS DART 9/17	BOWDOIN 10/1	NEICAAA 10/8	UW OSHKOSH 10/15	NEWMAC 10/30	NE DIV 3 11/12	NCAA 11/19
Allen	2	INJ	INJ	INJ	25,7	SV-155,11	DNR	INJ	INJ	DNR
Benavides	2	3,2	DNR	SV-2,2,2	DNR	INJ	INJ	INJ	INJ	DNR
Burfield	6	DNR	11,6	SV-9,9	18,4,18	SV-70,6	SV-4,2	24,13	DNR	DNR
Burkland	2	DNR	DNR	DNF	DNF	SV-45,5,44	SV-DNF	DNF	DNR	DNR
Coad	4	5,4	DNR	SV-20,17	DNF	SV-126,10	DNR	32,14	DNR	DNR
de Geus	6	DNR	DNR	5,3,5	DNR	66,3,65	26,3,26	6,4,6	32,3,32	52,2,35
Eve	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNR
Helmick	3	DNR	INJ	INJ	10,2,10	SV-105,9	INJ	67,16	INJ	DNR
Huang	5	DNR	7,5,7	SV-10,10	13,3,13	SV-83,7	DNR	14,11	DNR	DNR
Johnson	6	DNR	DNR	1,1,1	DNR	37,2,36	4,1,4	2,1,2	6,1,6	72,3,48
Kaushal	5	DNR	4,2,4	SV-5.5.5	DNR	SV-35,3,35	121,9	12,9	DNR	DNR
Lloyd	5	2,1	DNR	SV-1,1,1	DNR	101,7	108,7	13,10	DNR	DNR
Manion	6	DNR	DNR	7,4,7	DNR	91,6	35,4,35	7,5,7	95,7	272,7
Marzen	6	DNR	DNR	SICK	7,1,7	SV-6,1,6	117,8	9,6	43,4,43	178,6
McVay	6	DNR	DNR	3,2,3	DNR	21,1,21	8,2,8	3,2,3	7,2,7	38,1,25
Morimoto	6	DNR	DNR	9,5,9	DNR	70,4,69	51,5,50	10,7	46,5,46	112,4,76
O'Brien	5	DNR	22,7	SV-11,11	19,5,19	SV-101,8	DNR	33,15	DNR	DNR
O'Connell	5	DNR	5,3,5	SV-3,3,3	DNR	86,5,85	INJ	4,3,4	DNR	131,5,92
Papa	1	DNF	DNR	SV-7,7	INJ	INJ	DNR	INJ	INJ	DNR
Sprague	7	4,3	DNR	SV-6,6	20,6	SV-44,4,43	SV-1,1	11,8	76,6	DNR
Taylor	4	DNR	1,1,1	SV-4,4,4	DNR	SV-22,2,22	65,6	DNF	DNR	DNR
van den Heuvel	5	DNR	6,4,6	SV-8,8	30,8	SV-175,12	DNR	23,12	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 9/3	RPI, WPI 9/10	UMASS DART 9/17	BOWDOIN 10/1	NEICAAA 10/8	UW OSHKOSH 10/15	NEWMAC 10/30	NE DIV 3 11/12	NCAA 11/19
Allen, K	2	INJ	INJ	INJ	24:41	SV-21:10	DNR	INJ	INJ	DNC
Benavides	2	20:04	DNR	SV-19:18	DNR	INJ	INJ	INJ	INJ	DNC
Burfield	5	DNR	20:52	SV-19:52	24:28	SV-20:17	SV-23:58	20:13	DNR	DNC
Burkland	5	DNR	DNR	DNF	DNF	SV-19:50	SV-DNF	DNF	DNR	DNC
Coad	5	21:26	DNR	SV-21:00	DNF	SV-20:46	DNR	20:33	DNR	DNC
deGeus	6	DNR	DNR	18:34	DNR	19:05	22:46	19:08	22:13	21:55
Eve	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Helmick	3	DNR	INJ	INJ	23:47	SV-20:36	INJ	21:19	INJ	DNC
Huang	5	DNR	20:33	SV-19:59	24:16	SV-20:25	DNR	19:48	DNR	DNC
Johnson	6	DNR	DNR	17:55	DNR	18:42	22:04	18:50	21:24	22:06
Kaushal	5	DNR	19:59	SV-19:29	DNR	SV-19:43	23:50	19:31	DNR	DNC
Lloyd	5	20:00	DNR	SV-19:17	DNR	19:33	23:42	19:32	DNR	DNC
Manion	6	DNR	DNR	18:40	DNR	19:27	22:54	19:09	23:52	24:47
Marzen	6	DNR	DNR	SICK	23:37	SV-19:05	23:48	19:21	22:38	22:48
McVay	6	DNR	DNR	18:01	DNR	18:27	22:19	18:52	21:24	21:45
Morimoto	6	DNR	DNR	18:49	DNR	19:07	23:04	19:22	22:43	22:23
O'Brien	5	DNR	22:19	SV-20:06	24:30	SV-20:34	DNR	20:34	DNR	DNC
O'Connell	5	DNR	20:06	SV-19:20	DNR	19:20	INJ	19:01	DNR	22:30
Papa	2	DNF	DNR	SV-19:40	INJ	INJ	DNR	INJ	INJ	DNC
Sprague	6	20:51	DNR	SV-19:40	24:30	SV-19:50	SV-23:36	19:30	23:22	DNC
Taylor	5	DNR	19:36	SV-19:28	DNR	SV-19:29	23:14	DNF	DNR	DNC
van den Heuvel	5	DNR	20:30	SV-19:41	24:58	SV-21:24	DNR	20:09	DNR	DNC



**MEN'S CROSS COUNTRY****2011 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	2nd of 3	37
UMass Dartmouth Invitational	UMass Dartmouth	1st of 34	31
Bowdoin College Invitational	Bowdoin College	2nd of 8	67
NEICAAA Championships	Franklin Park	6th of 43	244
UW Oshkosh Pre-Nationals	UW Oshkosh	7th of 47	240
NEWMAC Championship	Franklin Park	1st of 7	19
New Eng. Div. III Reg. Champ.	Bowdoin College.	6th of 48	195
NCAA Div. III Championship	UW Oshkosh	—	No Score

