

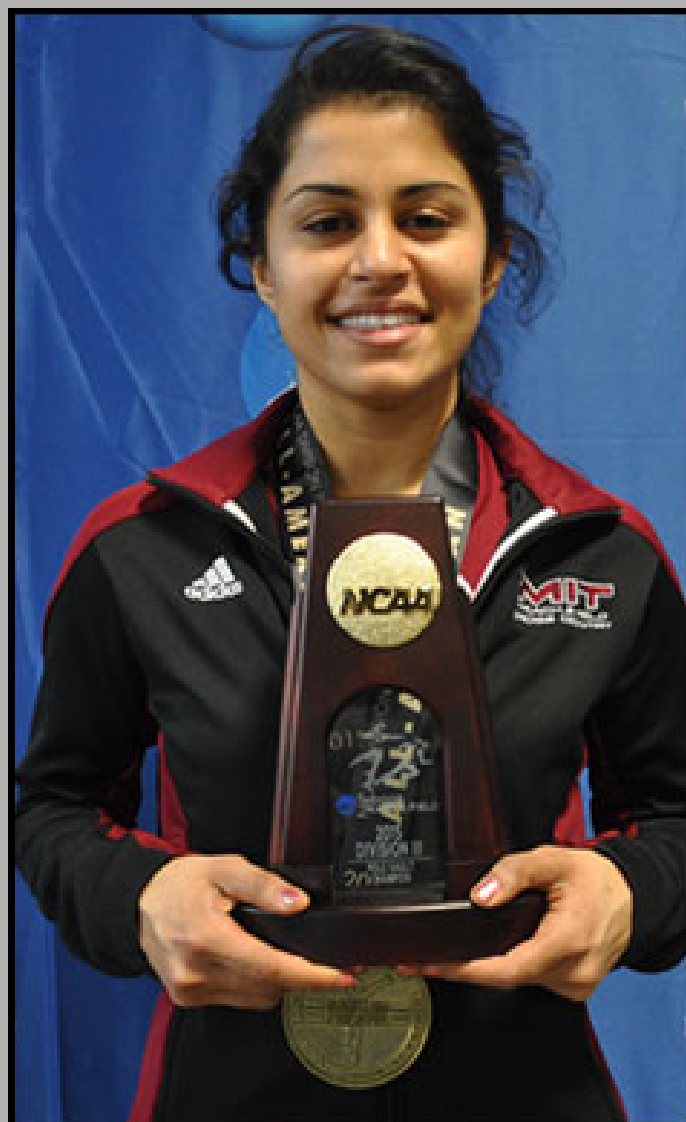


Track and CC News

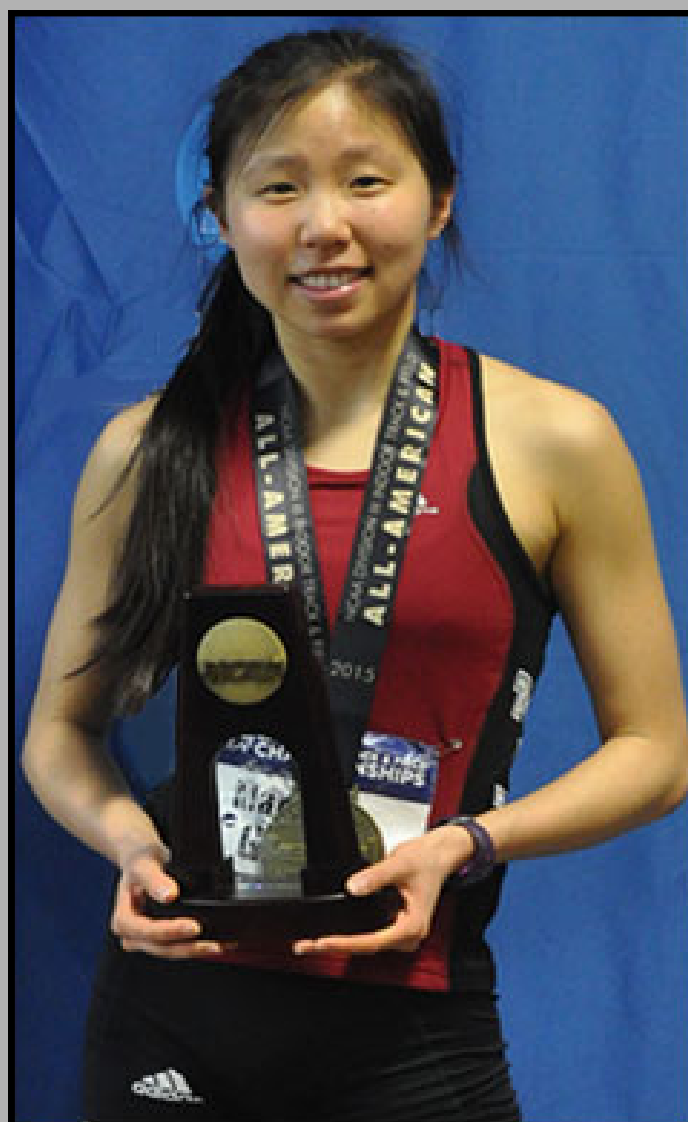
Newsletter for the Friends of MIT Track and Cross Country

Number 75 - September 2015

Congratulations 2015 NCAA National Champions!



Cimran Viridi
Indoor & Outdoor Pole Vault



Maryann Gong
Indoor 3000M

Photos courtesy of Patrick Barragan

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ANNOUNCEMENTS

Alumni/ae Indoor Track & Field Meet

This year's Alumni/ae Meet will go back to the traditional format with no other teams competing. The date will be January 9, starting at noon.

I want to encourage as much participation as possible, but more importantly, I would like for folks to feel comfortable to just join us to watch and support your fellow alums. Competing is fun, but many are not able to do so. Please join us for a great meet and a chance to catch up over pizza after the meet.

MIT Track & Field and Cross Country is now on Twitter

In an effort to expand our reach to MIT Track & Field/Cross Country alumni as well as current and future athletes, our team now has a Twitter account. If you are active on social media, feel free to follow the team's handle **@MITTFXC**.

If you do choose to follow, there is one important NCAA Compliance note that you must follow:

No current athletes or alumni are allowed to "favorite" or "retweet" tweets from Prospective Student Athletes (PSA's).

If you are actively following @MITTFXC, please keep this in mind. If you are not sure whether or not the individual is a PSA, please refrain from "retweeting" or "favoriting" their tweets.

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.

CROSS COUNTRY

SEVEN ALL AMERICA HONORS

HIGHLIGHT 2014 SEASON

by Halston W. Taylor

Going into the 2014 cross country season I figured we would have a core of unknowns, one or two solid runners on each team and an assumption that the freshmen would play a key role in how well the teams would race come championship time.

Women

The women graduated five of their top runners, Kaitlin Allen, Martina de Geus, Brooke Johnson, Alexandra Taylor and Louise van den Heuvel. The only returning healthy top five runner was All American and tri-captain Elaine McVay '15. Maryann Gong '17 and Christina Wicker '17 both extremely talented runners, had not had prior success in cross country and there was serious question if they could find the passion to get them to their potential. Tri-captain Sarah Quinn '16 and Nicole Zeinstra '16, both injured last year, were both getting back in condition and it was not certain they were over



The "Has Beens" may have been a bit overwhelmed by the varsity teams this year, but the sunny fall weather made it a great day to enjoy reminiscing in Franklin Park.

their injuries or if they could race at their previous levels. Kali Benavides '15 took the year off from track to try and have an injury free year, but got injured anyway and was still injured coming into the season. Tri-captain and star 800 runner, Cindy Huang '15 had never proven herself in cross country, but as a captain felt she needed to step-up. Stephanie Marzen '15 had had some success in cross country but was also injury prone. What would the freshmen bring?

In the short course time trial (3200) and [Alumni Meet](#) (3000) Anna Frederich showed what potential the freshman would bring as she won the time trial in 11:05 and earning third in the Alumni Meet. Other freshmen who showed promise were Liz Cox, Lauren Paul, Emma Chesley and Mary Eccles. We had four weeks before the first meet and could use the time to get the team ready. In most years, the collective performance by the Alumnae would seriously contend for the victory, but not this year. Taylor placed 6th in 11:30, Allen 7th in 11:35, de Geus in 8th at 11:38 and Jennifer Doyle '09 9th in 11:40. Alina Gatowski '11

completed the scoring for the alums, finishing in 18th in 12:17. Also competing for the alums were Louise van den Heuvel '14, Maggie Lloyd '12 and Alisha Schor '07.

In the first intercollegiate meet of the season, the [Purple Valley Classic](#) on 9/27 hosted by Williams College, we were about to find out what the team

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At the annual Alumni/ae Meet, Alexandra Taylor was the first Alumnae finisher, taking sixth place.



Maryann Gong sprinting to victory in the Alumni/ae Meet, leading a sweep of the first five places by the Varsity.

INDOOR TRACK AND FIELD

MEN AND WOMEN CAPTURE TEAM TITLES AT NCAA DIV. III NEW ENGLAND REGION CHAMPIONSHIPS

by Halston W. Taylor

Women

Coming off a successful Cross Country season, The Indoor Track & Field team had set their expectations very high heading into the 2014-15 indoor season. After losing the top three scorers on the women's team due to graduation, and over 50 of their 119 points in the 2014 New England Division III Indoor Championship, the ladies were hoping for major improvement from their veterans and a little assistance from the freshmen.

Fresh off of Cross Country Nationals, Sarah Quinn '16 and Maryann Gong '17 took to the Boston University track on December 6 for the [BU Season Opener](#) in an attempt to get the 3K off of their list of NCAA



Sarah Quinn prepares to take the lead with 1300 meters to go in the BU Season Opener 3K. Sarah won the race in a time of 9:42.74 with Maryann Gong close behind in second at 9:49.36.

Championship events for which they needed to qualify. Although the initial pace was fast by their competitors, they were unable to hold it. Quinn and Gong came through the 1600 in 5:12 and moved to the lead. Quinn made a hard move to pull ahead and win in a personal best of 9:42.74 while Gong claimed second in 9:49.36. It was time for the two superstars to take a break and just get in some mileage.

After a long Holiday Break, the ladies prepared themselves for the long season beginning with the [Alumnae Meet](#). This year, we tried a different approach to the meet by combining it with the Bates and Colby meet. We invited those schools to bring their alums as well, but very few responded. Eleven competitors showed up for the MIT alumnae and two more showed up to support their teammates. Lauren Kuntz '13 won the Pole Vault on misses at 12-2 1/2. Martina de Geus '14 led a 1-2-3 sweep in the 400 with a 65.35 victory. Stephanie Birkhimer '14 earned second place in the Triple Jump at 31-1 and third place in the 60HH in 10.77. Portia Jones '12 made a last minute decision to race the 200 and earned a very close second place in 26.73. Claiming second and third in that 400 sweep were Jamie Priest (Simmons) '12 and Kaitlin Allen '14 in 67.92 and 69.11 respectively. Taking second place in the 800, Alexandra Taylor '14 ran 2:30.38. Emily Cole (Hwang) '09 placed third in the Pole Vault at 10-8 3/4 to close out the scoring for the Alumnae. Also competing or supporting were Kirsten Aarsvold '11, Caroline Figgatt '11, Karin Fisher '11, Alina Gatowski '11, Brooke Johnson '13, and Maggie Lloyd '12. In the end, MIT defeated the Has-Beens 92-25. Versus Bates and Colby, MIT won



Ellen Liverpool wins the Weight Throw at Bowdoin Invitational with a toss of 51' 10.5".

with 189.5 points to 107.5 for Bates and 47 for Colby.

We traveled to Bowdoin College the next week to take on [Bowdoin, Colby-Sawyer, RPI, Springfield and WPI](#). The women won nearly every event, winning 14 of the 18 events they entered, and the score reflected that level of domination. MIT won with 283 points to 105 for WPI, 95 for Bowdoin, 56 for Springfield, 41 for RPI and 4 for Colby-Sawyer. There were some impressive performances for Tech. Sarah Quinn's solo effort in the 5K of 16:56.65 and a new MIT record, on a flat track no less, certainly was the highlight of the meet. Maryann Gong and Christina Wicker '17 going 1-2 in the Mile with times of 4:57.10 and 4:58.48 was also pretty outstanding. Natalie Alper '17 showed us she could horizontal jump pretty much as well as she does the High

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OUTDOOR TRACK AND FIELD MEN AND WOMEN CAPTURE TEAM TITLES AT NCAA DIV. III NEW ENGLAND REGION CHAMPIONSHIPS

by Halston W. Taylor

With the way the indoor season ended, there was excitement on the women's side and a little doubt on the men's side. The women, after having finished second in the NCAA Division III Cross Country Championship and tied for fourth in the Indoor Championship, were in the leader's position to win the Vercauteren Cup, which is awarded to the program that has the highest finish for the three NCAA Championships; Cross Country, Indoor Track & Field and Outdoor Track & Field. The closest program to us was UW Lacrosse, which was eight points behind us. UW Lacrosse was favored to win the outdoor championship, so as long as we finished in the top eight we would be okay. Both the men and women won the New England Division III Indoor Track & Field Championship, and the women had also won the New England Division III Cross Country title, which would give them the

opportunity to claim all three New England Division III titles in the same academic year for the first time in MIT history.

What was giving the men a little doubt, as well as determination, was the fact that we came away from Indoor Nationals with zero points and no All America winners when we competed five events, which is probably a first for our program.

As usual, we started the season on our Spring Trip to California. The Saturday prior to leaving for the Spring Trip we had once again entered the distance runners in a meet to try to get some 10K qualifying times out of the way. However, for the third year in a row, snow caused the meet to cancel as the record-breaking accumulations were preventing colleges from clearing their facilities.

So, we again took 32 athletes (16 men and 16 women) to train at



Veronica Szklarzewski hands off the Kayla Harris in the 4x100 in the Point Loma Nazarene University Invitational during the Spring Trip.



Harry Rein won the javelin at the Engineers' Cup Meet with a toss of 181-3 1/2.

Claremont McKenna, Harvey Mudd and Scripps College (CMS). Instead of traveling north to Westmont College to compete as in recent years, we reverted to what we did in years past, competing at [Point Loma Nazarene University](#). We had a marvelous week of favorable weather, which allowed for some very good training. Despite not being able to field a complete team (no middle-distance or distance runners), both the men and women won the meet. The men scored 320 points to defeat 12 other teams and the women scored 272.5 to outscore 13 teams. The women won five events, led by NCAA leading performances by Cimmy Virdi '16 in the Pole Vault with a clear of 12-5 1/2 and Hannah Chen '18 who won the 400IH in 61.71. Also winning their respective events were Isabella

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... OUTDOOR TRACK AND FIELD

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Stuopis '16 in the Shot Put, Jackie Vahey '17 in the Discus Throw and Ellen Liverpool '15 in the Hammer Throw. This domination by the women in the throws would turn into a real strength for us throughout the season. The men dominated with eight event wins. Ken Cooper '15 led the way with a sweep of the three throwing events, taking the Hammer, Discus and Shot Put, winning all three by a large margin. Arinze Okeke '17 started his season off with two wins of his own, taking both horizontal jumps. States Lee '16 won the 400 in 48.37. Michael Kaba '16 claimed first place in the 400IH in 53.94 and the 4x400 relay team of Kaba, Luca Cacapardo '18, Chris Sweeney '18 and Lee ran 3:18.53 for the victory.

Going into the [Engineers' Cup](#) and the [Bates/Colby meet](#) the record snow amount was still in play on the track and the infield. WPI backed out of the Engineers' Cup since we could not guarantee hosting the meet until later that week and we had to take all jumps inside at Colby due to ice in the pits and on the approaches. Both men



Ben Freed leaps from the water jump on his way to victory in the Steeplechase at the Colby Invitational.



Ashley Wheeler wins the Hammer in a PR of 165-5 at the Colby College Invitational.

and women easily won both meets despite having a number of injuries. The vicious winds and cold temperatures kept the performances from that of the amazing variety with the exception of the horizontal jumps, which had been moved indoors. Okeke jumped 22-11 $\frac{3}{4}$ in the Long Jump and 48-6 $\frac{1}{4}$ in the Triple Jump. Veronica Szklarzewski '15 set a new MIT Long Jump record with her 18-2 $\frac{3}{4}$ win and Michelle Johnson '15 did the same with her 37-10 $\frac{1}{2}$ win.

The week before the championship season we split the team, going to three non-scoring meets; the [Holy Cross multi meet](#), the [Princeton University Larry Ellis Invitational](#) and our own [Sean Collier Invitational](#). At Princeton, Maryann Gong '17 and Nicole Zeinstra '16 managed NCAA qualifying marks in the 5K at 16:55.27 and 17:07.98 respectively. At MIT we had our best meet of the year, which also happened to be the best weather to date. Szklarzewski improved her long jump record to 18-2 $\frac{1}{2}$. Virdi cleared 13-1 $\frac{1}{2}$ and Abby

Klein 'G cleared 12-1 $\frac{1}{2}$ to qualify for the NCAA Championship. Kaba had a very nice day on the track, running 14.94 in the HH, won the 200 in 22.14 and anchored the winning 4x100 relay to a 42.58 performance. We appeared to be ready for the Championships, and for the first time in history, we were hosting three of them; the NEWMAC Championship, New England Division III Championship and the NEICAAA Championship in three consecutive weeks.

Going into the [NEWMAC Championship](#), I was in the uncomfortable situation of having the favored team, knowing that the men typically underperform in this meet, that WPI had much more depth than we did with no other team to take away those points, and the realization that for the first time in my memory, we did not have a let down meet through this point in the season. Every year, there is a meet where

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the team really under performs and does everything that defies what we try to do as a team. I always use this as an opportunity to get the team refocused, and actually wait for this to happen each year. My fear now was that the letdown would happen in a championship, where it would be too late to call a time-out and refocus the team.

