



# Track and CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 74 - September 2014

## Congratulations Cimmy Viridi 2014 National Champion



Photos courtesy of Patrick Barragan

# IN THIS ISSUE

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

Announcements .....	p. <a href="#">03</a>
Cross Country .....	p. <a href="#">04</a>
Indoor Track and Field .....	p. <a href="#">05</a>
Outdoor Track and Field .....	p. <a href="#">06</a>
New MIT Outdoor Records .....	p. <a href="#">14</a>
New MIT Indoor Records .....	p. <a href="#">21</a>
2014 – 2015 Outlook .....	p. <a href="#">22</a>
Incoming Freshmen.....	p. <a href="#">23</a>
Distance Coaches Provide Support On and Off the Course .....	p. <a href="#">25</a>
MIT Coaching Staff .....	p. <a href="#">25</a>
Thank You Friends of Cross Country/Track & Field .....	p. <a href="#">26</a>
Century Club .....	p. <a href="#">27</a>
Virdi Claims Pole Vault Title at Indoor Nationals (cover story) .....	p. <a href="#">29</a>
Academic Awards.....	p. <a href="#">31</a>
Where Are They Now – Catherine (Cat) Tweedie .....	p. <a href="#">36</a>
Pole Vaulters’ Journeys – Part 13 .....	p. <a href="#">38</a>
Season Statistics	
Women’s Cross Country	
2013 Results .....	p. <a href="#">41</a>
2014 Schedule .....	p. <a href="#">41</a>
2013 Roster .....	p. <a href="#">41</a>
Individual Performances .....	p. <a href="#">42</a>
Men’s Cross Country	
2013 Results .....	p. <a href="#">45</a>
2014 Schedule .....	p. <a href="#">45</a>
2013 Roster.....	p. <a href="#">45</a>
Individual Performances .....	p. <a href="#">46</a>
Women’s Track and Field	
Indoor	
2013 – 2014 Results.....	p. <a href="#">49</a>
2014 – 2015 Schedule .....	p. <a href="#">49</a>
Varsity Scoring & Roster .....	p. <a href="#">49</a>
Championships .....	p. <a href="#">50</a>
Best Individual Performances .....	p. <a href="#">51</a>
Outdoor	
2014 Results.....	p. <a href="#">52</a>
2015 Schedule .....	p. <a href="#">52</a>
Varsity Scoring & Roster .....	p. <a href="#">52</a>
Championships .....	p. <a href="#">53</a>
Best Individual Performances .....	p. <a href="#">54</a>
Men’s Track and Field	
Indoor	
2013 – 2014 Results.....	p. <a href="#">56</a>
2014 – 2015 Schedule .....	p. <a href="#">56</a>
Varsity Scoring & Roster .....	p. <a href="#">56</a>
Championships .....	p. <a href="#">57</a>
Best Individual Performances .....	p. <a href="#">58</a>
Outdoor	
2014 Results.....	p. <a href="#">59</a>
2015 Schedule .....	p. <a href="#">59</a>
Varsity Scoring & Roster .....	p. <a href="#">59</a>
Championships .....	p. <a href="#">60</a>
Best Individual Performances .....	p. <a href="#">62</a>
2014 – 2015 Combined Schedules.....	p. <a href="#">63</a>

## ANNOUNCEMENTS

### MIT Cross Country Teams Start the Season with High Rank in the National Coaches Poll

The preseason NCAA Division III Men's Cross Country National Coaches Poll was released August 26th, and with both squads ranked 6th in the nation, MIT is positioned for a good start to the 2014 campaign. ([MEN'S POLL](#)) ([WOMEN'S POLL](#))



### Alumni/ae-Varsity Indoor Track & Field Meet

On Saturday, January 10, 2015 the "Has Beens" will once again take on the varsity in the 41st annual Alumni/ae Meet. To facilitate scheduling, Halston is changing the format of the Alumni/ae Meet, combining it with the annual Bates College / Colby College meet. He has asked those programs to let their alumni groups know that we welcome their competition. The Bates / Colby Tri-meet will be scored as usual, but there will also be scoring of the varsity programs against each other and the alumni teams against one another. Now there is an added level of competition everyone should be able to get excited about. Let's see that team pride, and whether you plan to run, jump, throw, or cheer, don't miss the fun next January 10th.

### MIT Track & Field and Cross Country Wiki Page

Everyone is encouraged to visit the Wiki page for the Track & Field and Cross Country alumni. The goal is to establish an archive of rosters, contacts, pictures, articles and other pieces of interest. If you don't already have a Touchstone account (which will probably be the case if this is your first time accessing an MIT Wiki), the easiest way to get started will be to go to the help page that Alisha Schor was kind enough to develop at <http://scripts.mit.edu/~hwtaylor/wikihelp.php>. Alisha's first screenshot shows how to fill out the account creation screen, with a link to that screen in the text above (...[Touchstone account creation](#)...). Once you've created the account, you will be sent an email telling you how to activate the account. After the account is activated, go to the Track & Field and Cross Country Wiki page at <https://wikis.mit.edu/confluence/display/mtfxcalumni/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).

# CROSS COUNTRY

## MEN CLAIM 17th CONSECUTIVE NEWMAC TITLE

## WOMEN PLACE 5th AT NATIONAL CHAMPIONSHIPS

by Halston W. Taylor

The success this season has brought would not have been possible without the outstanding leadership from captains Justin Bullock '14 and Benji Xie '15 on the men's team and Cindy Huang '15 and Alexandra Taylor '14 on the women's team and the ensuing dedication and character of the individuals on both teams. I cannot ever remember such dedication on morning efforts, foam rolling, ice baths, stretching and all the other little things it takes to make a successful championship team.

As always, we began the season with the [Alumni/ae races](#). It was nice being back to Franklin Park after a year's hiatus due to course renovations. The alums were well represented on the men's side. Stephen Serene '12 was the top finisher for the "Has-Beens", finishing in ninth overall in 17:04. Chris Wong '08 was next in 11th place in 17:17. Logan Trimble '13 was third for the alums in 14th place with a time of 17:45. Richard Prevost '11 finished in 17th in 18:06 and finishing as the final scorer for the alums was Fivos Constantinou '06 in 18:19. Other finishers were Eric Khatchadourian '06, Josh Feldman '97, Gihan Amarasiriwardena '11, Bill Phipps '10 and Joe Roy-Mayhew '08. For the ladies, Jacqui Wentz '10 schooled the youngsters as she put in a surge in the middle of the first mile to come through the mile in 5:40, establishing a seven second lead, and cruised to a first place finish on the 3K course in 11:20. Also running for the Alumnae was Maggie Lloyd '12, finishing in 13:08. Kirsten



*Kaitlin Allen breaks away in the second mile of the USM Invitational where she took second place, just 0.73 seconds out of first.*

Aarsvold '11 was in attendance to cheer on her teammates.

Early on the men discovered that the right attitude was all that was needed to add to the talent that already existed. Taking on all of the top teams in New England in two consecutive weeks and defeating all of them built their confidence. At the [pre-regional meet](#), they got the chance to see the regional course and race four nationally ranked teams, Amherst, Bates, Bowdoin and Tufts. Watching them race without overthinking was exciting for me as I rarely have teams do that. The other teams took a more cautious approach and were never able to catch our guys. Led by Roy Wedge '13, the Engineers took five of the top 13 places with none of the other teams having more than two in that group. Xie, Rory Beyer '17, Allen Leung '15 and Matt Deyo '16 established themselves as the top five.

The following weekend, racing Williams and Middlebury in the [Purple Valley Classic](#), Tech employed a different strategy, yielding the same results. Wedge, Xie and Beyer went three, four, five and Deyo and Leung followed up with 13<sup>th</sup> and 16<sup>th</sup> places to seal another victory.

Two weeks later, the men had a poor start at the [All New England Championship \(NEICAAA\)](#) and did not race the first mile. They were out of it and never really got back in, finishing a respectable ninth, but allowing Middlebury, Bates and Tufts to beat them. Wedge placed 15<sup>th</sup> overall, earning All New England honors.

Letting the other teams back in the game was not in our best interest, and now the guys had to sit on it and wait for three weeks before competing. Despite two returning runners who beat all of MIT's runners

*(Continued on page 15)*



*Roy Wedge and Benji Xie leading at the mile mark of the NEWMAC Championships. Roy won the race and MIT took five of the first six places.*

# INDOOR TRACK AND FIELD MEN DOMINATE NEW ENGLAND WOMEN PLACE HIGH AT NATIONALS

by Halston W. Taylor

For good reason, optimism was high for an improved program entering the 2013-14 Indoor Track & Field season. The return of Ken Cooper '15 to the men's team instantly meant the team would be significantly better than the year before, even though 11 key performers graduated. For the women, very few were graduating and the freshman class projected to be very strong. In addition, a rigorous leadership program instituted in 2012 for anyone wishing to be in a captain's position on the Cross Country or Track & Field teams was starting to pay huge dividends. The most significant of those was the fact there was more buy-in, top to bottom, on what needed to be done to get the teams to reach their potential. This meant the level of dedication in the off-season and during the season was at an all-time high.

While the indoor teams were going through the early season conditioning program, a small handful of those transitioning from the Cross Country team were ready to take a try at the 3000 meters, a long time event in track & field, but just added in 2014 to the NCAA Division III Indoor Track & Field Championship. The Boston University Season Opener ([men's results](#)), ([women's results](#)) was just the place to give it a shot. With the NCAA no longer having exact standards, but rather a ranking where the top 17 women, 15 men and top 12 relay teams would qualify for the NCAA Division III Championship, running a fast time was not a guarantee of making Nationals. With the event not having been run before there was nothing on which to base what sort of time it might take to make the select field. Based on experience I thought a sub 8:20 on a flat track for the men and a sub 9:50 for the women might hold up. The penalty

for oversized (>200 meters) or banked tracks is between 5.65-5.80 seconds for men and 5.00 to 5.09 for the women. The reason for the difference is that a conversion factor is used, so the slower the time the less time used for the penalty. Justin Bullock '14 was the lone male entry for us. Last year in this meet he had set the MIT record of 8:19.12. This year he was close but did not have the drive in the last 1200 to stay with the leaders. Even though he finished with a 32 final 200, his final time was 8:22.20, still the third fastest time in MIT history. The women were represented by Maryann Gong '17, Louise van den Heuvel '14 and Brooke Johnson 'G. Gong is a different runner on the track as compared to cross country and it showed immediately. Her aggressive running style and desire to beat people resulted in a 9:52.74 new MIT freshman and varsity record. van den Heuvel stayed close, running 9:56.28. Johnson was still suffering from plantar fasciitis and unable to maintain her competitive spirit at the end, ending with a 10:10.14.

[The Alumni/ae Meet](#) was so early this year, January 4, the varsity squad did not come back to practice until Friday the 3<sup>rd</sup> and that practice was cancelled due to the State of Emergency from the snow storm. That same storm caused quite a few varsity members to miss the meet, and others to arrive right before the meet, after travelling for 24 hours or more. On the men's side, there was solid representation from the "Has-Beens", as 19 competed with many more in the house to support their comrades. The women had fewer competing with 14 performing, but also had quite a



MIT dominates the 200 at the tri-meet with Bates and Colby, earning five of the top six places. Tyler Singer-Clarke was first across the line in 22.83.

[\(Continued on page 17\)](#)

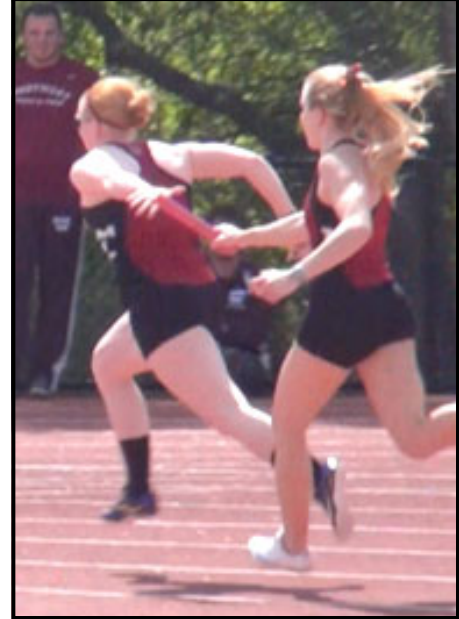
# OUTDOOR TRACK AND FIELD ENGINEERS SWEEP CONFERENCE AND NEW ENGLAND TITLES

by Halston W. Taylor

For the second year in a row, the outdoor season started on a poor note. The past few years, I have taken the 10K runners to a late March meet to get in a New England Division III qualifying time for the men and sometimes a national qualifying performance for the women. The advantages are the weather is usually just about perfect as the temperatures are in the 40's-50's and the wind is not nearly as strong as it is in April. Unfortunately, Northeastern University lost their track two years ago, and with it went the meet we used to attend. Last year and this year we were scheduled to race at Westfield State, but both years it has been snowed out. The problem now would be to negotiate putting a 10K race in an early regular season meet as it is not part of a normal schedule.

In the meantime, we headed out to Claremont, CA for our annual Spring Trip. As has been the case lately, we take approximately 32 athletes who will benefit the most from a warm weather environment in preparation for the outdoor season. The top field event athletes, hurdlers, 4x100 members and steeplechasers along with the necessary coaches make the week-long trip. Inevitably each year a handful of the remaining team members pay their own way out to train and hang out with us. Four days of tough workouts culminate with a meet, lately hosted by [Westmont College](#) in Santa Barbara. This year's trip was particularly brutal regarding injuries. Steph Guo '17 had an IT band problem that was causing a patella tendon injury, which essentially ended her season.

Nick Diamantoni '15, after such an outstanding indoor season, pulled his hamstring in a workout. Perhaps the most devastating of all the injuries, Tyler Singer-Clark '14, the top sprinter on the team and anchor of both the 4x100 and 4x400 All America relay teams, pulled his hamstring in the 100 meter dash at the Westmont meet. Other than those injuries, the week was an outstanding success. Everyone improved a lot, worked hard, had some fun, and if the meet had been a scoring one, we would have won. On the women's side, Jackie Brew '14 showed she was ready for the season, winning the 100HH in 14.87, the 200 in 25.94 and leading off the 4x100 Relay, consisting of Veronica Szklarzewski '15, Kendra Knittel '17, and Stephanie Birkhimer '14, helping them to a fine 48.59 victory. Preethi Vaidyanathan '15 set an MIT record in the High Jump, clearing 5-5 for third place. Cimmy Viridi '16 won the Pole Vault at 12-0 and both Joanna Chen '15 and Abby Klein '14 cleared 11-00 ¼ to tie for third place. Knittel opened up with a 58.93 400 and Ellen Liverpool '15 threw the Hammer 146-7. The surprise of the meet, was Alexandra Taylor '14 coming back off of injury to run a nice PR of 4:39.38 to place second in the 1500. Prior to Singer-Clark pulling his hamstring, he anchored the 4x100 to an excellent early season win in 41.98. Leading off was States Lee '16, the second leg was run by Michael Kaba '16 and the third leg by rookie, Taylor Njaka. Ken Cooper '15 started the season off well with victories in the Hammer (161-5), the Discus (162-11) and the Shot Put (52-6 ½). Lee won the 200 in 22.50 and the 400 in 48.09 to show he was ready for



*Kendra Knittel hands off to Stephanie Birkhimer enroute to winning the 4x100 Relay in the Westmont Classic Meet during the Spring Trip.*

Nationals right now. Kaba won both hurdle events, running 15.06 and 54.10. Rory Beyer '17 made his steeple debut with a 10:05.81 third place finish.

That same day, back in Massachusetts, some of the MIT distance runners staying in the area, took advantage of the Tufts meet to qualify for the New England Division III Championship in the 10K. Matt Deyo '16 (31:59), Allen Leung '15 (32:00), Roy Wedge '14 (32:35) and Brian Gilligan '17 (32:55) all got the job done.

The first scoring meet was the [Engineer's Cup](#) hosted by RPI. The worst part about going to meets at RPI, other than the fact that nearly anywhere in that neck of the woods in early April is going to be cold, is

*(Continued on page 7)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 6)*

that they do not have duplicate throwing facilities for any of the events, and they do not make cuts, which tends to mean they have about 15 throwers per event. After seven hours of cold temperatures (sub 40) one would think the team would have lost all desire to do anything but get on a warm bus and eat. However, with the meet still on the line on the men's side of things, the entire team, men and women, cheered for the discus throwers, especially Cooper, who responded with a win on his final throw, throwing 155-4. Cooper also won the Hammer with a season best of 182-3 and the Shot Put at 50-0 ½ when his hands were pretty much frozen. Ben Schreck '15 won the Pole Vault at 15-3 and Angel Echevarria '16 the Triple Jump with a jump of 46-00 ½ for just a couple of the outstanding victories. Lee continued his winning ways, taking both the 200 (22.60) and 400 (49.87). Hunter ran 1:57.09 to win the 800 and showed a little speed in the 4x400 Relay with a 50.2 leg. The men won 12 of the 19 events, but only won the meet by a score of 165.5 to 146 for RPI and 87.5 for WPI. Viridi produced the highlight of the meet for the women as she jumped 13-3 ½ for the victory, a new MIT record and the top vault in the country for the year. Led by victories in the field events by Szklarzewski in the Long Jump (16-10 ¾), Michelle Johnson '15 in the Triple Jump (36-4 ¼), Isabella Stuopis '16 in the Shot Put (42-7 ½), and Tilly Taylor '15 in the Javelin (123-3), the field events scored 97 points. The women also won 7 of the running events, easily outscoring their opponents 184 to 110 to RPI and 98 for WPI.

Injuries continued to mount for Tech as Knittel hurt her hamstring, taking her out of the 400 and 4x100 at the very least. Michael Kaba '16



*Harrison Hunter and Sam Parker heading for a 1-2 finish in the 800 at the Bates, Colby, USM meet.*

injured his leg, and to top it off, Taylor Njaka '17 quit.

Again on the road the next week, we traveled to Bates College for a [quad meet](#) for the men (MIT, Bates, Colby, USM) and a tri-meet for the women (MIT, Bates, Colby). The weather was right at 70 degrees, although quite windy, so folks were reasonably optimistic for strong performances. The teams' injuries continued to be a problem. Stephanie Birkhimer '14 twisted her ankle warming up for the High Jump and Jordan Mizerak '14 pulled his hamstring warming up for the 4x100. The 4x100 was becoming a liability event. Bates agreed to add a 10K to the meet, which allowed us to try to get Elaine McVay '15 a national qualifying performance and Benji Xie '15 and Matt Jordan '15 at least a New England Division III qualifier if not a national one. McVay took care of business as she always does, hammering out 5:43 miles for much of the race until the fatigue got her at the end,

but still winning in 36:03.33, a time that would hold up for national qualifying. Also doing well for the women, Jackie Vahey '17 set the varsity and freshman records in the Discus, winning on her last effort with a throw of 132-3. The best news of all was the fact that Martina de Geus '14 was competing for the first time since last May when she tore her ACL in the Steeplechase at Nationals. While not running a spectacular time, de Geus ran amazingly well in winning the event in 11:24.24. The ladies won with a score of 176.5 to 129.5 for Bates and 110 for Colby. Justin Bullock '14 made his surprise return from dealing with his stress fracture, demonstrating competitiveness is more important than conditioning as the out-of-shape Bullock won the 1500 in 4:06.64. States Lee dropped down in distance, running PR's in the 100 and 200. He took second in the 100 in 11.07 and first in the 200 in 21.84. Hunter remained undefeated, winning the 800 in 1:55.36. All in all the men performed very well given how many points they were giving up to injury, winning 257.5 to 220 for Bates, 122.5 for Colby and 107 for USM.

Our multi-event athletes were supposed to go to Holy Cross the next week, but that was snowed out. Fortunately [Tufts](#) volunteered to host one and we sent Adrian Samsel '16 to get a qualifying performance. He came through with flying colors, getting a new personal best of 6092 points to qualify for the New England Div. III Championship.

That Thursday, I took a few runners to the [Larry Ellis Invite](#) at Princeton for the Distance Festival on Friday evening.

*(Continued on page 8)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 7)*

Maryann Gong '17 ran a freshman and varsity record in the 5K with a time of 16:45.86. On the men's side, Sam Parker '15 and Harrison Hunter '15 ran 1:52.46 and 1:53.64 respectively in different sections of the 800. Hunter won his section to stay undefeated. Bullock raced very well in lowering his season best to 3:58.02.

On Saturday, we hosted the first annual [Sean Collier Invitational](#), formerly the MIT Spring Invite. It was a relatively warm day at 65 degrees, but it certainly was windy. There were not a lot of amazing performances for us that day, but those that were would serve us well come championship time. Szklarzewski had a career day, running a 12.62 in the 100 into a strong headwind and placed second in the Long Jump with a leap of 17-4  $\frac{3}{4}$ . Vahey set a freshman record in the Hammer at 141-4. Rick Paez '15 won the 800 in a huge PR of 1:57.77. Harry Rein '15 threw 188-0 in the Javelin for second place and number 10 on the all-time MIT list. Schreck cleared an outdoor PR of 15-9. Rory Beyer '17 made a nice breakthrough in the Steeplechase, lowering his PR from 10:00 to 9:39.61.

Now it was Championship time, and the first rung on the ladder was the [NEWMAC Championship](#). This is a difficult meet for MIT most years, for the simple reason that it is not usually a challenge to win. With the New England Division III Championship a week later, and the end of the academic term just around the corner, it is sometimes hard for a good number of athletes on the team to get "up" for the meet, despite my warnings of how a poor performance will hurt their confidence in the weeks ahead.

Championship day started out with



*Martina de Geus flies off the water barrier on the way to winning the 3000 Steeplechase at the Sean Collier Invitational.*

rain and relative cold at Mt. Holyoke College, and the temperature was not the only aspect of the meet that started out cold—so did we. Our first event, the women's 10K netted two points and the women only won one running event the entire day, the 1500 won by Maryann Gong '17. Fortunately, the women won four field events and scored 94 points in just those four events, helping the ladies to their sixth consecutive title, winning with 224.33 points to second place Wheaton College with 149.33 points. The field event victories were earned by Virdi in the Pole Vault (12-7  $\frac{1}{2}$ ), Isabella Stuopis in the Shot Put (40-6  $\frac{1}{4}$ ), Jackie Vahey in the Discus (128-2) and Ashley Wheeler '15 in the Hammer (157-0), which was a new personal best.

The men expected to win their 14<sup>th</sup> straight championship title, although the beginning was not much better than the women's. Kaba was ruled out for the season and Diamantoni had to pull out of the meet after a successful 4x100 Relay. The rain meant the High Jump and Pole Vault would be moved to Smith College, which

forced us to pull Samsel from the High Jump so he could compete in the other events. Mizerak was not ready to return to competition, so we were down a bunch of points before the meet really got started. Seeded to score 138 points in the field events, we only scored 89.5. A game WPI team gave us a run for our money. Fortunately we won six running events and three of the field events, supplying solid depth to win with 250.5 points to 212 for WPI. Double winners for MIT were Ken Cooper in the Hammer (182-4) and Discus (165-11), and States Lee in the 400 (48.58) and 200 (22.22) as well as running the third leg of the winning 4x100 (DuPlessis, Diamantoni, Lee, Singer-Clark) and the leadoff leg of the winning 4x400 Relay (Lee, Hunter, Barnes, Parker). Other winners were Angel Echevarria in the Triple Jump (45-9), Harrison Hunter in the 800 (1:54.56), Justin Bullock in the 1500 (3:56.40) and Rory Beyer in the 3000 Steeplechase (9:34.90). For their efforts, Gong earned NEWMAC Female Rookie of the Year as she had also come back to earn second

*(Continued on page 9)*



## ... OUTDOOR TRACK AND FIELD

*(Continued from page 8)*

in the 800, Cooper won the NEWMAC Male Field Event Performer of the Year and Lee was awarded the NEWMAC Male Track Event Performer of the Year.