**2012 SCHEDULE**

09/01	Keene State Alumni Meet	Keene State University
09/15	UMass Dartmouth Invitational	UMass Dartmouth - N. Dartmouth, MA
19/22	Purple Valley Classic	Williams College - Mt. Greylock H.S.
10/06	NEICAAA Championship	Westfield State College - Stanley Park
10/27	NEWMAC Championship	Smith College
11/10	New Eng. Div. III Reg. Champ.	Westfield State College - Stanley Park
11/17	NCAA Div. III Championship	Rose Hulman College - Terre Haute, IN

**2011 TEAM ROSTER**

Karl Baranov	'15	Chadd Kiggins	'15	Stephen Serene*	'12
Justin Bullock	'14	Allen Leung	'15	Aaron Thomas	'15
Andrew Erickson	'12	Ben Mattocks	'12	Logan Trimble	'13
Kris Frey	'15	Jay McKenna	'14	Matthew Weaver	'12
Daniel Harper*	'12	Ricardo Paez	'15	Roy Wedge	'14
Harrison Hunter	'15	Sam Parker	'15	Spencer Wenck	'15
Mathew Jordan	'15	Eric Safai	'14	Benji Xie	'15
				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 9/3	RPI,WPI 9/10	UMASS DART 9/17	BOWDOIN 10/1	NEICAAA 10/8	UW OSHKOSH 10/15	NEWMAC 10/30	NE DIV 3 11/12	NCAA 11/19
Baranov	2	INJ	INJ	11,5,10	DNR	INJ	INJ	24,11	INJ	DNC
Bullock	5	DNR	5,2,5	SV-9,7	30,6	SV-65,2,59	332,9	INJ	INJ	DNC
Erickson	7	1,1,1	DNR	SV-7,6	11,1,10	SV-11,1,11	174,6	16,7	89,6	DNC
Frey	6	DNR	13,5,13	SV-11,8	17,4,15	SV-67,3,60	SV-NA,1	25,12	DNR	DNC
Harper	6	DNR	DNR	2,1,2	DNR	22,1,22	13,1,13	1,1,1	12,1,12	64,1
Hunter	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Jordan	4	4,3,4	DNR	SV-6,5,6	DNR	SV-81,5,71	227,8	INJ	INJ	DNC
Kiggins	3	DNR	11,4,11	SV-5,4,5	DNR	SV-76,4,68	INJ	INJ	INJ	DNC
Leung	5	DNR	DNR	9,4,8	DNR	66,4,65	70,4,68	8,5,8	70,5,70	DNC
Mattocks	6	DNR	2,1,2	SV-2,1,2	DNR	71,5,70	99,5,94	5,4,5	66,4,66	DNC
McKenna	5	6,4,6	DNR	SV-13,9	12,2,11	SV-128,7	DNR	22,10	DNR	DNC
Paez	0	DNR	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Parker	0	DNR	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Safai	3	INJ	DNR	DNR	23,5,18	SV-257,8	DNR	17,8	DNR	DNC
Serene	5	DNR	DNR	5,2,5	DNR	48,3,48	32,2,32	3,3,3	15,2,15	DNC
Thomas	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Trimble	5	DNR	6,3,6	SV-3,2,3	DNR	DNF	219,7	13,6	106,7	DNC
Weaver	5	DNR	35,6	SV-15,10	14,3,13	SV-119,6	DNR	20,9	DNR	DNC
Wedge	5	DNR	DNR	24,6	DNR	39,2,39	33,3,33	2,2,2	32,3,32	DNC
Wenck	1	DNR	DNR	7,3,6	DNR	INJ	INJ	INJ	INJ	DNC
Xie	1	DNR	DNR	29,7	DNR	DNF	DNF	SICK	DNR	DNC
Zewdie	2	3,2,3	DNR	SV-4,3,4	QUIT	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 9/3	RPI,WPI 9/10	UMASS DART 9/17	BOWDOIN 10/1	NEICAAA 10/8	UW OSKOSH 10/15	NEWMAC 10/30	NEDIV 3 11/12	NCAA 11/19
Baranov	2	INJ	INJ	25:15	DNR	INJ	INJ	27:34	INJ	DNC
Bullock	5	DNR	27:10	SV-26:34	28:06	SV-27:32	28:39	INJ	INJ	DNC
Erickson	7	28:00	DNR	SV-26:18	27:04	SV-26:34	27:07	27:00	26:36	DNC
Frey	6	DNR	27:42	SV-26:45	27:14	SV-27:33	SV-27:45	27:34	DNR	DNC
Harper	6	DNR	DNR	24:50	DNR	25:22	25:26	25:28	25:07	25:01
Hunter	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Jordan	4	28:43	DNR	SV-26:17	DNR	SV-27:40	27:26	INJ	INJ	DNC
Kiggins	3	DNR	27:40	SV-26:15	DNR	SV-27:38	INJ	INJ	INJ	DNC
Leung	5	DNR	DNR	25:04	DNR	26:04	26:15	26:26	26:14	DNC
Mattocks	6	DNR	26:44	SV-25:58	DNR	26:12	26:30	26:10	26:10	DNC
McKenna	5	28:55	DNR	SV-26:50	27:06	SV-28:25	DNR	27:25	DNR	DNC
Paez	0	DNR	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Parker	0	DNR	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Safai	3	INJ	DNR	DNR	27:46	SV-31:33	DNR	27:03	DNR	DNC
Serene	5	DNR	DNR	24:59	DNR	25:57	25:50	25:45	25:09	DNC
Thomas	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ	INJ	DNC
Trimble	6	DNR	27:12	SV-26:07	DNR	DNF	27:24	26:56	26:54	DNC
Weaver	5	DNR	30:03	SV-27:02	27:11	SV-28:13	DNR	27:12	DNR	DNC
Wedge	5	DNR	DNR	25:39	DNR	25:47	25:51	25:34	25:27	DNC
Wenck	1	DNR	DNR	25:03	DNR	INJ	INJ	INJ	INJ	DNC
Xie	3	DNR	DNR	25:52	DNR	DNF	DNF	SICK	DNR	DNC
Zewdie	2	28:14	DNR	SV-26:13	QUIT	QUIT	QUIT	QUIT	QUIT	QUIT