I am not sure how or why, but this team was special. Not only did the men win, but they won by 96.5 points and scored the highest number of points in meet history with 309 points. With temperatures in the upper 50's, and winds generally about 15 mph, they focused on competing, not on performance. The results were the proof of their success. The men won 13 of 20 events and took another 12 second places in a meet where all teams were limited to only four entries per event. Winning two of those events and setting a personal best in getting second in another, Cooper earned the NEWMAC Male Field Athlete of the Year. Losing by only 14", Cooper's hammer throw of 193-9 3/4 was a

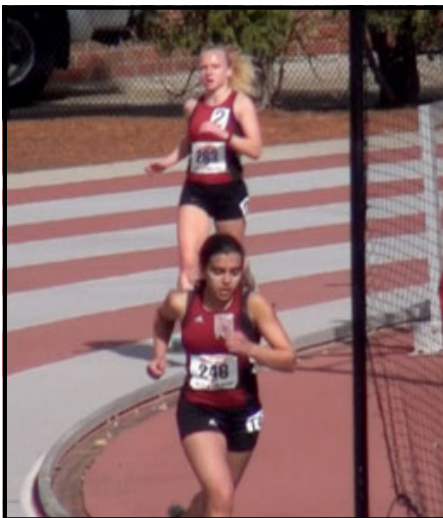


Tilly Taylor's 127-06 wins the Javelin Throw at the Colby College Invitational.

big personal best, putting him at sixth on the NCAA list. Cooper's victories were in the Shot Put and Discus. Equally impressive on the track, Kaba competed in four events, winning or helping to win three of them while finishing second in another, also performing a big personal best. Kaba began his day anchoring the winning 4x100 Relay team, comprised of Tre Albritten '18, Cacopardo and Lee, to a season best 42.35 victory. After successful trial heats in the 110HH and 100, the junior stepped up to a personal best 14.85 victory in the 110HH. Two events later he ran a wind-aided 10.82 second place in the 100, another personal best. Again, two events later, Kaba led a 1-2-3 sweep in the 400IH with a 54.49 first place time. For his efforts, Kaba was awarded the NEWMAC Male Track Athlete of the Year. Sweeping the top three places occurred in three more events for Tech. The horizontal jumpers dominated the day, taking two of those three sweeps, doing so in the Long and Triple Jumps. In the Long Jump, Carrington Motley '16 got it done on his final jump, claiming victory with his 21-10 3/4 effort. Just behind him, Okeke '

jumped 21-8 1/4 for second place. Billy Ruschel '18 took third at 21-2 3/4. The same individuals provided the same end results in the Triple Jump, but the order was not the same. Nearly fouling out, Ruschel came back to win the event with a personal best 46-11. Motley took second with 46-6 1/4 and Okeke third at 46-0 3/4. For his impressive performances, Ruschel was honored with the NEWMAC Male Rookie of the Year award. The other 1-2-3 sweep was in the 5K. Already having won the 1500 in a PR of 3:57.79, but needing a 5K qualifying time for next week's championship, Matt Deyo '16 allowed teammates Allen Leung '15 and Cooper Sloan '18 to help pace him through 3600 before taking the pace himself to win in 15:06.44. Leung, having placed fifth in the 1500 earlier in 4:01.70, was second in 15:20.21 as he backed off once his job was done. Sloan also backed off, just making sure he maintained third place in 15:29.59. The most impressive performance came in the Pole Vault. Marshall Wentworth '15 provided the ultimate "stepping up" moment when he went from his default mid-13' vault status, to first setting a personal best of 14-7 1/4 and then

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Elaine McVay leads Nicole Zeinstra to a 1-2 finish in the 5K at the NEWMAC Championship Meet.

... OUTDOOR TRACK AND FIELD

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capping that off with a 14-11 clear for the victory. Sam Ravnaas '18 showed last week's improvement was no fluke as he took second place honors with 14-7 1/4. Joining in the mix, Jorge Gonzalez '18 jumped a collegiate best 14-1 1/4 to take fifth and Decathlete Luke Gray '18 cleared 13-1 1/2 for eighth.

The women nearly doubled the closest opponents score, winning with 249 points to 125 for WPI. The women's meet was never in doubt, which led to a slightly lower level of performance by our runners. Certainly the field event performers were extremely well focused going into the meet, and it only seemed more intense as the meet went on. Leading the charge was Jackie Vahey. Vahey won the Discus with a season best 138-3, took third in the Shot Put with a season best 37-9 1/2 and took second in the Hammer with a super personal best of 167-5 1/4, number 16 on the NCAA list. Vahey was awarded the NEWMAC Female Field Athlete of the Year for her performances. Wheeler and Michelle Johnson '15 both set MIT records in claiming victories in their respective events. Wheeler threw 174-3 1/4 in the Hammer Throw to move up to number seven on the NCAA list as she added five feet to her previous best. Similarly, Johnson added over a half foot to her previous Triple Jump best. On her final jump she produced a 38-5 1/2 record setting effort for the victory. The only 1-2-3 sweeps earned by the Engineers were in the Hammer Throw and the Pole Vault. Joining Wheeler and Vahey, Liverpool took third with a solid throw of 161-8. Additionally, Isabella Stuopis, who also won the Shot Put with a throw of 40-9 and placed sixth in the Javelin with a throw of 98-11 1/4, threw 134-6 for sixth place. Viridi remained undefeated this season, winning the vault at 13-1 1/2 and was



Both teams successfully defended their New England Division III title, with the women scoring 180 points to runner up Williams 89, and the men totaling 172.5 points, with Bates in second at 75.

followed by sophomore Jen Tylock's second place personal best vault of 11-9 3/4 and freshman Maeve Devlin's third place vault of 11-5 3/4. This was the men's 15th consecutive NEWMAC title while the women earned their seventh.

It appeared the MIT Men's and Women's Track & Field teams had won the [New England Division III \(NED3\) Championships](#), being hosted by the Engineers in Cambridge, MA, before the meet had ever begun. With the women having won three of the past four years, the men two of the last three, and both being defending champions, last week's powerful victory over their NEWMAC rivals convinced their NED3 opponents

that they did not have a chance to upset MIT, particularly at home. MIT owned the meet, the outcome and the atmosphere as it was obvious no other team had the same enthusiasm in support of their teammates. When the dust settled and the implements and spikes were put away, the men had defended their title with 172.5 points, 97.5 points more than the next closest team, Bates. The women claimed their third consecutive title, scoring 180 points, 91 more than second place Williams. The men dominated the meet in the distance events, scoring 43 points in the 5K and 10K events. In the 10K, Deyo pulled away in the final 800 meters with a 2:17 to win in 30:42.78. Leung, with Deyo until

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the final lap, was second in 30:49.98. Nicholas Waltman '18 added an eighth place in 31:48.42. The 5K had Leung reverse the order on Deyo, winning in 14:58.68 to Deyo's 15:00.81 in what was a very strategic race until the final mile when the pace was sub 4:40. Sloan was third in 15:10.11. Kaba won his specialty, the 110HH, in 14.98 and Lee took the 400 in 48.30. From a points perspective, Cooper led the men with 22 points, claiming second place in the Discus (158-11 $\frac{3}{4}$) and Shot Put (51-8 $\frac{1}{2}$), while taking third in the Hammer in 193-8.

The women put on a competitive display of historic proportions. Winning nine events, setting a national record in the process and setting three more MIT records, made this a meet I will always remember, and at my age, that is saying something. Virdi cleared 4.27 meters (14') and very nearly had 4.32 meters in setting the NCAA Division III record, the second such record owned by an MIT athlete (Jacqui Wentz '10 Steeplechase 10:04.76). Gong claimed two victories, the 1500 in a wire to wire 4:28.43 and the 5K in a casual 17:36.40, running 1:49 for the final 600 meters. In addition to Virdi's record, the other MIT records set were all in the field events. Tilly Taylor '15 won the Javelin in convincing fashion, throwing 151-9 $\frac{1}{4}$ on her first throw in the finals to move to number five on the NCAA list. Ashley Wheeler '15 took the Hammer Throw with a throw of 175-9 $\frac{1}{4}$, having four throws over 50 meters. Wheeler is now eighth on the NCAA ranking. Michelle Johnson '15 added to her record with a second place in the Triple Jump at 38-6 $\frac{3}{4}$, one centimeter out of first place. The women won all the throwing events, another first for MIT. Stupis took the Shot Put in 43-9 $\frac{3}{4}$ and Vahey claimed first



At the NEICAA Championship Meet, which was hosted by MIT, Ken Cooper threw a personal best of 194-10 in the Hammer and also placed in the Shot and Discus to lead the team in scoring with 11 points.

place in the Discus in 136-7 $\frac{3}{4}$. On the track, Chen took the 400IH in 61.45, breaking her own freshman record, and Elaine McVay '15 won the 10K in 36:01.36, winning by 59 seconds and easily qualifying for the NCAA Division III Championship. For the first time in MIT history we won both the indoor and outdoor New England Division III titles for both genders. The women swept all three, winning cross country in the fall, for the first time in the same academic year.

The NEICAAA Championship was hosted by us, the fourth consecutive weekend of hosting and the third championship in a row. As always this championship and the one next week are not treated as team events as I do not feel we can successfully go after five titles in successive weeks. The distance runners needed to rest, injured folks needed to heal and the team needed a mental break from the team competition. What we did want to accomplish was to get more individuals qualified for the NCAA Division III Championship in three weeks, and those who had qualified, to a better scoring position so we might have another podium finish.

Despite leaving all middle-distance and distance runners out of the meet, the men still tied for 8th with 35 points, defeating the majority of the Division I and II teams. Cooper continued to lead the team in points, scoring 11 by placing fifth in both the Hammer and Discus and sixth in the Shot Put. Cooper threw a personal best in the Hammer with a distance of 194-10. States Lee ran a season best of 48.25 in the 400 to place second, but it was not fast enough to get him to Nationals. Cacopardo had a nice breakthrough in the 400IH trials, running 53.78, but could not improve in the final, placing third in 54.37. The 4x400 team of Lee, Danny Newman '17, Derek Barnes '16 and Sam Parker '15 ran 3:15.37 to place fourth, but again, not fast enough to qualify for Nationals. The largest improvement was produced by freshman Ben Freed, who ran a superb 9:16.04 freshman record in the 3000 Steeplechase in placing sixth, narrowly missing the NCAA field.

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... OUTDOOR TRACK AND FIELD

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I held out some of the women's distance runners but competed Maryann Gong so she could work on speed and racing strategy and Nicole Zeinstra '16, who still needed a 10K qualifying time for Nationals. The women ended up finishing in second with 68 points, losing only to Southern Connecticut State University, a Division II program, by four points. Despite not trying to win the championship, we defeated every Division I team. Virdi was the only victor, taking the Pole Vault at 13-1 ½. Veronica Szklarzewski '15 continued her amazing senior year, setting the Long Jump record at 18-10 while finishing second. Gong also took second place honors, running 4:28.56 in the 1500. The final runner-up slot for us went to Chen, who ran 61.49 in the 400IH after breaking her own freshman record in the trials at 61.43. Zeinstra earned third place in the 10K in 36:06.76, easily fast enough to make the NCAA field. The throwers claimed three third place finishes. Wheeler threw 173-10 in the Hammer, Taylor threw 135-6 in the Javelin and Stuopis threw 43-8 in the Shot Put. Klein backed up Virdi in the Pole Vault, placing fourth at 12-1 ½. Natalie Alper '17 tied for fifth in the High Jump at 5-5, tying the MIT record. Placing eighth and finishing up the scoring for the women were Liverpool in the Hammer (163-0) and Vahey in the Discus (127-6). The biggest disappointment was the disqualification in the 4x100 Relay, a team we thought had the potential to qualify for Nationals. Szklarzewski had a superb lead-off leg, but Nneoma Okonkwo '18 left early, preventing Szklarzewski from making the handoff.

[The ECAC Division III Championship](#) was hosted by Springfield College, and it was nice to leave MIT for a change. We left the distance runners and Okeke



Preethi Vaidyanathan clears 5' 5" at the ECAC Division III Championship Meet.

behind, hoping their current marks would get them in the NCAA field. Carrington Motley '16 took advantage of the final opportunity to get an NCAA qualifying mark by placing third with a personal best jump of 48-7 ¼. Lee won the 400 in 48.21, but it was not enough to extend his season. The 4x100 (Tre Albritten '18, Cacopardo, Lee and Kaba) and the 4x400 team (Lee, Newman, Barnes and Kaba) both placed fifth, but neither ran fast enough to get to Nationals. Cooper threw a season best in the Discus, placing second with a throw of 163-1. Freed tried to improve his 3000 Steeplechase, and placed third in 9:25.28, but did not have the same passion as the week before. Sam Parker needed to get in an 800 qualifying time, and even though he ran a season best 1:53.31 for sixth overall, he did not run fast enough to move on. The men finished fourth overall with 41 points.

Despite leaving all distance runners at home, including Gong, McVay and Zeinstra, the ladies won the meet with 64 points. Virdi won in an outstanding 13-7 ¼, not entering until all other vaulters were out of the competition. Wheeler also won, throwing 172-6 in the Hammer Throw. Chen ran a personal best

61.03 in the 400IH to place second and remain in third on the NCAA list. Knittel ran a personal best 25.17 in the 200 to place third and ran an outstanding leg in the 4x100 (Szklarzewski, Okonkwo, Chen) to finish fourth in a season best 48.06, but neither time was good enough to make the NCAA field. Preethi Vaidyanathan '15 placed fifth in the High Jump, tying her own MIT record of 5' 5", but could not quite clear 5' 7". Other place winners were Taylor placing third in the Javelin in 146 -1, Vahey placing third in the Discus in 138-1, Szklarzewski earning fourth in the Long Jump in 18-0 ½, Stuopis placing sixth in the Shot Put at 41-10, Liverpool taking seventh in the Hammer at 159-5 and Joanna Chen '15 placing eighth in the Pole Vault at 11-8 ½.

The ECAC Division III Championship ended on Friday, NCAA entries were due on Saturday and we found out Sunday morning who would make the NCAA fields of competition. This gave us two

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days to finalize travel plans and getting all the exams in order I would have to proctor. Fortunately, this year we were within the 500 mile radius of the NCAA site of competition, meaning we would have to drive rather than fly to Nationals, hosted by St. Lawrence University in Canton, NY. This meant taking the poles and logistics would be so much easier and allowed us to get a practice in on Tuesday morning prior to taking the bus to Canton.

We had four men and 11 women selected for the NCAA Division III Championship, which meant one of the top 20 entries for the men per event and top 22 for the women. Placing in the top eight would earn them All America status and score points for the team.

Ken Cooper HT -- 7th seed, DT -- 20th seed

Matt Deyo 10K -- 18th seed

Carrington Motley TJ -- 7th seed

Arinze Okeke TJ -- 16th seed

Hannah Chen 400IH -- 3rd seed

Maryann Gong 1500 -- 3rd seed, 5K 8th seed

Michelle Johnson TJ -- 19th seed

Abby Klein PV -- 19th seed

Elaine McVay 10K -- 12th seed

Veronica Szklarzewski LJ -- 10th seed

Tilly Taylor JT -- 6th seed

Jackie Vahey HT -- 22nd seed

Cimmy Virdi PV -- 1st seed

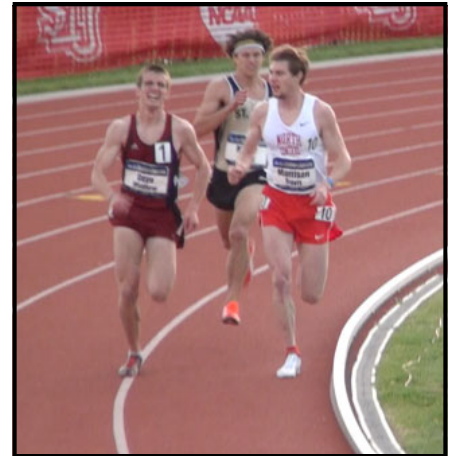
Ashley Wheeler HT -- 9th seed

Nicole Zeinstra 5K -- 16th seed, 10K -- 17th seed

We began the event at the Athletes' and Coaches' banquet on Wednesday evening. MIT cleaned up in the awards being offered. Coach Todd Linder was named the NCAA Division III New England Regional Women's Field Event Coach of the Year, while Coach Nick Davis took the same award for the men. Coach Halston Taylor was awarded the NCAA Division III New England Region Men's Head Coach



The qualifiers from MIT for the NCAA Division III Championship at the Awards Banquet the night before the start of the meet.



Matt Deyo moves into fourth place entering the final straight of the 10K at the NCAA Div III Championship Meet.

of the Year. Cimmy Virdi took NCAA Division III New England Region Women's Field Event Athlete of the Year and Maryann Gong claimed the same honor for the track events. Last, but certainly not least, Carrington Motley was awarded the Elite 89 Award for having the highest GPA (5.0) at the NCAA Division III Track & Field Championship. This is the sixth time an MIT Track & Field / Cross Country athlete has won the award and it can only be claimed once per academic year by any one student-athlete. This award was started in the 2009-10 academic year.

The men placed 27th with nine points. Deyo ran a tremendously courageous race, totally disregarding his 18th seed, the junior (sophomore eligibility) worked through the initial slow, strategic pace, moved at the right time to go with the breakaway and ultimately placed fourth in 30:59.58. Cooper finished 19th in the Discus, but missed making finals by mere inches on a sector foul. However, he came back in the Hammer and placed fifth with a new personal best 195-0 throw. Okeke made the finals in the Triple Jump, but just missed scoring and All America

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honors, placing ninth at 47-8. Motley finished 11th at 47-3.

The women achieved their goal of winning the Vercauteren Award for the NCAA Division III Track & Field / Cross Country Program of the Year, by finishing fifth as a team with 32 points. Virdi handled the pressure of being the top seed and defending her indoor title with a 13-7 ½ clear to take her third NCAA title. She narrowly missed making 14-2 as she was attempting to break her own NCAA Division III record. Klein had a great meet, but just missed placing, finishing 11th at 12-1 ½. Virdi's 10 points gave us a great start. That same day, Chen made the final of 400IH by running 61.54 in strong winds and Gong qualified for the 1500 final with a casual 4:36.87 trial run. At the end of the night McVay ran a similar race as Deyo in the 10K, also placing fourth after a tremendous comeback in the last two miles of the race, running 36:00.69. Zeinstra finished in 16th in 37:17.96. Szklarzewski placed 16th in the Long Jump with a jump of 17-6 as she was having trouble getting any height off the board. Day two did not bring any points as we only had the Hammer Throw and Wheeler just missed finals, finishing 10th at 169-0. Vahey

finished 21st at 158-2. We needed a big day three, but it would be difficult to score enough to make the podium and get a trophy, which goes to the top four teams. Gong, who was sick with a cold and not feeling too confident, tried to go with the leader at the breakaway after a 2:27 first 800. The next 400 was 68 for Gong and she was not keeping up with the leader. In the final lap she gave up a bit and got passed, finishing fourth in 4:28.58. Johnson finished in 14th at 38-4 ¾ in the Triple Jump, missing finals by eight inches. Chen ran a solid race despite being in lane eight, finishing in fourth in 61.15, the top freshman in the field. Taylor was about to miss finals in the Javelin when she threw 143-5 on her final attempt in the trials to move into eighth place. She had a great series, but did not move up, winning her second All America Award. In our final event, Gong and Zeinstra returned to the track to try and secure a podium finish for the team. The pace was slow and strategic. The 1600 splits for the leaders went from 5:54 to 5:25 to 5:16 as they progressed through the race. Gong was dropped in the final 400 but fought to stay in third in 17:11.90. Zeinstra fell off early but came back well in the final 600 meters to finish 12th in 17:39.70. We missed the podium by six points.