While we were earning the NEWMAC victories without pushing our athletes to the wall and were able to pull any tentative athletes out of the meet, the NESCAC schools were having a dogfight in their championship. The result for us was that we were mentally down, having lost some confidence in our readiness, but angry that we allowed that to happen. The result for Williams, Bates and Tufts was that they were a little beat up mentally and physically, but very confident. The battle for the New England Division III Championship was to take place the following week.

The MIT Track & Field men's and women's teams traveled to Springfield College as favorites to win the [New England Division III Championship](#). Despite a season full of injuries to long sprinters the men were heavy favorites. The women, going through a trying season of injuries as well, were very slight favorites over the very talented and competitive Williams College team.

With Spring finally breaking in New England, providing 60+ degree temperatures, Adrian Samsel started things off with the two day Decathlon. Setting PR after PR, Samsel won by over 200 points en route to a 6472 point total, good for 11<sup>th</sup> on the NCAA list. Samsel took some time between the Pole Vault and 1500 portions of the Decathlon to take a couple of jumps in the Long Jump competition. He proceeded to pop a 22-6 ½ PR, good for fifth place. Of course, Carrington Motley '16 being the competitor that he is, topped his



*Both teams captured New England Division III titles, with the women scoring 132 points to runner up Tufts 50, and the men totaling 159.83 points, with Bridgewater State in second at 67.*

teammate for a 22-7 personal best to snare fourth place. With Cooper getting second in the Hammer with a 185-7 throw, we had a one day total of 27 points going into the final event of the first day, the 10K. We had seven entries in the 10K and hoped to score some major points. Roy Wedge led the way with a 30:50.06 PR victory. Xie, Jordan and Leung garnered third, fourth and seventh places respectively to collectively score 23 more points, giving the team 50 points going into day two.

The women also started off quite well. Tilly Taylor took second in the Javelin with a throw of 137-5, losing first place on the very last throw of the event. Konopka had an excellent series in the Long

jump, pulling out a very unexpected 17-5 ½ for fifth place. At the end of the evening the women's Hammer and 10K were going on at the same time, splitting the team's support. Ashley Wheeler threw 154-7 in the finals to claim sixth place and Ellen Liverpool threw 148-2 for eighth place. Jackie Vahey, while not placing, did improve on her own freshman record, pushing the new mark to 146-8. In the 10K, Elaine McVay and Kaitlin Allen '14 took over pacing duties after 300 meters and were never challenged. McVay ran with ease, churning out 5:53-5:59 miles one after the other with Allen right beside her. McVay's final time was 37:00.36 to Allen's 37:00.54 to give us a total of 34

*(Continued on page 10)*

## ... OUTDOOR TRACK AND FIELD

[\(Continued from page 9\)](#)

points at the end of the day.

Day two was more of the same, as the team had their foot on the accelerator and were not backing off. Rory Beyer started us off with another huge PR, running 9:26.74 for fourth place in the 3000 Steeplechase. Martina de Geus, also in the Steeplechase, showed she was back all the way to last year's form, blasting a 10:45.76 for second place. In the 4x100, the ladies ran an excellent race as the quartet of Brew, Szklarzewski, Knittel and Konopka delivered a season best 48.11 to claim fifth place. The men (DuPlessis, Diamantoni, Lee, Singer-Clark), not having the best handoffs and with Diamantoni and Singer-Clark still not back to full speed managed third place with a 42.48. In the 400, Lee and Derek Barnes '16 did their thing, claiming 16 points as Lee won in 48.49 and Barnes took third in 49.09 after being seeded seventh. Both genders claimed third place in the Shot Put, probably the first down event for us since we were expecting to pick up big points here. Cooper, being cautious after fouling out at NEWMAC, placed third with a throw of 49-5  $\frac{3}{4}$ . Stuopis earned her seed, throwing 42-9  $\frac{3}{4}$ , but Vahey did not score even though she was seeded seventh going into the competition. All of our scoring throwers made up for the Shot Put results when the Discus came around. Cooper won with a throw of 164-7 and Vahey, seeded third, placed second at 125-1. Christine Labaza '14 stepped up big for fourth place in 122-2 and Stuopis threw a PR of 117-10 for seventh place. Back on the track, Maryann Gong, seeded third in the 1500, made a very uncharacteristic error for an MIT runner. Taking the lead with 200 to go, seemingly in control, she put the brakes on with 50 meters to go, suddenly thinking

she had another lap to go. Two runners passed her before she realized she had made a huge mistake, leaving her in third place. In the men's version, despite his best effort, Bullock was unable to score in the very deep 1500 field. The ladies continued to score big with Brew and Konopka placing third and fifth respectively in the 100HH. Both were seeded behind two Tufts runners, one of the teams expected to give us some trouble. Brew defeated both of them, running a PR of 14.56 into a headwind, moving to 16<sup>th</sup> on the NCAA list, while Konopka finished in fifth in 14.72. Szklarzewski continued to impress with her sprinting ability, first making the finals with a 12.47 in the 100 trials and then finishing fifth into the wind with a 12.78 in the finals. Mizerak, competing for the first time since pulling his hamstring three weeks earlier, showed the type of competitor he is, clearing a PR of 15-3 in the Pole Vault to earn fifth place. Ben Schreck also cleared 15-3, placing second due to fewer misses. Viridi did her job, winning the women's vault at 12-2  $\frac{1}{2}$ , and Abby Klein took advantage of the temperature and tailwind to produce a personal best 11-8  $\frac{1}{2}$  for fourth place. After the 800, in which Cindy Huang ran 2:15.44 to place third and Hunter came from the back of the pack to win the men's in a PR of 1:52.28, with Parker supporting with a fifth place in 1:53.91, the meet was essentially over as both the men and women were pretty far ahead. Lee and Singer-Clark picked up points in the 200, placing third and seventh respectively, and Samsel ran 54.66 in the 400IH, claiming fifth place, to show his diverse talent and strength. Motley and Echevarria added third and fourth in the Triple Jump at 46-11  $\frac{3}{4}$  and 46-10  $\frac{1}{4}$ , and Harry Rein placed fourth in the Javelin with a throw of 178-8. At this point we pulled all those from the 5K who did not want to race as well as both

4x400 teams. Gong made up for her 1500 blunder, winning the 5K in 17:27.26, closing the final 800 in 2:30. Allen added more points, racing to sixth place in 17:48.60. Only Jordan and Deyo wanted to double back from the 10K and race the 5K for the men, and both did quite well. They ran conservatively, running 73-74 second quarters and gradually picked off their opponents. Jordan ended up in fourth place in 15:13.97 with Deyo in fifth in 15:16.22. We ran both 4x800 relay teams to close out the meet. The women led off with Christina Wicker '17, who ran a 2:23.2 to put us in third. Alexandra Shade split 2:18.9 to move us to first, then van den Heuvel lost the lead with her 2:22.3 leg. Huang doubled back well for the first time, dropping a 2:15.6 for the victory in 9:20.17. The men led off with a fresh Henry Tareque '17, who had moved up from the 400 and been running very aggressively, running a 1:58.98 at NEWMAC's. This time he thought instead of just racing, but still ran a respectable 1:59.8 to put us in seventh place at the handoff. Hunter came back from his 800 win with a very well run 1:53.9 to give us a slight lead. Rick Paez '15 ran the race of his life, splitting 1:56.1, putting us in third about 15-20 meters back. Parker did not go out aggressively to make up the lead, but did hold onto third place with a 1:58.4 for an overall time of 7:48.48. The final score had the men up by 80 points over second place Bates College, 159.83 to 79.33. The women defended their title with 132 points to 85 for second place Williams College. This marked the first time MIT had

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

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 10)*

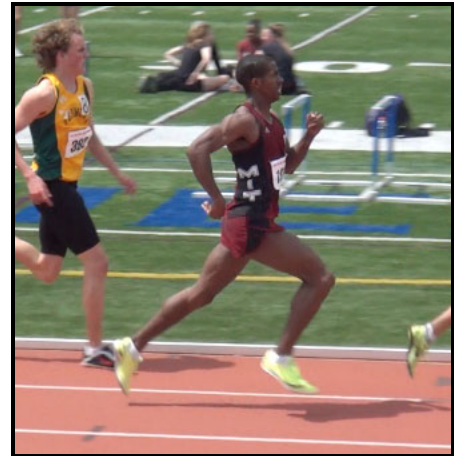
won both the Men's and Women's New England Division III titles in the same season.

As in most years, we moved on to the [All New England Championship \(NEICAAA\)](#) with those who had a shot at making Nationals, minus the distance runners, who needed time off from racing. Given the near perfect conditions at host Westfield State College and the fact this was one of only two opportunities remaining to get an improved performance to qualify for the NCAA Division III Championship, the athletes should have been ready to perform without the stress of feeling they had to win the championship. However, day one did not start out so well. Motley fouled out of the Long Jump, Viridino-heighted in the Pole Vault and things just seemed to be going from bad to worse. States Lee qualified for the 400 finals, but looked tired and beat, running a slow 48.74. The one exception was the performance turned in by Samsel, running a personal best of 53.71 in the 400IH to qualify for finals. The team had come off an emotional two weeks of championships in which they felt the pressure and expectation of winning, and those successful experiences took a toll on the mental and physical



*Isabella Stuopis throws a PR of 43-06 in the Shot Put at the NEICAAA Championship Meet.*

reserves of the Engineers. They were flat, lacking the competitive edge and bringing nothing to the track. Fortunately, the team is resilient and realized they were letting an excellent opportunity slip away. Day two was projected to have thunderstorms throughout the day, but a different day, a different attitude, and MIT came to play. The rain stopped, the sun came out and the temperatures rose to near 90. The Men's 4x100 Relay started things off for Tech. Michael DuPlessis '14, Diamantoni, Lee, and Singer-Clark put together an excellent race, running a season best 41.93 for fifth place despite a poor baton exchange from Diamantoni to Lee. If the Engineers can fix that exchange they can probably drop the .4 necessary to return to the NCAA Division III Championship where they placed fifth in 2013. The ball was rolling and gaining momentum. The women were next. The quartet of Brew, Szklarzewski, Knittel and Konopka were determined to take care of the business of qualifying for Nationals, and they did just that. With the exception of Knittel having to slow slightly to get the baton from Szklarzewski, the handoffs were excellent, producing a time of 47.55 for the sixth best time in Division III. In the field events, Cooper was having a pretty solid weekend, placing in all three of his events. On the first day Cooper placed eighth in the Hammer with a throw of 185-2. On day two Cooper placed fourth in the Discus, throwing 158-7 and then took sixth in the Shot Put at 51-11 3/4. The ladies held their own and then some in the throws. Stuopis had her best throw on her final throw, placing fifth with an outdoor PR of 43-06. In the Discus, Stuopis threw another personal best, this one good for eighth place at 127-2. Vahey placed fourth in the Discus and once again reset the



*Justin Bullock runs a PR of 3:54.91 in the 1500 at the NEICAAA Championship Meet.*

Freshman and Varsity record at 134-0. In the Triple Jump, Motley redeemed himself when he placed seventh at 46-6 3/4. Back on the track the momentum could not be stopped. Bullock, barely getting in any training as he was managing his leg injury, continued to show his true competitive spirit. Despite the pace going out in 60.9 for the opening quarter, Bullock held on and raced to a 3:54.91 personal best. Not to be outdone, freshman standout Gong took to the shorter distance with plans on running fast and that she did. Just like the men's race, the opening quarter was fast, a blazing 69.4. Gong did what she does best, not thinking, just racing. She moved up throughout the race, running 2:22.9 and 3:37.4 through 800 and 1200 meters, closing the final 300 in 54 to place third in 4:31.24. The new personal best set the MIT Freshman record and puts her at number seven in the country. Next up for MIT was the Men's 400 final. Lee showed what a difference attitude can make as he was fully engaged in the final. Getting out hard, but relaxed, Lee cruised the opening 100 then moved hard in the second 100 to position himself to fight for the win. Racing the turn

*(Continued on page 12)*

## ... OUTDOOR TRACK AND FIELD

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

and then bringing it home hard earned Lee second place with a new personal best of 47.53, the fourth fastest time in Division III. Hunter and Parker took to the track in the 800 final. Both were seeded in the third fastest of four sections despite their fast times, showing the caliber of competition. Hunter, having won every 800 race this season, was hoping to continue this trend. Parker was hoping to be the one who ended the streak as long as his teammate also ran well. The 55.1 first quarter pace was relatively slow if they were hoping for a fast time, but Hunter, who just races to win, did not pay attention. Parker took the lead with 300 to go, a great move to go for the win. Hunter was right behind him and took over the lead with 200 to go, never looking back as he remained undefeated, winning his section with a new PR of 1:51.64, putting him 13th on the NCAA list. Parker tied up in the final 100, but still ran a very respectable 1:52.86. Huang was in the second to fastest section of the Women's 800. The initial pace was a little slow at 65.7, but fast enough. Huang moved to the front on the second lap, taking the lead with 180 to go, sprinting to the finish and maintaining her form through the line for the victory, a new PR and MIT record of 2:12.40. Huang placed third overall and moved to 13th on the NCAA Division III list. Samsel was up in the 400IH final. He wanted to get out faster, yet stay in rhythm to avoid stuttering. Unfortunately the increased speed put him too close to the hurdles, causing an unusual amount of chopped steps. This put him out of the race for the victory very quickly. Samsel finished well to place eighth in 54.31. The fast section of the Women's 3000 Steeplechase was up next and Martina de Geus was waiting to be tested by the Division I athletes. Unfortunately, the race broke apart right away as the top three seeds went out in 70 for the first quarter. de Geus stayed in the

back of the more casual runners, coming through in 81. With 600 to go de Geus moved up and closed with a 39 final 200 to capture third in a season best 10:42.46. The final event was the 4x400 Relay. Substituting Samsel for the injured Michael Kaba, and with Singer-Clark not appearing to be in top condition following his hamstring injury early in the season, there was doubt that this group, which included Lee and Barnes, could return to the level that would earn them a trip to Nationals. Fortunately, those in doubt did not include the four running the relay. Lee brought his "A" game, delivering a 47.4 leadoff. A solid handoff to Barnes put Tech in second place. Barnes did not get out very aggressively, but finished well to run a 48.4 split. Barnes closed the gap on first, but fell back to third at the handoff. Samsel dropped to fourth, but closed well on the homestretch moving to second at the handoff with a 48.6 split. Singer-Clark got out very slow, losing the advantage Samsel had given him. However, he moved ahead with a burst of speed and held onto second place until the final 150 when he fell to third, holding that to the finish with a 47.8 split for a 3:12.23 cumulative time, putting them in fourth on the Division III national list. Both the men and women finished with 30 points, the men placing ninth and the women 10th.

[The ECAC Division III Championship](#) was hosted by Rensselaer in Troy, NY on the Thursday and Friday prior to Nationals. Unfortunately the weather was not going to be very cooperative in the oval events as the wind was very strong. However, the field event athletes, sprinters and hurdlers greatly appreciated the opportunity. No one took advantage more than Brew and Konopka. Brew ran a personal best of 14.17 in the trials and then finished third in the finals behind Konopka, who ran her own personal best of 14.49 to place second. Brew was now ranked sixth

and Konopka 19<sup>th</sup> on the NCAA list. Despite leaving many of those already qualified for the NCAA Championship at home (McVay, Huang, Gong, de Geus) the women still won the meet. Viridi returned to the site of her MIT record vault, producing a victory and her second 13' jump of her career, winning with a vault of 13-1 ½. Klein also placed in the Pole Vault, clearing 11-7 ¾ to tie for fourth place and just miss going to Nationals. Vahey set yet another MIT and freshman record in the Discus with her third place 140-3 performance. Stuopis placed fourth in the Shot Put with a throw of 43-2 ½ and Taylor threw 130-3 in the Javelin for fifth place. The only two distance runners competing, hoping to finish the season with a strong performance were Kaitlin Allen and Nicole Zeinstra '16. Allen placed third in the 10K in 37:00.62, just missing breaking the 37:00 barrier yet again. Zeinstra had her best collegiate track race ever, racing to a third place 17:52.41, and still had something left as she closed in 41 seconds for the final 200.

The men finished in a tie for third with 46 points even though we did not run any of our distance runners, decathletes or the 4x400 Relay. Ken Cooper had a big day, winning both the Discus and the Shot Put. Cooper took the Discus on his final throw, a 161-8 effort. His Shot was the best of his season, a throw of 54 -7 ¼. He had to miss the Hammer, which was day one, due to an academic conflict. Schreck earned second place in the Pole Vault, clearing 15-11 ¼ as he prepares for Nationals. Hunter had another mental lapse in the 800, but still ran 1:52.51 for third place, losing his first

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

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 12)*

race of the season. Parker added eighth place with a 1:53.79. Bullock gave the 1500 one last try, but the wind was just too much, netting a 3:58.85 for fourth place. Lee did not race the 400 since he was a lock to make Nationals, but he did race in the 200, running 21.82 for sixth place. The 4x100 Relay squad of DuPlessis, Diamantoni, Lee and Singer-Clark tried to improve on there 41.93, but the wind was just too much. They placed seventh in 42.83. Mizerak cleared 14-11 ½ for eighth place to round out the scoring.

We were off to [Nationals](#), which of course, were the same week as final exams at MIT. We needed to leave Tuesday afternoon at the latest, so most of the 18 students (10 women, eight men) making the trip had exams I would have to proctor on the trip, with some of the freshman having to take as many as three finals. We are not in a position right now to be favored to get on the podium (top four teams), but we are getting back there slowly but surely. However, the goal was to match or better the individual seeds, competing for every place.

Adrian Samsel, competing in the Decathlon won the sub events in the 400 and 1500 with 49.25 and 4:28.20. He had personal bests in the 100 (11.04) and the 110HH (15.15). Unfortunately, the throws are his downfall right now so even though he scored 6549 points for a new PR total, he missed All America by two places, finishing in 10<sup>th</sup> after entering as the 14<sup>th</sup> seed. The Pole Vault was day one for both men and women, but the men were up first. Seeded only 18<sup>th</sup> going into the competition, Schreck vaulted with near perfection, clearing 15-7, 15-11 and 16-0 ¾, only needing two attempts at 15-11. Only seven competitors cleared 16-0 ¾, giving Schreck sixth place on misses. Viridi was up next. Seeded

second at 13-3 ½, Viridi was hoping to vault her best, and she did not disappoint.

She and Anna Etherington, a senior from Wash U in St. Louis, the top seed, were the only two to clear 12-11 ½, which they did on the first attempt. They also made first attempts at 13-1 ½, 13-3 ½ and 13-5 ¼, a new personal best for Viridi. Viridi was unable to clear 13-7 ¼ while Etherington made the height, making Viridi the national runner-up. Ken Cooper '15 competed in the first of his three events, the Hammer Throw, on day one. Cooper did not have his best day, throwing only 165-7. Martina de Geus advanced to Saturday's final with a well run 10:42.48 in the 3000 Meter Steeplechase trials. The women's 4x100 Relay of Brew, Szklarzewski, Knittel and Konopka did not run a flawless trial, but they were fast, racing to a 47.44 season best to just squeak into the finals on Saturday. Nearing the end of competition for day one it was time for the women's 10K with Elaine McVay representing MIT. McVay earned All America status last year, finishing in third place by running a well-paced strategic race. This year, we felt she was at a level where she could race with the leaders, but the pace was too fast, hitting 81 for the first quarter as two runners broke away. The remainder of the chase pack settled to 84's, which was still too fast. She hit the 5K in 17:43 in sixth place. The pace had been slowing since mile two, but after 6800 meters she slowed to 89-90 second pace, slowly slipping to 10<sup>th</sup> place. If she had played it safe she may have been able to finish as high as fifth place, but the field was much faster than previous years. The final event on the first night was the men's 4x400 Relay. Samsel had not used an umbrella to shield from the hot sun, thus was not in the shade for much of day one during the Decathlon. By the time the



*Adrian Samsel ran a PR of 49.25 in the 400 of the National Championship Decathlon on his way to a season best of 6549 points.*

4x400 trials came around I hoped he would be recovered and ready, but he was not. We had prepared for this, letting Harrison Hunter know he may be the alternate on the 4x400. Never having run better than a 50.2 split, I thought it would take a minor miracle to make finals and let Lee, Barnes and Singer-Clark know they better bring it. Lee took it to heart, running too hard in the first 200, which hurt his overall performance, bringing the baton in at 47.9. Barnes ran his best split ever, running a 48.2 to put us in third at the handoff to Hunter. Hunter left too early, had to slow to get the baton, which cost a half second or so. Adrenalin and talent are a good mixture for success, and Hunter used both to bring an amazing 48.3 to the track, keeping us in third. Singer-Clark, suffering through a cold and still not in peak condition, was passed by two teams despite running 47.8, putting us in fifth place at 3:12.31. Only eight teams make it to finals and we had to wait for quite awhile to learn that the 4x400 made it in by .61 seconds.

In addition to Samsel finishing his Decathlon on day two, Cooper was in his second event, the Shot Put. He threw 53-3 ½ to miss finals by one centimeter. Brew and

*(Continued on page 14)*

## ... OUTDOOR TRACK AND FIELD

*(Continued from page 13)*

Konopka running the 100HH trials, ran their fastest non-wind aided times ever in 14.34 and 14.57 respectively, but were still not able to make the final with Brew finishing 10<sup>th</sup> and Konopka 18<sup>th</sup>. Lee ran the 400 trials, but was still feeling his race from the night before and was too cautious after having gone out too fast in the 4x400. The net result was that he ran 48.16, missing finals by .07. Cindy Huang took to the track in the 800, running a near perfect race. Her 2:12.79 was her best effort, but was simply not fast enough to make finals. Hunter was our final competitor on day two. Only seeded 18<sup>th</sup> of 20 runners, we knew it would take a near flawless race and his best effort to make finals. Unfortunately he was in a heat that went out very aggressively. He split the 400 in 53.01, and was well off the two leaders. He gave up on the backstretch until another runner came up on him. He then proceeded to kick it in to finish in 1:51.65 and fourth in his heat, which kept him out of finals.

Day three could not have started much better as Tilly Taylor, on her third throw in the trials, threw 145-7 to win her flight and set a new MIT record. The mark held up for fifth overall, earning Taylor her first All America Award. Cooper was in his third event, the Discus. Seeded 13<sup>th</sup>, he finished in 12<sup>th</sup> with a throw of 160-6. Cooper was not seeded to score in any of his events, and finished higher than his seed in both

the Shot and Disc. Carrington Motley, in his first National Championship, did not bring his A game. After fouling his first two attempts, he only jumped 45-1 ½ to miss finals in the Triple Jump. In the Steeplechase final, de Geus ran very cautiously, not going after the leaders. She moved up to fifth at one point, but when challenged she did not respond as she had in previous races. However, she held on for seventh in a season PR of 10:40.37, earning her first All America honor. Coming back from a torn ACL injury and surgery from this meet last year showed a tremendous amount of discipline and determination. The ladies in the 4x100 were not able to make the handoffs work as we tried to stretch the zone, knowing it would take perfection to move up from the eighth qualifying time. The result was eighth place in 48.18, an amazing achievement with no championship level sprinters. Maryann Gong, who had qualified in the 1500, but decided to focus only on the 5K, was ready for her final. The ladies came to run despite the 80 degree temperature. The first 1600 was a crisp 5:15 and Gong was right with the leaders. She stayed in fifth place as they hit the 3200 in 10:39. Shortly after this the pace slowed and Gong tripped a bit, falling out of her rhythm and losing places. She got it back with 600 to go, moved back up to eighth place running a 75 quarter followed by a 37 final 200 to hold onto eighth in a new PR and MIT record of 16:43.28. The final event of the championship was the men's

4x400 Relay final. Samsel wanted his spot and Hunter felt he earned it with his trial leg, so I let them figure it out. Hunter deferred to Samsel, showing tremendous sportsmanship. Lee did better this time, giving us a 47.7 leadoff leg. Unlike day one, the handoff to Barnes was not a good one as Barnes was far from matching the speed of Lee. Nevertheless, Barnes ran aggressively, splitting 48.7 to put us in third place. The moment of truth was at hand. Could Samsel produce a split as well as Hunter had two days earlier. He did indeed, splitting 47.9 even though the handoff was not the best. Receiving the baton in third place, Singer-Clark was able to run 47.7 to finish in fourth place in 3:12.28. We came away with 14 All America honors. The women finished in a tie for 13<sup>th</sup> place with 16 points while the men tied for 33<sup>rd</sup> place with eight points.