**WOMEN'S TRACK AND FIELD****INDOOR****2011-12 RESULTS****VARSITY**

Won 12, Lost 2

**MIT**

92

210

163

70

**OPPONENT**

Alumni 30

Bates 88, Colby 80

Tufts 89, Wheaton 75, Springfield 68, Keene 47, Ramapo 45,

UMass Dartmouth 41, Westfield 17, Coast Guard 6, Mount Holyoke 4

**Harvard 196, Boston U. 176, Northeastern 67****2012-13 SCHEDULE**

12/1	Northeastern Invitational	Reggie Lewis Center - Boston, MA
12/15	Intrasquad Meet	MIT - Cambridge, MA
1/12	Alumni Meet	MIT - Cambridge, MA
1/19	Bates, Colby	Bates College - Lewiston, ME
1/25-26	Terrier Classic	Boston University - Boston, MA
1/26	MIT Invitational I	MIT - Cambridge, MA
2/1	Battle of Beantown	Harvard University - Cambridge, MA
2/8-9	Valentine Invitational	Boston University - Boston, MA
2/9	MIT Invitational II	MIT - Cambridge, MA
2/15-16	New England Div. III Champ.	Univ. of Southern Maine - Gorham, ME (Women)
2/22-23	NEICAAA Championship	Boston University - Boston, MA
3/1-2	ECAC Championship	New Balance Armory - New York, NY
3/8-9	NCAA Div. III Championship	North Central College - Naperville, IL

**VARSITY SCORING & ROSTER**

Portia Jones*	'13	83	Madeleine Bairey	'15	12.25	Ellen Liverpool	'15	1
Jackie Brew	'14	63	Veronica Szklarzewzski	'15	12	Brooke Johnson	'13	1
Jamie Simmons*	'12	46	Tania Morimoto	'12	10	Kaitlin Allen	'14	
Louise van den Heuvel	'14	41	Marie Burkland	'13	9	Kali Benavides	'15	
Cindy Huang	'15	31	Margaret Coad	'15	9	Kayla Harris	'15	
Kristine Bunker	'14	27	Alexandra Taylor	'14	7	Abigail Klein	'14	
Michelle Johnson	'15	25	Joanna Chen	'15	6.5	Leslie Meyer	'13	
Lauren Kuntz*	'13	24	Ashley Wheeler	'15	6	Hollie O'Brien	'15	
Jackie Konopka	'14	23	Martha Gross*	'12	4.75	Janice O'Brien	'14	
Elaine McVay	'15	23	Martina de Geus'	14	4	Claire O'Connell	'14	
Margaret Lloyd*	'12	16	Stephanie Birkhimer	'14	3	Olivia Papa	'14	
Dacie Manion	'15	16	Marissa Engle	'15	3	Tilly Taylor	'15	
Stephanie Marzen	'15	13	Rebecca Greene	'14	2	Kate Wymbs	'14	
Preethi Vaidyanathan	'15	12.5	Amelia Helmick	'15	2			

\* Captain

**CHAMPIONSHIPS****New England Division 3 (NE Div. 3)** (2nd) 142 points

Jamie Simmons	600	1:34.93	1st
Simmons, Bairey, Gross, Jones	4x400	3:58.08	1st
Jones, Brew, Gross, Simmons	4x200	1:43.51	1st
Huang, Taylor, Coad, van den Heuvel	4x800	9:24.87	1st
Jacqueline Brew	60HH	9.06	2nd
Portia Jones	200	25.45	2nd
Cindy Huang	800	2:17.33	3rd
Portia Jones	60HH	9.06	3rd
Portia Jones	400	58.32	3rd
Dacie Manion	3000	10:17.26	3rd
Elaine McVay	5000	17:38.03	3rd
Jacqueline Brew	LJ	17-02 1/4	4th
Jacqueline Brew	60	7.90	4th
Kristine Bunker	Pentathlon	3097	4th
Kristine Bunker	HJ	5-00 1/4	5th-tie
Louise van den Heuvel	Mile	5:02.18	5th
Louise van den Heuvel	1000	3:00.07	5th
Madeleine Bairey	400	59.82	6th
Margaret Coad	1000	3:00.28	6th
Michelle Johnson	TJ	36-10 1/4	6th
Jaclyn Konopka	Pentathlon	3062	6th
Lauren Kuntz	Pole Vault	11-05 3/4	6th
Tania Morimoto	3000	10:20.50	6th
Tania Morimoto	5000	17:52.75	6th
Alexandra Taylor	800	2:20.83	6th
Elaine McVay	3000	10:20.57	7th
Jacqueline Brew	200	26.34	8th
Martina deGeus	3000	10:22.74	8th
Marissa Engle	Pole Vault	11-00	8th
Claire O'Connell	5000	18:04.43	8th

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (11th) 29 points

Portia Jones	400	55.18	1st
Portia Jones	200	24.71	3rd
Jamie Simmons	400	56.38	5th
Huang, Taylor, Coad, van den Heuvel	4x800	9:10.19	5th
Louise van den Heuvel	Mile	4:55.56	6th
Lauren Kuntz	Pole Vault	11-06 1/2	7th

**Eastern Collegiate Athletic Conference (ECAC Division III)** (1st) 56.33 points

Jacqueline Brew	60HH	8.94	1st
Jamie Simmons	400	56.64	1st
Simmons, Brew, Gross, Jones	4x400	3:49.28	1st
Elaine McVay	5000	17:17.43	2nd
Portia Jones	60HH	9.01	3rd
Kristine Bunker	Pentathlon	3123	3rd
Van Den Heuvel, Gross, Huang, Johnson	DMR	12:00.15	6th
Cindy Huang	800	2:16.33	7th
Lauren Kuntz	Pole Vault	11-05 3/4	8th-tie
Preethi Vaidyanathan	HJ	5-03 3/4	8th

**National Collegiate Athletic Association (NCAA Division III)** (21st) 9 points

Johnson, Gross, Huang, Van den Heuvel	DMR	11:53.85	5th
Simmons, Brew, Gross, Jones	4x400	3:53.09	5th
Portia Jones	60HH	8.99	8th