Michelle Johnson on her way to a 38-4 ¾ Triple Jump at the NCAA Division III Championship Meet.

The MVP's for the outdoor season were Ken Cooper for the men and Cimmy Virdi for the women. The McKenzie Award went to Allen Leung and the Lynn Snyder Award went to Veronica Szklarzewski. Most improved Awards went to Arinze Okeke for the men and Ellen Liverpool for the women. Captains for the 2015-16 year will be Matt Deyo, States Lee, Carrington Motley and Adrian Samsel for the men while the women's captains are Sarah Quinn, Jackie Vahey and Cimmy Virdi.

New MIT Outdoor Records

Hannah Chen	W -- Freshmen 400 IH	61.03
Natalie Alper	W -- Varsity High Jump (tie)	5-05
Veronica Szklarzewski	W -- Varsity Long Jump	18-10
Michelle Johnson	W -- Varsity Triple Jump	38-06 ¾
Cimran Virdi	W -- Varsity Pole Vault	14-00
Tilly Taylor	W -- Varsity Javelin	151-09 ¼
Ashley Wheeler	W -- Varsity Hammer	175-09 ¼
Benjamin Freed	M -- Freshmen 3000 SC	9:16.04
Liz Cox, Clementine Mitchell, Lauren Paul, Niki Waghani	W -- Freshmen 4x800	9:40.44

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was made of. The hilly course, combined with the hot temperature and 6K distance made me wonder if the unknowns would struggle against the national caliber competition brought by Middlebury and Williams. We had already lost Chesley and Frederick to strange injuries, so there was not a lot of expectation from the freshmen. Quinn, in her first race since May of 2013, took the individual victory and the team took first place honors. Gong was second, Zeinstra sixth, McVay ninth and Wicker 18th. The 57 second delta was concerning as was the fact that the time between Wicker and our sixth runner, Marzen, was 36 seconds. Defeating Middlebury by 29 points with Tufts and Williams not even close put the target on our back.

Two weeks later was the [All New Englands](#) at Franklin Park. While the weather produced great cross country from a purist's standpoint, it did not make for fast times. The rain combined with the men running first made the women's race very muddy. Maryann Gong was locked and loaded, racing an excellent race, coming in 12th overall and running an MIT all-time best on the



Cindy Huang was the 4th MIT finisher and placed 47th overall, helping MIT to place 3rd out of 38 teams at the NEICAAA Championships.

course of 18:02. Sarah Quinn made too much of a move at the start of mile three and paid for it as she went from ninth to 28th in the final half mile. Wicker and McVay were a little off their game but still finished 31st and 57th respectively. The race of the day was had by Cindy Huang. Actually the race of her career is more like it. Huang dropped over a minute off her best, placing 47th in 18:29. This gave us a sixth runner as Zeinstra, who also did not have a great day, finished 62nd in 18:38. The :36 delta was excellent for six runners. While the Engineers finished a best ever third at the All New Englands, they lost to Middlebury by nine points. New England Cross Country for women is like the SEC in football, every competition another nationally ranked team is there to take you down.

The very next weekend we travelled out of region to [UW Oshkosh](#) to face a host of nationally ranked teams we usually do not see until Nationals, including defending national champion and number one ranked Johns Hopkins. I held the team back from going out with the leaders, taking a more conservative steady pace approach. While the approach worked in the sense that we had a :36 delta through five runners, we did not take advantage of the opportunity to knock off Johns Hopkins, who beat us by 21 points, which could have been made up easily if Gong and Wicker had put together good races. On the bright side we defeated a couple of top ranked Division II teams and all the other Division III teams. Also, Quinn finished 13th and could have done better had I let her go with the leaders.

There was nothing until the [NEWMAC Championship](#) in three weeks so we worked even more on



Kali Benavides followed by Mary Eccles as MIT's sixth and seventh runners at UW-Oshkosh AAE Invitational. MIT took 4th place in the 42 team field.

the mental side of things, trying to get each of the ladies to focus on getting more comfortable with being uncomfortable as it was time to start being aggressive with our race strategy.

Despite the cold and rainy conditions, the women could not be deterred. They went out too conservatively for the first mile, but then negative split the course the remainder of the way. Quinn ran 6:15, 6:03, and 5:30 en route to an 18:22 victory. Wicker, McVay, Gong and Zeinstra joined in, sweeping the first five places with a 19 second delta. This was the second sweep for MIT in this championship, having done the same in 2012.

At the [NCAA Division III New England Regional Championship](#) we were seeded second behind Middlebury, who were also ranked third in the country. In all there were six nationally ranked teams in the race. It was around 30 degrees and sunny, a perfect

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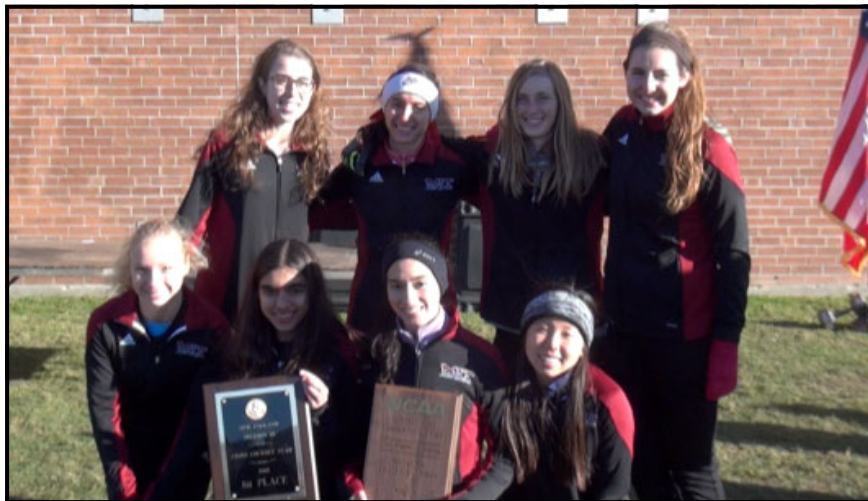
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cross country day. The 6K course is challenging, on the average running about 30-40 seconds slower than Franklin Park. We got out well, and although Middlebury tried to get out in front and slow the pace down, Quinn, Wicker, McVay and Gong went past them and ran the aggressive race we had planned. Hitting the mile in 5:48, there was no slowing down as they paced through the second mile with another 5:48. The rest of the field, was about thirty meters behind and had pretty much given up on going with MIT. However, Quinn moved into the lead and the others let the discomfort get to them a bit. Quinn went on to win by nine seconds, setting a course record of 21:39. We fell back, but held on well enough to win over Middlebury by 25 points, 40 to 65. Wicker was :18 back in fifth, McVay :20 back in sixth, Gong :27 back in eighth and Zeinstra, suffering from a quad injury, :53 back in 20th. Benavides also produced a great run, finishing in 26th. Mary Eccles continued to run solid races, placing 42nd in 23:03.



Sarah Quinn with a big lead going into the final 800 of the race at NCAA Div III New England Region Championship. She won the race, 9 seconds ahead of the second place finisher.



The women were again NCAA Division III New England Region Champions, repeating their victory from 2012 after finishing third last year.

Seeded second going into the [NCAA Division III Championship](#), all that was left to do was continue to put their best race together. The course was extremely muddy and narrowed fairly quickly. The ladies needed to get out well, but they also knew the course would take a lot out of their legs if they put forth too much effort early. Our top four, Quinn, Wicker, McVay and Gong got out well. The next three, Benavides, Zeinstra and Eccles did not. After running two excellent races back to back, Quinn reverted to her old style, sprinting to the front and pressing the pace of the very elite chase group as they pursued a lone breakaway runner. Wicker and McVay were running a fine race, hanging out in the mid-teens. Gong was not being very aggressive, giving in to her fears and running in the mid-30's. Zeinstra panicked a bit, moving up more than 210 places in the first mile to put herself in the mid-60's. Benavides was moving up slowly but surely while Eccles was doing the same thing, but even more gradually. By the 3K mark the score was tied between favorite Johns Hopkins and MIT. Things were looking good for the Engineers until Quinn started to fall off the lead pack and Zeinstra, after

having gotten to the top 35 began to fall back. After 4K it was obvious that Zeinstra was in a free fall and that Benavides was the only hope for our fifth runner. Through the first four runners Johns Hopkins held a two point lead, but their fifth runner clinched the win. Benavides did come through with a 67th place finish to save

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Elaine McVay led the way for MIT at the NCAA Division III National Championship Meet. Her 12th place finish was the highest place ever for an MIT female runner at Nationals.

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NCAA runner-up position for the team. McVay led the way with a 12th place finish, marking the highest place ever for an MIT female runner at Nationals. Quinn finished in 16th, Wicker 17th and Gong in 32nd to give us four All America winners in one championship, an amazing achievement.

Sarah Quinn was awarded the MVP award for Women's Cross Country. Sarah will be returning as co-captain for 2015, joined by Maryann Gong.

Men

The men's team pre-season prognostication was not a lot different than the women's. After the graduation of Roy Wedge, the team lost their identity. Returning were a few talented runners who had too much fear when they competed to allow that talent to come forward. Senior co-captains Benji Xie and Matt Jordan desperately wanted to get their team to a level of success and respectability, but could they



Benji Xie leads the MIT Varsity to a sweep of the first seven places in the Alumni/ae meet at Franklin Park.



The women captured the runner-up spot in the NCAA Division III National Championship, the highest finish ever for an MIT cross country squad.

produce come championship time. Senior Allen Leung needed to get over his fear of getting out in races instead of continually finishing as the fourth or fifth man. Matt Deyo '16 and Rory Beyer '17 were the two most successful returning runners and brought a fresh and aggressive approach to our races but needed to step up and lead the team in races. A very talented group of freshmen would be joining the team, but the switch from 5K to 8K is a difficult one that few can handle with a great deal of success their first year.

With the goal of returning to the NCAA Division III Championship and reversing the embarrassing race they had in 2013, the mental side of things needed fixing. We needed our Roy Wedge. Along comes Spencer Wenck '15. Spencer remains the top distance recruit since Frank Richardson. Wenck had earned fifth place at Nike Nationals his senior year after winning the Colorado State Championship. By the time he entered MIT he no longer was motivated to run and he struggled with nutrition and health issues his entire freshman year. Leaving the team for two years, Wenck came back for one reason only, to help

the team achieve its potential. In addition, one of the top recruits from the year before, Colin Godwin '17, had been injured since the end of his junior year in high school, missing two years of running. Bringing him along slowly, Coach Pete Sampson slowly but surely got him back to running full time, and the former 4:15 miler was a welcome addition indeed.

In the annual time trial and [Alumni Meet](#), Xie was the star, obviously feeling he had something to prove. Deyo was taking a much more cautious approach this year, no longer running with reckless abandon as he had done in 2013—would that be a good thing? Wenck was working his way up as he was getting accustomed to racing again. Cooper Sloan '18, Michael Picchini '18 and Nicholas Waltman '18 were looking good for freshmen, but could they handle the 8K distance. The current version of MIT harriers swept the Alumni Meet as only a handful of alums raced. Logan Trimble '13 finished eighth. Justin Bullock '14 made a valiant effort but ended up in 11th. Eric Khatchadourian '06, Eric Safai '14 and Gihan Amarasiriwardena '11 finished at the back of the field, but

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were a welcome addition to the meet.

The first intercollegiate meet, the [Purple Valley Classic](#), was on the very difficult course at Mt. Greylock High School, the home course for Williams College. With numerous nationally ranked teams in attendance, this race would be a great test for the Engineers, and a nice preview of what regionals might look like on the same course in a little less than two months. What the results showed was that we were not very comfortable with discomfort. However, we also showed great depth with a :57 delta through nine runners. Wenck was fifth at 26:27. Godwin was 10th overall and second for the team, showing that those who had not raced in two years were tougher than those who were still letting fear rule their races. Leung and Beyer were struggling and that needed to get corrected. As a team MIT finished in a respectable close third behind Colby and Williams.

With a week break from racing, we next raced at the [All New Englands](#)



Spencer Wenck at the finish of the UW-Oshkosh AAE Invitational where MIT placed 7th out of 45 teams.

at Franklin Park. The race plan was to start attacking so the runners would become more comfortable with the pain and learning to hold on and continue racing. The team made the effort and achieved some success. Wenck was All New England with a fine 17th place finish in the pouring rain, running 24:58. Xie, Deyo, Godwin, Beyer, Leung, Sloan and Jordan were establishing an order to things and continuing to keep the delta small. Through the eight runners mentioned we had a 69 second delta. The next objective would be to have more folks closer to Wenck. The team finished in ninth, and a top 10 finish is very good in this meet against all divisions. On the negative side, another Division III team beat us—Middlebury, who we had defeated two weeks earlier.

On to [Oshkosh](#) and a very deep nationally ranked field of Division II and III teams. Taking out the Division II teams, we finished third with only North Central College and UW Eau Claire, both ranked ahead of us, defeating us. We defeated all other nationally ranked teams including those ranked ahead of us. However, we were still falling off in the middle of the race when the fear of the pain would set in. Xie began his late season fade and the team grew concerned. The gap between Wenck and his teammates widened. The delta of 1:06 through eight was consistent, but :30 between Wenck and number two Godwin showed a vulnerability that would be exposed at Championships. Things were not improving.

Going into the [NEWMAC Championship](#), the men were not concerned about winning their 17th consecutive title, instead the concern was pushing the pace,



Allen Leung with 800 meters to go to a 33rd place finish at the NCAA Div III New England Region Championship

staying aggressive and seeing if they could do so without much competition. Nearly every year we sit back on the first mile, let others set the pace and then move on the leaders. The competition has learned to expect this strategy, and since it works, we generally have no reason to change, especially because the competition generally has runners who go out too fast. Our strategy to go out hard took everyone by surprise. Leading at the mile mark and then negative splitting the course from there had the other teams shaken. A few runners tried to go with our five through seven runners, but that did not last very long. The end result was an amazing 1-7 sweep for the first time in conference history and a :40 delta. Once there was no fear of losing or getting caught by someone, the runners were free to race to their potential. Control the fear and they were pretty much unbeatable. Spencer claimed NEWMAC Runner of the Year honors with his 25:13 victory and Colin Godwin earned NEWMAC

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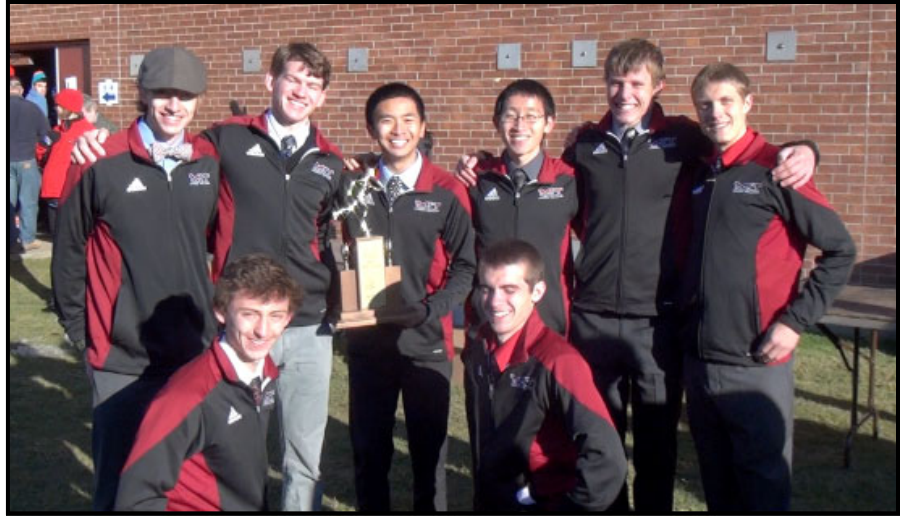
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Rookie of the Year honors. Cooper Sloan and Nicholas Waltman '18 joined Wenck, Godwin, Xie, Beyer, Leung, Deyo and Jordan as All Conference Runners.

As the top seven runners prepared for [NCAA Division III Regionals](#) there was a new-found confidence in this aggressive style of running. The plan was to follow the delta earned at NEWMAC based off of Wenck and for him to try to win. Wenck, Godwin, Deyo and Beyer were not only out with the leaders, but basically were the lead. Setting a very rigorous pace. The aggressive pace eventually spread out our top four, but they held on very well as they continued to get better at dealing with the discomfort of oxygen debt. Wenck held on for second place in an amazing time of 25:15, by far the fastest ever by an MIT runner on that course. Deyo finished in eighth in 25:38 and Godwin was 12th in 25:42. Beyer came through with his best race of his college cross country career, finishing in 19th in 25:57. Xie did not run aggressively, but gave us a nice boost with his 29th place in 26:10.



Matt Jordan moving up through the pack at the NCAA Division III Championship.



MIT with their third place trophy from the NCAA Division III New England Region Championship. They were just seven points behind leader Colby and one behind runner-up Amherst in the closely contested race.

Our 70 points would win easily nine times out of 10, but this particular year it got us third, seven points behind Colby and one behind Amherst.

While only two teams automatically move onto [Nationals](#), our region is so strong that six were selected. I was convinced that if the guys ran to their potential, kept it simple and stayed aggressive, they could get on the podium (top four teams). I knew Wenck could run with the top five runners. I also knew that Godwin and Deyo could be All American if they could continue to run like they had. The question was could Beyer have another good race and could Xie, Leung or Jordan have the confidence and lack of fear to run where they belong. The extremely muddy course made getting off the line critical, as it would be difficult to catch up without destroying the legs. Wenck, Godwin, Deyo, Beyer and Xie got out nicely. Leung and Jordan were in the last 20 as the course narrowed. Wenck was assertive, placing

himself with the leaders. Godwin and Deyo were together in the top 35 and Beyer and Xie were in the top 70 at the mile mark. By the halfway point Wenck was in a strong fourth, Godwin and Deyo stayed in the top 30 and Xie had moved up to 62nd. Beyer had been pushed down and gotten kicked in the head. He was falling back and appeared to no longer be racing. Leung had moved up considerably and was now around 100th. Xie let things get to him and he faded badly. Leung's effort to get up to the front took its toll and he too went into free fall. Wenck held on for fourth in 23:58, and Godwin and Deyo claimed All America slots with 22nd and 25th places respectively. Leung lost 25 places and Xie over 50 in the final mile, finishing in 121st and 145th to give MIT eighth place overall, tying their highest NCAA finish ever in cross country.