The MVP's for Outdoor Track & Field are States Lee and Jackie Brew. Justin Bullock was presented the Paul McKenzie Award and Jackie Brew the Lynn Snyder Award. Most Improved went to Jordan Mizerak for the second year in a row and Abby Klein. Captains for next year will be Nick Diamantoni, Sam Parker and Adrian Samsel for the men and Sarah Quinn, Preethi Vaidyanathan and Cimmy Virdi for the women.

### New MIT Outdoor Records

Cindy Huang	W -- Varsity 800	2:12.40
MaryAnn Gong	W -- Freshmen 1500	4:31.24
MaryAnn Gong	W -- Varsity & Freshmen 5000	16:43.28
Preethi Vaidyanathan	W -- Varsity High Jump	5-05
Cimran Virdi	W -- Varsity Pole Vault	13-05 ¼
Tilly Taylor	W -- Varsity Javelin	145-07
Jackie Vahey	W -- Varsity & Freshmen Discus	140-02 ¾

## ... CROSS COUNTRY

*(Continued from page 4)*

last year in the [NEWMAC Conference Championship](#), the Engineers thought they might be able to sweep the top five places. With that in mind the pace was quite fast after the first mile. The sweep was intact at the four mile mark, but Gary Ezzo from Coast Guard broke it up, finishing third. MIT went 1-2-4-5-6 with Wedge, Deyo, Beyer, Leung and Xie getting the job done. Many Engineers had breakout meets, finishing the season on a very high note. Ian Tolan '16, in his first complete race, finished sixth for MIT in 26:08 and freshman Matt McEachern showed what he can do with his 26:13. Wedge earned NEWMAC Runner of the Year and Beyer took Rookie of the Year honors. Deyo was running on a possible stress reaction but racing better each week and Xie had begun falling back further each race with his calves and back bothering him a bit. These were certainly concerns as the team moved on into the championship season.

The top seven revisited the Southern Maine course for the [NCAA Division III New England Region Championship](#), hoping to win the race, and they certainly went out after it. Deyo was leading through the mile after a vicious sprint across the field. Even though everyone thought he would die a most miserable runner's death, he actually held on for seventh place. Wedge took fifth place, Leung 25<sup>th</sup> place, Beyer 29<sup>th</sup> and Tolan 47<sup>th</sup> to give the team third place overall. Xie fell in the second mile and mentally fell out of it after that, finishing 75<sup>th</sup>. Williams and Middlebury were just too strong on this day. Nevertheless, third place was at least good enough to get them to the NCAA Division III Championship and a chance to prove what they could do.



*The Alumni Meet marked the return to the Franklin Park course after a year away from it during course renovations. Except for Jacqui Wentz's victory in the women's race, the varsity dominated the meet, but that didn't stop the "has beens" from enjoying the reunion.*

At the [NCAA Division III Championship](#), two competing individuals had a cold and there were the normal end of season nagging injuries, but overall the team looked incredibly ready. At the clerking station at the starting line, final instructions not to go out too hard were given as I had seen two women's teams perform poorly due to aggressive starts. The team did not seem over anxious or in shock the way some inexperienced runners do their first time at Nationals. However, at the gun, Matt Deyo led the team in close to an all-out sprint to the front. The soft course gave nothing back and the team died pretty badly. Wedge and Deyo hung on reasonably well in 44<sup>th</sup> at 25:30 and 78<sup>th</sup> at 25:46 respectively, although both should have been All American with a reasonable first mile, which is top 35. The team ended up 24<sup>th</sup> out of 32 teams. With only Wedge and Justin Bullock graduating out of the top 10, the team looks strong for the future, and this experience should pay off over the next couple of national championships.

The women lost Martina de Geus '14 to a torn ACL and surgery at the Outdoor National

Championship, Sarah Quinn '16 to compartment syndrome surgery as the fall season started, Nicole Zeinstra '16 to a long rehab from an issue with scar tissue in her legs and Brooke Johnson 'G was unable to train all summer due to extreme plantar fasciitis. So, although the top seven from last year's number one ranked team were returning, only three began the season running and only four would be there through the end of the season; Elaine McVay '15, Kaitlin Allen '14 and Alexandra Taylor '14 with Johnson joining them towards the end of the season.

In the first meet, the [pre-regional](#), MIT looked flat and mentally not prepared to race. The nationally ranked teams from Tufts and Bates tested them with MIT winning by only two points over Tufts. Allen showed she was ready to have a strong senior season when she took the lead in the second mile, going for the win. She was caught but did finish second overall. While the attitude of total ownership was no longer obvious, the sheer talent of the women's team was enough to get the job done.

*(Continued on page 16)*

## ... CROSS COUNTRY

[\(Continued from page 15\)](#)

Facing fourth ranked Williams on their home course in a 6K as well as eighth ranked Middlebury was a solid test the following weekend at the [Purple Valley Classic](#). If the ladies could compete while missing Johnson perhaps they would be okay at the end of the season. McVay raced very well, just missing the win and settling for second. Kali Benavides '15 also raced well, finishing fourth, just ahead of all the Middlebury runners. However, Allen did not race well, finishing 18<sup>th</sup> overall and freshman star, Maryann Gong showed it will take some time for her to adjust to cross country as she dropped out of the race. Thanks to Taylor and Stephanie Marzen '15 Tech finished second to Middlebury and just ahead of Williams. This showed that even minus four of their top runners and two more having poor races, the Engineers were national caliber.

At the [All New England Championship \(NEICAAA\)](#) the ladies were very aggressive, particularly McVay, who went out with the top group of runners. She ended up in 23<sup>rd</sup> place, the top Division III runner. Allen ran a great race, moving up to finish in 33<sup>rd</sup> place. Taylor and Gong were 45<sup>th</sup> and 50<sup>th</sup> respectively, but then there was a big drought as Benavides was back in 72<sup>nd</sup> place. The ladies were not consistent week to week and it was stealing away from their confidence. They did finish in seventh place overall, but again the second Division III team, once again behind Middlebury. In both of the previous two meets, if the women had been consistent they would have defeated Middlebury. Each time, one person's poor performance cost them the meet.

MIT won their seventh straight [NEWMAC Conference Championship](#) and finally started to see what their top seven potential might be. McVay ran away with the victory right from the start, winning by 20 seconds in 18:17. Gong had her best race by far, but appeared to be more motivated by winning Rookie of the Year as teammate Christina Wicker, also a freshman, blew past her at the two mile mark. Regardless, Gong finished second. Wicker was fifth and Johnson showed she was back to compete, placing sixth. Taylor was ninth, and senior Louise van den Heuvel finished 10<sup>th</sup>, her best race ever in Cross Country.

Two weeks later, the ladies were at the [NCAA Division III New England Regional Championship](#). Confident they would qualify for Nationals, but not necessarily confident in beating Middlebury the

women did not give off the same sense of ownership they did in 2012 when they cruised to victory in this meet. McVay was up front as expected, but what was not expected was van den Heuvel right up there with her and the mile pace was quick at 5:34. The rest of the team was back in 5:41-5:43 in good position to move up. However, the lack of confidence got in the way of conviction, so only Benavides, Allen and Taylor moved up in the pack initially. In the latter stages of the race, Johnson moved past Taylor to help secure third place for MIT, considerably behind Williams and Middlebury. The ladies had a 1:06 delta for the top five, far too much to be competitive at the National level. The addition of van den Heuvel to the top three was a huge plus going in to Nationals.

At the [NCAA Division III Championship](#) hosted by Hanover College in Hanover, Indiana, the course was soft, not giving anything back to the runners. McVay went out with the leaders, hitting the mile mark in 5:38. The remainder of the team was out between 5:46-5:50, conservative, but smart. At the halfway point in the race the team had moved up to fifth place out of the 32 teams, with Johns Hopkins in first, Williams in second, Middlebury in third and Calvin in fourth. The runners continued to move up through the next mile, taking over fourth place. In the final kilometer the forward movement stalled and some places were lost to fast closing teams. The final tally had Johns Hopkins in first, Williams in second, Middlebury in third and Chicago and MIT tied for fourth. A new rule no longer allows ties so the tie was broken in head to head comparisons with the top five runners from each team, unfortunately, not the top seven. Chicago earned the tie-breaker by topping MIT in the first three comparisons, although MIT won the next four. Nevertheless, a fifth place finish after all the team had been through in the past six months was quite remarkable and a testament to the spirit of the team. McVay finish in 18<sup>th</sup> place in 21:47 to earn her second All America honor. Benavides ran an excellent race finishing 53<sup>rd</sup> in 22:14. van den Heuvel showed she was for real in her new role, placing 87<sup>th</sup> in 22:33. Johnson finished in 94<sup>th</sup> in 22:35 while Allen closed out the scoring with 102<sup>nd</sup> place in 22:38.

MVP's for 2013 were Roy Wedge for the men and Elaine McVay for the women. Captains for 2014 will be Matt Jordan and Benji Xie for the men, and Cindy Huang, Elaine McVay and Sarah Quinn for the women.



## ... INDOOR TRACK AND FIELD

*(Continued from page 5)*

few in attendance for support. Nate Ball '05, Omari Stephens '08 and Patrick Barragan '08 swept the Pole Vault at 14-5 ¼, 13-5 ¼ and 13-5 ¼ respectively. Stephens also won the 60HH in 9.00. The Has-Beens claimed second and tied for third in the High Jump with Craig Mielcarz '03 and Matt Falk '12. Nick Leonard '11 placed third in the 60HH in 9.34 to close out the scoring for the men. The Alumnae also dominated the Pole Vault with Karin Fisher '11 winning at 11-11 ¼ and Lauren Kuntz '13 placing second at 11-5 ¼. Diana Zhu '12 won the Long Jump with a leap of 16-0 ½, and tied for second in the High Jump at 4-9 ¾. Other scorers for the "Has Beens" were a second place in the Triple Jump by Julia Zimmerman '12 at 33 -8 ¾, Margaret Leibovic '10 in the 60 with a 9.14 third place effort and Martha Gross '12 taking third in the 400 in 1:16.09. The Varsity Men won the meet by a score of 98.5 to 18.5 while the women won 98-20.

The first intercollegiate meet was up at [Bates with Colby College](#) joining the fray. MIT was favored to win the men's and women's meet based on entry seeds, and that is exactly



*Michael Kaba runs a season best of 22.68 in the 200 at Boston University's Scarlett and White Invitational.*

what happened. The men took first place honors in the meet, winning 10 of 17 events to outscore their opponents 194 to 100 for Bates and 67 for Colby. The women, still dealing with quite a few key injuries, won 11 of 18 events for 181.5 points to 107 for Bates and 85.5 for Colby. The men showed balance and depth while the women showed quality despite significant injuries.

The following week Tech was back in Maine, this time at Bowdoin vs. [Bowdoin, Springfield College and WPI](#). With another week of practice under their belts, MIT showed significant improvement from the week before. The men had too much quality and depth for their opponents, winning the team competition with 272.33 points to 111.83 for host Bowdoin, 104.83 for Springfield and 59 for WPI. The women turned in very similar scores despite a severe lack of depth in the running events as many top runners were still out. The Engineers scored 283.5 to 152 for Bowdoin, 81 for Springfield and 55.5 for WPI. The scoring format was 10-8-6-4-2-1 for six scoring places per event. Cooper had his first big meet, winning both the Weight Throw and Shot Put, throwing a big PR of 55-0 ¼ to surely qualify for the NCAA's. The big surprise for the men was Matt McEachern '17 running 15:04.22 to easily win the 5K. Louise van den Heuvel led the way for the women with victories in the Mile (5:07.13) and 1000 (3:02.74). Isabella Stuopis '16 broke her own varsity record in the Shot Put, winning with a throw of 43-2 ¼.

We split our squad the next week, sending the multi's to [Harvard](#), the oval runners to Boston University for the [John Thomas Invitational](#), and those in the field events, short sprints and hurdles at home for the



*Louise van den Heuvel gets accustomed to winning in the Bowdoin Meet as she takes the Mile, 1000, and anchors the winning 4x800 Relay.*

inaugural [Art Farnhman Invitational](#), a meet honoring the former MIT Head Coach of Cross Country and Track & Field from 1958-1973. It was a superb weekend, which began the road to setting the team up for the upcoming championships.

Stuopis started things off at BU with yet another MIT record in the Shot Put at 43-9 ¾. On the track, van den Heuvel and Gong, in separate sections of the Mile, ran 4:52.35 and 4:52.39 respectively to run the second and third fastest times in MIT history. Cimmy Virdi '16 set an indoor personal best, vaulting 12-5 ½. Gong, Kendra Knittel '17, Cindy Huang '15 and van den Heuvel made an attempt at the DMR, but only managed a 12:02, not good enough to get to Nationals. States Lee '16 opened things up for the men with a 48.98 indoor PR in the 400. Derek Barnes '16 was next, and he ran a 49.25. Tyler Singer-Clark ran 49.54 and Nick Diamantoni '15 broke 50 for the first time with a 49.99. Harrison Hunter '15 began his remarkable year to be

*(Continued on page 18)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 17)*

with a 1:54.45 in the 800. Sam Parker '15 entered the 1000 with the intent of setting an MIT record, but just missed it at 2:27.99.

At Harvard, Jackie Konopka '14 scored 3453 for the top Pentathlon score in the country to that point, tying her own MIT record. Along the way she set the MIT High Jump record at 5-4 ½. Jordan Mizerak '14 placed fourth in the Hepathlon with 4491 points while Adrian Samsel '16 finished in fifth with 4437 points. Back at MIT Ellen Liverpool '15 set her fourth personal record in as many weeks, breaking 50' for the first time with a Weight Throw of 50-5 ½.

The following week, we went to [Tufts](#) for our last regular season scoring meet. Winning the meet would mean another undefeated season. Despite a rough start, the men won the 12 team meet with a score of 257 points with the second place team back at 117. The women won the 17 team meet with 231.5 points to 165.5 for Tufts. The highlights of the meet for MIT were the 5K and the 800. Nicole Zeinstra '16 won the 5K in a PR of 18:09.94. Roy Wedge '14 ran a personal best of 14:48.02 for third place. Allen Leung '15 also ran a personal best, placing fifth in 14:56.40. Sam Parker '15 was in a very hot 800, took the lead a little too early, but still ran an amazing 1:53.15. Christina Wicker '17 came back after a Mile effort to win the 800 in 2:19.80.

Two weeks before New England Division III's we again split the squad, sending the oval athletes to BU for the [David Hemery Invitational](#) and everyone else at home for the [Gordon Kelly Invite](#). MIT dedicated their meet to the former head coach, Gordon Kelly, who coached at MIT for 29 years, 16 of those as the men's head



*Jackie Brew wins the hurdles in a PR 8.88 at Tufts Last Chance Qualifier*

coach (1974-1990). Kelly's teams won 13 New England Division III Championships and he coached seven national champions. Cindy Huang started things off for the Engineers with an MIT record in the 800 with a 2:14.65. van den Heuvel continued her amazing senior year by setting a new MIT record in the 3K, running 9:48.61. For the men, the best event was once again the 400. Lee nearly got a school record with his 48.58. Singer-Clark added a PR of his own, racing to a 48.75. Michael Kaba '16, Barnes and Diamantoni all broke 50, producing times of 49.63, 49.69, and 49.88 respectively. Lee, Kaba, Barnes and Singer-Clark returned a few hours later to run 3:15.94 in the 4x400 Relay.

Back at MIT, Veronica Szklarzewski '15 had a career day, running 7.96 in the 60 and added a 17-5 ½ in the Long Jump. Ben Schreck '15 cleared a new PR and National qualifying mark of 16-0 ¾ in the Pole Vault.

In the final week to qualify before our New England Division III Championship, BU added another meet, the [Scarlet and White Invite](#). We had already planned on sending

most of our athletes to the [Tufts Invitational](#), but now went with the normal split of oval runners at BU and nearly everyone else to Tufts. Starting with the BU meet, van den Heuvel continued her run on MIT records when she dropped down to the 800 and shattered the MIT record with a 2:11.98. Christina Wicker '17 had her race of the year in the 1000, setting both the freshman and varsity record as she blazed to a 2:55.87. Lee was back in the 400 and this time got Ayisi Makatiani's 400 record, running 48.45. Rick Paez '15, just moved down to the 800/1000, was beginning to race to his potential. In the 1000 he ran 2:29.82, giving us much needed depth in that area. Virdi won the Pole Vault at 12-1 ½, but the real highlight was Abby Klein's '14 11-9 ¾ PR. Joanna Chen '15 also cleared a PR, hers an 11-5 ¾ performance. Carrington Motley '16 jumped an indoor personal best of 47-2 ½ in the Triple Jump. Alexandra Shade '17 capped the meet with a new MIT freshman record in the 600 at 1:40.77.

The [men](#) and [women](#) were both favored to win the New England Division III Championship. The

*(Continued on page 19)*

## ... INDOOR TRACK AND FIELD

*(Continued from page 18)*

men did not disappoint, riding victories by Samsel in the Heptathlon (4796) and Chadd Kiggins '15 in the 1000 (2:30.11) to win at home with 138 points, a 44 point victory over second place Tufts. We finished second place in six other events and had multiple scorers (top eight) in eight events to dominate the competition. This is the fourth indoor title for the men in the past five years. The women were at Springfield College as no Division III facility is able to host the men's and women's meet at the same time. The women were only marginally favored and were depending on a few women performing well in multiple events. This combined with a very hungry Williams College team spelled defeat for MIT. After the Pentathlon gave us 12 points, as Jackie Konopka '14 placed second (3250) and Stephanie Guo '17 set a freshman record for fifth place (3160), things started to spiral out of control. When things went well for us it was someone not seeded to score earning seventh or eighth place, but when things went poorly it was someone seeded to score high and then not scoring at all. In the end Williams College won with 150 points to our 119 points. Tufts was back with 94 points. Louise van den Heuvel won the only non-relay event for us, taking the Mile in 5:01.93. She also anchored the winning 4x800 to victory in 9:32.25 along with Huang, Gong and Wicker. Gong returned to the relay just minutes after getting second in the 3K in 10:16.26. The women had now been favored three consecutive years in this meet and finished second each time. The first two due to relay disqualifications and some poor performances, while this one was more mental in nature. The team just did not

seem to want it badly enough.

Now it was time to focus on getting folks qualified for the NCAA Division III Championship in three weeks. The first opportunity was the All New Englands at Boston University ([NEICAAA Championship](#)). The women did quite well, led by Gong winning the 3K in another MIT record of 9:42.48. The day before Gong had anchored the DMR to a third place finish in 11:44.99, moving them to number three on the NCAA list. Wicker had led off with a respectable 3:40 in the 1200 leg as van den Heuvel was out with a possible concussion. Stephanie Guo ran an excellent 58.5 and Huang delivered in a big way with a 2:12.6. Gong, doubting herself in the third quarter of the 1600 leg went from second to sixth, but then gathered herself and finished off a 4:53 leg to move the team to third place. Viridi earned third in the Pole Vault at 11-11  $\frac{3}{4}$  and Isabella Stuopis threw the Shot 43-7 to place fifth. Overall the women placed 13<sup>th</sup> with 25.5 points. The men ended up in 16<sup>th</sup> with 13 points. Ben Schreck vaulted 15-9  $\frac{1}{4}$  to place third in the Pole Vault. Carrington Motley took sixth place in the Triple Jump at 47-1 and the quartet of Lee, Kaba, Barnes and Singer-Clark put together a fifth place performance in the 4x400, lowering their season best to 3:15.58. Lee had opened up with a 48.6 to put us in third, but Kaba made some tactical errors and ended up exhausted and tying up at 49.8. Barnes continued to have his handoff problems, starting from a near dead stop. This caused him to push too hard in the first 200, having nothing left in the second 200, finishing at 49.4. Singer-Clark was in against some good competition and could not move up from fifth despite his 47.8 leg.

The final weekend to qualify for Nationals presented three competitions for us to choose from. Tufts University hosted a [Last](#)

[Chance Qualifier](#), and getting to race on a fast flat track with no time penalties due to oversize or a banked track was appealing to the distance runners. A couple would take two opportunities, competing at Tufts on Friday and the [ECAC Division III Championship](#) at the Reggie Lewis facility in Boston on Saturday. A few of the 400 runners would race at BU in the [IC4A Championship](#).

Jackie Brew '14 continued to improve in the High Hurdles under the guidance of hurdle coach, Peter McNaughton. She won the event at the Tufts meet in 8.88, moving into 10<sup>th</sup> place on the NCAA ranking in that event. Michelle Johnson '15 had her best jump ever in the Triple Jump, setting an MIT record of 37-0  $\frac{1}{2}$ , but this would not get her into the National Championship. Benji Xie '15 in the 5K and the DMR made up of Parker, Mac Gager '14, Hunter and Kiggins made gutsy attempts at national qualifying but could not pull it off.

The next day at the ECAC DIII Championship, Johnson jumped 37-6 to move up to 14<sup>th</sup> on the NCAA list, making the qualifying field. The only other highlight of the meet for us was Preethi Vaidyanathan '15 tying the school record in the High Jump at 5-4  $\frac{1}{2}$ , and having respectable efforts at 5-6  $\frac{1}{2}$ .

Over at the IC4A's, Lee was trying to move up in the 400 and the 4x400 team was trying to move into the top four in order to guarantee racing in the fast section at Nationals. Lee took care of business, running a new MIT record of 48.36, moving him to 12<sup>th</sup> on the NCAA

*(Continued on page 20)*

## ... INDOOR TRACK AND FIELD

[\(Continued from page 19\)](#)

list. His previous school record would not have made the field. Despite running a season best 3:14.98, the quartet of Lee, Kaba, Barnes and Singer-Clark could only move up to fifth in the national rankings, relegating them to the second of three sections at Nationals. For most of those competing it is the end of the season. The following individuals qualified for the NCAA Championship.