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
55m	Jacqueline Brew	7.45
	Portia Jones	7.50
60m	Jacqueline Brew	7.90 **
	Veronica Szklarzewski	8.18
200m	Portia Jones	24.71
	Jacqueline Brew	25.44
400m	Portia Jones	55.18 **
	Jamie Simmons	56.38
500m	Jamie Simmons	1:15.79 **
	Kristine Bunker	1:22.70
600m	Jamie Simmons	1:34.93 **
	Cindy Huang	1:42.74
800m	Cindy Huang	2:15.96 *
	Louise van den Heuvel	2:17.06
1,000m	Louise van den Heuvel	2:58.91
	Alexandra Taylor	2:59.14
1 Mile	Louise van den Heuvel	4:55.56 **
	Brooke Johnson	5:07.40
3,000m	Elaine McVay	10:05.97 ** *
	Dacie Manion	10:08.27
5,000m	Elaine McVay	17:17.43
	Tania Morimoto	17:52.75
55m H	Portia Jones	8.40
	Jacqueline Brew	8.50
60m H	Portia Jones	8.82 **
	Jacqueline Brew	8.88
4 x 200m	Jones, Brew, Gross, Simmons	1:43.51 **
4 x 400m	Simmons, Brew, Gross, Jones	3:49.28 **
4 x 440 yd	Simmons, Brew, Bairey, Jones	3:57.26
4 x 800m	Huang, Taylor, Coad, van den Heuvel	9:10.19 **
4,000m DMR	Huang, Gross, Simmons, van den Heuvel	11:51.33
4,400 yd DMR	Johnson, Gross, Huang, Burkland	12:42.07
High Jump	Kristine Bunker	5-04 1/4 **
	Preethi Vaidyanathan	5-03 3/4 *
Pole Vault	Lauren Kuntz	11-11 3/4
	Joanna Chen	11-00 3/4
Long Jump Indoor	Jacqueline Brew	17-07 **
	Veronica Szklarzewski	16-11 1/2
Triple Jump Indoor	Michelle Johnson	36-10 1/4 ** *
	Jacqueline Brew	34-11 3/4
Shot Put Indoor	Kristine Bunker	35-10
	Jackie Konopka	34-05 1/2
Weight Throw Indoor	Ashley Wheeler	40-02 3/4
	Ellen Liverpool	35-09 1/4
Indoor Pentathlon Indoor	Kristine Bunker	3123
	Jackie Konopka	3062

\*\* Varsity Record

\* Freshman Record

**OUTDOOR****2012 RESULTS****VARSIITY**

Won 13, Lost 0

**MIT**

84.66

200

199.5

**OPPONENT**

Fresno Pacific 78.5, Westmont 69.5, George Fox 66, La Verne 35.5, Biola 33, UC Santa Barbara 29.83, Concordia (CA) 18

WPI 111, RPI 81

Bates 152, Colby 146.5, Southern Maine 128, Husson 45

**2013 SCHEDULE**

3/23	Northeastern Invitational	Northeastern University - Dedham, MA
3/30	Westmont College Invitational	Westmont College - Santa Barbara, CA
4/6	Engineer's Cup (RPI, WPI)	WPI - Worcester, MA
4/13	Bates, Colby, USM	MIT - Cambridge, MA
4/19	Larry Ellis Invitational	Princeton University - Princeton, NJ
4/20	MIT Spring Invitational	MIT - Cambridge, MA
4/25	Penn Relays	University of Pennsylvania - Philadelphia, PA
4/27	NEWMAC Championship	Springfield College - Springfield, MA
5/2-4	New England Div. III Champ.	Colby College - Waterville, ME
5/9-11	NEICAAA Championship	Stonehill College - Easton, MA
5/16-17	ECAC Div. III Championship	TBA
5/23-25	NCAA Div. III Championship	Univ. of Wisconsin-La Crosse - La Crosse, WI

**VARSIITY SCORING & ROSTER**

Portia Jones*	'12	58.5	Dacie Manion	'15	11	Kristine Bunker	'14	04
Jackie Brew	'14	57	Claire O'Connell	'14	11	Stephanie Birkhimer	'14	03
Jamie Simmons*	'12	41.5	Alexandra Taylor	'14	10	Madeleine Bairey	'15	01.75
V. Szklarzewzski	'12	35.5	Kate Wymbs	'14	09.83	Kaitlin Allen	'14	
Michelle Johnson	'15	30	Joanna Chen	'15	09	Kali Benavides	'15	
Christine Labaza	'14	19.5	Margaret Lloyd*	'11	12	Marie Burkland	'13	
Marissa Engle	'15	16	Preethi Vaidyanath	'15	09	Margaret Coad	'15	
Brooke Johnson	'13	16	Lauren Kuntz*	'13	07	Kayla Harris	'15	
Tilly Taylor	'15	16	Martha Gross*	'12	06	Amelia Helmick	'15	
Ashley Wheeler	'15	15	Stephanie Marzen	'15	06	Abigail Klein	'14	
Cindy Huang	'15	14	Tania Morimoto	'12	06	Jackie Konopka	'14	
Ellen McVay	'15	14	L.. van den Heuvel	'14	05	Ellen Liverpool	'15	
Martine de Geus	'14	11	Rebecca Greene	'14	04.33	Leslie Meyer	'13	

\* Captain

**CHAMPIONSHIPS****New England Women's and Men's Athletic Conference (NEWMAC)** (1st ) 208 points

Martina DeGeus	3000SC	11:26.75	1st
Cindy Huang	800m	2:19.08	1st
Portia Jones	100m	12.44	1st
Portia Jones	200m	25.30	1st
Tilly Taylor	Javelin	135-02	1st
Preethi Vaidyanathan	HJ	5-03	1st
Jamie Simmons	400H	1:03.09	1st
Brew, Gross, Simmons, Jones	4x100m	47.84	1st
Brooke Johnson	1500m	4:44.77	2nd
Michelle Johnson	Triple Jump	36-05 3/4	2nd
Lauren Kuntz	Pole Vault	11-05 3/4	2nd
Claire O'Connell	Steeple	11:39.13	2nd
Jamie Simmons	400m	57.33	2nd
Portia Jones	100HH	14.53	2nd
Simmons, Gross, Huang, Jones	4x400	3:58.49	2nd
Kaitlin Allen	10000m	39:50.77	3rd
Jackie Brew	Long Jump	17-05 1/2	3rd
Marissa Engle	Pole Vault	10-11 3/4	3rd
Elaine McVay	1500m	4:46.78	3rd
Joanna Chen	Pole Vault	10-00	4th
Brooke Johnson	800m	2:21.74	4th
Alexandra Taylor	3000SC	11:54.23	4th
Martha Gross	400m	59.09	5th
Christine Labaza	Discus	115-00	5th
Dacie Manion	1500m	4:49.45	5th
Louise van den Heuvel	800m	2:22.01	5th
Ashley Wheeler	Hammer	136-00	5th
Martha Gross	200m	26.76	6th
Martina deGeus	400H	1:10.04	6th
Louise van den Heuvel	1500m	4:50.93	6th
Michelle Johnson	Long Jump	16-05 1/4	7th
Alexandra Taylor	800m	2:23.60	8th
Kate Wymbbs	PV	9-06 1/4	8th