Spencer Wenck was awarded the MVP award for Men's Cross Country. The tri-captains for next year will be Rory Beyer, Matt Deyo and Brian Gilligan.

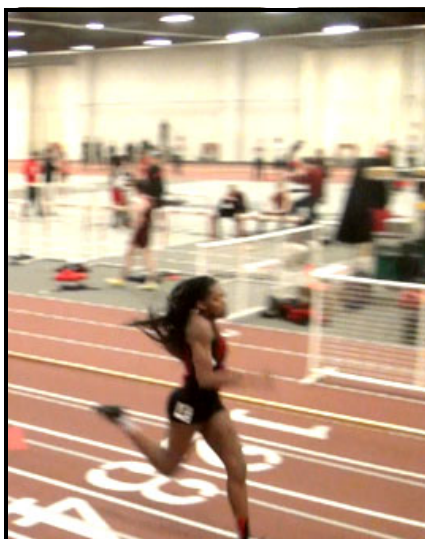
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Jump, winning in her debut with a 16-10 $\frac{3}{4}$.

The following week we hosted the [Art Farnham Invitational](#). We rested most of our top runners, yet won all but one of the events we entered and had very strong marks along the way. Preethi Vaidyanathan '15 won the High Jump at 5' 5". Kayla Harris '15 showed she was back after years of fighting injuries, winning the 200 in 26.88. Ellen Liverpool '15 threw 53-9 $\frac{1}{4}$ to win the Weight Throw for a new personal best. The Engineers were rolling along.

The final weekend in January we split our squad for the first time, sending most of the oval runners to Boston University to race in the [John Thomas Terrier Classic](#), while most field event athletes, sprinters and hurdlers traveled to Tufts to compete in the [Tufts Stampede](#). Since the NCAA started indexing banked and oversized tracks for all oval races, giving nearly nine seconds in penalty for a 5K, regardless of the degree of the bank, teams have been forced to find the best banked and best flat



Kayla Harris takes the victory in the 200 at Art Farnham Invitational

tracks in order to maximize their opportunity to make it into the NCAA field. In addition, the NCAA now takes the top 17 women per event and the top 15 men per event with 12 teams making it in the relays. So, since an athlete does not really know if they are in until after the final weekend of eligible competition, folks are trying to get the absolute best opportunities possible, including setting up rabbits for races. We sent two field event women to BU and both did very well. Cimmy Viridi '16 took second in the Pole Vault at 12-9 $\frac{1}{2}$ and Liverpool earned fourth in the Weight Throw at 54-5 $\frac{1}{2}$. On the track, Quinn ran what would be her final race of the season. She ignored a knee pain that went bad in a hurry. Even though she ran 4:53.53, she fell off badly after hitting the 800 in 2:22 due to the knee pain. Hannah Chen '18 nearly claimed two freshman records, running 57.39 in the 400 and 25.84 in the 200. Maryann Gong crushed the 3K, running a new MIT record of 9:33.49, which is equivalent to 5:05 pace and her final 200 was 37.

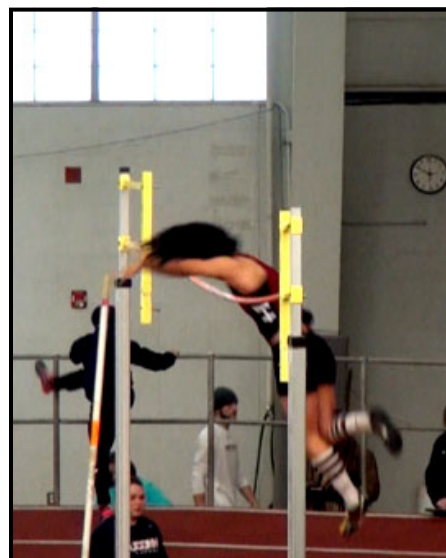


Ashley Wheeler throws a 49-7 $\frac{1}{4}$ personal best in the Weight Throw at Art Farnham Invitational.

Nicole Zeinstra '16 delivered huge in the 5K, running a monstrous PR of 17:00.97 and Elaine McVay '15 ran a 17:22.26. Over at Tufts very little happened. The only two bright spots were an 8.02 from Harris in the 60, and Mary Eccles '18 running 18:17.94 to place second in the 5K.

With two weekends remaining before the New England Division III Championship, the women knew we still had to get position in some events, while getting more qualifiers in others. We traveled back to Tufts for the [Cupid Challenge](#) on 2/7. We were hoping to get a very fast flat track Distance Medley Relay performance so we would not have to run it again. With no competition it was not to be as all but Hannah Chen struggled, delivering a 12:01.08. However, there were some very impressive performances later in the meet. McVay delivered a strong 10:04.66 3K victory. Michelle Johnson '15 showed she was getting ready for the championships by placing second in the Triple Jump at 36-3. Cindy

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Joanna Chen with a tight clearance at 11-5 $\frac{3}{4}$ in the BU David Hemery Valentine's Invitational.

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Huang '15 came back from her 2:21 800 DMR leg to run 1:38.48 in the 600 to win that event. Veronica Szklarzewski '15 tied her personal best in the 60 with a 7.96 performance.

In the final meet going into championship season we split the squad again, taking many oval runners to BU for the [David Hemery Valentine Invitational](#), while giving the middle-distance and distance runners the weekend off from racing and having the field event athletes and sprinters compete at the [MIT Gordon Kelly Invitational](#). Huang and Gong ran 2:14.00 and 2:14.78 respectively in the 800, both indoor personal bests. Christina Wicker and Liz Cox '18 went 2:56.28 and 2:58.85 in the 1000. Chen lowered her 200 time to 25.75 and Kendra Knittel '17 showed signs of coming out of her season funk with a fine 25.82. Back at MIT things were also going well. Vaidyanathan set an MIT record by clearing 5' 6" in the High Jump. Szklarzewski gave



Michelle Johnson en route to a season best 37-3 3/4 in the Triple Jump at the NCAA Div. III New England Region Championship Meet.



After finishing second from 2010 to 2014, the MIT women reclaim the first place trophy at the NCAA Division III New England Region Championships which they last won in 2009.

us a hint of things to come as she jumped 16-5 in the Long Jump. Isabella Stuopis '16 threw 42-10 3/4 for a season best in the Shot Put. Chen ran 9.33 in the 60HH and she led off the 4x200 Relay comprised of Harris, Knittel and Szklarzewski to run 1:46.13 for the fourth fastest time in MIT history.

The big moment had arrived and we were heavy favorites to win the [New England Division III](#) title. However, Williams was ready to mount a challenge and after coming from way back three years ago, knew they were capable. Our strategy was to load up the early events, dominate early and put the meet away before any other teams could get any momentum rolling in their favor. The first three field events to get underway were the Pole Vault, Weight Throw and Triple Jump. Cimmy Virdi vaulted her season best of 12-11 1/2 to win and was supported with Abby Klein's third place 11-5 3/4 and Maeve Devlin's tie for fifth at 10-11 3/4. This gave us 19 points to zero for Williams. If some is good, more is better, and the Weight Throwers subscribe to that philosophy. Ellen Liverpool

won on her second throw (54-8 3/4), a new personal best and Jackie Vahey '17 added a second place with a PR of 50-8. Ashley Wheeler '15 joined the scoring with a sixth place throw of 48-6 to give Tech 21 more points and a 40 point lead. Williams broke into the scoring column in the Triple Jump, although not what they were hoping for. Michelle Johnson came through with a season best 37-3 3/4 to place sixth while Williams College claimed a second place in the event. While this was going on, the first track event, the Distance Medley Relay, was about to start. With three freshmen leading off we were taking a chance, but felt confident they would get the job done. Liz Cox led off with a 3:45 1200 to put us in the lead, Annie Dai expanded that lead with a 60.1, Lauren Paul held the lead with an excellent 2:22 and Nicole Zeinstra put it away with an easy 5:06 for an overall win in 12:14.35, putting us up on Williams 53-14. We were scoring points everywhere, including where we were not

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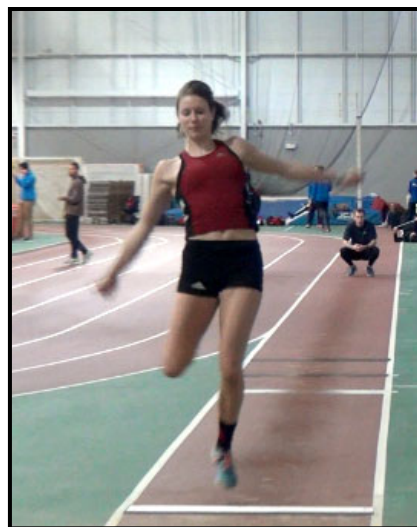
... INDOOR TRACK AND FIELD

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supposed to. Natalie Alper and Veronica Szklarzewski were both in the unseeded flight of the Long Jump—meaning they were not expected to make finals. Well, both jumped personal bests to make finals, Alper hitting the sand at 17-1 $\frac{1}{4}$ for seventh place and Szklarzewski, on her final attempt before she had to sprint over for the 4x200 relay, set a new MIT record of 17-8 $\frac{3}{4}$, placing fourth in the process. Then it was time for the Maryann Gong show. The sophomore took the lead in the Mile and hammered out a 4:51.12, the leading time in the country for DIII and an easy victory. She returned in the 800, waiting until 250 meters to go before taking the lead and blasting a 33 final 200 for a 2:14.87 victory. Elaine McVay delivered a beautifully run 5K victory in easily her best 5K ever, running a come from behind 17:18.80. Mary Eccles '18 was the surprise of the meet. Knowing this was her final meet of the indoor season, she doubled in the distance events, first claiming an eighth place in the 5K with a personal best 18:00.64, and then coming back a few hours later to earn seventh place in the 3K in another personal best of 10:28.51. Back in the field events, Preethi Vaidyanathan gave us a second place in the High Jump at 5-5 and was backed up by Alper earning fifth place at 5-3. Isabella Stuopis came from behind in the Shot Put to garner second place in 42-5 $\frac{1}{4}$. With three events to go we started backing off, pulling McVay from the 3K, substituting for Hannah Chen in the 4x400 after she had earned fourth places in both the 400 (58.86) and the 200 (26.20), and pulling the 4x800 entirely. The final tally had us winning with 151 points to 86 for second place Williams.

The [NEICAAA Championship](#) (All Division New England) at Boston University was an opportunity for the women to focus on individual and relay qualifying versus worrying about team scoring. We rested our distance runners for the most part, but we did need a faster DMR time to get into Nationals. Christina Wicker led off with the 1200. The pace was fast, too fast for Wicker as the leader pulled away. Wicker split 2:20 at the 800 and had difficulty holding on, but finished strong in 3:35 in fourth place. Hannah Chen took the baton and ran 57.7 to move us up to third place. Cindy Huang, battling an achilles tendon injury all season, went out crazy fast (31.1), dooming any chance for a great split. She moved up in the field despite her 2:17 overall time, handing the baton off a hair out of second place. Gong grabbed the baton and went after the leader like she stole something, splitting 33 and 69. She began with about an eight second deficit and did not make up any ground in that first quarter. She slowed to 73 pace for the next two 400's, and made up a lot of ground, closing to within 30 meters. She dropped a 70 last 400 to split 4:45 and walk away with the victory in 11:36.78, the seventh fastest time in DIII history and the top time on this year's list. Gong returned the next day for the Mile final. The pace was pretty casual, so she was sitting in the middle of the pack, patiently waiting to see what would happen. At the half mile, with the leaders splitting 2:29, she took off, running 2:20 for the final half, winning in 4:49.61, the 10th fastest time in DIII history. Ellen Liverpool threw another personal best, placing second in the impressive field with a mark of 55-6 $\frac{1}{4}$. Cimmy Viridi cleared an indoor personal best of 13-1 $\frac{1}{2}$, placing third and maintaining a tie for the top mark in Division III.

The final weekend before Nationals was quite literally the last chance to



Veronica Szklarzewski itook 2nd place with a jump of 16-8 $\frac{3}{4}$ at the Tufts Last Chance Qualifier.

qualify, hence we chose to travel across town to the [Tufts Last Chance Qualifier](#) rather than make the long journey to New York City and the ECAC Division III Championship. Michelle Johnson benefitted the most for the women, winning the Triple Jump in a new MIT record of 37-10, moving her up temporarily to 17th on the NCAA list with one more day of qualifying to go and two big meets in other parts of the country yet to happen. Viridi also achieved a personal best, claiming sole possession of the top spot at 13-1 $\frac{3}{4}$, in winning the Pole Vault.

After being ranked number one for three consecutive weeks, MIT fell to fourth once the entries were made for the [NCAA Division III National Championship](#) and it was obvious Quinn would not be a part of the MIT entourage. The outcome of the meet for us was largely on the legs of Maryann Gong and Cimmy Viridi. Gong would be anchoring the DMR, racing the Mile and also the 3K, adding up to four races in two

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days for a total of nearly five miles of work. Virdi was entered in the Pole Vault where she hoped to defend her national title. Also entered in the meet were the other members of the DMR (Christina Wicker, Hannah Chen and Cindy Huang), Ellen Liverpool in the Weight Throw, Elaine McVay and Nicole Zeinstra in the 5K and Abby Klein in the Pole Vault. Gong, a three time All America runner going into the meet, was hoping for three national titles. She certainly had an amazing championship, scoring 24 of a possible 30 points, but was denied two of those titles by the narrowest of margins. In the DMR, she made up seven seconds in the anchor leg to go from third to first, taking the lead with 100 meters to go only to be passed back by the team she passed a lap before, settling for second place. In the Mile final, she sprinted to the front with 400 to go, looking as if the title was hers, only to lose in the final straight to two runners despite her 68 final quarter. In the 3K her goal of a national title came to fruition as she waited until 200 to go, burying her competition. Virdi had another marvelous championship, vaulting clean through 13-1 ½. Only one other competitor cleared that height, but on her third attempt. Neither of them cleared 13-3 ½, giving Virdi her second consecutive National Indoor title. The 34 total points was enough to put the ladies on the podium in a tie for fourth place.

The MVP for the Indoor team was Maryann Gong. Cimmy Virdi was honored as the top female field event athlete in New England Division III. Gong earned the same honor as the top female runner. After the NCAA Championship, Gong was named the National Division III Female Runner of the Year.

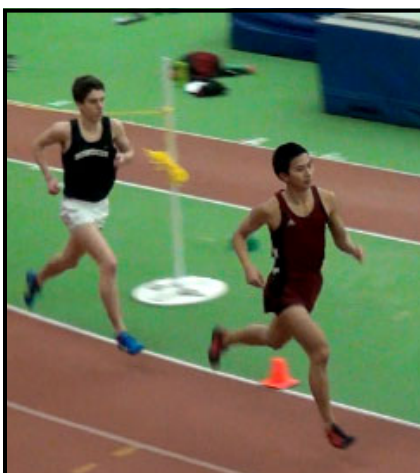


The MIT women made the podium at the NCAA Division III Championship, tying Wisconsin-Eau Claire for fourth place with 34 points.

Men

The men entered the season with goals just as high as the women, and were losing fewer points coming into the season, 42 ½ points from the New England Division III Championship winning team the year before.

One could not tell they had lost anything from last year based on



Benji Xie takes the 5K wire to wire at Bowdoin Invitational with a winning time of 15:04.79.

how they looked in the first meet as they cruised through the competition, both the [Alumni and Bates and Colby](#). The men beat the "Has-Beens" 88 to 33 and took down their Maine rivals by a score of 194 to 103 for Bates and 57 for Colby. Colin Godwin '17 showed he was going to have as good a track season as he did in cross country, opening the season at the Alumni-Bates-Colby meet with a double victory, winning the Mile in 4:22.41 and the 1000 in 2:36. We showed a hint of what was to come by total domination in the horizontal jumps and the long sprints. The distance runners even showed they were not messing around, running without Matt Deyo '16 and Benji Xie '15 in the 5K, we still had five guys under 15:54..

The MIT alumni performances were led by Omari Stephens '08, taking the Pole Vault victory, leading an alumni sweep at 14-8, and third in the 60HH in 8.95. Jordan Mizerak '14 took top scoring honors, claiming second in the Pole Vault at 13-8 1/4, second in the High Jump at 6-0 and third

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in the Long Jump with a leap of 20-02 1/2. Tyler Singer-Clark took two thirds, 7.31 in the 60 Meter Dash and 23.19 in the 200. Justin Bullock '14 earned second in the Mile with his 4:22.47. Thad Wozniak '06 keeps getting better with age, claiming second in the Long Jump at 20-09 1/4. Mitch Kelley '11 represented the thrower "Has Beens" with a second place in the Shot Put at 39-10 3/4. Logan Trimble '13 dropped down in distance, taking third place in the 400 in 55.96. Roy Wedge '14 placed third in the 3K in 9:23.46. Matt Falk '12 can still get it done, taking third in the High Jump at 5-8. Nate Sharpe '09 completed the Pole Vault sweep at 13-02 1/4. Finally, Zach Traina '05, Singer-Clark, Wozniak and Bullock took advantage of a disqualification in the 4x200 to win the 4x200 Relay.

At the [Bowdoin College Invitational](#), the men doubled the score of runner-up WPI by tallying 204.33 to WPI's 102. The other scores, were Bowdoin at 95, Springfield at 56, RPI at 41 and Colby-Sawyer at 19.33. Matt Deyo showed he had some



Allen Leung wins the 3K in 8:41.85 at the Art Farnham Invitational



Luca Cacopardo en route to a new MIT freshman record of 22.13 at the John Thomas Terrier Classic.

speed as he came down in distance, winning the mile in 4:22.55 and getting second in the 1000 in 2:35.91. Sam Parker '15 just missed in his quest to break the MIT record in the 600, running 1:22.04. Michael Kaba '16 was the high scorer, taking three firsts, the 60 Dash, 60HH and 200 with times of 7.13, 8.54 and 22.62 respectively.

Back home in the [Art Farnham Invitational](#), we rested our top runners to give them a crack at the Boston University banked track the next week. Arinze Okeke '17 coming back from a year away from MIT, showed he has not lost much as he won the Triple Jump in 46-10 3/4. Parker ran an excellent 2:30.37 1000, beating an All America miler in the process. Allen Leung '15 and Nicholas Waltman '18 took their respective distance events, the 3K and 5K, with fine early season times of 8:41.85 and 15:29.41.