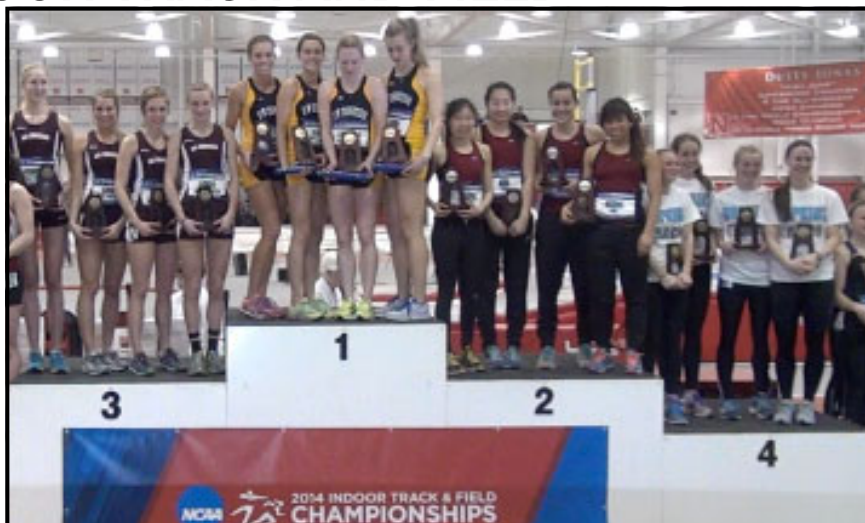
### Women

Cimmy Virdi - Pole Vault, Isabella Stuopis - Shot Put, Jackie Konopka - Pentathlon, Jackie Brew - 60HH, Louise van den Heuvel - 800, Mile, 3K, Maryann Gong - Mile, 3K, DMR (Christina Wicker, Stephanie Guo, Cindy Huang, Gong), Michelle Johnson - Triple Jump

### Men

Sam Parker - 800, Ken Cooper - Weight Throw, Shot Put, States Lee - 400, Ben Schreck - Pole Vault, 4x400 Relay (Lee, Michael Kaba, Derek Barnes, Tyler Singer-Clark)

[The NCAA Div. III Championship](#), hosted by Nebraska Wesleyan at the University of Nebraska, could not have started much better for MIT. Although Konopka's Achilles tendon was bothering her, preventing her from scoring in the Pentathlon, Virdi was busy winning the national championship in the Pole Vault. Coming in as the fifth seed Virdi passed until 12-1 1/2. She was clean at that height as well as 12-5 1/2. At 12-7 1/2 she made it on her second attempt, but she was already in the lead on misses. At 12-9 1/2 and 12-11 1/2 she cleared the bar on her first attempt. Only Virdi and Kalsey of Westminster cleared 12-11 1/2. Virdi went to a bigger pole at 13-1 1/2 but was not able to clear the height.



*The Womens DMR team ( van den Heuvel,Guo,Huang,Gong) took second place at Nationals in a season best time of 11:42.28.*

However, neither was Kalsey, giving the title to Virdi and a big 10 points for the women.

Earlier, van den Heuvel cruised throughout the trials in the Mile Run. She ran towards the front of the pack, just going with the flow. Running 75 second quarters for the first half. The pace slowed in the third quarter and then picked up significantly in the final quarter to a 69. She finished third in her section with a 4:57.80 to advance to the finals. Jackie Brew, not seeded to score in the 60HH, ran a PR and MIT record 8.80 in the trials to squeeze into finals with the eighth fastest time. Nearly five hours later, van den Heuvel was back on the track leading off the Distance Medley Relay where the Engineers were seeded third. She picked up right where she left off, running 3:33.0 for the 1200 to put MIT in third at the handoff. Stephanie Guo took the baton and went after it. Unfortunately her 26.9 first 200 was a little fast for her. She held on the best she could, handing off in a fine 59.5. Cindy Huang did what she does best, getting Tech back into the mix. Her 65.1 first 400 did just

that and her overall split of 2:14.1 kept her there. When Maryann Gong grabbed the baton she had one thing in mind, how can she win. The initial 400 was 72.1, but still three teams came from way back to make it a six team race. The pace slowed to 2:29 and 3:45 before some teams fell off the back. In the final 400 Gong made her move, but that just pushed the pace of the front two teams. Gong held tough, moving into second place with 300 to go as she ran a 70 final 400 and a cumulative 4:55.6 to give MIT second place and another eight points.

The men competed well on day one, but only had one point to show for it. Ben Schreck earned that point in the Pole Vault by garnering eighth place, clearing 15-7 on his second attempt.

On day two, van den Heuvel was up for her Mile Run final. She was in lane one so she had to be careful to avoid getting boxed in and she did not want to take the lead so she eased to the middle of the pack. Here she remained for most of the race as it was pretty

[\(Continued on page 21\)](#)

## ... INDOOR TRACK AND FIELD

*(Continued from page 20)*

strategic through splits of 75, 2:32 and 3:46. The leaders took off and van den Heuvel just did not have the speed to match some of the leaders. She closed in 71 and fought hard to gain seventh place in 4:57.82. Brew was next in the 60HH Final. She stumbled coming out of the blocks, nearly falling, but somehow regained her step and flew down the track. Her hurdling was excellent as she closed on the pack. She placed seventh in 8.87. MIT was now in fourth place with 22 points with the 3K still to go. In the 3K MIT had a tired but game van den Heuvel and a relatively fresh Maryann Gong. Gong had done this double two weeks ago and won the 3K in 9:42.48 at All New Englands. This time she was unsure of the strategy and who to follow. She looked good in the front of the chase pack as they went out in 78 and then slowed to 81. The pace then picked up as someone broke away from the

chase group with a 77. Gong went with her but then appeared unsure. Whenever she starts thinking she ends up giving up and that happened again tonight as she ended up last in 10:19.14. van den Heuvel raced as well as she could, but was unable to place better than 10th in 9:56.45.

The men were the fifth seeded team in the 4x400, racing in the second of the three section final. Lee led off, probably should have taken the break at the 200, but did not. A lack of aggressiveness is not his style and this hurt his overall performance. Nevertheless, the sophomore still led off with a 48.9 to handoff in third. Michael Kaba '16, who had turned his ankle on Thursday, ran a very conservative first 200 in 23.5. He was able to close some ground on the second lap, but his 49.1 was a slower split than normal. Derek Barnes '16 ran the best leg of his career, leading off with a 22.5 and closing in 48.6 to

put MIT in great position. Tyler Singer-Clark anchored the relay and did not disappoint. He maintained MIT's position, finishing in 48.5 for a cumulative time of 3:15.14. Although they were only third in their section, they finished fourth overall to give Tech six total points in the meet.

Three teams passed the women in the standings, although it only took 26 points to be one of the top four and on the podium. Ending up in seventh marked a successful end to an excellent season. The Engineers should be proud of their performances. Captains will be Sarah Quinn, Preethi Vaidyanathan and Cimmy Viridi for the women and Nick Diamantoni, Sam Parker and Adrian Samsel for the men.

### New MIT Indoor Records

Jackie Brew	W -- Varsity 60 HH	8.80
Michael Kaba	M -- Varsity 60 HH	8.36
Jackie Brew	W -- Varsity 60	7.89
Taylor Njaka	M -- Freshmen 60	7.15
States Lee	M -- Varsity 400	48.36
Alex Shade	W -- Freshmen 600	1:40.77
Louise van den Heuvel	W -- Varsity 800	2:11.98
Christina Wicker	W -- Freshmen & Varsity 1000	2:55.37
Maryann Gong	W -- Freshmen & Varsity 3000	9:42.48
Michelle Johnson	W -- Varsity Triple Jump	37-06
Jackie Konopka	W -- Varsity High Jump (tie)	5-04 ½
Preethi Vaidyanathan	W -- Varsity High Jump (tie)	5-04 ½
Adrian Samsel	M -- Varsity Heptathlon	3160 pts.
Stephanie Guo	W -- Freshmen Pentathlon	4796 pts.

# 2014 - 2015 OUTLOOK

by Halston W. Taylor

## Cross Country

With both teams having qualified for Nationals last year and the women finishing fifth after losing the tie-breaker for fourth place, improving on those results will be difficult. However, that is exactly what we hope to do. Last year we were successful, but did not accomplish what we were capable of. There is doubt and lack of confidence on the men's side, which will always prevent them from reaching their potential. The women need to stay healthy and put the team first. Both teams should win NEWMAC's, and place among the top three teams in the New England region. The women could win Nationals if everything came together, but they would have to own the moment, not hope for it. The men should be top ten at Nationals, but would need to believe in their training and their teammates.

The men lose Roy Wedge and Justin Bullock to graduation out of the top 10. Returning, along with the position on the team and their best cross country and track times from this past year are: Matt Deyo '16 (1) 24:48, 31:59, 15:07, 3:59 (1500), Allen Leung '15 (2) 25:18, 32:00, 14:56 Rory Beyer '17 (3) 25:21, 15:21, 9:26 SC, Benji Xie '15 (4) 25:23, 31:05, 14:40, Ian Tolan '16 (5) 25:52, 4:18, Matt Jordan '15 (6) 26:03, 31:16, 14:58, Ken Leidal '17 (7) 26:17, 4:24, Matt McEachern '17 (8) 26:13, 32:27, 15:04, Rick Paez '15 (9) 26:29, 4:30, 1:57, Brian Gilligan '17 (10) 26:36, 32:29, 15:41, Nick Matthews '17 (11) 27:57, 4:20. In addition we have Spencer Wenck '15 returning after a two year absence and Colin Godwin '17 who was injured all last year. For incoming

freshmen we have a plethora of talent. Ben Freed 15:43 5Kxc, 4:20 1600, Alex Knoedler 18:16 5Kxc, 10:34 3200, Nick O'Connell 16:28 5Kxc, 9:20 3200, 4:18 1600, Michael Picchini 14:34 3.0, 9:44 3200, 4:23 1600, Cooper Sloan 15:02 3.0, 9:21 3200, 4:26 1600, David Walter 16:32 5Kxc, 4:23 1600, Nicholas Waltman 15:30 5Kxc, 9:28 3200, 4:28 1600, Jakob Weisblat 16:39 5Kxc, 10:24 3200

The women lose Kaitlin Allen, Martina de Geus, Brooke Johnson, Alexandra Taylor and Louise van den Heuvel to graduation. Returning in order of rank, along with best 5K time and track times from last year are: Elaine McVay '15 (1) 18:14 5Kxc, 36:03, 17:29, Kali Benavides '15 (2) 18:25 5Kxc, Stephanie Marzen '15 (3) 18:40 5Kxc, Maryann Gong '17 (4) 18:37 5Kxc, 16:43, 4:52, Christina Wicker '17 (5) 18:44 5Kxc, 5:05, Cindy Huang '15 (6) 19:19 5Kxc, 2:12, Shivani Kaushal '15 (7) 19:41 5Kxc, 40:07, 18:32, Nicole Zeinstra '16 (8) 19:20 5Kxc, 17:52, 5:09, Nadia Lucas '17 (9) 19:32 5Kxc, 5:11, Heather Sweeney '16 (10) 19:52 5Kxc, 18:35, Fiona Paine '17 (11) 20:15 5Kxc. In addition, we return Sarah Quinn '16 17:50 5Kxc, who missed all of last year with compartment syndrome. The incoming freshman class is quite talented and should fill out the holes and add depth to our roster. Manolya Altan 19:13 5Kxc, 5:07, 2:19, Emma Chesley 18:04 3.0, 12:02 3200, Liz Cox 17:28 3.0, 5:06 1600, 2:17 800, Amy Dunham 19:11 5Kxc, 11:33 3200, 5:15 1600, Mary Eccles 19:29 3.0, 10:51 3K, Anna Frederich 17:16 3.0, 5:14 1600, Ciera Gordon 19:44 5Kxc, 11:40 3200, Lauren Paul 18:26 5Kxc, 11:29 3200, 5:04 1600, Niki Waghani

18:51 5Kxc, 11:12 3200, 5:06 1600, 2:16 800.

## Track and Field

It will be difficult to build on what we achieved in 2014. Winning three of the four New England Division III titles, both NEWMAC titles and finishing with 27 All America winners is quite the successful year. However, I do believe we will improve next year, at least in cumulative performances. Other teams may improve more, but we hope to win all four New England Division III titles, both NEWMAC titles and get a little closer to the podium at Nationals.

We are losing a lot of strength, talent and leadership, particularly on the women's side. In addition to the losses mentioned in the Cross Country section, we lose Michael Duplessis, Mac Gager, Jordan Mizerak and Tyler Singer-Clark for the men. On the women's side we lose Stephanie Birkhimer, Jackie Brew, Jackie Konopka, and Christine Labaza.

The significance for the women is that 47.5 of the 119 points scored at the Indoor New England Division III Championship and 42.5 of the 132 points scored at the Outdoor New England Division III Championship were scored by the graduating seniors. The men lose 28.25 of the 138 points scored in the Indoor New England Division III Championship but only 18 of the 159.83 points scored in the Outdoor New England Division III Championship. Of bigger significance will be the loss of six very valuable captains.

From a relay perspective, the men losing Justin Bullock may rule out a return to Nationals by the Distance Medley Relay unless a miler can

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

## ... 2014 - 2015 OUTLOOK

*(Continued from page 22)*

step up to a sub 4:10 standard indoors. Although the women lose Louise van den Heuvel and Alexandra Taylor, two All America runners for the DMR, the return of Huang, Gong and Quinn provides plenty of talent and depth if healthy. The loss of Singer-Clark will affect both the 4x100 and 4x400 Relays. However, the return of a healthy Michael Kaba '16, States Lee '16, Adrian Samsel '16, Derek Barnes and Nick Diamantoni '15, as well as the addition of sprinters Tre

Albritten, Ben Harpt, Mitchel Myers and Isaiah Udotong, and long sprinters / 400IH Luca Cacopardo and Christopher Sweeney, along with the 400 speed of 800 runners, Harrison Hunter '15 and Sam Parker '15 should guarantee the 4x100 and 4x400 are at a National level for another year or two. The loss of Brew and Konopka will certainly hurt the women's 4x100, but a healthy Stephanie Guo '17, along with Veronica Szklarzewski '15 and Kendra Knittel '17, as well as the addition of Hannah Chen and Annie Dai should provide enough

speed to give us very competitive 4x100 and 4x400 teams.

The men's only weakness is in the High Jump and at a championship level, the 1500/Mile. We are extremely deep in the horizontal jumps, Pole Vault, Throws, short and long sprints, 400IH, 800 and all distance events. The women are equally as deep in the throws, horizontal jumps, Pole Vault, High Jump, and all running events, although the hurdles, and short and long sprints need to prove they can get it done at the collegiate level as the talent is certainly there.

## INCOMING FRESHMEN

<u>NAME</u>	<u>HOMETOWN</u>	<u>PERFORMANCE</u>
Tre Albritten	Addison, TX	10.96 100, 22.42 200, 44-6 TJ
Manolya Altan	Plainsboro, NJ	19:13 5K, 5:07 1600, 2:19 800
Dana Balek	Topsfield, MA	105-4 JT
Cody Bratten	Highlands Ranch, CO	161-3 DT, 49 SP
Luca Cacopardo	Italy	51.29 400IH, 49.76 400, 22.63 200, 22-9 LJ
Hannah Chen	Los Gatos, CA	17-3 LJ, 61.19 400IH, 58.20 400, 25.67 200, 14.63 100HH
Emma Chesley	New Yord, NY	18:04 3 mile, 12:02 3200
Liz Cox	Palatine, IL	17:28 (3.0), 5:06 1600, 2:17 800
Annie Dai	Ottawa, ON	58.85 400, 25.88 200, 12.77 100
Maeve Devlin	Madison, NJ	11-0 PV
Amy Dunham	Glen Aillen, VA	19:11 5K, 11:33 3200, 5:15 1600
Mary Eccles	Wahiawa, HI	19:29 (3.0), 10:51 3K
Samantha Fierro	Encinitas, CA	5:14 1600, 2:16 800
Anna Frederich	La Canada, CA	17:16 (3.0), 5:14 1600
Ben Freed	Frederick, MD	15:43 5K, 6:15 (3200SC), 4:20.71 1600
Olivia Gautier	O Fallon, MO	34-10 TJ, 15-6 LJ, 4-10 HJ
Abe Gertler	Madison, NJ	15-0 PV

*(Continued on page 24)*

## ... INCOMING FRESHMEN

*(Continued from page 23)*

<u>NAME</u>	<u>HOMETOWN</u>	<u>PERFORMANCE</u>
Leah Goggin	Montpelier, VA	99' DT, 31-1 SP
Jorge Gonzalez	San Antonio, TX	14-0 PV
Ciera Gordon	La Conner, WA	11:40 3200, 19:44 5K
Ben Harpt	Green Bay, WI	50.9 400, 23.81, 11.24 100
Greg Hui	Oakland, CA	52.48 400
Alex Knoedler	Canon City, CO	10:34 3200,
Eric LaCava	Phoenixville, PA	20-2 LJ, 40-3 TJ, 11.4 100
Jocelyn Lorrey	Kittery, ME	16-10 LJ, 36-9 TJ
Zachary Miranda	Tujunga, CA	20-7 LJ, 41.0 300IH
Mitchel Myers	Autstin, TX	11.20 100, 22.45 200, 50.9 400
Nick O'Connell	Chantilly, VA	16:28 5K, 9:20 3200, 4:18 1600
Lauren Paul	Zanesville, OH	18:26 5K, 11:29 3200, 5:04 1600
Michael Picchini	Moorpark, CA	14:34 3.0, 9:44 3200, 4:23 1600, 1:59 800
Jessica Pointing	Denmark	12.3 100, 7.98 60
Ryan Prinster	Boulder, CO	44-9 TJ, 12-0 PV
William Ruschel	Bethel Park, PA	46-1 TJ
Cooper Sloan	Cupertino, CA	15:02 3.0, 9:21 3200, 4:26 1600
Ariela Slutsky	Weston, FL	125-6 DT
Caspar Stinn	Magnolia, TX	2:00 800
Haley Strouf	Rice Lake, WI	17-9 LJ, 15.69 100HH
Christopher Sweeney	Woodland Park, NJ	54.53 400IH, 50.65 400, 14.79 110HH
Justin Tunis	Hampstead, MD	43-3 SP, 7.11 55
Isaiah Udotong	Cinnaminson, NJ	11.2 100, 51.04 400
Jason Villanueva	Hisperia, CA	46-2 TJ, 20-10 1/2 LJ
Niki Waghani	Bellevue, WA	18:51 5K, 11:12 3200, 5:06 1600, 2:16.74 800
David Walter	Middleville, MI	16:32 5K, 4:23 1600
Nicholas Waltman	Lexington, KY	15:30 5K, 9:28 3200, 4:28 1600,
Jakob Weisblat	Cleveland Hts, OH	16:39 5K, 10:24 2 mile



## DISTANCE COACHES PROVIDE SUPPORT ON AND OFF THE COURSE

by Halston W. Taylor

I want to recognize the leadership of our athletic department, particularly our Athletic Director / Department Head Julie Soriero. The funding necessary for a complete and competent coaching staff is quite significant. There is no guarantee the money will always be there to provide this level of coaching, which is why we began an assistant coaches endowment for track and field just this past year.

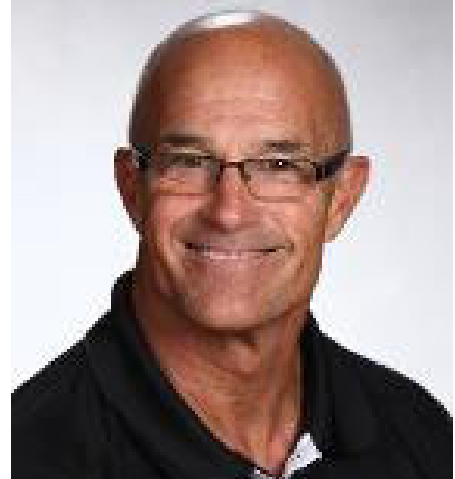
I also want to recognize my coaching staff for the amazing job they do. Coaches come from all sorts of backgrounds and have seen many different philosophies on how a program should be run. Our program tends to be very different than others, and my belief that everything starts at the top means I have significant expectations of my staff that is totally unrelated to coaching technique or getting athletes to reach their potential.

One of the cornerstones of our success is the support provided by the athletes and coaching staff, in practice and competition. If you are not competing at that very minute you are expected to be cheering for your teammates. This is not natural. The athletes are tired, the coaches are focused on their event. The last thing most of these folks would do is cheer on their teammates in a different event area. They are not taught in high school to do this, and most are not even accustomed to knowing their teammates names if not in

the same or similar event. Our athletes know each other's names and where they are from. Come championship time, particularly if it is close meet, our team's support can be deafening as they line the entire track or circle the throwing circle, chanting MIT, MIT. Our athletes are even cheered during practice.

This is just one example of the many areas in which the coaching staff must work outside their comfort area to set the example for the team. Be it recruiting on the phone at nights and weekends, teaching leadership courses to potential captains and group leaders or setting aside additional coaching time to get an athlete one on one, my staff makes success a natural outcome.

Last year there was not time to do a search to replace long-time assistant Summer Hutcheson. Alina Gatowski '11 stepped up while on an externship with her company, and coached for the cross country and indoor seasons. I was able to do a full search this spring, but the woman I hired decided at the last moment not to take the position. As there was no time to do another search, I will depend on a new group of four volunteers to help with the recruiting, counseling, and other duties. Scott Bosworth, Head Coach at Milton Academy, a private school in the Boston area, is making the move to the college ranks after the upcoming cross country season. Scott will provide support for the middle-distance and distance groups with the men's program as well



*Coach Taylor was named the USTFCCCA men's and women's Coach of the Year for the New England region. He has earned the honor on the men's and women's side in previous years, but this is the first time he has received both in the same year.*

as help out with multiple event areas. Former MIT athletes, Logan Trimble '13, Kaitlin Allen '14, and Louise van den Heuvel '14 will be around and lending a hand. Finally, Laura Paulsen, a current graduate student at MIT and 2010 graduate from Johns Hopkins who competed at the National level during her collegiate career, will be joining us. Sharing their success and experience with the current student-athletes will be invaluable, particularly to the freshmen.

### 2014-2015 MIT Coaching Staff

Halston Taylor	Director Cross Country / Track & Field – all running events
Todd Linder	Associate Head Coach Track & Field – throws, multis
Nickolas Davis	Assistant Coach – jumps
Patrick Barragan	Assistant Coach – pole vault
Peter McNaughton	Assistant Coach – sprints and hurdles
Pete Sampson	Assistant Coach – distance, recruiting, injury transition
Kaitlin Allen	Volunteer Assistant – distance
Dan Almeida	Volunteer Assistant – horizontal jumps
Scott Bosworth	Volunteer Assistant – middle-distance, distance
Laura Paulsen	Volunteer Assistant – middle-distance, distance
Nate Sharpe	Volunteer Assistant – pole vault
Aleksandra Stankovic	Volunteer Assistant – high jump
Logan Trimble	Volunteer Assistant – distance
Louise van den Heuvel	Volunteer Assistant – distance

# THANK YOU FRIENDS OF CROSS COUNTRY/TRACK & FIELD

by *Halston W. Taylor*

2013-14 was another record-breaking year in friend and fund raising. Thanks to all of you who give your support in many ways. Your donations are very much appreciated and are a very important part of our budget and a major contributor to our continued and improving success. However, another part of your support comes in the form of being a part of the cross country and track & field family. Reading the articles, following along with the results, visiting a track meet or just dropping a note to say hello all mean so much. One area where it would be great to have more involvement would be attendance at our major championships, particularly the NCAA Division III Championship. With the number of All America winners the program is producing and the six consecutive years of top six finishes by the women's cross country team it would be nice to see the same alumni/ae support teams like Tufts, North Central and some Midwest colleges bring to Nationals.

## **2014-15 Needs**

No different than last year, we have a long list of needs and all are important. As a rule, gifts of \$1,000 or less should go to the general sport funds of Cross Country or Track & Field or to the Awards Fund, which purchases our New England Division III championship banners (three this year) and the All America plaques and name plates in my office (the recruits are impressed by the fact we now are just short of 300 All America winners and will surpass 300 this coming year).

Friends of Women's cross country	2641900
Friends of Men's cross country	2641800
Friends of Women's track and field	2648900
Friends of Men's track and field	2648100
Track and Field award's fund	2739705

As you know, we now have two of endowments that have been started, but are far from complete. Those in position to give more should consider one of the following:

Morrison Men's and Women's Spring Trip fund	2648100
Leaver and Morrison Track and Field Endowment	3652825

We also have an expendable fund that will go to funding the full-time assistant coaches in our program. This is a fund I would love to see grow into an endowed fund, which takes at least \$100,000.