**New England Division 3 (NE Div. 3)** (2nd ) 124 points

Portia Jones	100HH	14.34	1st
Elaine McVay	10000	36:14.88	1st
Tilly Taylor	Javelin	138-07	1st
Portia Jones	200m	24.98	2nd
Portia Jones	100m	12.27	2nd
Lauren Kuntz	Pole Vault	12-01 1/2	2nd
Jamie Simmons	400m	56.51	2nd
Brew, Gross, Simmons, Jones	4x100m	47.48	2nd
Jamie Simmons	400IH	1:01.92	3rd
Elaine McVay	5000m	17:26.37	3rd

*(Continued on page 49)*



**MIT Track & CC News***(Continued from page 48)*

Preethi Vaidyanathan	High Jump	5-02 1/4	3rd
Taylor, van den Heuvel, Coad, Huang	4x800m	9:14.89	3rd
Joanna Chen	Pole Vault	11-01 3/4	5th
Martha Gross	400m	58.67	5th
Alexandra Taylor	800m	2:15.58	5th
Martha Gross	200m	25.79	6th
Michelle Johnson	Triple Jump	35-09 1/2	6th
Katherine Wymbs	Pole Vault	10'08"	6th
Jacqueline Brew	Long Jump	17-02 1/4	7th
Jacqueline Brew	100HH	15.10	7th
Martina deGeus	3000m	11:09.02	7th
Marissa Engle	Pole Vault	10-08	7th
Tania Morimoto	10000	38:30.85	7th

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (14th) 26 points

Lauren Kuntz	Pole Vault	12-01 1/2	2nd
Portia Jones	100HH	14.28	3rd
Jamie Simmons	400IH	60.84	4th
Portia Jones	200m	24.51	5th
Michelle Johnson	Triple Jump	37-07 3/4	7th
Portia Jones	400m	62.28	8th

**Eastern Collegiate Athletic Conference (ECAC Division III)** (8th) 34 points

Lauren Kuntz	Pole Vault	12-01 1/2	3rd
Tilly Taylor	Javelin	134-03	3rd
Brew, Gross, Simmons, Jones	4x100m	48.20	3rd
Tania Morimoto	10000	37:22.47	4th
Simmons, Gross, Brew, Jones	4x400m	3:51.05	4th
Portia Jones	100HH	16.01	7th
Jamie Simmons	400IH	1:04.14	7th
Martha Gross	200m	25.50	7th

**National Collegiate Athletic Association (NCAA Division III)** (26th) 9 points

Jamie Simmons	400IH	1:00.36	2nd
Simmons, Gross, Brew, Jones	4x400m	3:48.77	8th

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
100m	Portia Jones	12.27
	Jamie Simmons	12.52
100HH	Portia Jones	14.28
	Jacqueline Brew	14.90
200m	Portia Jones	24.51
	Martha Gross	25.54
400m	Jamie Simmons	56.51
	Portia Jones	57.19
400IH	Jamie Simmons	60.36
	Portia Jones	62.12
800m	Alexandra Taylor	2:15.58
	Cindy Huang	2:16.47 *
1500m	Brooke Johnson	4:44.77
	Louise van den Heuvel	4:45.14
3000SC	Martina de Geus	11:09.02
	Claire O'Connell	11:26.39
5,000m	Elaine McVay	17:15.42 *
	Brooke Johnson	17:35.1
10000m	Elaine McVay	36:14.88 *
	Tania Morimoto	37:22.47
4 x 100m	Brew, Gross, Simmons, Jones	47.48
4 x 400m	Simmons, Gross, Brew, Jones	3:47.22
4 x 800m	Taylor, van den Heuvel, Coad, Huang	9:14.89
High Jump	Preethi Vaidyanathan	5-03 *
	Veronica Szklarzewski	4-10 1/4
Pole Vault	Lauren Kuntz	12-05 1/2
	Joanna Chen	11-01 3/4
Long Jump	Jacqueline Brew	18-01 **
	Michelle Johnson	17-00
Triple Jump	Michelle Johnson	37-07 3/4
	Jacqueline Brew	35-07 3/4
Shot Put	Christine Labaza	36-00
	Kristine Bunker	35-05 1/4
Hammer Throw	Ashley Wheeler	138-01 *
	Ellen Liverpool	125-06
Discus Throw	Christine Labaza	115-01
	Ashley Wheeler	101-03
Javelin	Tilly Taylor	140-03 ** *
	Ashley Wheeler	93-03

\*\* Varsity Record

\* Freshman Record

**MEN'S TRACK AND FIELD****INDOOR****2011-2012 RESULTS****VARSITY**

Won 12, Lost 2

**MIT****OPPONENT**

87 Alumni 30  
 199 Bates 116, Colby 64  
 176 Springfield 100, UMass Dartmouth 93, Tufts 67, Ramapo 42, Westfield 30, Wheaton 18, Coast Guard 16, Keene State 13  
 93 **Harvard 191, Northeastern 156.5, Boston U. 66.5**

**2012-13 SCHEDULE**

12/1	Northeastern Invitational	Reggie Lewis Center - Boston, MA
12/15	Intrasquad Meet	MIT - Cambridge, MA
1/12	Alumni Meet	MIT - Cambridge, MA
1/19	Bates, Colby	Bates College - Lewiston, ME
1/25-26	Terrier Classic	Boston University - Boston, MA
1/26	MIT Invitational I	MIT - Cambridge, MA
2/1	Battle of Beantown	Harvard University - Cambridge, MA
2/8-9	Valentine Invitational	Boston University - Boston, MA
2/9	MIT Invitational II	MIT - Cambridge, MA
2/15-16	New England Div. III Champ.	Bates College - Lewiston, ME (Men)
2/22-23	NEICAAA Championship	Boston University - Boston, MA
3/1-2	ECAC Championship	New Balance Armory - New York, NY
3/2-3	IC4A Championship	Boston University - Boston, MA
3/8-9	NCAA Div. III Championship	North Central College - Naperville, IL