Just as the women had done, the men split their squad the next week, sending the faster oval runners to BU and the others to Tufts for their "[Stampede](#)". At Tufts the triple jumpers claimed 1-2-3-4-5 with Okeke again leading

the way at 46-10 3/4. He also took Long Jump honors at 22-3 3/4. Ken Cooper '15 had one of his better meets, winning both the Weight Throw and Shot Put at 58-6 3/4 and 54-1 3/4 respectively. Freshman Nick O'Connell showed he should be on BU's track as he ran 4:22.37 on the flat track at Tufts. Deyo ran 8:38.24 in the 3K and Leung 15:03.59 in the 5K. Over at the [John Thomas Terrier Classic](#) at BU Benji Xie led MIT performances with his 14:30.08 5K time. A great performance, but

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Sam Parker finishes the 800 in 1:51.98 at the John Thomas Terrier Classic.

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due to the nine second banked track penalty he would not get into the NCAA Championship with that time. Parker continued to race very well, running 1:51.98 in the 800, a mark that would probably get him to Nationals. Parker also ran a 1:04.83 500 a little later. The long sprinters continued to improve. States Lee '16 came out of his early season funk with a 48.72, 22.59 double. Luca Cacopardo '18 was the second best MIT runner in both events, running 49.82 and 22.13. Kaba moved up to the long sprints for this meet with moderate success. He ran very well in the 200 with a 22.04, but fell off in the 400, running 50.27.

The men were back at BU the following week for the [Scarlet and White Invitational](#), but with only a few runners. The rest of the team went to the [Tufts Cupid Challenge](#). Lee lowered his 400 time to 48.62, as did Kaba (49.00) and Derek Barnes '16 (49.18). Parker lowered his 800 time to 1:51.66. The middle-distance and distance runners made an all out onslaught on the Mile, with



Michael Kaba in the 60HH at the BU David Hemery Valentine Invitational.

Godwin running 4:16.30, O'Connell taking advantage of the banked track at 4:16.48, Xie running a PR of 4:17.19 and Deyo also running a PR of 4:17.77. The 400 runners got together in the first serious 4x400 of the season, running 3:16.12 with Lee splitting 48.4, Barnes 49.4, Kaba 48.3 and Cacopardo 49.8. Over at Tufts there were only a couple surprises, both by freshmen. Cooper Sloan ran 15:12.56 in the 5K and David Walter run 8:50.62 in the 3K.

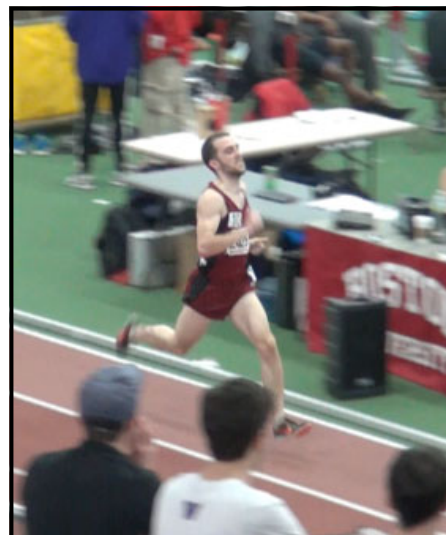
we were still at least nine seconds short of what we needed. The long sprinters showed they were ready for the upcoming championships with Lee leading the way in the 200 in 22.09. Kaba clocked 22.11, Cacopardo 22.14 and Tre Albritten '18 22.38 in his first effort at BU. Over at the [MIT Gordon Kelly Invitational](#), Ben Schreck '15, coming off an injury, vaulted 15-1 to qualify for the championships and another crack

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Rick Paez with the early lead in the 1000 at the BU Scarlet and White Invitational.

In the final week of the regular season, we once again split our squad in search of the best competitive environments for the individuals on our team, particularly since neither meet was scoring. We tried to see if we had the guns for a national level DMR over at the BU [David Hemery Valentine Invitational](#). For us to have a shot, every runner would have to do their part. Parker led off and after the first 400 seemed to start thinking instead of racing. His sub 3:00 goal turned into a 3:06, putting MIT out of qualifying range. Lee buried a 47.6 400 and Rick Paez '15 turned loose a wonderful 1:54 800. Godwin wrapped things up with a 4:11 1600, but with all that



Daniel Kilcoyne runs a season best 2:28.74 in the 1000 at the BU David Hemery Valentine Invitational.

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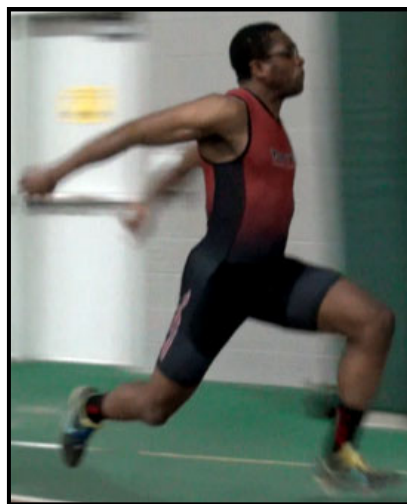
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at qualifying for Nationals.

Going for their third consecutive [New England Division III Indoor Track & Field Championship](#) and their fifth in six years, the men quite literally sprinted away from the competition on the Springfield College indoor track. The long sprinters accounted for 52 points in just the 200 and 400 as they would scratch the unnecessary 4x400. In the 400 Lee won in 49.88, Barnes was second in 50.15 and Kaba third in 50.36. Later in the 200 Cacopardo took first place honors in 22.57, Kaba placed second in 22.64, Lee third in 22.66 and Albritten was fifth in 22.91. Okeke led Billy Ruschel '18 and Carrington Motley '16 to a 1-2-7 Triple Jump finish with marks of 46-1 ¼, 45-5 ¾ and 44-2 ¾. The other win came in the Mile where Godwin dropped a 62 kick on the field to win in 4:14.47. O'Connell made it an all freshmen show by placing fourth in 4:18.25. Cooper delivered a third in the Shot Put with a 51-9 ¼ throw and a fourth in the Weight Throw at 54 -9 ¼. Parker took third in the 800 with a 1:55.31 and Paez also placed third by running 2:31.34 in the 1000. The distance runners did their share with Deyo running

8:29.69 in the 3K to place fifth, while Leung and Xie placed fifth and eighth in the 5K at 15:06.75 and 15:13.42. Both Marshall Wentworth '16 and Abe Gertler '18 supported the team cause by tying for sixth in the Pole Vault at 13-9 ¼. MIT's 129 points easily outdistanced runner-up Bates at 73 points.

Back at BU for the [NEICAAA Championship](#), it was now all about either qualifying for Nationals or improving the performance to guarantee making the field. Although he did not qualify for the NCAA Division III Championship, Albritten did set the 200 freshman record by running 22.00. Lee lowered his own MIT 400 record by running 48.16 to place second overall in the meet. Schreck vaulted 15-9 to place second and come very close to qualifying for Nationals. Cooper threw the Shot 55-1 to place second with a new personal best. The 4x400 team of Lee (48.4), Barnes (49.0), Parker (49.5) and Kaba (48.2) ran 3:15.20 to get into the National field and place third in the meet. Godwin ran a 4:11.15 to improve his personal best in the Mile, placing seventh in the process. Deyo ran a fine 8:26.56 in the 3K



Arinze Okeke en route to a 47-11 ¾ winning performance in the Triple Jump at the Tufts Last Chance Qualifier.

for fifth place, but with the banked track penalty that would not be enough.

On the final weekend to qualify for Nationals, we elected to stay in town and compete at Tufts in their "[Last Chance Qualifier](#)" rather than go to the Armory in New York for the ECAC Division III Championship. Okeke took advantage of the opportunity, jumping 47-11 ¾ in the Triple Jump to win the event and make the NCAA field. Schreck tried to get over 16', a mark that would likely get him to Nationals, but no -heighted, ending his indoor season.

Seven men qualified for the [NCAA Division III Track & Field Championship](#), but only six could go as Ken Cooper had academic conflicts he needed to attend to. While things began well, they did not quite end as well for us. Godwin, who barely squeaked into the national field for the Mile Run, qualified for finals in the mile by running an excellent race. With the first heat running 4:15, the pace needed to be

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States Lee reaches for the finish of the 400 as he wins his section and places second overall in 48.16 for a new MIT record at the NEICAAA Championship.

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honest or no one would qualify on time. Godwin got off the line well, which unfortunately put him in the lead. No one was about to take it from him, so the first 800 was a rather pedestrian 2:12. Someone took the lead, throwing down a 63. Godwin pulled off the rail passed two runners and then hammered out a 59 to run 4:14.59. That was pretty much the best thing that happened that weekend. States Lee drew the worst lane for getting the break on the tight turns of the 200 meter flat track. Getting second at the break, Lee dropped down to lane one behind the leader, so the third runner pulled along side of him, boxing Lee in, forcing him to break stride. Trying to get out of the box, his legs got tangled with another, causing him to fall, failing to make finals. Sam Parker was in the 800, but never really showed he owned the race. He positioned himself nicely in second and was in a great place with a lap to go. However, he had no response when the pace picked up. On day two, Okeke, bothered by a bruised heel, and an inconsistent approach, only got in one fair jump, a 45-1 ½

effort that did not make finals. Godwin was up next for the Men's Mile final. The quarter splits were 63, 2:07 and 3:12 to set the race up nicely. Godwin made a move at 1000 meters, moving up through the pack, but then he stopped his forward progress in the pack and slid back. When the group moved he was able to go with them, but not at the same speed. He finished in 4:15.36, a very respectable rookie showing, but out of the scoring. The men's 4x400 Relay was the final event and MIT was seeded seventh, putting them in the second of three sections. Knowing it was incredibly difficult to pass on the short straights, States Lee was determined to take the break. He succeeded, but his 22.3 first lap it took to accomplish that task, took its toll in the final 100. Although he maintained the inside lane, he had slipped to second at the handoff, clocking a 49.5. Derek Barnes '16 left a little early, had to slow to receive the baton, which allowed another team to pass, putting us in third. He ran one of his best legs ever, finishing in 49.3. Sam Parker '15 also left early, again losing ground and momentum at the handoff, allowing another



Tre Albritten setting a new MIT freshmen record of 21.99 in the 200 at the IC4A Championship Meet.

team to slip past, putting MIT in fourth. Parker ran 50.5, losing some ground before handing off to Michael Kaba '16. Kaba was not able to make up ground on the anchor legs, and his achilles was clearly affecting him in the final 100, finishing with a total time of 3:20.89.

States Lee was selected as MVP for the indoor season.

New MIT Indoor Records

Hannah Chen	W -- Freshmen 60 HH	9.27
Hannah Chen	W -- Freshmen 60	8.09
Tre Albritten	M -- Freshmen 200	21.99
States Lee	M -- Varsity 400	48.16
Maryann Gong	W -- Varsity Mile Run	4:49.61
Maryann Gong	W -- Varsity 3000	9:33.49
Sarah Quinn	W -- Varsity 5000	16:56.65
Benji Xie	M -- Varsity 5000	14:30.08
Preethi Vaidyanathan	W -- Varsity High Jump	5-06
Veronica Szklarzewski	W -- Varsity Long Jump	17-08 ¾
Michelle Johnson	W -- Varsity Triple Jump	37-10

2015 - 2016 OUTLOOK

by Halston W. Taylor

Cross Country

The men have qualified for two NCAA Division III Championships consecutively, finishing eighth last year, and the women have made it seven in a row, finishing second last year. There is a reasonable chance both teams could be at least that successful in 2015, but between graduation, attrition and injury status there is an even greater chance the teams will struggle to find a similar level of success. The two squads combined for seven All America winners in 2014, five more than ever before in one year. Only two are graduating, Spencer Wenck and Elaine McVay. However, both Colin Godwin '17 and Sarah Quinn '16 are still injured from last indoor season and unable to run. That leaves Matt Deyo '16, Christina Wicker '17, and Maryann Gong '17 as the only two returning healthy All America runners.

Since we have never had more than one All America runner return to either the Men's or Women's Cross Country teams, this is certainly no reason to panic, or even assume we will have a difficult year. However, it does mean that depending on all those who looked as though they would be returning to match or do better than they did in 2014 is probably too much to count on. We do have a number of strong veterans returning as well as some exceptionally talented freshmen. In addition to Deyo, and possibly Godwin, the men return Rory Beyer '17 and Cooper Sloan '18 to the top seven, and then since graduating three of last year's top seven (Wenck, Allen Leung, Benji Xie), means we will be counting on relatively inexperienced runners at the collegiate championship level. However, with the success of Ben

Freed '18, Nicholas Waltman '18 and Alex Knoedler '18 last Spring in the New England Division III Championship it is very encouraging to think they might be able to continue that success with Cross Country.

The list of incoming freshmen is impressive. Aidan Gilson, Alex Knapp, Dennis Maloney, Josh Rosenkranz, Kunal Tangri and Daniel Weiss will provide us with significant 1600 and 3200 track speed that I hope translates to the cross country course. While the only expectation I have is for them to learn our system of training and work on being as competitive as possible, it may be necessary for a couple of them to step up to the 8K distance in a hurry.

In addition to Gong, Quinn, and Wicker, the very experienced Nicole Zeinstra '16 and Mary Eccles '18 joins those returning from the top 7. We graduated McVay, and Kali Benavides from last year's national squad. Mary Eccles '18, Anna Frederich '18 and Liz Cox '18 all showed enough last year to give us hope for their contributions in 2015.

Coming in we have a very talented group of runners who have the ability to replace what we just graduated and then some, but we will have to see how competitive they are their freshman year, since many finished their senior year with injuries. Incoming freshmen are Camila Horowicz, Darby LaPlant, Bailee Margolis, Megan Montgomery, Jenny Xu and Leandra Zimmerman.

Track & Field

It will be very difficult to defend the men's and women's New England Division III titles next year, particularly with the major point losses due to graduation.

The men lose 28 points of the 129 they scored indoors and the women 54 of 151. Taking into consideration that other teams pretty much gave up before the meet started, it may be more competitive if teams feel we are vulnerable. Outdoors, the men lose 46 points from this year's total of 172.5, with 22 of those coming from Ken Cooper. The women lose a whopping 65 of the 180 scored.

The men return their core strength in the long sprints with States Lee '16, Michael Kaba '16, Derek Barnes '16, Luca Cacopardo '18 and Tre Albritten '18, a group that totally dominated the 200 and 400 last year. Our other area of strength on the track is in the middle distance events. Colin Godwin '17 is the defending Mile champion and Nick O'Connell '18 was fourth and both are capable of doubling back. In the field, we will be severely hurt by the loss of Ken Cooper in the throwing events, but the horizontal jumps should net us a lot of points with the services of Arinze Okeke '17, Carrington Motley '16, Billy Ruschel '18, Angel Ecchevaria '16 and Jason Villanueva '18. The Pole Vault has both Marshall Wentworth '16 returning as well as Abe Gertler '18 and Sam Ravnaas '18. The distance group, led by Matt Deyo '16 is loaded (see cross country) and should hold their own. The return of Adrian Samsel '16 from injury should once again rule the heptathlon and Luke Gray '18 is only going to improve on last year's sixth place finish. For the outdoor team only, we return Ben Schmeck 'G, an All America pole vaulter and Benji Xie 'G, one of New England's premier distance runners.

Beyond the New England Division III Championship, we have nine returners with NCAA experience (Barnes, Deyo, Godwin, Kaba,

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... 2015 - 2016 OUTLOOK

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Lee, Motley, Okeke and Samsel, along with Schmeck outdoors). We are not likely a top four team, but could very well be close if we can put together over 30 points.

The incoming freshmen bring a lot of middle-distance strength to make up for the losses of our 800 group. Leading that group is Jarod Wilson and Kunal Tangri in the 800, 1000 and Mile. Avery Nortonsmith should provide strength in the 400, 600, and 800 events. In the field events, Trevor McMichael and Milo Knowles should provide us with some High Jump potential and Scott Cameron some additional Pole Vault depth.

While the women are losing so many points in the jumps and throws, they should be able to get most of it back with the continued progress of Jackie Vahey '17, Isabella Stuopis '16 and Ariela Slutsky '18 in the throws and Natalie Alper '17, Nneoma

Okonkwo '18 and Jocelyn Lorrey '18 in the jumps. The primary strength of the team will continue to be the Pole Vault and Distance events. Led by Cimmy Viridi '16, Maeve Devlin '18 and Jenn Tylock '17 the vaulters should be close to unbeatable. Maryann Gong '17, Sarah Quinn '16 and Nicole Zeinstra '16 lead a superb group of distance runners that may be challenged, but unlikely defeated. Hannah Chen '18 and Kendra Knittel '17 will take care of the long sprints and hurdle events to provide the balance the team will need to defend their New England Division III title.

Going into nationals it never hurts to have two returning national champions. Viridi and Gong hope to repeat, and if Gong can improve on her All America performances in the Mile and DMR, the team has almost enough right there to get on the podium. With NCAA Championship experience from Chen, Quinn, Vahey and Zeinstra it should not be too difficult to add some points.

The incoming freshmen should add some needed depth to all areas, particularly the distances and Pole Vault—what else is new! Kari Stromhaug, Makenzie Patarino and Kathleen Brandes bring a lot of skill to the vault. Darby LaPlant, Bailee Margolis, Shannon Miller, Megan Montgomery, Jenny Xu and Leandra Zimmerman should help a lot with depth during the regular season and championships. Audrey Pillsbury will help ease the pain of losing both Liverpool and Wheeler in the throws. Kristen Frombach should add some points in both the long sprints and horizontal jumps.

It will be a challenge to do better than winning five of six New England titles as we did in 2014-15, but we will certainly try our best.