Two more specific needs we have are funding for Indoor and Outdoor Track & Field Record Boards, which would cost in the neighborhood of \$4,000 in total, and my request from last year, which is developing an expendable fund to allow our cross country teams the opportunity to run out of region, preferably at Pre-Nationals when the teams are at a high enough level to take advantage of the opportunity and be better prepared for Nationals. I would need at least \$20,000 to kick this fund off. Anyone interested and in a position to help with either of these opportunities please let me know.

## **2013-14 – Another Record Year**

We received a total of \$91,583 from 306 donors this past year. The loyalty and dedication demonstrated by you all is truly exceptional. Your gifts provide so much flexibility with regard to spending throughout the year, and I thank you for providing us that opportunity.

2641800	Friends of Men's Cross Country Fund	\$10,977
2641900	Friends of Women's Cross Country Fund	\$5,830
2648100	Friends of Men's Track Fund	\$49,865
2648900	Friends of Women's Track Fund	\$11,673
2738046	Friends of Track Scoreboard & Equipment	\$225
2739705	Friends of Track and Field Awards Fund	\$375
3155810	Sherie & Donald Morrison Track & Field	\$1,439
3652825	Leaver and Morrison (1961) Fund	\$1,000
3920970	Varsity Track Assist Coach Salary	\$10,199

## CENTURY CLUB

There were 160 members of the Century Club with a record number 27 of those who were able and generous enough to provide gifts of \$1,000 or more. More and more parents are getting involved, including many parents of alums who graduated long ago. This has become a remarkable tradition. Also many current athletes are getting in the habit of giving in their senior year. All of this should guarantee we continue to be well funded by our Friends. I can promise you we will continue to provide a championship product that will make you very proud to be a part of the family.

### **\$1000 or more in gifts**

Ms. Carol R. Aronson  
 Dr Jeffrey M Baerman  
 Mr John J Biesiadecki  
 Ms Adrienne M. Bolger  
 Mr John A Buell Jr  
 Dr Sharlene M. Day  
 Mr John J Golden Jr  
 Mrs Gowri R. Grewal  
 Mr Paul S Grewal  
 Mr Avrom R Handleman  
 Mr Glenn A Hopkins  
 Mr John E Kaufmann  
 Dr Max M Klein  
 Mr Albert K Lau  
 Dr Julie Lin  
 Mr Christopher S Mcguire  
 Mr Alex Menchaca  
 Craig D Mielcarz  
 Mr William J Nicholson  
 Mr Richard C Rosalez  
 Mr Christopher H Schell  
 Mrs. Lori Schell  
 Dr Donald E Shobry  
 Ms Theresa A Sutton  
 Dr Katherine Dabulis Taylor  
 Dr Robert L Wesson  
 Mr David M Wright Jr

### **\$100 - \$999 in gifts**

Kirsten H Aarsvold  
 Morio Alexander  
 Mr Brian C Anderson  
 Obinna C Anyanwu  
 Mr William A Arnold  
 Nathan B Ball  
 Mr Christopher H. Bateman  
 Mr Richard H Benfer  
 Mr Gustav A Blomquist  
 Mr Bradley J Bolivar

Jack H Bourbonnais  
 Andrea E Bradshaw  
 Mr David M Brann  
 Mr George H Braun  
 Mr Anton F Briefer  
 Dr W Sumner Brown  
 Christopher M Bruce  
 Justin L Bullock  
 Dr Frederick J Bunke Jr  
 Kristen M Burrall  
 Dr Alfred Carlson  
 Kenneth J Chang  
 Elaine Y Chen  
 Mr Jonathan L Claman  
 Ms Emily Cole  
 Mr Robert M Collins Jr  
 Fivos G Constantinou  
 Mr Daniel J Corcoran III  
 Mr Mark A Curtiss  
 Mr Eric H Darling  
 Mr Joseph T Davis  
 Dr Marjorie J Delo  
 Mr Christopher L Demarco  
 Mr Michael E DeMassa  
 Mr Gordon J DeWitte  
 Dr John J Dillon  
 Terry A Dorschner  
 Jennifer A Doyle  
 Mr Mark W Dunzo  
 Ms Janis H Eisenberg  
 Julia C Espel  
 Mr John M Ettinger  
 Matthew D Falk  
 Mr Joshua D Feldman  
 Karin E Fisher  
 Mr John T Frankman  
 Mr Gerald E Gilligan  
 Mr Thomas A Goddard

*(Continued on page 28)*

**... CENTURY CLUB***(Continued from page 27)*

Ms Karen D Gondoly  
 Martha M Gross  
 Dr Thomsen J Hansen  
 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 Elliot E Hui  
 Mr Sohail N Husain  
 Mr Henry H Hwu  
 Lynn E Jepsen  
 Mr Mark N Jeunnette  
 Mr Neal P Karchem  
 Capt Stephen W Keith  
 Mr David S Kelman  
 Eric A Khatchadourian  
 Dr David B Kieda  
 Mr George W Kimball  
 Mr David E. Kloster  
 Dr Tina B. Koopersmith  
 Mr Kalpak D Kothari  
 Mr Joseph S Kowalski  
 Adeline Ling Kuo  
 Dr Paul J Kuzmenko  
 Elizabeth L Labuz  
 Margaret C Leibovic  
 Mr John J B Light  
 Jeffrey C Lukas MD  
 Ms Christine C Lyons  
 Mr Michael C Lyons  
 Mr Ayisi B Makatiani  
 Dr Richard F. Manelius  
 Mr John W Martin  
 Gerardo Martinez  
 Yuval Mazor  
 Dr Robin Keith McGuire  
 Mr Daryl L Merrett  
 Mr Nikolaos Michalakis  
 Mr William C Mogensen  
 Mr Kamal H Mokeddem

Dr Kenneth R Morash  
 Stephen A Morton  
 Scott Mosier  
 Mrs Theresa K. Mosier  
 Mrs Darlene Y. Motley  
 Mr David L. Motley  
 Sean Patrick Rock Nolan  
 Ms Marilyn R Oberhardt  
 Mrs Mealani K. Parish  
 Mr Reginald F Paulding  
 Mr Anthony R Pelosi  
 Dr Larry D Petro  
 Mr Michael Piepergerdes  
 Damian O Plummer  
 Mr Gregory M Procopio  
 Alan Richard Raphael  
 Dr Frank C Richardson  
 Dr Katherine A Richardson  
 Dr Linda C. Rillorta  
 Mr David H Rothstein  
 Ms Crystal A Russell  
 Dr Adel A M Saleh  
 Mr Willard L Sauer  
 Mr James M Scanlan  
 Dr Kevin Patrick Scannell  
 Justin D Schmidt  
 Dr Douglas E. Schreck  
 Dr Arnold Seto  
 Mr Samuel D Sidiqi  
 Jamie L Simmons  
 Mr Ronald E Smith Jr  
 Ms Martha C Soto  
 Ms Karen L Tsuei  
 Mr John L Usher  
 Mr Charles T Van Buren  
 Mr Mark L Walker  
 Mr Robert M Walmsley  
 Jacqueline M Wentz  
 Dr Donald Everett Wesson  
 Craig B Wildman  
 Mr James H Williams  
 Ms Deborah S Won  
 Dr James R Yankaskas

## VIRDI CLAIMS POLE VAULT TITLE AT INDOOR NATIONALS

MIT sophomore Cimran Virdi won the pole vault competition at the 2014 NCAA Division III Indoor Track and Field Championships to become the second MIT woman to earn a national title, and the first from the indoor squad. Entering the competition as the fifth seed, Cimmy passed until 12-1 1/2. She made that height and 12-5 1/2 on her first attempt, then cleared 12-7 1/2 with just one miss. At the next two heights, 12-9 1/2 and 12-11 1/2, she cleared the bar on her first attempt. The only other competitor to make it over the bar at 12-11 1/2 was Marissa Kalsey of Westminster. Neither Cimmy nor Kalsey was able to make the next height, 13-1 1/2, giving the title to Cimmy on fewer misses.



*Cimmy was also awarded MIT's Betsy Schumacker Women Athlete of the Year Award for 2014.*



*Cimmy clears the bar in the NCAA Indoor Championships at the University of Nebraska, winning the National title with a 12 - 11 1/2 jump.*

She very nearly repeated her feat outdoors at Ohio Wesleyan University. The field of 22 was already reduced to just five when Cimmy cleared her starting height of 12-3 1/2. When the bar reached 12-11 1/2, she and Anna Etherington, a senior from Washington University of St. Louis, were the only two remaining competitors. They both cleared on first attempts at 13-1 1/2, 13-3 1/2 and 13-5 1/4. At 13-7 1/4, Cimmy was unable to clear while Etherington succeeded. Though she barely missed at repeating as national champion, Cimmy did come home with a new personal best and MIT record along with the runner-up trophy.

Cimmy came to MIT from Las Lomas High School in Walnut Creek, CA., where she not only excelled at Track and Field, but also played tennis and was president of the Science and French clubs. She is majoring in Electrical Engineering and Computer Science and has worked with the Learning and Intelligent Systems (LIS) group at the Computer Science and Artificial Intelligence Laboratory (CSAIL) through the Undergraduate Research Opportunities Program (UROP).

Under the tutelage of pole vault coach, Patrick Barragan, Cimmy has crossed the 13' barrier and continues to improve. A quick glance at the performance charts on the next page will give an indication of why we're looking forward to what she has in store for us in her remaining two years at MIT and beyond.

[\*\(Continued on page 30\)\*](#)

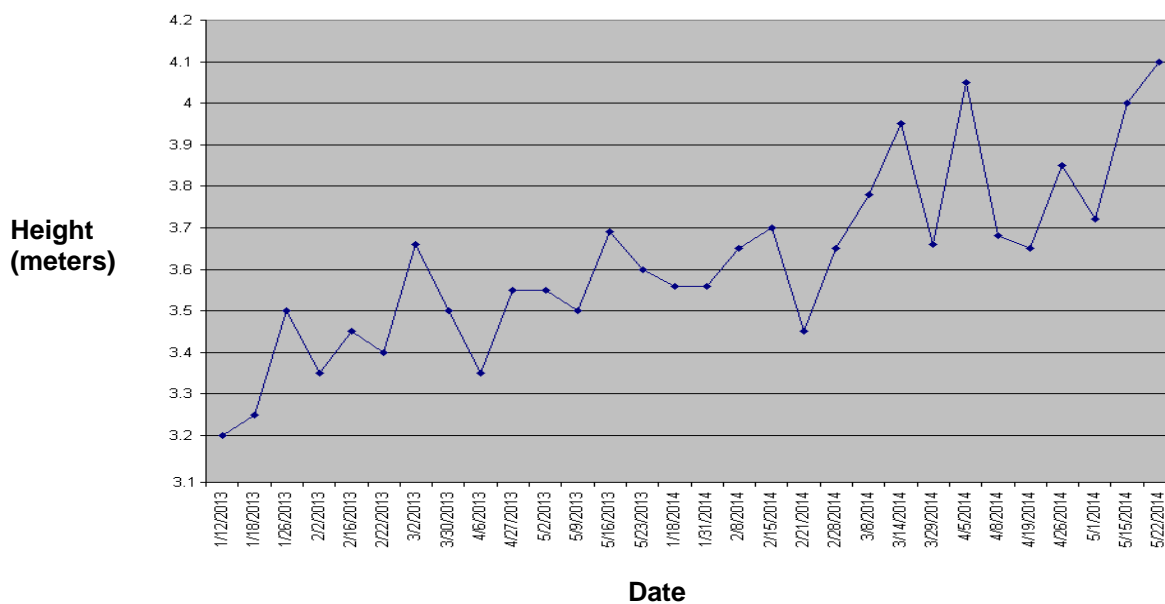


*At the New England Division III Championship, Cimmy leaves the runway enroute to a first place finish.*

(Continued from page 29)

**Cimran Viridi: Individual Performances 2013 – 2014**

DATE	MEET	HEIGHT	PLACE
1/12/2013	Alumni	3.20m	10-06
1/18/2013	Harvard Challenge	3.25m	10-08
1/26/2013	MIT Coed Invite	3.50m	11-05.75
2/2/2013	Tufts Stampede	3.35m	10-11.75
2/16/2013	New Eng. Div 3	3.45m	11-03.75
2/22/2013	NEICAAA	3.40m	11-01.75
3/2/2013	Tufts LCQ	3.66m	12-00.00
3/30/2013	Westmont Classic	3.50m	11-05.75
4/6/2013	Engineers Cup	3.35m	10-11.75
4/27/2013	NEWMAC Championship	3.55m	11-07.75
5/2/2013	NE Div 3 Championship	3.55m	11-07.75
5/9/2013	All New England Champ.	3.50m	11-05.75
5/16/2013	ECAC Div III Championship	3.69m	12-01.25
5/23/2013	NCAA Division III Champ.	3.60m	11-09.75
1/18/2014	Bowdoin Quad	3.56m	11-08.00
1/31/2014	Tufts Stampede	3.56m	11-08.00
2/8/2014	Gordon Kelly Invitational	3.65m	11-11.75
2/15/2014	Tufts Cupid Challenge	3.70m	12-01.50
2/21/2014	New England Div. III	3.45m	11-03.75
2/28/2014	NEICAAA	3.65m	11-11.75
3/8/2014	ECAC DIII Indoor	3.78m	12-04.75
3/14/2014	NCAA DIV 3 Nationals	3.95m	12-11.50
3/29/2014	Westmont Classic	3.66m	12-00.00
4/5/2014	Engineers Cup	4.05m	13-03.50
4/8/2014	ColbyBatesUSM	3.68m	12-00.75
4/19/2014	Sean Collier Invite	3.65m	11-11.75
4/26/2014	NEWMAC	3.85m	12-07.50
5/1/2014	NE Div 3	3.72m	12-02.50
5/15/2014	ECAC D-III	4.00m	13-01.50
5/22/2014	Nationals	4.10m	13-05.25

**Cimran Viridi: Performance Progression 2013 – 2014**

# 2013 – 2014 ACADEMIC AWARDS



by Matt Noonan

Each year, numerous athletic organizations recognize MIT student-athletes for both their impressive athletic performances and outstanding academic achievements. Among these organizations are the New England Women's and Men's Athletic Conference (NEWMAC), the National Collegiate Athletic Association (NCAA), the College Sports Information Directors of America (CoSIDA) and the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

NEWMAC is an association of 11 selective academic institutions affiliated with Division III athletics that was formed in 1998. Each year, the conference selects

athletes who excel in the classroom to be part of the Academic All-Conference Team for their respective sports. In order to be selected to this team, honorees must have earned a minimum cumulative grade point average of 3.50/4.0 or 4.35/5.0 scale, achieved a second year academic status at his or her institution, and been a member of a varsity team for the entire season.

The NCAA, which was formed in 1910, is the principal governing body of all collegiate sports that is made up of 1,281 institutions, conferences, organizations 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 awards the prestigious Elite

89 Award, formerly Elite 88, to the student-athlete with the highest GPA at the national championship site in each respective sport.

CoSIDA, formed in 1957, is a 2,700 member national organization made up of sports public relations, communications and information professionals throughout all levels of collegiate athletics in the United States and Canada. It established the "Academic All-America" program, unquestionably regarded as the premier awards program in intercollegiate athletics for honoring combined academic and athletic excellence. Those named to 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 competition during the 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 and field coaches at all three collegiate levels, representing over 8,000 coaching members throughout the nation, incorporating 94 percent of all NCAA Division I, II and III track and field programs. In order to receive USTFCCCA All-Academic honors, students must have earned a minimum cumulative



Juniors Matt Jordan and Benji Xie were honored with All-Academic accolades from the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

[\(Continued on page 32\)](#)

## ... ACADEMIC AWARDS



*Jaclyn Konopka '14 was awarded a Postgraduate Scholarship, given by the NCAA to graduating student-athletes who excel academically and athletically.*

[\(Continued from page 31\)](#)

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 USTFCCA All-Academic status, they must have a compiled cumulative team GPA of 3.10/4.0 scale or better.

The 2013-14 campaign was very successful for the members of MIT's cross country and track and field teams. There were 27 All-America awards for 19 individuals, 46 NEWMAC Academic All-Conference honorees, 48 NEWMAC All-Conference honorees, eight CoSIDA Academic All-District winners, and six CoSIDA Academic All-America winners.

The men's cross country team captured its 16th consecutive NEWMAC championship, finishing

in ten of the top 20 spots. Roy Wedge finished first, earning NEWMAC Runner of the Year honors and Rory Beyer placed fourth, resulting in NEWMAC Rookie of the Year honors. Wedge, Beyer, Matt Deyo, Allen Leung, Benji Xie, Ian Tolan, Matt McEachern, and Matt Jordan were named to the All-Conference squad. MIT finished 24th at the 2013 NCAA Division III National Championship. Wedge crossed the finish line first, finishing 44th out of 275 runners, while Deyo, Beyer, Leung, Tolan, Xie, and Justin Bullock rounded out MIT's NCAA runners.

Six different runners earned All-Conference honors as the women's cross country team captured its seventh consecutive NEWMAC championship title. Elaine McVay finished first, earning Runner of the Year honors, while Maryann Gong, who was the runner-up, collected Rookie of the Year accolades. Christina Wicker, Brooke Johnson, Alexandra Taylor and Louise van den Heuvel represented the Engineers on the All-Conference team, and Halston Taylor was named the NEWMAC Women's Coach of the Year for the fourth straight season and sixth time overall. The Engineers wrapped up their season with a fifth-place finish at the NCAA Division III National Championship. McVay earned All-America honors by finishing 18th out of the field of 275 runners as her performance was the second-best in program history. Rounding out the NCAA field for MIT were Kali Benavides, Kaitlin Allen, van den Heuvel, Johnson, Wicker and Taylor.

During the indoor season, MIT's men's squad won the New England Division III Championship for the second year in a row, scoring

almost 50 points more than second place Tufts. At the NCAA Division III Indoor Championship, five athletes picked up All-America honors, which included the 4x100 relay team that was made up of States Lee, Michael Kaba, Derek Barnes, and Tyler Singer-Clark. Benjamin Schreck also earned the honor with an eighth place finish in the pole vault.

In the spring Tech went undefeated, winning the Engineer's Cup, the Bates Quad Meet, the New England Division III Championship and the NEWMAC Championship. The Engineers claimed their 14th consecutive NEWMAC title, winning eight individual events and the 4x100 and 4x400 relays. Lee was named the Co-Track Athlete of the Year and Ken Cooper was selected as the Field Athlete of the Year.

[\(Continued on page 33\)](#)



*Justin Bullock '14 was awarded an NCAA Postgraduate Scholarship and selected as a finalist for the 2014 Arthur Ashe Jr. Sports Scholar Award.*



## ... ACADEMIC AWARDS

*(Continued from page 32)*

Tech also picked up 21 All-Conference accolades.

At the NCAA Division III Outdoor Championship, Tech tied for 33rd place. Earning All-America honors were Schreck with his sixth place finish in the pole vault and the 4x400 relay, which was made up of Lee, Barnes, Singer-Clark, Harrison Hunter and Samuel Parker.

Bullock was named an Arthur Ashe, Jr. Sports Scholar Award Finalist. The award was established to honor undergraduate students of color who exemplify the standards set by tennis great Arthur Ashe, Jr. Jordan Mizerak, Schreck and Singer-Clark, each collected Capital One Academic All-America accolades, raising the total to 23 for the MIT cross country and track and field programs. Singer-Clark, a repeat honoree, was joined by Schreck on the second team while Mizerak secured a spot on the third team.

The women's indoor team placed seventh at the NCAA Division III Indoor Championship, registering 22 points, while earning seven All-America honors in the process. Cimran Viridi was first in the pole vault, becoming the first MIT

women's indoor track and field student-athlete to ever win an individual NCAA title. She went on to finish second at the NCAA Division III Outdoor Championships a few months later. Stephanie Guo, Cindy Huang, Gong and van den Heuvel placed second in the DMR, while Jackie Brew was seventh in the 60m hurdles and van den Heuvel took seventh in the mile.

The Engineers claimed their sixth consecutive NEWMAC Championship in the spring, winning five events and earning 12 All-Conference honors. At the conclusion of the Championships, Gong was named Rookie of the Year and Coach Taylor was named both the men's and the women's coach of the year for the first time in his career. In addition, the Cardinal and Gray tallied a league-high 18 academic all-conference selections.

At the NCAA Division III Outdoor Championship, Tech tied for 13th place. Viridi was the runner-up in the pole vault while Martina de Geus (3000m), Taylor (javelin), Gong (5000m), and the 4x100 relay squad, made up of Veronica Szklarzewski, Kendra Knittel, Jaclyn Konopka and Brew, earned All-America honors.



*Louise van den Heuvel was named as a finalist for the 2014 Arthur Ashe Jr. Sports Scholar Award and received a Capital One Academic All-America Award.*

Konopka, van den Heuvel, and Allen collected Capital One Academic All-America accolades. A repeat second-team pick, Konopka was joined by van den Heuvel on the list while Allen was voted to the third team. van den Heuvel was named a finalist for the Arthur Ashe, Jr. Sports Scholar Award which was established to honor undergraduate students of color who exemplify the standards set by tennis great Arthur Ashe, Jr.

*(Continued on page 34)*



*Tyler Singer-Clark, Benjamin Shreck, Jordan Mizerak, Kaitlin Allen, and Jacklyn Konopka join Louise van de Heuvel (above right) as Capital One Academic All-American Award winners.*

[\(Continued from page 33\)](#)

## ... ACADEMIC AWARDS

### MEN

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

Nicholas Diamantoni, States Lee, Jordan Mizerak, Benjamin Shreck,  
Tyler Singer-Clark

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

Jordan Mizerak, Benjamin Shreck, Tyler Singer-Clark

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

Matt Jordan, Benji Xie

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

Derek Barnes, Justin Bullock, Harrison Hunter, States Lee, Jordan Mizerak,  
Carrington Motley, Samuel Parker, Harry Rein, Adrian Samsel, Benjamin  
Schreck, Tyler Singer-Clark, Benjie Xie

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

Matt Jordan, Jay McKenna

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

Derek Barnes, Nicholas Diamantoni, Kris Frey, Dominique Hoskin,  
Harrison Hunter, Matt Jordan, States Lee, Richard Lu, Jordan Mizerak,  
Carrington Motley, Samuel Parker, Harry Rein, Adrian Samsel, Benjamin Shreck,  
Tyler Singer-Clark, Benji Xie

[\(Continued on page 35\)](#)

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

## ... ACADEMIC AWARDS

### WOMEN

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

Kaitlin Allen, Louise van den Heuvel, Jaclyn Konopka

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

Kaitlin Allen, Louise van de Heuvel, Jaclyn Konopka

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

Brooke Johnson, Louise van den Heuvel, Kaitlin Allen, Alexandra Taylor, Elaine McVay, Kali Benavides

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

Jackie Brew, Martina de Geus, Maryann Gong, Cindy Huang, Abigail Klein, Kendra Knittel, Jaclyn Konopka, Elaine McVay, Isabella Stuopis, Veronica Szklarzewski, Louise van den Heuvel, Christina Wicker

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

Kaitlin Allen, Martina de Geus, Cindy Huang, Shivani Kaushal, Stephanie Marzen, Sarah Quinn, Heather Sweeney, Alexandra Taylor, Louise van den Heuvel, Nicole Zienstra

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

Kaitlin Allen, Margaret Coad, Isabel Crystal, Martina de Geus, Cindy Huang, Shivani Kaushal, Abigail Klein, Jaclyn Konopka, Stephanie Marzen, Sarah Quinn, Leah Schmitz, Isabella Stuopis, Heather Sweeney, Alexandra Taylor, Louise van den Heuvel, Ashley Wheeler, Nicole Zeinstra

## WHERE ARE THEY NOW – CATHERINE (CAT) TWEEDIE

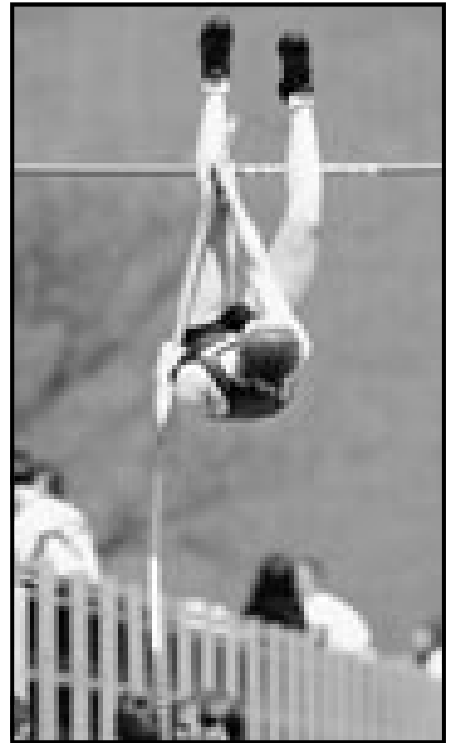
by Catherine Tweedie '04

*(Editor's Note: Cat Tweedie is fifth on the MIT All-Time Outdoor Performances List with a vault of 11' 10-1/2", and tied for seventh on the indoor list at 11' 9-3/4". She earned All-America honors by capturing eighth place in the 2004 NCAA Indoor National Championships. Her husband, Nate Ball '05, currently holds the MIT varsity outdoor Pole Vault record of 16' 8-3/4", and is second on the indoor list at 16' 6".)*

I moved across the country to start my freshman year at MIT in 2000. In high school I played basketball, wrestled on the men's team, and jumped and ran for the track team. Coach Slovenski, the women's head coach, greeted me with optimism and enthusiasm and signed me up for the pentathlon and the pole vault. Under his guidance pole vault training was playful: we did flips off a spring board into the pit, simulated pole vault movements in the pool, and cross trained with

the diving and gymnastics teams. The care, creativity, and thoughtfulness of the coaches inspired me throughout college to meet their level of dedication.