**VARSITY SCORING & ROSTER**

Joshua Duncavage	'13	55.5	Matthew Falk*	'12	12	Colin Hong	'15	2.5
Tyler Singer-Clark	'14	49.75	Benjamin Schreck	'15	12	Dominique Hoskin	'15	1
Chinedum Umachi*	'12	47	Kyle Hannon	'13	11.5	Jay McKenna	'14	1
Patrick Marx	'13	43.25	Samuel Parker	'15	11.5	Cameron Wagar	'15	1
Justin Bullock	'14	37	Brian Djaja	'13	10	Matthew Weaver	'12	1
Nathan Peterson*	'12	36	Logan Trimble	'13	9.25	Jackson Wirekoh	'13	1
Sheldon Trotman	'15	33	Benjamin Xie	'15	9	Brendan Ensor	'14	
Chadd Kiggins	'15	26	Jacob Jurewicz	'14	8.75	Harrison Hunter	'15	
Mac Gager	'14	24.25	Ricardo Paez	'15	8	Matthew Jordan	'15	
John Thomas	'15	24	Jeremy Sharpe	'14	7	Jake Jurewicz	'14	
Daniel Harper	'12	20	Benjamin Mattocks	'12	5.25	Ryan Lau	'15	
Gilbert O'Neil	'13	19.75	Karl Baranov	'15	5	Sam Parker	'15	
Jared Forman	'13	16.75	Jordan Mizerak	'14	5	Victor Pontis	'15	
David Way	'13	15.25	Roy Wedge	'14	5	Eric Safai	'14	
Nicholas Diamantoni	'15	15.25	Cory Monroe	'13	4.5	Aaron Thomas	'15	
Stephen Serene*	'12	13.25	Allen Lueng	'15	4	Spencer Wenck	'15	
Michael DuPlessis	'14	13	Kristoffer Frey	'15	3			

\* Captain

**CHAMPIONSHIPS****New England Division 3 (NE Div. 3)** (2nd) 95 points

Chinedum Umachi	WT	63'07 1/2"	1st
Singer-Clark, Gager, Diamantoni, Marx	4x400	3:24.24	1st
Justin Bullock	Mile	4:14.39	2nd
Daniel Harper	5000m	15:01.62	2nd
Chadd Kiggins	800m	1:55.86	2nd
Patrick Marx	600m	1:21.99	2nd
Nathan Peterson	PV	15'05"	2nd
John Thomas	HJ	6'02 1/4"	3rd
Trimble, Way, Serene, Mattocks	DMR	10:24.37	3rd
Tyler Singer-Clark	400m	50.35	4th
Tyler Singer-Clark	200m	22.73	4th
Joshua Duncavage	60m	7.50	6th
Justin Bullock	1000m	2:32.63	7th
Joshua Duncavage	60HH	8.64	7th
Joshua Duncavage	200m	1:48.95	8th
Mac Gager	600m	1:23.94	8th
Samuel Parker	800m	1:57.57	8th
Stephen Serene	1000m	2:32.99	8th
Jeremy Sharpe	WT	51-10	8th
Jackson Wirekoh	TJ	44-03 1/4	8th
Kiggins, Forman, Parker, O'Neil	4x800m	8:02.01	8th

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (13th) 22 points

Chinedum Umachi	Weight Throw	62-05 3/4	1st
Nathan Peterson	Pole Vault	16-00 3/4	2nd
Singer-Clark, Gager, Parker, Marx	4x400	3:15.88	6th
Kyle Hannon	Mile	4:06.42	7th

**Eastern Collegiate Athletic Conference (ECAC)** (27th) 10 points

Nathan Peterson	Pole Vault	16-0	1st
-----------------	------------	------	-----

**Intercollegiate Amateur Athletic Association (IC4A)** (31st-tie) 6 points

Chinedum Umachi	Weight Throw	62-03	3rd
-----------------	--------------	-------	-----

**National Collegiate Athletic Association (NCAA Division III)** (14th) 14 points

Nathan Peterson	Pole Vault	16-03 1/4	5th
Bullock, Singer-Clark, Marx, Hannon	DMR	10:02.41	5th
Chinedum Umachi	Weight Throw	61-11 3/4	6th
Singer-Clark, Gager, Parker, Marx	4x400m	3:19.74	6th

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
55m Indoor	Michael DuPlessis	6.58
	Joshua Duncavage	6.61
60m Indoor	Joshua Duncavage	6.99 **
	Michael DuPlessis	7.14
200m Indoor	Joshua Duncavage	22.35
	Tyler Singer-Clark	22.56
400m Indoor	Tyler Singer-Clark	49.74
	Nick Diamantoni	50.56
500m Indoor	Patrick Marx	1:05.36
	Mac Gager	1:05.99
600m Indoor	Patrick Marx	1:21.99
	Chadd Kiggins	1:23.86
800m Indoor	Patrick Marx	1:52.86
	Sam Parker	1:52.98
1,000m Indoor	Justin Bullock	2:28.20
	Stephen Serene	2:30.09
1 Mile Indoor	Kyle Hannon	4:06.42 **
	Justin Bullock	4:14.39
3,000m Indoor	Daniel Harper	8:38.08
	Allen Leung	8:38.39 *
5,000m Indoor	Daniel Harper	14:50.81
	Allen Leung	14:58.00
55m H Indoor	Joshua Duncavage	8.05
	Brian Djaja	8.12
60m H Indoor	Joshua Duncavage	8.49*
	Brian Djaja	8.74
4 x 400m Indoor	Singer-Clark, Gager, Parker, Marx	3:15.88
4 x 440yd Indoor	Singer-Clark, Gager, Diamantoni, Duncavage	3:23.13
4 x 800m Indoor	Kiggins, O'Neil, Parker, Forman	8:02.01
4,000m Distance Medley Indoor	Bullock, Singer-Clark, Marx, Hannon	9:49.45 **
4,400yd Distance Medley Indoor	Baranov, Jurewicz, Marx, Hannon	10:22.51
High Jump Indoor	Matt Falk	6-04
	Sheldon Trotman	6-03 1/4
Pole Vault Indoor	Nathan Peterson	16-10 **
	Benjamin Schreck	14-01 1/4
Long Jump Indoor	Sheldon Trotman	21-06
	Jordan Mizerak	18-09 1/4
Triple Jump Indoor	Sheldon Trotman	45-00 1/4
	Jackson Wirekoh	45-00 1/4
Shot Put Indoor	Chinedum Umachi	46-00 3/4
	Jeremy Sharpe	42-10 3/4
Weight Throw Indoor	Chinedum Umachi	63-07 1/2
	Jeremy Sharpe	51-10