INCOMING FRESHMEN

<u>NAME</u>	<u>STATE/COUNTRY</u>	<u>PERFORMANCE</u>
Kathleen Brandes	NC	PV 10-6
Laura Diggans	MA	100 13.09
Kristen Frombach	NJ	LJ 17-6, 59.23
Camila Horowicz	IL	3.0 18:11, 11:36, 5:31
Lauren Kroeger	CA	800 2:19.75, Mile 5:30
Darby LaPlant	CA	3.0 17:47, 5:11, 11:11
Bailee Margolis	CA	5K 17:58, 10:50, 5:08

(Continued on page 29)

... INCOMING FRESHMEN*(Continued from page 28)*

<u>NAME</u>	<u>STATE/COUNTRY</u>	<u>PERFORMANCE</u>
Shannon Miller	NY	2K SC 7:07, 1500 4:44, 2:19
Megan Montgomery	TX	5K 17:51, 10:46, 4:59
Makenzie Patarino	CO	PV 11-6
Audrey Pillsbury	CA	DT 136-5, 33-7
Kari Stromhaug	NY	PV 12-3, HJ 5-4
Taylor V'dovec	WA	HJ 5-6
Jenny Xu	CA	5K 18:10, 10:58, 5:07
Leandra Zimmerman	Germany	3K 10:11, 1500 4:46
Michael Amoako	NJ	400 52.19, 200 24, 800 2:03
Talla Babou	NY	400 51.7
Scott Cameron	OH	PV 14-8
Johnny Crawford	IN	400 50.77, 1:58.68
Jon Fakkema	WA	DT 143-10
Tom Frejowski	IL	400 50.82
Aidan Gilson	MA	5K 15:47, 4:18.30, 1:58
Benjamin Gray	CA	PV 14-0, TJ 43'
Benjamin Gutierrez	CA	800 1:58
Tim Henry	NY	55HH 7.90, TJ 42-8
Alex Knapp	PA	3200 9:20, 4:26, 1:59
Milo Knowles	CA	HJ 6-2
Dennis Maloney	OH	5K 15:27, 9:23, 4:30
Trevor McMichael	OH	HJ 6-3, 22-0
Nathan Munet	IN	800 1:54.12, 1600 4:25
Chris Mutty	VA	1600 4:18 5K 16:23, 800 1:56
Avery Nortonsmith	MA	400 50.07
Josh Rosenkranz	IL	3.0 14:50, 9:25, 4:24
Kunal Tangri	MI	5K 15:32, 9:21, 4:12
Daniel Weiss	IL	3.0 15:05, 4:18
Jarod Wilson	DE	800 1:49.8, 4:13

2015-2016 MIT COACHING STAFF



Halston Taylor
Director Cross Country /Track & Field
all running events

DAPER Bio
Cross Country - [Women](#) [Men](#)
Track & Field - [Women](#) [Men](#)



Elaine McVay
Volunteer Assistant
Middle - distance, distance

[DAPER Bio](#)



Todd Linder
Associate Head Coach Track & Field
throws, multis

[DAPER Bio](#)



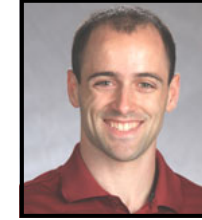
Laura Paulsen
Volunteer Assistant
middle-distance, distance

[DAPER Bio](#)



Nickolas Davis
Assistant Coach
Jumps

[DAPER Bio](#)



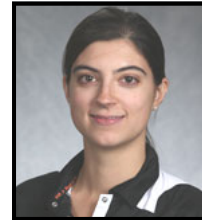
Nate Sharpe
Volunteer Assistant
pole vault

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Patrick Barragan
Assistant Coach
pole vault

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Aleksandra Stankovic
Volunteer Assistant
high jump

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Peter McNaughton
Assistant Coach
sprints and hurdles

[DAPER Bio](#)



Logan Trimble
Volunteer Assistant
distance

[DAPER Bio](#)



Pete Sampson
Assistant Coach
distance, recruiting, injury transition

[DAPER Bio](#)



Louise van den Heuvel
Volunteer Assistant
distance

[DAPER Bio](#)



Scott Bosworth
Volunteer Assistant
Middle - distance, distance

[DAPER Bio](#)

WE ARE ALWAYS TRYING TO CHANGE

by Halston W. Taylor

I was fortunate to learn early on in my career to not be afraid of change. I understood that to continue to succeed I must embrace change, while also maintaining the traditions and culture that have made us successful. After every season I spend some time going over what we did well, what did not go so well, and what we could change to make things more successful. I never want to have knee jerk reactions to situations as I am aware there are many factors in any outcome. Sometimes it is best to wait another year to see if a trend is developing or if it was just an anomaly.

A good example and constant plague to any program are injuries. Every year we see injuries we never saw before. I have come to understand that injuries begin when we first start doing repetitive movements, but do not necessarily manifest into a full blown injury until the individual has done that motion thousands of times and done nothing to counter that injury. Do more injuries occur because kids are less active now than in the 50's, 60's or 70's when we played in the yards and streets all day, every day when we were not in school, all sports, all year? Is it the over cushioned, motion restricted shoes? Is it poor nutrition? Are kids today more one sport specialists, not developing other muscles and having a greater amount of repetitive motion?

One of our changes this year is to add yoga to one of our practices in cross country each week. For many years I have recommended to athletes to take yoga, but time, money and motivation have meant that only one or two embrace this idea enough to do it regularly. For those that do, there has been a severe reduction in injuries. Our schedules are very full each day at practice and there is very little we can change without risk of not doing

something that is important. In order to add yoga, we are making a part of practice on Thursday, from 5:30-6:30 dedicated to yoga. I was fortunate to find a very experienced instructor, who has over 500 hours of training and specializes in working with runners. This is extra and will have to come out of the Friends' Account, but I believe it will be one of the best investments we could make. For now we are only committing to the cross country season, but if successful, I will look at a way to add it to track as well, at least for the middle-distance and distance runners.

In addition to yoga, so that some of you older folks know what we do now that did not exist back in your day, here is a typical day at practice outside of actually practicing the event of choice. Seeing the athletic trainers for heat, manipulations, taping, ice and rehab are still part of many team members daily routine, whether it is to come back from injury or to prevent one from getting to the level of actually being an official injury. Now there are off campus visits to doctors and chiropractors who deliver timely diagnoses, deep tissue work, active release and other muscle manipulation to decrease time away from competition, or to keep someone from missing competition. In addition to the two to three strength training sessions per week and the stretching during and after practice, there is also foam rolling, muscle manipulation with lacrosse balls and sticks. There are daily drills before practice for all event groups that include hurdle mobility, sprint mechanics and acceleration work. There are daily ice baths after practice. For those who are injured or returning from injury there are daily or twice daily cross training sessions or running on the anti-gravity treadmill. There are daily core workouts after every practice. There are group meetings with group leaders and coaches. There is mental training on



Coach Taylor was named NEWMAC Men's and Women's Coach of the Year for both Cross Country and Track & Field as well as USTFCCCA New England Region Head Coach of the Year for Women indoors and Men outdoors.

competitiveness with me as well as the event coaches. There are goal-setting sessions, weekly in some cases.

The amazing results are certainly a product of hard recruiting and amazing talent, but also an incredibly large commitment to reaching potential. That commitment has always been there as all of you can attest. Now, there are many more opportunities and resources available to allow the student-athletes to reach their potential. All it takes is time and money.

Social Media

This past year we were fortunate enough to have Matt Noonan, an intern with the Sports Information Office, who specializes in social media. Matt made a significant impact on our program with interviews, tweets and other means of social media that constantly had our program and individuals out there on everyone's radar.

Matt is no longer at MIT, but I am having Nick Davis, our full-time assistant coach responsible for jumps, take over this responsibility. It will take awhile for us to get a handle on how to best use this while being cognizant of the many NCAA rules governing social media. Look for more to come.

IT TAKES MUCH MORE THAN COACHING TO BE SUCCESSFUL

by Halston W. Taylor

Far too often, the coaches get the credit for how well our student-athletes perform on the track and in the field. I think we should get a little credit, but not much. The athletes themselves have to be committed, dedicated and willing to put in the work; physically and mentally to get to a national level. Our job as coaches is to provide a fostering atmosphere and the right opportunities to succeed.

The coaches, in addition to all the recruiting, administrative and management duties, need to show passion for what they do, which in turn, is usually contagious throughout the team. Through this we can build an athlete's confidence, which will further encourage them to trust us, which by itself brings along more success. We teach them to lead through our captains and leaders annual training. We follow the proven process of team and individual development, trying our best not to take anything for granted. Ultimately we have to push them while being extremely cognizant of their limits, both physical and mental.

As mentioned in another article in this newsletter, the student-athletes are putting in three to four hours a day in many cases when you add up going to the athletic trainers before and after practice, or to see the local doctor about an injury or potential injury, practice time, stretching and foam rolling and meeting time with me or their event coach. Most of today's student-athletes actually expect this level of support and opportunity, and complain if it is not provided. Academics are certainly no easier here than they used to be, and approximately half the team is double majoring, and the team averages over a 4.5 GPA most years. Obviously, time management must be a skill at which they do very

well. The student-athletes deserve the credit for their own success, particularly at a school like MIT.

The credit also goes to a large supporting cast. Starting with Julie Soriero, our Director of Athletics, the attitude shift within our department within the past few years has been remarkable. Everyone believes they can be successful and Julie provides the support and opportunities to make that happen. The athletic administration does whatever they can to help us out with schedule changes, funding opportunities such as the yoga classes we will be doing in the fall and possibly longer, and compliance to create safe, NCAA compliant, competitive opportunities for our teams and individuals to be successful. In the trenches, the athletic trainers led by Head Athletic Trainer, Tom Cronan, perform a tremendous service with the primary goal being getting the student-athletes back to competing in a safe environment as soon as possible, while never compromising the health and well-being of the student-athlete. The aquatics staff, particularly Christopher Lancaster, are very accommodating when we want to reserve pool time for deep water pool running, which is quite often. John Flander's staff in the equipment room who do the team's laundry and inventory the uniforms have everything ready for the student-athletes on a daily basis. Dan Martin's staff, particularly Ryan Steele, make an unbelievable difference in meet preparation, running club meet assistance, and the actual running of home meets. In the old days, Gordon Kelly and I, with the occasional help of department facility workers would set up the throwing areas, and fill the steeple pit. Now we are fortunate to have the entire facility prepared with the exception of some small details and the electronics. This is where Justin

Kuo and Steve Vaitones come in. Both are USATF and MTFOA certified officials. Justin, who receives a small stipend from us, maintains the cameras and assorted electronics equipment (finish line cameras, field event tablets, count down timers, wind gauges, computers, etc.), and runs the electronics during the meet, producing the race results, and often times making corrections after the meet. Steve, referees all our meets, and serves as the liaison with MTFOA with regard to making sure we get a list of the assigned officials so they can park, finding substitutes if someone cannot show up and filling in when necessary during a meet. Both are absolutely invaluable with regard to home meet success. In addition to the club workers Ryan secures (any running club that rents our facility also must volunteer to work one of our home meets), any non-competing or injured athlete must work the meet as well. It takes approximately 30-40 volunteers (in addition to the 20 or so paid officials) to run a track meet (three volunteers for each horizontal pit, at least one for the HJ and one for PV, preferably two for each to put the bar back up, six for the throws, seven for field lynx tablets, one to assist the clerk with hip numbers, one to put results up on results board, one for finish line communication, two for splits, three for event video, eight for hurdles and rail, three wind gauge operators, and if a big meet, four countdown timers).

As you can see, the success of a six-team program takes an extraordinary number of people behind the scenes. What often seems smooth and efficient is often controlled chaos and close to out of control. I want to personally thank everyone who contributes to our success.

FRIENDS SUPPORT

by *Halston W. Taylor*

Although I did not mention the exceptional support of our Friends of Track & Field / Cross Country as one of the major factors of our sustained success, I did so because without the support of our Friends, nothing else would really be possible. I truly do not think you all understand how dependent we are for your loyalty and generosity.

Because of the partial endowments (General program operating expense, Spring Trip and Assistant Coach Salaries) we are able to operate at a level at which most programs are unable to do at the Division III level. Due to the general giving to the Track & Field and Cross Country funds, we are able to supplement for many extras (coach professional development; coaching apparel for volunteers; computers, tablets and or video cameras for coaches; our own weight room equipment; championship banners; All America plaque plates; the upcoming yoga classes, and any area where we need something extra). This gives me incredible freedom to manage our budget and still provide what I feel is necessary to support one of the elite Division III programs in the country.

Thanks to your unbelievable support this year we were able to raise \$340,322.46 in the 2014-15 fiscal year from a total of 387 gifts. A \$250,000 gift from Don and Sherie Morrison, turning the Assistant Coach Salary expendable fund started by Chris Schell last year into an endowment fund and adding to the Spring Trip Endowment Fund was the major gift of the year. There were 168 of you whose generosity exceeded \$100 for the year. Another 29 gave \$1,000 or more. I cannot thank everyone enough for your generosity.

It is all so impressive. Parents who give to our program, in addition to paying tuition and other fees, some after their children graduate; current team members starting to give while they are on the team, and the loyal individuals who give year after year means so much to me and the program. To think that back in 1983 we started with \$1,500.

In addition to supporting the three partially endowed funds mentioned above, and the general team funds, we need more gifts to our Awards Fund, which is now depleted. This is where we get the money to purchase the banners for our New England Division III Championships. At nearly \$400 per banner and winning five of the six possible banners this year, we could use some significant gifts. We may not continue to win championships at the current rate, but I am hopeful and would like to be prepared.

I would love to have more alums visit our home track meets whenever possible. I think this is an area where the current student-athletes could really benefit from knowing that past track & field athletes are there to cheer them on. I also believe this would help to make alums feel connected in an even more meaningful way.

Thank you all for your support.

ACCOUNT	FUND NAME	AMOUNT GIVEN	NUMBER OF GIFTS
2641800	Friends of Men's Cross Country Fund	\$13,926.00	65
2641900	Friends of Women's Cross Country Fund	\$4,517.50	28
2648100	Friends of Men's Track Fund	\$39,657.80	143
2648900	Friends of Women's Track Fund	\$4,776.00	48
2738046	Friends of Track Scoreboard & Equipment	\$5,250.00	4
2739705	Friends of Track and Field Awards Fund	\$470.00	5
3155810	Sherie & Donald Morrison Track & Field	\$157,002.55	58
3218550	Track & Field Assistant Coaches Endowed	\$113,222.61	28
3652825	Leaver and Morrison (1961) Fund	\$1,100.00	3
3920970	Varsity Track Assist Coach Salary	\$400.00	5

CENTURY CLUB

There were 197 members of the Century Club with a record number 29 of those who were able and generous enough to provide gifts of \$1,000 or more.

\$1000 or more in gifts

Ms Carol R. Aronson
 Mr Christopher H. Bateman
 Mr John J Biesiadecki
 Mr John A Buell Jr
 Mr Daniel J Corcoran III
 Dr Sharlene M. Day
 Dr Turan Erdogan
 Mr John J Golden Jr
 Mr Glenn A Hopkins
 Mr John E Kaufmann
 Mr Albert K Lau
 Dr Julie Lin
 Mr Christopher S Mcguire
 Mr Alex Menchaca
 Craig D Mielcarz
 Dr Donald Graham Morrison
 Dr Sherie L. Morrison
 Dr Larry D Petro
 Dr Frank C Richardson
 Dr Katherine A Richardson
 Dr Linda C. Rillorta
 Mr Richard C Rosalez
 Mr Christopher H Schell
 Mrs Lori Schell
 Dr Donald E Shobrys
 Ms Theresa A Sutton
 Dr Katherine Dabulis Taylor
 Dr Robert L Wesson
 Dr James R Yankaskas

Mr George H Braun
 Jacqueline A Brew
 Mr Anton F Briefer
 Dr W Sumner Brown
 Mrs Barbara M. Browning
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 Mr Eric H Darling
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 Mr Michael E DeMassa
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 Mr Frederick J Dorchak
 Ms Susan Fife Dorchak
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 Mr Ross N Dreyer
 Mr Mark W Dunzo
 Ms Janis H Eisenberg
 Matthew D Falk
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 Ms Christina M. Fidkowski
 Krzysztof Jakub Fidkowski
 Karin E Fisher
 Mr David P Foley
 Mr John T Frankman
 Mr Bradley E Geilfuss Jr
 Mr Gerald E Gilligan
 Mr Thomas A Goddard
 Dr James Godwin
 Dr Robin C. Grandl
 Martha M Gross
 Kyle J Hannon
 Dr Thomsen J Hansen
 Mr William W. Heil, Jr
 Mr Daniel S Helgesen
 Mr Stephen D Hester
 Mr Roger A Hinrichs
 Mr Junius K Ho

\$100 - \$999 in gifts

Kirsten H Aarsvold
 Dr David R Afshartous
 Mrs Aydan A Altan
 Mr Osman H Altan
 Craig Andera
 Mr Brian C Anderson
 Obinna C Anyanwu
 Nathan B Ball
 Ms Bridget E Banas Schechter
 Christopher B Bateman
 Mr Lewis H Bender
 Mr Richard H Benfer
 Mr Gustav A Blomquist
 Mr Bradley J Bolivar
 Jack H Bourbonnais
 Mr Marc A Bourget
 Mr David M Brann

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... CENTURY CLUB

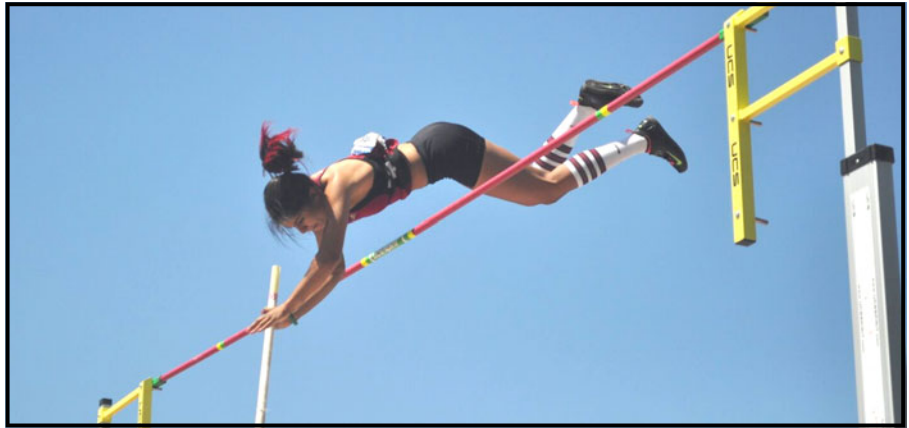
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Mr Hung Q Hoang
 Dr Edward P Hoffer
 Mr Gordon C Holterman Jr
 Thomas Mathew Hoover
 Mr Sohail N Husain
 Mr Henry H Hwu
 Ms Yaping Jiang
 Mr Raymond B. Johnson
 Mrs Yvonne S. Johnson
 Mrs Denise E. Kaba
 Mr John R. Kaba
 Mr Neal P Karchem
 Mr David S Kelman
 Mr John R Kenny
 Mr Apraham A. Khatchadourian
 Eric A Khatchadourian
 Mrs Susan M. Khatchadourian
 Dr David B Kieda
 Mr George W Kimball
 Dr Max M Klein
 Mr David E. Kloster
 Dr Tina B. Koopersmith
 Mr Kalpak D Kothari
 Mr Joseph S Kowalski
 Adeline Ling Kuo
 Dr Paul J Kuzmenko
 Margaret C Leibovic
 Mr John J B Light
 Dr Issel Anne L. Lim
 Mr Xiaochun Lu
 Jeffrey C Lukas MD
 Ms Christine C Lyons
 Mr Michael C Lyons
 Mr Ayisi B Makatiani
 Mr William G Mallet
 Dr Richard F. Manelius
 Mr Edward A Martin
 Mr John W Martin
 Mr Yuval Mazor
 Ms Annmarie McAninch
 Dr Robin Keith McGuire
 Mr Nikolaos Michalakis
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 James R Oleinik
 Mr Patrice M Parris
 Mr Reginald F Paulding
 Mr Anthony R Pelosi
 Mrs Jennifer A. Peoples
 Mr Ryan E Peoples
 Mr Eric M. Peterson
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 Damian O Plummer
 Dr Frederick F Pollitz
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 Mr John L Usher
 Mr Eric W. Waller
 Mrs Kathleen A. Waller
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 Alice S Wang
 Dr Donald Everett Wesson
 Craig B Wildman
 Mr James H Williams
 Ms Deborah S Won
 Thaddeus J Wozniak

VIRDI REPEATS AS INDOOR NATIONAL CHAMPION AND CAPTURES FIRST NATIONAL OUTDOOR TITLE

At the NCAA Division III Indoor National Championships, the pole vault opening height was 11-1 3/4, and all vaulters starting at that height cleared. At 11-7 3/4 two women fouled out, and at 12-1 1/2 five more were eliminated, leaving just nine competitors. Six of those nine failed to clear 12-5 1/2. That left just three vaulters still in the competition, one of them being Cimmy who had not entered the competition as yet. She entered at 12-7 1/2, clearing on her first attempt. 12-9 1/2 claimed Silva of Bowdoin, leaving just Cimmy and Kalsey of Westminster. Both cleared 13-1 1/2, but Cimmy did it on her first attempt while it took Kalsey three tries to make it. Neither vaulter cleared 13-3 1/2 giving Cimmy the title and 10 points for MIT.