During freshman year, I improved my PR by 2 ft to 10'6" in the pole vault and ended my pentathlon at DIIIs with a final 800m of 2min 33s. The multi-event training led to a stress fracture in my foot, and combined with a hamstring injury, I hit a performance plateau my sophomore year. I remember walking with team mate and high-jumper Craig Mielcarz '03 on Beacon St. and being startled by his confidence in my potential. He said: "you could definitely be an All-American in DIII by your senior year if you keep pole vaulting." Motivated by such encouragement, I organized my school life to support pole vaulting, always getting eight hours of sleep and reserving 3.5 hours each day for practice and time with the athletic trainers. I'm touched by an entry in my training journal during the challenging sophomore year from Jan 26, 2002 "overall: mentally very straining



*Vaulting in the 2002 NEWMAC Championship, where Cat cleared 11' to take second place .  
(Photo from The Tech, May 3, 2002)*

week. Nightmares about pole vaulting. Feeling like I want to cry during practice," after which I wrote out a diagnosis of my technical challenges, proposed solutions and a practice schedule for the next week.

Two years later, an excerpt from the Tech on Jan 28, 2004 read: "Co-captain Catherine A. Tweedie '04 has been consistently vaulting well over 11" and is provisionally qualified for nationals in the pole vault. Her vault of 11' 7" at the Williams Invitational last Saturday is both a personal record in the event and the second best mark in the event in the history of MIT's indoor program. Although the pole

[\*\(Continued on page 37\)\*](#)



*Nate and Cat get married in Oakland, CA on July 2, 2011*

## ... CAT TWEEDIE

*(Continued from page 36)*

vault is the event that will take her to nationals, Tweedie finds time and energy to compete in almost every jumping event available, and she has qualified for post-season championships in the high jump and long jump as well."

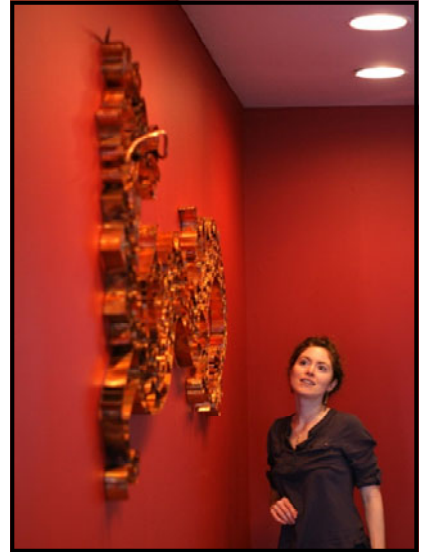
Doing a sport in college gave me the discipline and focus to do well in classes, and I credit track for keeping me grounded and balanced when I met with the inevitable academic challenges of MIT. My dedication to the team and the sport was well rewarded. I was honored to be elected co-captain of the women's team for indoor and outdoor season of my junior and senior years, MVP for two seasons, and an All-American at DIII nationals by my junior year under the pole vault coaching of Eric Abel.

I completed my BA in Materials Science in '04 and a PhD in the same department in '07. After graduate school I joined

McKinsey and Co and specialized for four years in leadership development and organizational capability building programs for companies and government agencies. In 2010, I got engaged to MIT pole vault team mate and friend of eight years, Nate Ball '05, at Angkor Wat in Cambodia. We were married on July 2, 2011 in Oakland, CA with current MIT pole vault coach, Patrick Barrágan, as Nate's fabulous first man.

Nate and I settled in Davis Square, Somerville to be close to his company Atlas Devices, which Nate co-founded. In 2011 I left McKinsey to learn metalworking and try out life as an artist, which I'd dreamed of doing for a long time. I moved into the Artisan's Asylum, a 40,000 sq ft maker space, learned to weld, and designed and created original commissioned sculptures for clients out of copper, steel, and stainless steel

Nate and I have continued to adventure together: we climbed Mt.



*Cat observes the installation of her 7' wide copper dragon sculpture, Yang, in Brooklyn, NY. More of Cat's art can be found at [www.leapmetal.com](http://www.leapmetal.com).*

Kilimanjaro in Tanzania, watched the sun rise over the desert at the Burning Man festival, and danced for three days at an Indian wedding in Goa. I have continued competing in road races, triathlons, and continue to enjoy yoga.

On March 18, 2014 we joyfully welcomed our son Calvin Phoenix Ball to this party of life. Nate and I are life-long fans of Calvin and Hobbes, so our son's name references the symbolically-rich game calvinball in which the only rule is that no rule can be used twice. Now we're making up the rules as a family of three, and will travel to Costa Rica in July so Calvin can BASE jump from a waterfall in his new squirrel wingsuit he got for his 4-month birthday (kidding, but the tuxedo onesie he actually got looks very dashing).



*Calvin Ball '36? vaulting (as rendered by Nate Sharpe '09)*

## POLE VAULTERS' JOURNEYS – PART 13

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

Readers may remember from the last vaulter's journey that the vaulter's significant others got the best of them on their last trip to Alaska. This time Singhuge's significant other, Dooroo, was getting the best of him for good - she and Bill were getting married in Homer Alaska - the sight of the bloodletting the previous year when Dooroo and Elizabeth, Rambo's wife, bested the vaulters at shooting skeet, horse-back riding, and life in general.

Singhuge certainly picked an out-of-the-way place. Getting to Homer requires that you first fly north out of the lower-48 (the contiguous US) and then drive a good 5 hours from Anchorage International Airport. But it's a beautiful place, and well worth the travel - a great place to get married. Despite the distance, a number of track alumni came across for the event. Ravi Sastry ('99) came from Texas with his wife and kid. Steve Derazinski ('90) came from Boston. Chuck Van Buren ('98) came all the way from Shanghai. And, since this is the vaulter journeys, Rambo and his wife also came - this time from Kuwait. It was a very nice showing.

Clearly Singhuge would not allow wedding formalities to disrupt the regular vaulter fun. The wedding itself was beautiful - hosted by Singhuge's Aunt Jessie and uncle Beaver in a house on a cliff over the water - a perfect view toward Kachemak Bay and the Harding Ice Field Glaciers on the other side of the Bay. Local Alaskan specialties



*A substantial supply of wood was essential for the post-wedding bonfire, but the significant tides of Homer, Alaska made the task of collecting that wood a bit more difficult than originally expected.*



*Once the fire was roaring, performing scientific tests from year's past, like the melting of bottles and cans, proved that it was up to the vaulters' strict standards.*

[\(Continued on page 39\)](#)

## ... POLE VAULTERS' JOURNEYS

[\(Continued from page 38\)](#)

were served - fresh salmon, fresh halibut, oysters, scallops, smoked black cod caught from Beaver's boat. But to make it a vaulter wedding - more events needed to be added.

One of the classic physical challenges the vaulters enjoy in Homer is the race up the cliff. We don't actually rock climb up the cliff, there is a switchback road allowing you to run, but it is a lot of vertical quickly. Singhug runs this very impressively for a big man. But, the fatal mistake was already made - the vaulters had invited a distance runner - so it didn't end well. Chucky

cleaned house with a victory on day 1 of the competition with 7 competitors. Rambo showed up a day late, and with an all-comers approach, Chucky ran a second race with Rambo, to claim the title twice in 2 days.

Frisbee was, of course, a part of the wedding, and the annual skeet shooting competition was held. The biggest event, however, was to finish the previous year's project - the destruction and burning of the dock. The vaulters had cut up a good 5 tons of wood the year before... but really they had only cut about a quarter of it.

The first group to work on cutting

the dock had a minimal understanding of tides. The day before the wedding, they cut about a quarter of what was left of the dock and left it on the beach taking the advice of the 7-year-old ring bearer, thinking things were in good shape. They were surprised to see that no wood was there the next day. They quickly jumped to conclusions - had someone stolen their wood? Any course 13er could have explained this to them - any MIT grad really - but the MIT crew wasn't there for phase 1 of cutting. Homer has the 2<sup>nd</sup> largest tides in the world at 24 feet, and those massive tides had taken the wood away. There was work left to do on the day of the wedding.



*Sam Sidiqi (aka Rambo) gets in some skeet shooting. The vaulters needed all the practice they could get for the now traditional skeet shooting competition, because they had learned from past experience that wives (including soon-to-be wives) and relatives can be formidable competition.*

[\(Continued on page 40\)](#)

## ... POLE VAULTERS' JOURNEYS



*Vaulters may grow older and enter into traditional grown-up relationships like marriage, but as Bill (aka Singhuge) demonstrates, they're still vaulters at heart. Is this what is called being "head over heels in love" ?*

[\*\(Continued from page 39\)\*](#)

Up to an hour before the wedding, Singhuge was down at the dock with a chain saw working away - what's a wedding without a bonfire to close it out? And at this time, there was not enough wood for a big bonfire. Anyway, this was a problem to be solved later.

First the wedding. A beautiful ceremony, and a beautiful bride, paired up with an injured vaulter freshly off the chainsaw (it's not clear if he showered or not). Then, back to the main project: the dock. Rather than a few vaulters, half the wedding party was recruited to finish the dock job in preparation for the bonfire. Thankfully, this was an Alaskan summer - so darkness was delayed until late in the evening and the wedding party had time to work.

The first discovery by an MIT

vaulter came down to the conservation of matter - the wood chopped the day before had not been destroyed - just moved. A quick search of the beach turned up most of the wood lost the day before two hundred meters away. The other MIT discovery was of the most unique and massive naturally occurring lever arms any of the party had seen. Somehow, the dock was resting on a 4 ton tree trunk, and with a small push of force on a main branch, said tree trunk would twist and lever, greatly disrupting the foundations of the massive dock. Add a few vaulters and a wedding party, and suddenly a quarter of the dock was falling off - go freshman physics.

Despite the find of the hidden cash and the lever arm of destruction, things were still not moving fast enough. Then Bill's father showed up. The 80 year old elder Singhuge looked like an 80-year-old would: old. But hidden behind the wrinkles was a fearless chainsaw

master clearly with Vaulter blood. He walked through the bedlam of party guests who were working on the dock, lashing the saw out left and right, not worried about where structural elements would fall - it was the best attempt at culling the herd of the whole week. Although no one was killed, in short order, we were ready for the bonfire.

Like the previous year, the regular scientific tests were done: melting of bottles and cans - it was that kind of hot massive fire. The party went until deep into the night, finally becoming a little dark after 11pm. Then the tide came in, and epic steam erupted from the fire. The next test was to see how far the embers would burn while carried out to sea. It was a fitting send off to a great party, as half a mile of burning embers floated off into the sea, never to be seen again, much like an old vaulters ability to rock back on a bent pole.



**SEASON STATISTICS****WOMEN'S CROSS COUNTRY****2013 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	15
New England Pre-Regional	Univ. of Southern Maine Gorham, ME	1st of 19	52
Purple Valley Classic	Williams College Mt. Greylock H.S. Williamstown, MA	2nd of 13	43
NEICAAA Championships	Franklin Park	7th of 43	223
NEWMAC Championship	Franklin Park	1st of 11	23
New Eng. Div. III Reg. Champ.	Univ. of Southern Maine Gorham, ME	3rd of 52	127
NCAA Div. III Championship	Hanover College Hanover, IN	5th of 32	261

**2014 SCHEDULE**

8/30	Alumni Meet	Franklin Park
9/27	Purple Valley Classic	Williams College - Mt. Greylock H.S. Williamstown, MA
10/11	NEICAAA Championship	Franklin Park
10/18	UWO Brook's Invitational	University of Wisconsin, Oshkosh, WI
11/1	NEWMAC Championship	Smith College, Northampton, MA
11/15	New Eng. Div. III Reg. Champ.	Williams College - Mt. Greylock H.S. Williamstown, MA
11/22	NCAA Div. III Championship	Wilmington College, Mason, OH

**2013 TEAM ROSTER**

Kaitlin Allen '14	Kali Benavidas '15	Katie Ellinger '16
Maryann Gong '17	Cindy Huang '15 *	Brooke Johnson '13
Shivani Kaushal '15	Nadia Lucas '17	Stephanie Marzen '15
Elaine McVay '15	Fiona Paine '17	Becky Steinmeyer '17
Heather Sweeney '16	Alexandra Taylor '14 *	Louise van den Heuvel '14
Christina Wicker '17	Nicole Zeinstra '16	

\*Captain

## Individual Performances

The chart below contains the number of races in which each athlete competed, and the times they achieved in those. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, SICK-illness, MISS BUS-failed to get to the team bus on time, AB-EX-pre-excused absence, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

## Times

NAME	# OF RACES	USM 9/21	PURPLE VAL. 9/28	NEICAAA 10/12	NEWMAC 11/3	NE DIV 3 11/16	NCAA 11/23
Kaitlin Allen	6	18:11	23:17	18:25	19:12	22:15	22:38
Kali Benavides	5	18:25	22:43	18:52	DNR	21:55	22:14
Katie Ellinger	1	DNF	QUIT	QUIT	QUIT	QUIT	QUIT
Maryann Gong	5	18:47	DNF	18:39	18:37	22:52	DNR
Cindy Huang	4	19:39	24:10	19:19	19:31	DNR	DNR
Brooke Johnson	4	DNR	DNR	19:26	18:45	22:24	22:35
Shivani Kaushal	4	19:49	24:00	20:05	19:41	DNR	DNR
Nadia Lucas	4	19:32	25:35	20:16	19:48	DNR	DNR
Stephanie Marzen	3	18:40	22:58	19:13	INJ	DNR	DNR
Elaine McVay	6	18:33	22:29	18:14	18:17	21:18	21:47
Fiona Paine	1	20:15	DNR	INJ	INJ	DNR	DNR
Becky Steinmeyer	4	19:35	24:38	20:19	20:04	DNR	DNR
Heather Sweeney	3	20:34	DNR	19:53	19:52	DNR	DNR
Alexandra Taylor	6	18:41	22:59	18:37	18:50	22:34	23:19
Louise van den Heuvel	5	19:09	DNR	19:29	18:59	22:04	22:33
Christina Wicker	5	19:15	23:39	19:41	18:44	DNR	22:48
Nicole Zeinstra	2	DNR	DNR	20:13	19:20	DNR	DNR

*(Continued on page 43)*

## ... Individual Performances

*(Continued from page 42)*

The chart below contains the place on the MIT team that each athlete finished and the average of the runner's places for the season. If a meet consisted of varsity and sub-varsity races, the relative positions are determined by combining runners from both races and comparing finishing times. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, SICK-illness, MISS BUS-failed to get to the team bus on time, AB-EX-pre-excused absence, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

### Places

NAME	USM 9/21	PURPLE VAL- LEY 9/28	NEICAAA 10/12	NEWMAC 11/3	NE DIV 3 11/16	NCAA 11/23	AVG.
Kaitlin Allen	1	5	2	7	4	5	4
Kali Benavides	2	2	5	INJ	2	2	2.6
Katie Ellinger	DNF	QUIT	QUIT	QUIT	QUIT	QUIT	
Maryann Gong	6	DNF	4	2	7	DNR	4.75
Cindy Huang	11	8	7	9	DNR	DNR	8.75
Brooke Johnson	DNR	DNR	8	4	5	4	5.25
Shivani Kaushal	12	7	12	10	DNR	DNR	10.25
Nadia Lucas	9	10	14	11	DNR	DNR	11
Stephanie Marzen	4	3	6	INJ	DNR	DNR	4.33
Elaine McVay	3	1	1	1	1	1	1.33
Fiona Paine	13	DNR	INJ	INJ	DNR	DNR	13
Becky Steinmeyer	10	9	15	13	DNR	DNR	11.75
Heather Sweeney	14	DNR	11	12	DNR	DNR	12.33
Alexandra Taylor	5	4	3	5	6	7	5
L. van den Heuvel	7	DNR	9	6	3	3	5.6
Christina Wicker	8	6	10	3	DNR	6	6.6
Nicole Zeinstra	DNR	DNR	13	8	DNR	DNR	10.5

*(Continued on page 44)*

## ... Individual Performances

*(Continued from page 43)*

The chart below contains the number of seconds each athlete finished behind the team's first finisher, giving a measure of how tightly packed the team was able to run. As in the previous chart, results from meets with separate varsity and sub-varsity races are combined to simulate a single race. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, SICK-illness, MISS BUS-failed to get to the team bus on time, AB-EX-pre-excused absence, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

### Deltas

NAME	USM 9/21	PURPLE VAL. 9/28	NEICAAA 10/12	NEWMAC 11/3	NE DIV 3 11/16	NCAA 11/23	AVG.
Kaitlin Allen	:00	:48	:11	:55	:57	:51	:37.0
Kali Benavides	:14	:14	:38	INJ	:37	:27	:26.0
Katie Ellinger	DNF	QUIT	QUIT	QUIT	QUIT	QUIT	
Maryann Gong	:36	DNF	:24	:20	1:34	DNR	:43.5
Cindy Huang	1:28	1:41	1:05	1:14	DNR	DNR	1:22.0
Brooke Johnson	DNR	DNR	1:12	:28	1:06	:48	:50.0
Shivani Kaushal	1:38	1:31	1:51	1:24	DNR	DNR	1:22.0
Nadia Lucas	1:21	3:06	2:02	1:31	DNR	DNR	2:00.0
Stephanie Marzen	:29	:29	:59	INJ	DNR	DNR	:39.0
Elaine McVay	:22	:00	:00	:00	:00	:00	:03.7
Fiona Paine	2:04	DNR	INJ	INJ	DNR	DNR	2:04.0
Becky Steinmeyer	1:24	2:09	2:05	1:47	DNR	DNR	1:41.2
Heather Sweeney	2:23	DNR	1:39	1:35	DNR	DNR	1:52.3
Alexandra Taylor	:30	:30	:23	:33	1:16	1:32	:47.3
L. van den Heuvel	:58	DNR	1:15	:42	:46	:46	:53.4
Christina Wicker	1:04	1:10	1:27	:27	DNR	1:01	1:01.8
Nicole Zeinstra	DNR	DNR	1:59	1:03	DNR	DNR	1:31.0

**MEN'S CROSS COUNTRY****2013 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	15
New England Pre-Regional	Univ. of Southern Maine Gorham, ME	1st of 19	37
Purple Valley Classic	Williams College Mt. Greylock H.S. Williamstown, MA	1st of 13	41
NEICAAA Championships	Franklin Park	9th of 41	273
NEWMAC Championship	Franklin Park	1st of 8	18
New Eng. Div. III Reg. Champ.	Univ. of Southern Maine Gorham, ME	3rd of 50	113
NCAA Div. III Championship	Hanover College Hanover, IN	24th of 32	541

**2014 SCHEDULE**

8/30	Alumni Meet	Franklin Park
9/27	Purple Valley Classic	Williams College - Mt. Greylock H.S. Williamstown, MA
10/11	NEICAAA Championship	Franklin Park
10/18	UWO Brook's Invitational	University of Wisconsin, Oshkosh, WI
11/1	NEWMAC Championship	Smith College, Northampton, MA
11/15	New Eng. Div. III Reg. Champ.	Williams College - Mt. Greylock H.S. Williamstown, MA
11/22	NCAA Div. III Championship	Wilmington College, Mason, OH

**2013 ROSTER**

Rory Beyer '17	Justin Bullock '14 *	Matthew Deyo '16
Brian Gilligan '17	Colin Goodwin '17	Matthew Jordan '15
Ken Leidal '17	Allen Leung '15	Nicholas Matthews '17
Matt McEachern '17	Jay McKenna '14	Andrew Mullen '17
Ricardo Paez '15	Eric Safai '14	Ian Tolan '16
Roy Wedge '14	Benji Xie '15 *	

\* Captain

## Individual Performances

The chart below contains the number of races in which each athlete competed, and the times they achieved in those. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, SICK-illness, MISS BUS-failed to get to the team bus on time, AB-EX-pre-excused absence, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

### Times

NAME	# OF RACES	USM 9/21	PURPLE VAL-LEY 9/28	NEICAAA 10/12	NEWMAC 11/3	NE DIV 3 11/16	NCAA 11/23
Rory Beyer	6	25:37	26:20	26:09	25:39	25:21	26:13
Justin Bullock	5	27:10	27:19	25:59	27:03	DNR	28:24
Matthew Deyo	6	25:58	26:54	25:48	25:31	24:48	25:46
Brian Gilligan	4	27:39	27:54	26:50	26:36	DNR	DNR
Colin Godwin	0	DNR	DNR	DNR	DNR	DNR	DNR
Matthew Jordan	3	INJ	INJ	26:03	26:17	26:15	DNR
Ken Leidal	4	26:17	27:36	26:25	26:58	DNR	DNR
Allen Leung	6	25:47	27:05	25:27	25:41	25:18	26:33
Nicholas Matthews	3	28:16	DNR	29:03	27:57	DNR	DNR
Matt McEachern	4	26:55	27:41	26:46	26:13	DNR	DNR
Jay McKenna	4	27:03	27:57	27:03	27:05	DNR	DNR
Andrew Mullen	3	29:19	DNR	28:16	27:46	DNR	DNR
Rick Paez	4	27:03	27:40	27:53	26:29	DNR	DNR
Eric Safai	4	27:41	29:16	26:36	27:25	DNR	DNR
Ian Tolan	4	DNR	DNR	DNF	26:08	25:52	27:15
Roy Wedge	6	25:20	26:14	24:54	25:08	24:42	25:30
Benji Xie	6	25:23	26:18	25:28	25:52	26:19	28:19

*(Continued on page 47)*

## ... Individual Performances

*(Continued from page 46)*

The chart below contains the place on the MIT team that each athlete finished and the average of the runner's places for the season. If a meet consisted of varsity and sub-varsity races, the relative positions are determined by combining runners from both races and comparing finishing times. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, SICK-illness, MISS BUS-failed to get to the team bus on time, AB-EX-pre-excused absence, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