\*\* Varsity Record

\* Freshman Record

**OUTDOOR****2012 RESULTS****VARSITY**

Won 9, Lost 2

**MIT**

69

127

183

**OPPONENT**Westmont 68.5, Fresno Pacific 55, George Fox 54, La Verne 45.5, Biola 45,  
Concordia (Cal) 35, UC Santa Barbara 28**RPI 177**, WPI 102**Bates 254**, Colby 113, Southern Maine 98**2013 SCHEDULE**

3/23	Northeastern Invitational	Northeastern University - Dedham, MA
3/30	Westmont College Invitational	Westmont College - Santa Barbara, CA
4/6	Engineer's Cup (RPI, WPI)	WPI - Worcester, MA
4/13	Bates, Colby, USM	MIT - Cambridge, MA
4/19	Larry Ellis Invitational	Princeton University - Princeton, NJ
4/20	MIT Spring Invitational	MIT - Cambridge, MA
4/25	Penn Relays	University of Pennsylvania - Philadelphia, PA
4/27	NEWMAC Championship	Springfield College - Springfield, MA
5/2-4	New England Div. III Champ.	Colby College - Waterville, ME
5/9-11	NEICAAA Championship	Stonehill College - Easton, MA
5/10-12	IC4A Championship	Princeton University - Princeton, NJ
5/16-17	ECAC Div. III Championship	TBA
5/23-25	NCAA Div. III Championship	Univ. of Wisconsin-La Crosse - La Crosse, WI

**VARSITY SCORING & ROSTER**

Chinedum(CK) Umachi*	'12	51	Jay McKenna	'14	7	Cory Monroe	'13	1
Tyler Singer-Clark	'14	42.75	Colin Hong	'15	6	Ricardo Paez	'15	1
Nicholas Diamantoni	'15	24.5	Gilbert O'Neil	'13	6	Karl Baranov	'15	
Matthew Falk *	'12	23.75	Jeremy Sharpe	'14	6	Michael DuPlessis	'14	
John Thomas	'15	23.75	David Way	'13	6	Jared Forman	'13	
Justin Bullock	'14	19.25	Logan Trimble	'13	5	Kristoffer Frey	'15	
Daniel Harper	'12	16	Matthew Jordan	'15	4	Dominique Hoskin	'15	
Daniel Ronde	'15	15.25	Brian Djaja	'13	3	Harrison Hunter	'15	
Samuel Parker	'15	14	Brendan Ensor	'12	3	Jacob Jurewicz	'14	
Stephen Serene*	'12	12	Mac Gager	'14	3	Patrick Marx	'13	
Roy Wedge	'14	12	Benjamin Schreck	'15	3	Benjamin Mattocks	'12	
Henry Rein	'15	11	Matthew Weaver	'12	3	Jordan Mizerak	'14	
Yida Gao	'15	10	Sam Parker	'15	2.25	Nathan Petaerson*	'12	
Eric Safai	'14	9	Allen Leung	'15	2	Aaron Thomas	'15	
Cameron Wagar	'15	9	Joshua Duncavage	'13	1.25	Sheldon Trotman	'15	
Benjamin Xie	'15	9	Jackson Wirekoh	'13	1.25	Spencer Wenck	'15	
Kyle Hannon	'13	7						

\* Captain

**CHAMPIONSHIPS****New England Women's and Men's Athletic Conference (NEWMAC)** (1st ) 267 points

Kyle Hannon	1500m	3:55.74	1st
Daniel Harper	5000m	15:05.01	1st
Patrick Marx	800m	1:56.52	1st
Nathan Peterson	Pole Vault	15-02 3/4	1st
Sheldon Trotman	High Jump	6-05	1st
Sheldon Trotman	Triple Jump	45-02 1/2	1st
Chinedum Umachi	Discus	153-02	1st
Chinedum Umachi	Hammer	164-04	1st
Cameron Wagar	Javelin	176-09	1st
Michael DuPlessis	100m	11.11	2nd
Benjamin Mattocks	1500m	3:56.31	2nd
Samuel Parker	800m	1:56.83	2nd
Harry Rein	Javelin	172'02	2nd
Stephen Serene	3000SC	9:23.14	2nd
Tyler Singer-Clark	400m	50.42	2nd
Sheldon Trotman	Long Jump	21-09	2nd
Jackson Wirekoh	Triple Jump	44-09 3/4	2nd
DuPlessis, Singer-Clark Diamantoni, Trotman	4x100m	42.59	2nd
Singer-Clark, Diamanton Parker, Marx	4x400m	3:20.63	2nd
Brian Djaja	110HH	15.83	3rd
Colin Hong	Pole Vault	14-02 3/4	3rd
Matthew Jordan	10000m	32:27.63	3rd
Gilbert O'Niel	800m	1:57.24	3rd
Eric Safai	3000SC	9:33.62	3rd
Tyler Singer-Clark	200m	22.02	3rd
Roy Wedge	5000m	15:23.03	3rd
Jackson Wirekoh	Long Jump	21-00	3rd
Benjamin Xie	5000m	15:24.22	4th
Nicholas Diamantoni	200m	22.57	5th
Brendan Ensor	110HH	16:39	5th
Jay McKenna	1500m	3:59.33	5th
Ricardo Paez	10000m	33:15.86	5th
John Thomas	400H	59.72	5th
Chinedum Umachi	Shot Put	42-06 3/4	5th
Sheldon Trotman	100m	11.48	6th
Justin Bullock	1500m	4:01.07	6th
Matthew Weaver	10000m	33:25.94	6th
Logan Trimble	3000SC	9:51.64	6th
John Thomas	High Jump	6-02	6th
Matt Falk	High Jump	6-02	7th
Daniel Ronde	400m	51.60	7th
Cameron Wagar	Shot Put	41-01 1/2	8th

*(Continued on page 56)*

[\(Continued from page 55\)](#)**New England Division 3 (NE Div. 3)** (1st) 113 points