Despite her two Indoor National Championships, Cimmy had not yet been able to get one outdoors, missing by one place in 2014. This time, she was out to add that outdoor crown to her collection. She passed the first seven heights



Cimmy Virdi garnered her third National Champion title, vaulting 13-7 1/2 for the victory in the Championship Meet at St Lawrence University.

entering at 12-11 1/2, with only one other vaulter, Marissa Kalsey from Westminster College, still in the competition. As had happened at the winning height (13-1 1/2) at the Indoor Championships, Cimmy cleared on her first attempt while Marissa cleared on the third attempt. That was repeated at 13-3 1/2, with Cimmy again clearing on the first attempt while Marissa took three tries to get over the bar. At 13-7 1/2, Marissa failed to get a

clearance, and Cimmy, who had already won on misses, succeeded on her third attempt, making 13-7 1/2 the winning height. It might have been still higher, as she set the bar at 14-2 in an attempt to break her 14-0 NCAA Division III record. Unfortunately, she crushed the pole on her first attempt, and the two remaining tries were just not enough to give her a chance to adjust to the stiffer new pole.

With this win, Cimmy has now earned three NCAA Division III Championship titles. She also set the NCAA Division III women's outdoor pole vault record this season, vaulting 14 feet at the New England Region Championship Meet. Some of the awards she has received this year include:

- NEWMAC All-Conference
- USTFCCCA All-America
- USTFCCCA NCAA Div. III New England Field Athlete of the Year
- Betsy Schumacker MIT Woman Athlete of the Year

To cap off a spectacular year, Cimmy was voted Outdoor MVP and will be co-captaining the squad next year.



Cimmy at the top of the podium, accompanied again (as at the indoor meet) by Marissa Kalsey from Westminster College in the number two spot.

GONG CLAIMS 3000M TITLE AT INDOOR NATIONALS

MIT sophomore Maryann Gong won the 3000M competition at the 2015 NCAA Division III Indoor Track and Field Championships to become the third MIT woman to earn a national title. Maryann had a rigorous schedule for the meet, competing in the Mile, Distance Medley Relay, and the 3000M. Her first race was in the trials for the Mile on the first day of the meet (Friday). The first three finishers in each heat plus the next four fastest times would qualify for the final on Saturday. Maryann was in the second heat and was able to run a fairly comfortable pace, leading for the first three quarters and splitting 76, 2:32, and 3:50. The pace quickened somewhat to 72 seconds for the final quarter, and she allowed two other runners to pass but stuck with them to maintain third place and automatic qualification for the final.

Maryann's second race of the day was running anchor for the Distance Medley Relay. She got the baton in third place, between six and seven seconds behind the two leaders. She ran the first quarter in 71.1 and hit the halfway mark at 2:25.3, just four seconds

behind the leaders. In the next lap she passed the runner from St. Thomas and was closing on the leader from Chicago. With 100 meters to go she went around the leader, but the runner from St. Thomas was also surging and passed both the Chicago runner and Maryann to take the win. MIT still had earned the runner-up spot in 11:47.43, and Maryann had put two of her four races behind her.

The next day brought the final of the Women's Mile, and Maryann's third race of the meet. The relatively slow pace (2:34 half, 3:48 at three-quarters) may have been some help for the multiple race fatigue, but it also gave some advantage to "speed" over "endurance." While Maryann turned in a 68 final quarter, it wasn't quite fast enough as two others pulled ahead of her in the last 100 meters. She took third in 4:57.42 and brought MIT's score up to 24 points.

That left the 3K. Despite the negative effects of having already raced three times, Maryann had plenty of incentive to do her best. MIT was in sixth place in the team

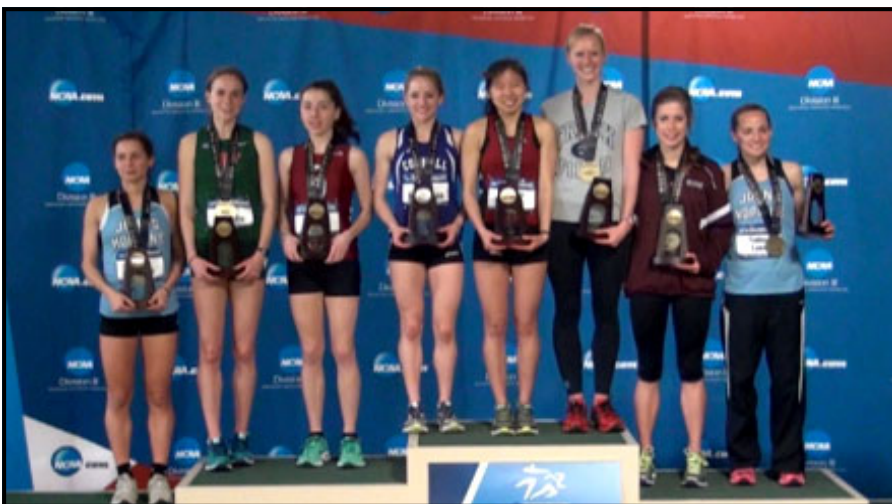


In just two years, Maryann has already risen to the top of the Division III distance running community.

scoring, two places from making the podium, and points from the 3k would be instrumental in moving up those two places. Also, she had come close but been deprived of victory in the Mile and DMR. The 3k was her last chance to come away with a national championship gold medal. Finally, this was her last race, with no need to conserve energy for another one still to come. Many of the top runners had run the 5K the night before, so the initial pace was fairly moderate. Maryann cruised at the back of the pack for a mile split of 5:21. She stuck with the pack as the pace picked up, and with 200 meters to go, she sprinted for home, opening up a 10 meter lead by the finish as her 33 second final 200 gave her the victory in 9:47.62.

Maryann came to MIT from Granada High School in Livermore, CA., where she not only captained the Cross Country and Track and Field teams, but also played soccer, was student body treasurer, and president of the Granada chapter of the California Scholarship Federation. At MIT

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



Maryann on the top of the podium for the 3000M at the NCAA Division III National Championship Meet.

(Continued from page 37)

she is majoring in Electrical Engineering and Computer Science and is particularly interested in artificial intelligence and machine learning. She's pursuing that interest through the Undergraduate Research Opportunities Program (UROP) by applying machine learning techniques to the analysis and diagnosis of speech developmental disorders in children.

A member of the women's cross country and both the indoor and outdoor track and field teams, Maryann began this year by earning All-America honors at the NCAA Division III Cross Country Championship, helping MIT to a second place team finish. For her efforts during the Cross Country season Maryann was selected to the NEWMAC All-Conference, NEWMAC Academic All-Conference, USTFCCA All-America, New England All-Region, and USTFCCA All-Academic teams.

In addition to her performances at the Indoor NCAA Division III Championships, Maryann ran the fourth fastest time in Division III history in the 3000 meters with a 9:33.49 at the BU John Thomas Terrier Classic and anchored the seventh-fastest DMR in Division III history in 11:36.78 to win the NEICAAA Championships. Doubling at the NEICAAA Meet,



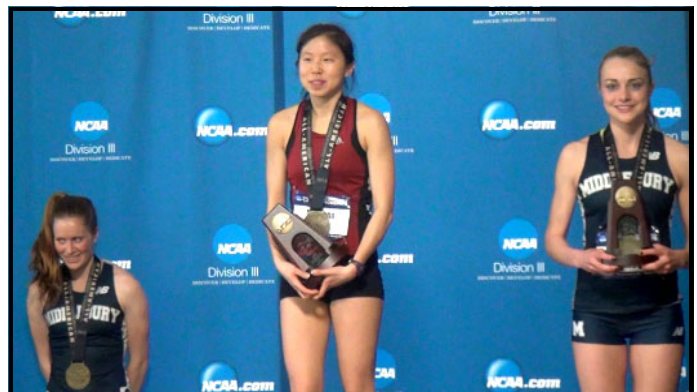
Maryann in the Mile final at the NCAA Indoor National Championship Meet.

she also won the Mile in 4:49.61, good for the fastest Division III time of the season. At the NCAA Division III New England Region Championship she also doubled, winning the Mile in 4:51.12 and the 800 in 2:14.87. Her stellar season was recognized by the NCAA when she was selected as the Division III Women's Indoor Athlete of the Year, and by her team when she was selected MVP for the indoor season.

During the outdoor season, Maryann won the 1500M at the NEWMAC Championship, setting a new meet record, and also won the event at the New England Division III Championship with a personal-best time of 4:28.43. She went on to capture All-America honors at the NCAA Outdoor Track and Field

Championship by placing third in the 5000M and fourth in the 1500M. At the close of the year, Maryanne held six MIT records, three Freshmen: indoor 3000M - 9:42.48, outdoor 1500M - 4:31.24, outdoor 5000M - 16:43.28; and three Varsity: indoor Mile - 4:49.61, indoor 3000M 9:33.49, outdoor 5000M - 16:43.28. Adding to her awards, she was named the USTFCCA New England Women's Track Athlete of the Year, selected to the CoSIDA Academic All-America First Team, and received the Malcom G. Kispert Award as MIT's top female scholar-athlete.

When she returns next year, co-captaining in both Cross Country and Track & Field, Maryann is certain to have some more terrific performances in store for us.



In addition to her national title at 3000 meters, Maryann anchored the DMR to a runner-up finish, just 2.17 seconds behind the winner, and took third in a closely contested Mile, just 1.25 seconds out of first place.

90% Mental, 10% Physical



by Cimran Virdi

Editor's Note: After first writing about Cimmy in last year's newsletter, when she earned her first national title, and following up this year with an account of the two she's added, I felt that what was missing was a closer look at Cimmy herself. After all, only one other MIT Track & Field Athlete (Uzamo Orji) has won multiple national titles, and only four (including Cimmy) from all individual title sports have done it. Cimmy has graciously offered to share some of her insights about her experience at MIT, and what she's learned about competition and what it takes to succeed at the highest levels.

The only competitors left were Anna and I. The rest of the field had disappeared by 3.90m, and we were fighting for the title. For the next four heights, we cleared bars one after the other, without a single miss. We were tied. It was up to a 4.15m clearance to determine who would take the 2014 Outdoor National Championship. Anna, a senior, had cleared the height before, but it would be a personal record for me.

Anna was up. I turned around to look away from the jump, and listened for the crowd's reaction. Cheering. Anna cleared 4.15m on

her first attempt. Now it was up to me. Unfortunately, I would not clear 4.15m that day. I took my three jumps and ended my competition as runner-up.

I have competed in 5 National Championships thus far. My first was the 2013 Outdoor Championship where I placed 9th. I have won three titles (Indoors 2014, 2015 and Outdoors 2015). Ironically, out of my experiences at nationals, my second place at the Outdoor Championships in 2014 is by far the one I am most proud of. This meet marked the transition into my competitive attitude and redefined my limits.

My MIT athletic career had a rough start. Coming onto the team, I was a 12'9" vaulter who consistently jumped in the mid-12' range. During my first MIT season, I found myself convinced of my inability to pole vault.

When I joined the team, I thought I understood the sport better than I actually did. If you have met my

pole vault coach, Dr. Patrick Barragán '08 (SM'12 PhD'15), however, it is easy to understand why I quickly came to the realization that there was a lot more to learn. For those who haven't had the pleasure of meeting him and don't know what I mean, Patrick got his PhD this year in mechanical engineering, but he really could have gotten a second—the other in pole vault.

It was difficult for me to accept that there was so much about the sport and technique that I had yet to understand. My confidence took a blow as I started to question my ability, and this showed in my jumps. I was not vaulting with the same aggression I had in high school. I became a consistent mid 11-foot vaulter--a foot under where I was consistent previously.

By the outdoor season, I started hoping that I'd get lucky with a random good performance that could rebuild my confidence. This was a catch-22 in itself. I didn't compete well without my

(Continued on page 40)



After the NEICAAA Championships some of the female vaulters convinced Coach Taylor to trust their upper body strength...

*(Top) left to right: Cimran Virdi '16, Halston Taylor, Joanna Chen '15, Jen Tylock '17, Abigail Klein '14 MEng '15, Maeve Devlin '18.
(Bottom) Patrick Barragán '08 SM'12 PhD'15.*

... CIMRAN VIRDI

(Continued from page 39)

confidence, and I couldn't find confidence without competing well.

The following summer, I looked back on my freshman year and was deeply unsatisfied. I was ready to come back with a vengeance. I decided to get serious about my lifting. Getting stronger that summer gave me something to be excited for and acted as a "band-aid" to patch up my confidence.

It didn't take much time for me to realize that strength wouldn't replace the mental effort I needed to put into becoming the best competitor I could be. At the beginning of indoor season, I had been having a hard time at practice. For two weeks I could not take off. I thought negatively about my chances of ever being a better vaulter than I once was. Luckily, I had coaches who recognized that my attitude was limiting me severely and pushed me to make changes.

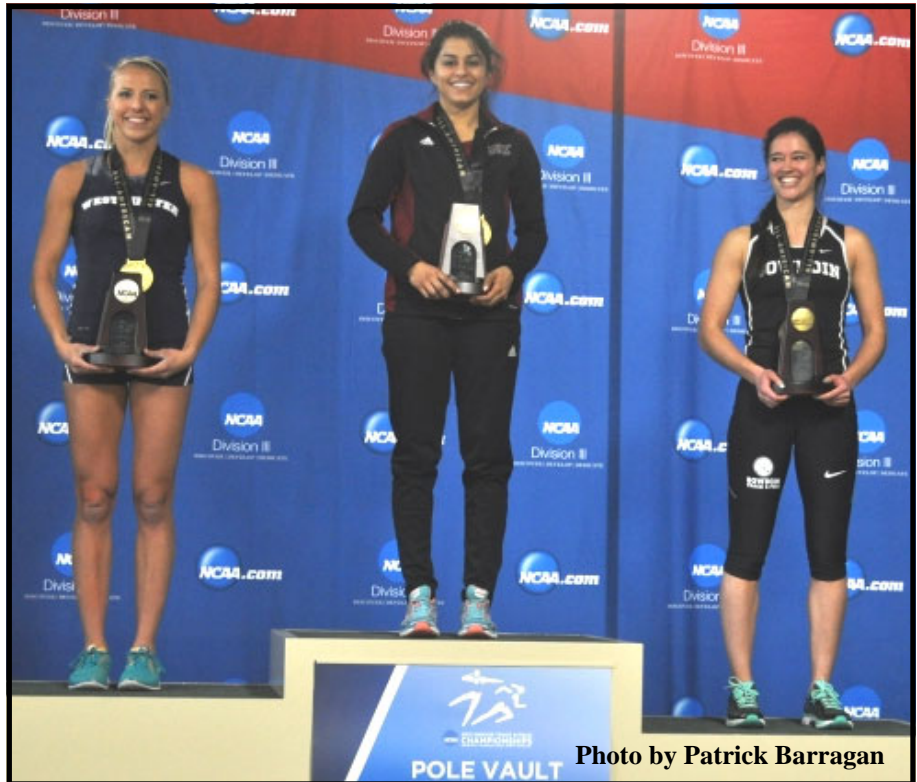


Photo by Patrick Barragan

Cimmy (center) on the podium at the 2015 Indoor National Championships.

I began to meet with Coach Taylor to find solutions. I studied what it meant to be a competitor and what it meant to be on a team. I learned

to focus on my competition and team rather than worrying about myself. I practiced thinking only about the thoughts that would help me succeed. I stopped focusing on technical changes and started spending more time on practicing confidence. I started to rely less and less on external validation and found other ways to have confidence in my ability.

The idea of "practicing confidence" is actually a bit perplexing. How do you fool yourself into feeling something you don't? For months, Patrick forced me to find positivity in all of my training and to start having fun again. After lots of practice, it started to come more naturally. I began to trust what I was doing and have faith in the possibility of improving. I was smiling at practice again. I started to eliminate all the limits I had set for myself. I began to jump at meets with excitement

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Photo by Sherry Wan

Cimmy pole vaulting at the NEICAAA Championships

... CIMRAN VIRDI

(Continued from page 40)

about the competition and the idea that any day had the potential of being extraordinary. My motivation to jump well began to include doing my best for my team. I gained confidence that was based on trust and positivity. Working on my confidence became a main part of my training (and still is).

As I practiced mental toughness, competing became significantly easier. I decided not to fear the heights and just focus on competing, taking good jumps, having fun, and being positive. I managed to gain national titles, solely with this attitude change.

The importance of positivity and confidence to me has not changed since my sophomore year, but the difficulty always varies. Last year a new set of challenges arose. I started out my junior year with a concussion and found out I had a SLAP tear in my right shoulder labrum. Leading the team as a captain also came with a new set of responsibilities and expectations. The return to nationals came with more pressure, as our women's team had a serious shot at the podium. Regardless of the challenge, the solution always turned out to be a combination of positivity, faith, and some hard work.