### Places

NAME	USM 9/21	PURPLE VAL. 9/28	NEICAAA 10/12	NEWMAC 11/3	NE DIV 3 11/16	NCAA 11/23	AVG.
Rory Beyer	3	3	7	3	4	3	3.83
Justin Bullock	10	6	5	12	DNR	7	8
Matthew Deyo	5	4	4	2	2	2	3.17
Brian Gilligan	11	10	11	10	DNR	DNR	10.5
Colin Godwin	DNR	DNR	DNR	DNR	DNR	DNR	
Matthew Jordan	INJ	INJ	6	8	6	DNR	6.67
Ken Leidal	6	7	8	11	DNR	DNR	8
Allen Leung	4	5	2	4	3	4	3.67
Nicholas Matthews	13	DNR	15	16	DNR	DNR	14.67
Matt McEachern	7	9	10	7	DNR	DNR	8.25
Jay McKenna	9	11	12	13	DNR	DNR	11.25
Andrew Mullen	14	DNR	14	15	DNR	DNR	14.33
Rick Paez	8	8	13	9	DNR	DNR	9.5
Eric Safai	12	12	9	14	DNR	DNR	11.75
Ian Tolan	DNR	DNR	DNF	6	5	5	5.33
Roy Wedge	1	1	1	1	1	1	1
Benji Xie	2	2	3	5	7	6	4.17

*(Continued on page 48)*

## ... Individual Performances

*(Continued from page 47)*

The chart below contains the number of seconds each athlete finished behind the team's first finisher, giving a measure of how tightly packed the team was able to run. As in the previous chart, results from meets with separate varsity and sub-varsity races are combined to simulate a single race. If the runner did not compete, or failed to finish, the cell for that race is flagged with one of the following indicators:

INJ-injured, SICK-illness, MISS BUS-failed to get to the team bus on time, AB-EX-pre-excused absence, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

### Deltas

NAME	USM 9/21	PURPLE VAL. 9/28	NEICAAA 10/12	NEWMAC 11/3	NE DIV 3 11/16	NCAA 11/23	AVG.
Rory Beyer	:17	:06	1:15	:31	:39	:43	:35.2
Justin Bullock	1:50	1:05	1:05	1:55	DNR	2:54	1:45.8
Matthew Deyo	:38	:40	:54	:23	:06	:16	:29.5
Brian Gilligan	2:19	1:40	1:56	1:28	DNR	DNR	1:50.7
Colin Godwin	DNR	DNR	DNR	DNR	DNR	DNR	
Matthew Jordan	INJ	INJ	1:09	1:09	1:33	DNR	1:17.0
Ken Leidal	:57	1:22	1:31	1:50	DNR	DNR	1:25.0
Allen Leung	:27	:51	:33	:33	:36	1:03	:40.5
Nicholas Matthews	2:56	DNR	4:09	2:49	DNR	DNR	3:18.0
Matt McEachern	1:35	1:27	1:52	1:05	DNR	DNR	1:29.7
Jay McKenna	1:43	1:43	2:09	1:57	DNR	DNR	1:53.0
Andrew Mullen	3:59	DNR	3:22	2:37	DNR	DNR	3:19.3
Rick Paez	1:43	1:26	2:59	1:21	DNR	DNR	1:52.2
Eric Safai	2:21	3:02	1:42	2:17	DNR	DNR	2:20.5
Ian Tolan	DNR	DNR	DNF	1:00	1:10	1:45	1:18.3
Roy Wedge	:00	:00	:00	:00	:00	:00	:00
Benji Xie	:03	:04	:34	:44	1:37	2:49	:58.5



**WOMEN'S TRACK AND FIELD****INDOOR****2013-14 RESULTS****VARSITY**

Won 21, Lost 0

**MIT**98  
181.5  
283.5  
231.5**OPPONENT**Alumni 20  
Bates 107, Colby 85.5  
Bowdoin 152, Springfield 81, WPI 55.5  
Tufts 165.5, Bowdoin 71, Haverford 64, Coast Guard 53.5, RIC 41.5, Bridgewater St. 31.5,  
UMass Boston 26, Brandeis 19, Fitchburg St. 10, Southern Maine 8, Lasell 7, Rivier 6,  
UMass Lowell 5, Merrimack 4, Bentley 3, WPI 2.5**2014-15 SCHEDULE**

12/6	Boston University Season Opener	Boston University
1/10	Alumni/ae Meet w/Bates, Colby	Home
1/17	Bowdoin, WPI	Bowdoin
1/23-1/24	John Thomas Invitational	Boston University
1/23-1/24	Harvard Multi-Meet	Harvard University
1/24	Art Farnham Invitational	Home
1/30	Tufts Multi-Meet	Tufts University
1/31	Tufts Stampede	Tufts
2/7	TBA	TBA
2/13-2/14	David Hemery Invitational	Boston University
2/14	Gordon Kelly Invitational	Home
2/20-2/21	New England Div. III Championship	Smith
2/27-2/28	NEICAAA Championship	Boston University
3/6	Tufts Last Chance	Tufts University
3/6-3/7	ECAC Division III Championship	Reggie Lewis, Boston
3/13-3/14	NCAA Division III Championship	JDL Fastrack, Winston-Salem, NC

**VARSITY SCORING & ROSTER**

Jackie Brew*	'14 75.25	Elaine McVay	'15 24	Margaret Coad	'15
Jackie Konopka	'14 69.5	Jackie Vahey	'17 21	Martina de Geus	'14
L. van den Heuvel*	'14 55.75	Heather Sweeney	'16 18	Allison Hallock	'16
Stephanie Guo	'17 50.25	Alexandra Shade	'17 16.75	Kayla Harris	'15
V. Szklarzewski	'15 41	Ashley Wheeler	'15 16	Christine Labaza	'14
Kendra Knittel	'17 36.75	Nicole Zeinstra	'16 16	Stephanie Marzen	'15
Isabella Stuopis	'16 36	Kaitlin Allen	'14 14	Fiona Paine	'17
MaryAnn Gong	'17 34.5	Shivani Kashaul	'15 12	Sarah Quinn	'16
S. Birkhimer	'14 32.5	Abigail Klein	'14 11	Stephanie Riocci	'16
Michelle Johnson	'15 30	Natalie Alper	'17 09.25	Leah Schmitz	'16
P. Vaidyanathan	'15 28.5	Jennifer Tylock	'17 09	Becky Steinmeyer	'17
Cimran Virdi	'16 28	Joanna Chen	'15 08	Alexandra Taylor*	'14
Ellen Liverpool	'15 28	Isabel Crystal	'16 08	Tilly Taylor	'15
Christina Wicker	'17 25.75	Sherry Wan	'16 05.5	Madeleine Waller	'17
Cindy Huang	'15 25.75	Nadia Lucas	'17 04		

\* Captain

**CHAMPIONSHIPS****New England Division 3 (NE Div. 3)** (2<sup>nd</sup>) 119 points

L. van den Heuvel	Mile	5:01.93 (1 <sup>st</sup> )
Huang, Gong, Wicker, van den Heuvel	3200 Relay	9:32.25 (1 <sup>st</sup> )
Jackie Brew	60HH	8.93 (2 <sup>nd</sup> )
Maryann Gong	3000	10:16.26 (2 <sup>nd</sup> )
Jackie Konopka	High Jump	5-03 (T-2 <sup>nd</sup> )
P. Vaidyanathan	High Jump	5-03 (T-2 <sup>nd</sup> )
Jackie Konopka	Pentathlon	3250 pts (2 <sup>nd</sup> )
Cindy Huang	800	2:19.54 (3 <sup>rd</sup> )
Elaine McVay	5000	17:59.01 (3 <sup>rd</sup> )
Cimran Virdi	Pole Vault	11-3 $\frac{3}{4}$ (3 <sup>rd</sup> )
Isabella Stuopis	Shot Put	42-10 $\frac{1}{4}$ (3 <sup>rd</sup> )
Jackie Brew	60	7.89 (4 <sup>th</sup> )
Maryann Gong	Mile	5:07.21 (4 <sup>th</sup> )
Stephanie Guo	High Jump	5-03 (5 <sup>th</sup> )
Stephanie Guo	Pentathlon	3160 (5 <sup>th</sup> )
S. Birkhimer	Triple Jump	36-2 $\frac{1}{4}$ (5 <sup>th</sup> )
Jackie Brew	200	26.25 (5 <sup>th</sup> )
Lucas, Knittel, Shade, Wicker	DMR	12:37.98 (6 <sup>th</sup> )
Michelle Johnson	Triple Jump	35-8 $\frac{3}{4}$ (6 <sup>th</sup> )
L. van den Heuvel	800	2:21.52 (7 <sup>th</sup> )
Ashley Wheeler	Weight Throw	48-02 (7 <sup>th</sup> )
Sherry Wan	Pole Vault	10-10 (8 <sup>th</sup> )
V. Szklarzewski	Long Jump	16-10 $\frac{1}{2}$ (8 <sup>th</sup> )

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (13<sup>th</sup>) 25.5 points

Maryann Gong	3000	9:42.48 (1 <sup>st</sup> )
Wicker, Guo, Huang, Gong	DMR	11:44.99 (3 <sup>rd</sup> )
Cimran Virdi	Pole Vault	11-11 $\frac{3}{4}$ (T-3 <sup>rd</sup> )
Isabella Stuopis	Shot Put	43-07 (5 <sup>th</sup> )

**Eastern Collegiate Athletic Conference (ECAC Division III)** (3<sup>rd</sup>) 36.5 points

L. van den Heuvel	Mile	4:58.71 (1 <sup>st</sup> )
Cimran Virdi	Pole Vault	12-04 $\frac{3}{4}$ (2 <sup>nd</sup> )
Isabella Stuopis	Shot Put	43-09 $\frac{1}{4}$ (2 <sup>nd</sup> )
Michelle Johnson	Triple Jump	37-06 (4 <sup>th</sup> )
Stephanie Guo	Pentathlon	3075 pts. (6 <sup>th</sup> )
Jackie Brew	60mHH	9.38 (8 <sup>th</sup> )
Ellen Liverpool	Weight Throw	50-00 $\frac{1}{2}$ (8 <sup>th</sup> )
P. Vaidyanathan	High Jump	5-04 $\frac{1}{2}$ (T-8 <sup>th</sup> )

**National Collegiate Athletic Association (NCAA Division III)** (7<sup>th</sup>) 22 points

Cimran Virdi	Pole Vault	12-11 $\frac{1}{2}$ (1 <sup>st</sup> )
van den Heuvel, Guo, Huang, Gong	DMR	11:42.28 (2 <sup>nd</sup> )
Jackie Brew	60mHH	8.87 (7 <sup>th</sup> )
L. van den Huevel	Mile	4:57.82 (7 <sup>th</sup> )

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Weight Throw	Ellen Liverpool	51-00 <sup>3</sup> / <sub>4</sub>
	Ashley Wheeler	48-02
Shot Put	Isabella Stuopis	44-08 <sup>3</sup> / <sub>4</sub>
	Jackie Vahey	39-00 <sup>1</sup> / <sub>4</sub>
Long Jump	Jackie Konopka	17-06
	Veronica Szklarzewski	17-05 <sup>1</sup> / <sub>2</sub>
Triple Jump	Michelle Johnson	37-06 **
	Stephanie Birkhimer	36-04
Pole Vault	Cimran Viridi	12-11 <sup>1</sup> / <sub>2</sub>
	Abigail Klein	11-09 <sup>3</sup> / <sub>4</sub>
High Jump	Jackie Konopka	5-04 <sup>1</sup> / <sub>2</sub> **
	Preethi Vaidyanathan	5-04 <sup>1</sup> / <sub>2</sub> **
Pentathlon	Jackie Konopka	3453 pts.
	Stephanie Guo	3160 pts.*
60HH	Jackie Brew	8.80 **
	Jackie Konopka	9.15
60	Jackie Brew	7.89 **
	Veronica Szklarzewski	7.96
200	Jackie Brew	25.25
	Kendra Knittel	25.94
400	Kendra Knittel	59.29
	Stephanie Guo	1:00.10
500	Isabel Crystal	1:22.11
600	Alex Shade	1:40.77 *
	Stephanie Guo	1:43.41
800	Louise van den Heuvel	2:11.98 **
	Cindy Huang	2:14.65
1000	Christina Wicker	2:55.37 * **
	Louise van den Heuvel	2:59.97
Mile	Louise van den Heuvel	4:52.35
	Maryann Gong	4:52.39
3000	Maryann Gong	9:42.48 * **
	Louise van den Heuvel	9:48.61
5000	Elaine McVay	17:29.20
	Nicole Zeinstra	18:09.94
800R	Brew, Guo, Knittel, Alper	1:52.94
1600R	Brew, Guo, Shade, Knittel	3:59.28
3200R	Huang, Gong, Wicker, van den Heuvel	9:32.25
DMR	van den Heuvel, Guo, Huang, Gong	11:42.28

Varsity Record \*\*

Freshman Record \*

**OUTDOOR****2014 RESULTS****VARSITY**

Won 4, Lost 0

**MIT**184  
176.5**OPPONENT**RPI 110, WPI 98  
Bates 129.5, Colby 110**2015 SCHEDULE**

3/21	BSU Bears Invitational	Bridgewater State University
3/28	Spring Trip Meet	Point Loma Nazarene, San Diego, CA
4/4	Engineer's Cup (RPI, WPI)	Home
4/11	Bates, Colby, USM	Colby
4/15-16	Holy Cross Multi Competition	Holy Cross
4/17	Larry Ellis Invitational	Princeton
4/18	Sean Collier Invitational	Home
4/25	NEWMAC Championship	Home
4/30-5/2	New England Div. III Championship	Home
5/7-9	NEICAAA Championship	Home
5/14-15	ECAC Division III Championship	Springfield
5/21-23	NCAA Division III Championship	St. Lawrence

**VARSITY SCORING & ROSTER**

Jackie Brew*	'14 30.75	Christina Wicker	'17 11	Alexandra Shade	'17 01.25
V. Szklarzewski	'15 28.75	L. van den Heuvel*	'14 10.25	Shivani Kashaul	'15 01
Michelle Johnson	'15 24	Kaitlin Allen	'14 10	Margaret Coad	'15
Jackie Vahey	'17 24	Martina de Geus	'14 07	Stephanie Guo	'17
Isabella Stuopis	'16 22	Elaine McVay	'15 07	Allison Hallock	'16
Alexandra Taylor*	'14 18	Joanna Chen	'15 06	Kayla Harris	'15
MaryAnn Gong	'17 17.25	Christine Labaza	'14 06	Kendra Knittel	'17
S. Birkhimer	'14 16.75	Stephanie Riocci	'16 06	Stephanie Marzen	'15
Tilly Taylor	'15 14	Nadia Lucas	'17 05	Fiona Paine	'17
Cimran Virdi	'16 14	Jennifer Tylock	'17 05	Sarah Quinn	'16
Ashley Wheeler	'15 12	Nicole Zeinstra	'16 05	Leah Schmitz	'16
Jackie Konopka	'14 11.75	Natalie Alper	'17 04.5	Heather Sweeney	'16
Cindy Huang	'15 11.25	Abigail Klein	'14 04	Madeleine Waller	'17
Ellen Liverpool	'15 11	Isabel Crystal	'16 03	Sherry Wan	'16
P. Vaidyanathan	'15 11	Becky Steinmeyer	'17 02		

\* Captain

**CHAMPIONSHIPS****New England Women's and Men's Athletics Conference (NEWMAC)** (1<sup>st</sup>) 224.33 points

MaryAnn Gong	1500	4:38.15 (1 <sup>st</sup> )
Cimran Virdi	Pole Vault	12-07 ½ (1 <sup>st</sup> )
Isabella Stuopis	Shot Put	40-06 ¼ (1 <sup>st</sup> )
Jackie Vahey	Discus	128-02 (1 <sup>st</sup> )
Ashley Wheeler	Hammer	157-00 (1 <sup>st</sup> )
V. Szklarzewski	100	12.52 (T-2 <sup>nd</sup> )
MaryAnn Gong	800	2:16.74 (2 <sup>nd</sup> )
Elaine McVay	5000	17:33.56 (2 <sup>nd</sup> )
Jackie Konopka	100HH	14.98 (2 <sup>nd</sup> )
Martina de Geus	3000 SC	11:01.55 (2 <sup>nd</sup> )
P. Vaidyanathan	High Jump	5-01 ¾ (T-2 <sup>nd</sup> )
Abigail Klein	Pole Vault	11-05 ¾ (2 <sup>nd</sup> )
Ellen Liverpool	Hammer	154-10 (2 <sup>nd</sup> )
Tilly Taylor	Javelin	116-04 (2 <sup>nd</sup> )
Kaitlin Allen	5000	17:33.93 (3 <sup>rd</sup> )
Jackie Brew	100HH	15.28 (3 <sup>rd</sup> )
Jennifer Tylock	Pole Vault	11-05 ¾ (3 <sup>rd</sup> )
Jackie Vahey	Shot Put	35-05 ¼ (3 <sup>rd</sup> )
Christine Labaza	Discus	120-01 (3 <sup>rd</sup> )
Alexandra Shade	400	60.83 (4 <sup>th</sup> )
Cindy Huang	800	2:18.26 (4 <sup>th</sup> )
L. van den Heuvel	1500	4:45.19 (4 <sup>th</sup> )
V. Szklarzewski	Long Jump	16-09 ¾ (4 <sup>th</sup> )
Michelle Johnson	Triple Jump	34-05 (4 <sup>th</sup> )
Isabella Stuopis	Discus	112-10 (4 <sup>th</sup> )
Jackie Brew	200	26.15 (5 <sup>th</sup> )
Natalie Alper	High Jump	5-01 ¾ (5 <sup>th</sup> )
Joanna Chen	Pole Vault	10-06 (5 <sup>th</sup> )
Jackie Konopka	Long Jump	16-09 ¼ (5 <sup>th</sup> )
Christine Labaza	Shot Put	34-10 ¼ (5 <sup>th</sup> )
Stephanie Riocci	Javelin	96-08 (5 <sup>th</sup> )
L. van den Heuvel	800	2:19.02 (6 <sup>th</sup> )
Nicole Zeinstra	5000	18:08.42 (6 <sup>th</sup> )
V. Szklarzewski	Triple Jump	33-06 ¾ (6 <sup>th</sup> )
Isabella Stuopis	Hammer	136-04 (6 <sup>th</sup> )
Isabella Stuopis	Javelin	91-02 (6 <sup>th</sup> )
Shivani Kaushal	10000	40:07.30 (7 <sup>th</sup> )
Ashley Wheeler	Discus	101-00 (7 <sup>th</sup> )
Jackie Vahey	Hammer	136-01 (7 <sup>th</sup> )

**New England Division 3 (NE Div. 3)** (1<sup>st</sup>) 132 points

Elaine McVay	10,000	37:00.36 (1 <sup>st</sup> )
MaryAnn Gong	5000	17:27.26 (1 <sup>st</sup> )
Shade, Huang, Wicker, van den Heuvel	3200R	9:20.17 (1 <sup>st</sup> )
Cimran Virdi	Pole Vault	12-02 ½ (1 <sup>st</sup> )
Kaitlin Allen	10,000	37:00.54 (2 <sup>nd</sup> )
Tilly Taylor	Javelin	137-05 (2 <sup>nd</sup> )
Martina de Geus	3000SC	10:45.76 (2 <sup>nd</sup> )
Jackie Vahey	Discus	125-01 (2 <sup>nd</sup> )
Cindy Huang	800	2:15.44 (3 <sup>rd</sup> )

*(Continued on page 54)*

[\(Continued from page 53\)](#)

MaryAnn Gong	1500	4:38.45 (3 <sup>rd</sup> )
Jackie Brew	100HH	14.56 (3 <sup>rd</sup> )
Isabella Stuopis	Shot Put	42-09 $\frac{3}{4}$ (3 <sup>rd</sup> )
Abigail Klein	Pole Vault	11-08 $\frac{1}{2}$ (4 <sup>th</sup> )
Christine Labaza	Discus	122-02 (4 <sup>th</sup> )
Jackie Konopka	Long Jump	17-05 $\frac{1}{2}$ (5 <sup>th</sup> )
V. Szklarzewski	100	12.78 (5 <sup>th</sup> )
Jackie Konopka	100HH	14.72 (5 <sup>th</sup> )
Brew, Szklarzewski, Knittel, Konopka	400R	48.11 (5 <sup>th</sup> )
Ashley Wheeler	Hammer	154-07 (6 <sup>th</sup> )
Kaitlin Allen	5000	17:48.60 (6 <sup>th</sup> )
Isabella Stuopis	Discus	117-10 (7 <sup>th</sup> )
Ellen Liverpool	Hammer	148-02 (8 <sup>th</sup> )
Michelle Johnson	Triple Jump	36-01 $\frac{1}{2}$ (8 <sup>th</sup> )

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (10<sup>th</sup>) 30 points

Cindy Huang	800	2:12.40 (3 <sup>rd</sup> )
MaryAnn Gong	1500	4:31.24 (3 <sup>rd</sup> )
Martina de Geus	3000SC	10:42.46 (3 <sup>rd</sup> )
Jackie Vahey	Discus	134-00 (4 <sup>th</sup> )
Isabella Stuopis	Shot Put	43-06 (5 <sup>th</sup> )
Brew, Szklarzewski Knittel, Konopka	400R	47.55 (7 <sup>th</sup> )
Isabella Stuopis	Discus	127-02 (8 <sup>th</sup> )

**Eastern Collegiate Athletics Conference (ECAC)** (1<sup>st</sup>) 56 points

Cimran Viridi	Pole Vault	13-01 $\frac{1}{2}$ (1 <sup>st</sup> )
Jackie Konopka	100HH	14.49 (2 <sup>nd</sup> )
Jackie Brew	100HH	14.56 (3 <sup>rd</sup> )
Jackie Vahey	Discus	140-02 $\frac{3}{4}$ (3 <sup>rd</sup> )
Nicole Zeinstra	5000	17:52.41 (3 <sup>rd</sup> )
Kaitlin Allen	10,000	37:00.62 (3 <sup>rd</sup> )
Abigail Klein	Pole Vault	11-07 $\frac{3}{4}$ (T-4 <sup>th</sup> )
Isabella Stuopis	Shot Put	43-02 $\frac{1}{2}$ (4 <sup>th</sup> )
Ellen Liverpool	Hammer	154-10 (8 <sup>th</sup> )

**National Collegiate Athletic Association (NCAA)** (3<sup>rd</sup>) 37 points

Cimran Viridi	Pole Vault	13-05 $\frac{1}{4}$ (2 <sup>nd</sup> )
Tilly Taylore	Javelin	145-07 (5 <sup>th</sup> )
Martina de Geus	3000SC	10:40.37 (7 <sup>th</sup> )
Brew, Szklarzewski, Knittel, & Konopka	400R	48.18 (8 <sup>th</sup> )
MaryAnn Gong	5000	16:43.28 (8 <sup>th</sup> )