Daniel Harper	10000	30:20.42	1st
Tyler Singer-Clark	200m	21.67	1st
Tyler Singer-Clark	400m	48.55	1st
Nathan Peterson	Pole Vault	15-11	1st
Chinedum Umachi	Hammer	186-01	2nd
DuPlessis, Singer-Clark	4x100	42.65	2nd
Diamantoni, Trotman			
Michael DuPlessis	100m	11.09	3rd
Daniel Harper	5000	14:42.97	3rd
Patrick Marx	800m	1:51.80	3rd
O'Neil, Bullock	4x800	7:47.04	3rd
Forman, Parker			
Singer-Clark, Diamantoni	4x400	3:20.22	3rd
Thomas, Marx			
Chinedum Umachi	Discus	152-10	4th
Roy Wedge	10000	31:30.87	5th
Benjamin Mattocks	1500	3:53.35	6th
Stephen Serene	3000SC	9:22.39	6th
Cameron Wagar	Javelin	179-11	6th
Benjamin Xie	10000	31:34.91	6th
Yida Gao	Pole Vault	14-05 1/4	7th
Eric Safai	3000m	9:25.21	7th
Justin Bullock	1500m	3:55.41	8th
Harry Rein	Javelin	175-06	8th

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (6th) 39 points

Benjamin Mattocks	1500m	3:54.56	2nd
Nathan Peterson	Pole Vault	16-04 1/4	2nd
Tyler Singer-Clark	200m	21.62	2nd
Chinedum Umachi	Hammer	184-02	4th
Stephen Serene	3000SC	9:17.33	5th
Singer-Clark, Parker	4x400	3:16.08	5th
Ronde, Marx			

**Eastern Collegiate Athletic Conference (ECAC)** (4th) 33 points

Nathan Peterson	Pole Vault	16-05 1/4	1st
Ben Mattocks	1500m	3:50.51	2nd
Chinedum Umachi	Hammer	182-04	2nd
Stephen Serene	3000SC	9:04.32	3rd
Tyler Singer-Clark	200m	22.09	8th

**Intercollegiate Amateur Athletic Association of America** (31st) 8 points

Dan Harper	10000m	30:07.44	2nd
------------	--------	----------	-----

**National Collegiate Athletic Association (NCAA Division III)** (68th) 2 points

Chinedum	Umachi	Hammer	194-05	7th
----------	--------	--------	--------	-----



**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
100m	Michael DuPlessis	11.09
	Tyler Singer-Clark	11.14
110HH	Brian Djaja	15.83
	Brendan Ensor	16.39
200m	Tyler Singer-Clark	21.62
	Nicholas Diamantoni	22.40
400m	Tyler Singer-Clark	48.55
	Patrick Mark	50.13
400IH	John Thomas	59.72
800m	Patrick Mark	1:51.80
	Samuel Parker	1:53.57
1500m	Benjamin Mattocks	3:50.51
	Kyle Hannon	3:50.73
3000SC	Stephen Serene	9:04.32 **
	Eric Safai	9:25.21
5000	Dan Harper	14:42.97
	Roy Wedge	14:58.67
10000	Dan Harper	30:07.44
	Roy Wedge	31:30.87
4x100	DuPlessis, Singer-Clark Diamantoni, Trotman	42.59
4x400	Singer-Clark, Parker Ronde, Marx	3:16.08
4x800	O'Neil, Bullock Forman, Parker	7:47.04
Long Jump	Sheldon Trotman	21-09
	Jackson Wirekoh	21-00
Triple Jump	Sheldon Trotman	45-02 1/2
	Jackson Wirekoh	45-01 3/4
High Jump	Sheldon Trotman	6-05
	Matt Falk	6-02
	John Thomas	6-02
Pole Vault	Nate Peterson	16-05
	Yida Gao	14-05 1/4
Hammer	Chinedum Umachi	194-05
	Jeremy Sharpe	153-08
Shot Put	Chinedum Umachi	44-00
	Jeremy Sharpe	39-08 1/2
Discus	Chinedum Umachi	158-01
	Jeremy Sharpe	113-01
Javelin	Cameron Wagar	191-02
	Harry Rein	175-06

\*\* Varsity Record

\* Freshman Record

## 2012-2013 COMBINED SCHEDULES

### CROSS COUNTRY

09/01	Keene State Alumni Meet	Keene State University
09/15	UMass Dartmouth Invitational	UMass Dartmouth - N. Dartmouth, MA
09/22	Purple Valley Classic	Williams College - Mt. Greylock H.S.
10/06	NEICAAA Championship	Westfield State College - Stanley Park
10/27	NEWMAC Championship	Smith College - Northampton, MA
11/10	New Eng. Div. III Reg. Champ.	Westfield State College - Stanley Park
11/17	NCAA Div. III Championship	Rose Hulman College - Terre Haute, IN

### INDOOR TRACK

12/1	Northeastern Invitational	Reggie Lewis Center - Boston, MA
12/15	Intrasquad Meet	MIT - Cambridge, MA
1/12	Alumni Meet	MIT - Cambridge, MA
1/19	Bates, Colby	Bates College - Lewiston, ME
1/25-26	Terrier Classic	Boston University - Boston, MA
1/26	MIT Invitational I	MIT - Cambridge, MA
2/1	Battle of Beantown	Harvard University - Cambridge, MA
2/8-9	Valentine Invitational	Boston University - Boston, MA
2/9	MIT Invitational II	MIT - Cambridge, MA
2/15-16	New England Div. III Champ.	Bates College - Lewiston, ME (Men)
2/15-16	New England Div. III Champ.	U. of Southern Maine - Gorham, ME (Women)
2/22-23	NEICAAA Championship	Boston University - Boston, MA
3/1-2	ECAC Championship	New Balance Armory - New York, NY
3/2-3	IC4A Championship	Boston University - Boston, MA
3/8-9	NCAA Div. III Championship	North Central College - Naperville, IL

### OUTDOOR TRACK

3/23	Northeastern Invitational	Northeastern University - Dedham, MA
3/30	Westmont College Invitational	Westmont College - Santa Barbara, CA
4/6	Engineer's Cup (RPI, WPI)	WPI - Worcester, MA
4/13	Bates, Colby, USM	MIT - Cambridge, MA
4/19	Larry Ellis Invitational	Princeton University - Princeton, NJ
4/20	MIT Spring Invitational	MIT - Cambridge, MA
4/25	Penn Relays	University of Pennsylvania - Philadelphia, PA
4/27	NEWMAC Championship	Springfield College - Springfield, MA
5/2-4	New England Div. III Champ.	Colby College - Waterville, ME
5/9-11	NEICAAA Championship	Stonehill College - Easton, MA
5/10-12	IC4A Championship	Princeton University - Princeton, NJ
5/16-17	ECAC Div. III Championship	TBA
5/23-25	NCAA Div. III Championship	Univ. of Wisconsin-La Crosse - La Crosse, WI