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Hammer	Ashley Wheeler	157-00
	Ellen Liverpool	154-10
Discus	Jackie Vahey	140-02 $\frac{3}{4}$ ***
	Isabella Stuopis	127-02
Shot Put	Isabella Stuopis	43-06
	Jackie Vahey	38-04 $\frac{1}{4}$
Javelin	Tilly Taylor	145-07 **
	Stephanie Riocci	109-08
Long Jump	Jackie Konopka	17-05 $\frac{1}{2}$
	Veronica Szklarzewski	17-04 $\frac{3}{4}$
Triple Jump	Michelle Johnson	37-00 $\frac{1}{4}$
	Stephanie Birkhimer	35-06 $\frac{1}{2}$
Pole Vault	Cimran Virdi	13-05 $\frac{1}{4}$ **
	Abigail Klein	11-08 $\frac{1}{2}$
High Jump	Preethi Vaidyanathan	5-05 **
	Jackie Konopka	5-03
100HH	Jackie Brew	14.17
	Jackie Konopka	14.49
400IH	Christina Wicker	1:17.19
100	Veronica Szklarzewski	12.47
	Jackie Brew	12.48
200	Jackie Brew	25.54
	Kendra Knittel	26.44
400	Kendra Knittel	58.93
	Alexandra Shade	1:00.83
800	Cindy Huang	2:12.40 **
	MaryAnn Gong	2:16.74
1500	Maryann Gong	4:31.24*
	Alexandra Taylor	4:39.38
3000SC	Martina de Geus	10:40.37
	Christina Wicker	11:51.13
5000	MaryAnn Gong	16:43.28 ***
	Elaine McVay	17:33.56
10,000	Elaine McVay	36:03.33
	Kaitlin Allen	37:00.54
400R	Brew, Szklarzewski, Knittel, Konopka	47.44
1600R	Taylor, Gong, Huang, Wicker	4:09.57
3200R	Shade, Huang, Wicker, van den Heuvel	9:21.17

Varsity Record \*\*

Freshman Record \*

**MEN'S TRACK AND FIELD****INDOOR****2013 - 14 RESULTS****VARSITY**

Won 17, Lost 0

**MIT**

98.5

194

272.33

257

**OPPONENT**

Alumni 18.5

Bates 100, Colby 67

Bowdoin 111.83, Springfield 104.83, WPI 59

Tufts 117, Coast Guard 85.5, Bridgewater St. 79, RIC 59, Haverford 57.5, Fitchburg St. 42, UMass Boston 19, Brandeis 18, Bentley 4, Norwich 3, Conn College 2, Lasell 2

**2014 - 15 SCHEDULE**

12/6	Boston University Season Opener	Boston University
1/10	Alumni/ae Meet w/Bates, Colby	Home
1/17	Bowdoin, WPI	Bowdoin
1/23-1/24	John Thomas Invitational	Boston University
1/23-1/24	Harvard Multi-Meet	Harvard University
1/24	Art Farnham Invitational	Home
1/30	Tufts Multi-Meet	Tufts University
1/31	Tufts Stampede	Tufts
2/7	TBA	TBA
2/13-2/14	David Hemery Invitational	Boston University
2/14	Gordon Kelly Invitational	Home
2/20-2/21	New England Div. III Championship	Springfield
2/27-2/28	NEICAAA Championship	Boston University
3/6	Tufts Last Chance	Tufts University
3/6-3/7	ECAC Division III Championship	Reggie Lewis, Boston
3/7-3/8	IC4A Championship	Boston University
3/13-3/14	NCAA Division III Championship	JDL Fastrack, Winston-Salem, NC

**VARSITY SCORING & ROSTER**

Ken Cooper	'15 60	Nicholas Matthews	'17 20.25	Richard Lu	'16 06
Tyler Singer-Clark*	'14 57	Taylor Njaka	'17 19	Brian Gilligan	'17 03
Carrington Motley	'16 49	Matt McEachern	'17 19	Curtis Shoyer	'16 03
Michael Kaba	'16 49	Derek Barnes	'16 19	Marshall Wentworth	'16 03
States Lee	'16 47	Alex Noakes	'16 18	Matt Deyo	'16 03
Sam Parker	'15 34.25	Ben Schreck	'15 18	Danny Newman	'17 03
Mac Gager	'14 33.25	Benji Xie	'15 17.5	Ricardo Paez	'15 02.5
Jordan Mizerak*	'14 30	Roy Wedge	'14 17	Mike DuPlessis	'14 02
Chadd Kiggins	'15 26.25	Sebastian Santos	'17 16	Brandon Corts	'17 01
Adrian Samsel	'16 25.5	Henry Tareque	'17 15	Gary Burnett	'17 01
Angel Echevarria	'16 25	Allen Leung	'15 13	Rory Beyer	'17
John Thomas	'15 24	Ian Tolan	'16 12.75	Kris Frey	'15
Andrew Mullen	'17 23.5	Matt Jordan	'15 12	Colin Godwin	'17
Harrison Hunter	'15 22.25	Dominique Hoskin	'15 11	Brad Goldsberry	'15
Justin Bullock*	'14 21.75	Ken Leidal	'17 07.75	Kevin Kusch	'17
N. Diamantoni	'15 21	Ian Perry	'17 06.83	Fernando Torija	'16

\* Captain



**CHAMPIONSHIPS****New England Division 3 (NE Div. 3)** (1<sup>st</sup>) 138 points

Chadd Kiggins	1000	2:30.11 (1 <sup>st</sup> )
Adrian Samsel	Heptathlon	4796 pts (1 <sup>st</sup> )
Ken Cooper	Shot Put	54-07.50 (2 <sup>nd</sup> )
Ken Cooper	Weight Throw	60-11.50 (2 <sup>nd</sup> )
Ben Schreck	Pole Vault	14-11 (2 <sup>nd</sup> )
Tyler Singer-Clark	200	22.53 (2 <sup>nd</sup> )
Tyler Singer-Clark	400	49.81 (2 <sup>nd</sup> )
Kiggins, Newman, Mullen, Matthews	DMR	10:30.83 (2 <sup>nd</sup> )
States Lee	400	49.83 (3 <sup>rd</sup> )
Ricardo Paez	1000	2:32.85 (3 <sup>rd</sup> )
Carrington Motley	Triple Jump	45-01.75 (3 <sup>rd</sup> )
Michael Kaba	200	22.94 (4 <sup>th</sup> )
Michael Kaba	60HH	8.36 (4 <sup>th</sup> )
Sam Parker	800	1:56.37 (4 <sup>th</sup> )
Jordan Mizerak	Heptathlon	4631 pts (4 <sup>th</sup> )
States Lee	200	22.98 (5 <sup>th</sup> )
Mac Gager	600	1:23.47 (5 <sup>th</sup> )
Benji Xie	5000	15:04.46 (5 <sup>th</sup> )
Ian Perry	Pole Vault	13-11.25 (T-5 <sup>th</sup> )
Carrington Motley	Long Jump	21-07.25 (5 <sup>th</sup> )
Roy Wedge	5000	15:05.31 (6 <sup>th</sup> )
Adrian Samsel	Long Jump	21-07.25 (6 <sup>th</sup> )
Allen Leung	5000	15:09.80 (7 <sup>th</sup> )
Marshall Wentworth	Pole Vault	13-11.25 (T-7 <sup>th</sup> )
Derek Barnes	400	51.06 (8 <sup>th</sup> )
Hunter Harrison	800	1:57.48 (8 <sup>th</sup> )
Hunter, Parker, Gager, Paez	4x800 Relay	8:04.27 (8 <sup>th</sup> )

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (16<sup>th</sup>) 13 points

Ben Schreck	Pole Vault	15-09 ¼ (3 <sup>rd</sup> )
Lee, Kaba, Barnes, Singer Clark	4x400m	3:15.58 (5 <sup>th</sup> )
Carrington Motley	Triple Jump	47-1 (6 <sup>th</sup> )

**Eastern Collegiate Athletic Conference (ECAC)** (23<sup>rd</sup>) 13 points

Adrian Samsel	Heptathlon	4651 pts. (3 <sup>rd</sup> )
Harrison Hunter	800	1:55.11 (6 <sup>th</sup> )
Jordan Mizerak	Pole Vault	14-08 (6 <sup>th</sup> )
Ricardo Paez	1000	2:32.27 (8 <sup>th</sup> )

**National Collegiate Athletic Association (NCAA Division III)** (T-34<sup>th</sup>) 6 points

Lee, Kaba, Barnes, Singer-Clark	4x400m	3:15.14 (4 <sup>th</sup> )
Ben Schreck	Pole Vault	15-07 (8 <sup>th</sup> )

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Weight Throw	Ken Cooper	61-04 ¼
	Alex Noakes	46-09
Shot Put	Ken Cooper	55-00 ¼
	Sebastian Santos	45-11 ¼
Long Jump	Carrington Motley	21-07 ¼
	Adrian Samsel	21-07 ¼
Triple Jump	Carrington Motley	47-02 ½
	Angel Echevarria	46-03 ¼
Pole Vault	Benjamin Schreck	16-00 ¾
	Jordan Mizerak	14-11
High Jump	Adrian Samsel	6-01 ½
	John Thomas	6-00
Heptathlon	Adrian Samsel	4796 pts **
	Jordan Mizerak	4631 pts
60HH	Michael Kaba	8.36**
	Adrian Samsel	8.78
60	Richard Lu	7.15
	Taylor Njaka	7.15 *
200	Tyler Singer-Clark	22.10
	Michael Kaba	22.35
400	States Lee	48.36 **
	Tyler Singer-Clark	48.75
500	Sam Parker	1:05.12
	Mac Gager	1:05.84
600	Sam Parker	1:22.90
	Chadd Kiggins	1:23.20
800	Sam Parker	1:53.07
	Harrison Hunter	1:54.45
1000	Sam Parker	2:27.99
	Chadd Kiggins	2:28.82
Mile	Ian Tolan	4:18.56
	Justin Bullock	4:18.59
3000	Justin Bullock	8:22.20
	Matt Jordan	8:42.77
5000	Benji Xie	14:40.42
	Roy Wedge	14:48.02
1600R	Lee, Kaba, Barnes, Singer-Clark	3:14.98
3200R	Bullock, Hunter, Parker, Kiggins	7:59.43
DMR	Parker, Lee, Mullen, Kiggins	9:57.76

Varsity Record \*\*

Freshman Record \*

**OUTDOOR****2014 RESULTS****VARSITY**

Won 5, Lost 0

**MIT**

165.5

257.5

**OPPONENT**

RPI 146, WPI 98

Bates 220, Colby 122.5, USM 107

**2015 SCHEDULE**

3/21	BSU Bears Invitational	Bridgewater State University
3/28	Spring Trip Meet	Point Loma Nazarene, San Diego, CA
4/4	Engineer's Cup (RPI, WPI)	Home
4/11	Bates, Colby, USM	Colby
4/15-16	Holy Cross Multi Competition	Holy Cross
4/17	Larry Ellis Invitational	Princeton
4/18	Sean Collier Invitational	Home
4/25	NEWMAC Championship	Home
4/30-5/2	New England Div. III Championship	Home
5/7-9	NEICAAA Championship	Home
5/14-15	ECAC Division III Championship	Springfield
5/16-17	IC4A Championship	Princeton
5/21-23	NCAA Division III Championship	St. Lawrence

**VARSITY SCORING & ROSTER**

Ken Cooper	'15 44	Roy Wedge	'14 09	Nicholas Matthews	'17 02
Adrian Samsel	'16 44	Benji Xie	'15 09	Curtis Shoyer	'16 02
States Lee	'16 36.25	Kris Frey	'15 08	Danny Newman	'17 01.25
Carrington Motley	'16 28	Marshall Wentworth	'16 07.5	Brian Gilligan	'17 01
Harrison Hunter	'15 20	Matt Jordan	'15 07	Brandon Corts	'17
Derek Barnes	'16 18.75	Ben Schreck	'15 07	Mac Gager	'14
Alex Noakes	'16 18	Jordan Mizerak*	'14 06.75	Colin Godwin	'17
John Thomas	'15 17.25	Ian Tolan	'16 06	Brad Goldsberry	'15
Sam Parker	'15 15	Matt Deyo	'16 05	Dominique Hoskin	'15
Sebastian Santos	'17 15	Kevin Kusch	'17 05	Michael Kaba	'16
Angel Echevarria	'16 15	N. Diamantoni	'15 04.25	Chadd Kiggins	'15
Harry Rein	'16 14	Austin Fathman	'15 04	Ken Leidal	'17
Gary Burnett	'17 13.25	Ricardo Paez	'15 04	Allen Leung	'15
Mike DuPlessis	'14 11.75	Ian Perry	'17 04	Richard Lu	'16
Rory Beyer	'17 09	Matt McEachern	'17 03	Tyler Singer-Clark*	'14
Justin Bullock*	'14 09	Henry Tareque	'17 03	Fernando Torija	'16

\* Captain

**CHAMPIONSHIPS****New England Women's and Men's Athletics Conference (NEWMAC)** (1<sup>st</sup>) 250.5 points

States Lee	200	22.22 (1 <sup>st</sup> )
States Lee	400	48.58 (1 <sup>st</sup> )
Hunter Harrison	800	1:54.56 (1 <sup>st</sup> )
Justin Bullock	1500	3:56.40 (1 <sup>st</sup> )
Rory Beyer	3000 SC	9:34.90 (1 <sup>st</sup> )
Duplessis, Diamontoni, Lee, Samsel	4x100 Relay	NT (1 <sup>st</sup> )
Lee, Hunter, Barnes, Parker	4x400 Relay	3:17.82 (1 <sup>st</sup> )
Angel Echevarria	Triple Jump	45-09 (1 <sup>st</sup> )
Ken Cooper	Discus	165-11 (1 <sup>st</sup> )
Ken Cooper	Hammer	182-04 (1 <sup>st</sup> )
Sam Parker	800	1:54.78 (2 <sup>nd</sup> )
Matt Jordan	5000	15:12.38 (2 <sup>nd</sup> )
Adrian Samsel	400IH	54.70 (2 <sup>nd</sup> )
Benjamin Schreck	Pole Vault	15-07 (2 <sup>nd</sup> )
Carrington Motley	Triple Jump	44-04 ¼ (2 <sup>nd</sup> )
Tyler Singer-Clark	100	11.23 (3 <sup>rd</sup> )
Derek Barnes	400	49.85 (3 <sup>rd</sup> )
Allen Leung	5000	15:13.81 (3 <sup>rd</sup> )
Matt McEachern	10,000	32:27.37 (3 <sup>rd</sup> )
John Thomas	High Jump	6-00 (T-3 <sup>rd</sup> )
Carrington Motley	Long Jump	21-06 (3 <sup>rd</sup> )
Sebastian Santos	Discus	124-09 (3 <sup>rd</sup> )
Harry Rein	Javelin	173-10 (3 <sup>rd</sup> )
Tyler Singer-Clark	200	22.67 (4 <sup>th</sup> )
Adrian Samsel	110HH	15.77 (4 <sup>th</sup> )
Kris Frey	3000 SC	10:00.71 (4 <sup>th</sup> )
Adrian Samsel	Long Jump	21-03 ¼ (4 <sup>th</sup> )
Sebastian Santos	Shot Put	43-01 ½ (4 <sup>th</sup> )
Ricardo Paez	800	1:57.58 (5 <sup>th</sup> )
Matt Deyo	1500	3:59.88 (5 <sup>th</sup> )
Benji Xie	5000	15:17.39 (5 <sup>th</sup> )
Brian Gilligan	10,000	32:31.93 (5 <sup>th</sup> )
Ian Perry	Pole Vault	13-07 ¼ (5 <sup>th</sup> )
Roy Wedge	5000	15:29.21 (6 <sup>th</sup> )
Gary Burnett	400IH	57.54 (6 <sup>th</sup> )
Marshall Wentworth	Pole Vault	13-07 ¼ (6 <sup>th</sup> )
Angel Echevarria	Long Jump	20-00 ¼ (6 <sup>th</sup> )
Alex Noakes	Hammer	143-04 (6 <sup>th</sup> )
Mike DuPlessis	100	11.65 (7 <sup>th</sup> )
Derek Barnes	200	22.91 (8 <sup>th</sup> )

**New England Division 3 (NE Div. 3)** (1<sup>st</sup>) 159.83 points

Roy Wedge	10,000	30:50.06 (1 <sup>st</sup> )
Adrian Samsel	Decathlon	6472 points (1 <sup>st</sup> )
States Lee	400	48.49 (1 <sup>st</sup> )
Harrison Hunter	800	1:52.28 (1 <sup>st</sup> )
Ken Cooper	Discus	164-07 (1 <sup>st</sup> )
Ken Cooper	Hammer	185-07 (2 <sup>nd</sup> )
Benjamin Schreck	Pole Vault	15-03 (T-2 <sup>nd</sup> )
Benji Xie	10,000	31:05.70 (3 <sup>rd</sup> )

*(Continued on page 61)*

[\(Continued from page 60\)](#)

States Lee	200	22.02 (3 <sup>rd</sup> )
Derek Barnes	400	49.09 (3 <sup>rd</sup> )
DuPlessis, Diamantoni, Lee, Singer-Clark	400R	42.48 (3 <sup>rd</sup> )
Tareque, Hunter, Paez, Parker	3200R	7:48.48 (3 <sup>rd</sup> )
Carrington Motley	Triple Jump	46-11 $\frac{3}{4}$ (3 <sup>rd</sup> )
Ken Cooper	Shot Put	49-05 $\frac{3}{4}$ (3 <sup>rd</sup> )
Matthew Jordan	10,000	31:16.88 (4 <sup>th</sup> )
Carrington Motley	Long Jump	22-07 (4 <sup>th</sup> )
Matthew Jordan	5000	15:13.97 (4 <sup>th</sup> )
Rory Beyer	3000SC	9:26.74 (4 <sup>th</sup> )
Angel Echevarria	Triple Jump	46-10 $\frac{1}{4}$ (4 <sup>th</sup> )
Harry Rein	Javelin	178-08 (4 <sup>th</sup> )
Adrian Samsel	Long Jump	22-06 $\frac{1}{2}$ (5 <sup>th</sup> )
Sam Parker	800	1:53.91 (5 <sup>th</sup> )
Matthew Deyo	5000	15:16.22 (5 <sup>th</sup> )
Adrian Samsel	400IH	54.66 (5 <sup>th</sup> )
Jordan Mizerak	Pole Vault	15-03 (5 <sup>th</sup> )
Allen Leung	10,000	32:08.56 (7 <sup>th</sup> )
Tyler Singer-Clark	200	22.40 (T-7 <sup>th</sup> )

**New England Intercollegiate Amateur Athletic Association (NEIAAA)** (9<sup>th</sup>) 30 points

States Lee	400	47.53 (2 <sup>nd</sup> )
Lee, Barnes, Samsel, Singer-Clark	1600R	3:12.23 (3 <sup>rd</sup> )
Ken Cooper	Discus	158-07 (4 <sup>th</sup> )
DuPlessis, Diamantoni, Lee, Singer-Clark	400R	41.93 (5 <sup>th</sup> )
Ken Cooper	Shot Put	51-11 $\frac{3}{4}$ (6 <sup>th</sup> )
Carrington Motley	Triple Jump	46-06 $\frac{3}{4}$ (7 <sup>th</sup> )
Ken Cooper	Hammer Throw	185-02 (8 <sup>th</sup> )
Adrian Samsel	400IH	54.31 (8 <sup>th</sup> )

**Eastern Collegiate Athletics Conference (ECAC)** (T-3<sup>rd</sup>) 46 points

Ken Cooper	Shot Put	54-07 (1 <sup>st</sup> )
Ken Cooper	Discus	161-08 $\frac{1}{4}$ (1 <sup>st</sup> )
Benjamin Schreck	Pole Vault	15-11 (2 <sup>nd</sup> )
States Lee	200	21.82 (6 <sup>th</sup> )
DuPlessis, Diamantoni, Lee, Singer-Clark	400R	42.83 (7 <sup>th</sup> )
Jordan Mizerak	Pole Vault	14-11 (8 <sup>th</sup> )

**National Collegiate Athletic Association (NCAA)** (T-33<sup>rd</sup>) 8 points

Lee, Barnes, Samsel, Singer Clark	1600R	3:12.28 (4 <sup>th</sup> )
Benjamin Schreck	Pole Vault	16-00 $\frac{3}{4}$ (6 <sup>th</sup> )

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Hammer	Ken Cooper	187-06
	Alex Noakes	150-09
Discus	Ken Cooper	165-11
	Alexander Noakes	136-11
Shot Put	Ken Cooper	54-07
	Sebastian Santos	45-09 $\frac{1}{4}$
Javelin	Harry Rein	188-00
	Curtis Shoyer	173-03
Long Jump	Carrington Motley	22-07
	Adrian Samsel	22-06 $\frac{1}{2}$
Triple Jump	Carrington Motley	48-03 $\frac{1}{2}$
	Angel Echevarria	46-10 $\frac{1}{4}$
Pole Vault	Benjamin Schreck	16-00 $\frac{3}{4}$
	Jordan Mizerak	15-03
High Jump	John Thomas	6-00 $\frac{3}{4}$
	Adrian Samsel	6-00 $\frac{1}{2}$
Decathlon	Adrian Samsel	6549 points
110HH	Michael Kaba	15.06
	Adrian Samsel	15.15
400IH	Adrian Samsel	53.71
	Michael Kaba	54.10
100	Adrian Samsel	11.04
	States Lee	11.07
200	States Lee	21.84
	Tyler Singer-Clark	22.40
400	States Lee	47.53
	Derek Barnes	49.09
800	Harrison Hunter	1:51.64
	Sam Parker	1:52.46
1500	Justin Bullock	3:54.91
	Matthew Deyo	3:59.88
3000SC	Rory Beyer	9:26.74
	Kris Frey	9:57.90
5000	Roy Wedge	15:03.45
	Matthew Deyo	15:07.12
10000	Roy Wedge	30:50.06
	Benji Xie	31:05.70
400R	DuPlessis, Diamantoni, Lee, Singer-Clark	41.93
1600R	Lee, Barnes, Samsel, & Singer-Clark	3:12.23
3200R	Tareque, Hunter, Paez, & Parker	7:48.48

## 2014–2015 COMBINED SCHEDULES

### CROSS COUNTRY

8/30	Alumni Meet	Franklin Park
9/27	Purple Valley Classic	Williams College - Mt. Greylock H.S. Williamstown, MA
10/11	NEICAAA Championship	Franklin Park
10/18	UWO Brook's Invitational	University of Wisconsin, Oshkosh, WI
11/1	NEWMAC Championship	Smith College, Northampton, MA
11/15	New Eng. Div. III Reg. Champ.	Williams College - Mt. Greylock H.S. Williamstown, MA
11/22	NCAA Div. III Championship	Wilmington College, Mason, OH

### INDOOR TRACK

12/6	Boston University Season Opener	Boston University
1/10	Alumni/ae Meet w/Bates, Colby	Home
1/17	Bowdoin, WPI	Bowdoin
1/23-1/24	John Thomas Invitational	Boston University
1/23-1/24	Harvard Multi-Meet	Harvard University
1/24	Art Farnham Invitational	Home
1/30	Tufts Multi-Meet	Tufts University
1/31	Tufts Stampede	Tufts
2/7	TBA	TBA
2/13-2/14	David Hemery Invitational	Boston University
2/14	Gordon Kelly Invitational	Home
2/20-2/21	New England Div. III Championship	Men: Springfield Women: Smith
2/27-2/28	NEICAAA Championship	Boston University
3/6	Tufts Last Chance	Tufts University
3/6-3/7	ECAC Division III Championship	Reggie Lewis, Boston
3/7-3/8	IC4A Championship	Men: Boston University
3/13-3/14	NCAA Division III Championship	JDL Fasttrack, Winston-Salem, NC

### OUTDOOR TRACK

3/21	BSU Bears Invitational	Bridgewater State University
3/28	Spring Trip Meet	Point Loma Nazarene, San Diego, CA
4/4	Engineer's Cup (RPI, WPI)	Home
4/11	Bates, Colby, USM	Colby
4/15-16	Holy Cross Multi Competition	Holy Cross
4/17	Larry Ellis Invitational	Princeton
4/18	Sean Collier Invitational	Home
4/25	NEWMAC Championship	Home
4/30-5/2	New England Div. III Championship	Home
5/7-9	NEICAAA Championship	Home
5/14-15	ECAC Division III Championship	Springfield
5/16-17	IC4A Championship	Men: Princeton
5/21-23	NCAA Division III Championship	St. Lawrence