Cimmy clearing 4.10m at the 2014 Outdoor National Championships at Ohio Wesleyan for a runner-up finish.

After ending my junior season as a 14-foot vaulter, I opened the door to continue competing for MIT over the summer. I competed in several meets in order to gain a spot on the Canadian National team for the Pan American Games. I missed making the team by one spot, but in the process had the opportunity to compete at several summer meets with Lauren Kuntz '13, meet the World Record holder, Jenn Suhr, and train with world-class pole vaulter, Mary Saxer. In July, I had the opportunity to compete at the Canadian National Championships in Edmonton and placed 6th.

I am training now with my eyes set on Rio. The Olympic qualifying standard is 4.50m, which means I have at least 23cm more to go. My goals have always been to compete at the highest level and to represent my country one day. Now I have confidence that I am capable of doing so. As long as I keep jumping with confidence and positivity, I believe there are no limits.

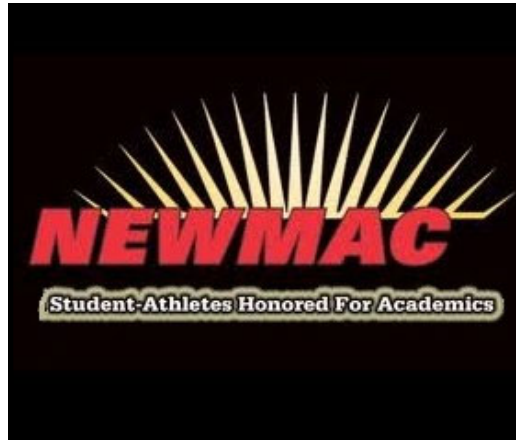
While writing this article, I have had a lot of time to reflect on my time here at MIT. All of us, alumni and current athletes, are very lucky to be a part of this team. I have never gone a day without a coach, teammate, athletic trainer, DAPER, or an alumnus to support me in some way, shape, or form. There are very few teams out there with this level of support. We all play a part in making MIT Track and Field the well-oiled machine it is, but the biggest thanks goes to Coach Taylor and the assistant coaches for keeping our continual success a priority. I am truly proud to compete as an Engineer for one final year.

Go Tech!



Cimmy receiving her award from Coach Patrick Barragan at the 2015 Outdoor National Championships.

2014 – 2015 ACADEMIC AWARDS



by Max Berkowitz

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).

The 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.

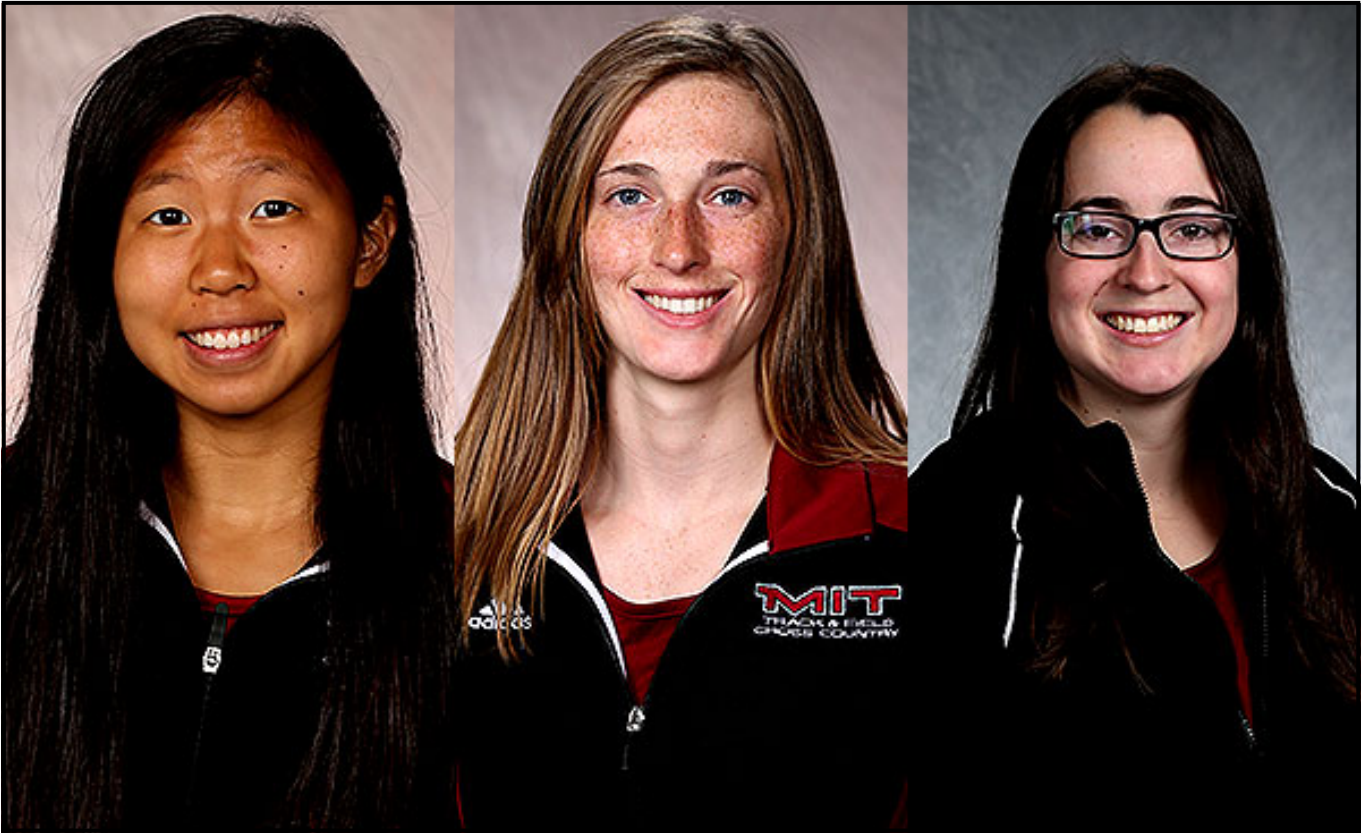
The USTFCCCA is a non-profit organization that represents men's and women's cross country and track and field coaches at all three collegiate levels, representing over

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Carrying a 5.0 GPA, D. Carrington Motley '16 was presented with the NCAA Elite 89 Award as the student-athlete with the highest GPA amongst all those participating at the national championship meet. He is the ninth MIT student-athlete to earn this award since it was established during the 2009-10 season. Motley who will co-captain the outdoor squad next year, is studying mechanical engineering, minoring in economics, and has interned with BodyMedia, while conducting research on tire tread optimization for driving through sand.

... ACADEMIC AWARDS



Maryann Gong '17, Sarah Quinn '16, and Ashley Wheeler '15 were selected as members of the 2014-15 Capital One Academic All-America Division III Track & Field/Cross Country team by the College Sports Information Directors of America (CoSIDA).

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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 GPA of 3.30/4.0 scale and have earned an NCAA automatic or provisional qualifying standard in an individual or relay event during the season. In order for a team to receive USTFCCCA All-Academic status, they must have a compiled cumulative team GPA of 3.10/4.0 scale or better.

The 2014-15 campaign was very successful for the members of MIT's cross country and track and

field teams inside of the classroom. There were 49 NEWMAC Academic All-Conference honorees, eight USTFCCCA All-Academic individuals, five CoSIDA Academic All-District winners, and five CoSIDA Academic All-Americans. A combined 72 awards were handed out among the 127 men's and women's cross country and track and field student-athletes last season.

Being named as an Academic All-American is one of the highest honors a student-athlete can receive. Balancing the academic rigor that MIT has to offer as well as the competitive nature of collegiate athletics is no easy feat, but four Engineers were able to accomplish

the task and were recognized for their efforts. The four newest members listed below are all first time recipients of the CoSIDA Academic All-American Award. Spencer Wenck '15 and rising senior D. Carrington Motley received second team honors, while graduated senior Ashley Wheeler and rising senior Sarah Quinn were named to the third-team during the 2014-15 year. Wenck, Motley, Wheeler and Quinn were all recognized on both the All-District and All-American teams, while rising junior Maryann Gong was placed on the CoSIDA All-District first team for the first time in her collegiate career.

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... ACADEMIC AWARDS

[\(Continued from page 43\)](#)

Both the men's and women's cross country and track & field teams featured a pair of four-award recipients in 2014-15. Wenck and rising junior Colin Godwin were named to the CoSIDA Academic All-District and All-American teams and were also placed on the USTFCCA and NEWMAC All-Academic teams. Godwin, majoring in chemical-biological engineering and most recent NEWMAC Rookie of the Year, earned his way onto both the USTFCCA and the NEWMAC cross country and track & field all-academic teams last season. Quinn and Gong were named to the CoSIDA All-District team, USTFCCA All-Academic cross country team and both of the NEWMAC All-Academic team for their success on the track and in the classroom this season.

The cross country teams received a combined 11 All-Academic awards from the USTFCCA, while the track & field teams had eight members honored by the committee in the spring. Honorees for the men's cross country team featured recent graduates Matt Jordan, Benji Xie and Wenck, rising senior Matthew Deyo in addition to rising juniors Godwin and Rory Beyer. The women's cross country team had five members recognized for their outstanding academic success in 2014 including recent graduates Kali Benavides, and Elaine McVay, rising senior Nicole Zeinstra, Gong and Quinn. Both the men's and women's track & field programs had four members honored by the USTFCCA in the spring. Rising senior States Lee, rising sophomore Luca Cacopardo, Deyo and Godwin all were featured by the committee on the men's side, while rising sophomore Hannah



Spencer Wenck '15 and D. Carrington Motley '16 were selected as members of the 2014-15 Capital One Academic All-America Division III Track & Field/Cross Country team by the College Sports Information Directors of America (CoSIDA).

Chen, Gong, McVay and Zeinstra were recognized on the women's team.

All-Academic honors for the two squads seemed to come easy for both teams. Seven runners from the men's cross country team and 17 members of the track & field program were given NEWMAC Academic All-Conference accolades, while ten women's cross country runners and 15 track & field participants were also placed on the NEWMAC Academic All-Conference list. That is a combined 49 student-athletes who were recognized by the conference for all their hard work on and off of the field in 2014-15. NEWMAC Academic All-Conference Award winners for the men's teams included – Rory Beyer, Kris Frey, Brian Gilligan, Colin Godwin, Matt Jordan, Spencer Wenck, Benji Xie, Karl Baranov, Derek Barnes, Nicholas Diamantoni, States Lee, Richard Lu, Arinze Okeke, Ricardo

Paez, Harry Rein, Adrian Samsel, Benjamin Schreck and Marshall Wentworth.

NEWMAC Academic All-Conference Award winners for the women's teams featured – Kali Benavides, Maryann Gong, Cindy Huang, Nadia Lucas, Stephanie Marzen, Elaine McVay, Sarah Quinn, Heather Sweeney, Christina Wicker, Nicole Zeinstra, Natalie Alper, Joanna Chen, Abigail Klein, Kendra Knittel, Leah Schmitz, Isabella Stuopis, Veronica Szklarzewski, Tilly Taylor, Madeleine Waller and Sherry Wan.

Each of the above student-athletes should be proud of the accomplishments they made on the track and in the classroom over the past 12 months. Claiming conference championships, sending athletes to NCAA's on top of being successful in the classroom takes hard work and dedication to the student and the athlete.

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... ACADEMIC AWARDS

MEN

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

Spencer Wenck, D. Carrington Motley

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

Spencer Wenck (2nd team), D. Carrington Motley (2nd team)

USTFCCCA Cross Country All-Academic Honorees

Matt Jordan, Spencer Wenck, Benji Xie, Matthew Deyo, Rory Beyer, Colin Godwin.

USTFCCCA Track & Field All-Academic Honorees

Luca Cacopardo, Matthew Deyo, Colin Godwin, States Lee

NEWMAC Cross Country Academic All-Conference

Rory Beyer, Kris Frey, Brian Gilligan, Colin Goodwin, Matt Jordan, Spencer Wenck, Benji Xie

NEWMAC Track & Field Academic All-Conference

Karl Baranov, Derek Barnes, Rory Beyer, Nicholas Diamantoni, Brian Gilligan, Colin Godwin, States Lee, Richard Lu, D. Carrington Motley, Arinze Okeke, Ricardo Paez, Samuel Parker, Harry Rein, Adrian Samsel, Benjamin Schreck, Marshall Wentworth, Benjamin Xie

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... ACADEMIC AWARDS

WOMEN

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

Ashley Wheeler, Sarah Quinn, Maryann Gong

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

Maryann Gong (1st team), Ashley Wheeler (3rd Team), Sarah Quinn (3rd team)

USTFCCCA Cross Country All-Academic Honorees

Kali Benavides, Elaine McVay, Sarah Quinn, Nicole Zeinstra, Maryann Gong

USTFCCCA Track & Field All-Academic Honorees

Hannah Chen, Maryann Gong, Elaine McVay, Nicole Zeinstra

NEWMAC Cross Country Academic All-Conference

Kali Benavides, Maryann Gong, Cindy Huang, Nadia Lucas, Stephanie Marzen, Elaine McVay, Sarah Quinn, Heather Sweeney, Christina Wicker, Nicole Zeinstra

NEWMAC Track & Field Academic All-Conference

Natalie Alper, Joanna Chen, Maryann Gong, Cindy Huang, Abigail Klein, Kendra Knittel, Elaine McVay, Sarah Quinn, Leah Schmitz, Isabella Stuopis, Veronica Szklarzewski, Jennifer Tylock, Madeleine Waller, Ashley Wheeler, Nicole Zeinstra

SEASON STATISTICS**WOMEN'S CROSS COUNTRY****2014 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	15
Purple Valley Classic	Williams College - Mt. Greylock HS Williamstown, MA	1st of 24	36
NEICAAA Championships	Franklin Park	3rd of 38	171
UWO AAE Invitational	Univ. of Wisconsin Oshkosh, WI	4th of 42	127
NEWMAC Championship	Smith College Northampton, MA	1st of 11	15
New Eng. Div. III Reg. Champ.	Williams College - Mt. Greylock HS Williamstown, MA	1st of 57	40
NCAA Div. III Championship	Wilmington College Mason, OH	2nd of 32	112

2015 SCHEDULE

9/5	Alumni Meet	Franklin Park
9/26	Purple Valley Classic	Williams College - Mt. Greylock H.S. Williamstown, MA
10/10	NEICAAA Championship	Franklin Park
10/17	CT College Invitational	CT College, Harkness Park, CT
11/1	NEWMAC Championship	Franklin Park
11/14	New Eng. Div. III Reg. Champ.	CT College, Harkness Park, CT
11/21	NCAA Div. III Championship	Univ. of Wisconsin - Lake Breeze Golf Course Winneconne, WI

2014 TEAM ROSTER

Manolya Altan '18	Kali Benavidas '15	Emma Chesley '18
Liz Cox '18	Amy Dunham '18	Mary Eccles '18
Anna Frederich '18	Maryann Gong '17*	Ciera Gordon '18
Allison Hallock '16	Cindy Huang '15	Nadia Lucas '17
Stephanie Marzen '15	Elaine McVay '15*	Lauren Paul '18
Sarah Quinn '16*	Heather Sweeney '16	Niki Waghani '18
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 races. 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, DNR-Did Not Run, DNF-Did Not Finish.

Times

NAME	# OF RACES	PURPLE VAL. 9/27	NEICAAA 10/11	UWO AAE 10/18	NEWMAC 11/1	NE DIV 3 11/15	NCAA 11/22
Manolya Altan	2	25:33	DNR	DNR	20:29	DNR	DNR
Kali Benavides	5	INJ	19:07	22:40	19:09	22:42	22:57
Emma Chesley	0	INJ	INJ	INJ	INJ	INJ	INJ
Liz Cox	4	25:18	19:02	22:56	19:48	DNR	DNR
Mary Eccles	6	24:35	19:19	22:42	19:24	23:03	23:31
Anna Frederich	1	INJ	INJ	INJ	19:31	INJ	INJ
Maryann Gong	6	22:29	18:02	22:03	18:37	22:06	22:24
Ciera Gordon	3	25:35	19:44	DNR	20:27	DNR	DNR
Allison Hallock	0	INJ	INJ	INJ	INJ	INJ	INJ
Cindy Huang	3	24:14	18:29	23:29	INJ	INJ	INJ
Nadia Lucas	3	25:12	20:59	DNR	20:14	DNR	DNR
Stephanie Marzen	4	23:56	19:23	23:08	19:36	DNR	DNR
Elaine McVay	6	22:57	18:35	21:44	18:31	21:59	22:00
Lauren Paul	3	25:29	20:14	DNR	22:33	DNR	DNR
Sarah Quinn	6	22:23	18:15	21:35	18:22	21:39	22:10
Heather Sweeney	3	25:18	20:02	19:41	20:34	DNR	DNR
Niki Waghani	3	25:39	20:18	DNR	20:57	DNR	DNR
Christina Wicker	6	23:20	18:17	22:11	18:25	21:57	22:12
Nicole Zeinstra	6	22:51	18:38	21:59	18:41	22:32	23:10

[\(Continued on page 49\)](#)

... Individual Performances

[\(Continued from page 48\)](#)

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, DNR-Did Not Run, DNF-Did Not Finish.

Places

NAME	PURPLE VAL. 9/27	NEICAAA 10/11	UWO AAE 10/18	NEWMAC 11/1	NE DIV 3 11/15	NCAA 11/22	AVG.	RANK
Manolya Altan	13	DNR	DNR	13	DNR	DNR	13	15
Kali Benavides	INJ	8	6	6	6	5	6.2	6
Emma Chesley	INJ	INJ	INJ	INJ	INJ	INJ		
Liz Cox	11	7	8	10	DNR	DNR	9	11
Mary Eccles	8	9	7	7	7	7	7.5	8
Anna Frederich	INJ	INJ	INJ	8	INJ	INJ	8	9
Maryann Gong	2	1	4	4	4	4	3.2	3
Ciera Gordon	14	11	DNR	12	DNR	DNR	12.3	14
Allison Hallock	INJ	INJ	INJ	INJ	INJ	INJ		
Cindy Huang	7	4	10	INJ	INJ	INJ	7	7
Nadia Lucas	9	15	DNR	11	DNR	DNR	11.7	12
Stephanie Marzen	6	10	9	9	DNR	DNR	8.5	10
Elaine McVay	4	5	2	3	3	1	3	2
Lauren Paul	12	13	DNR	16	DNR	DNR	13.7	16
Sarah Quinn	1	2	1	1	1	2	1.3	1
Heather Sweeney	10	12	DNR	14	DNR	DNR	12	13
Niki Waghani	15	14	DNR	15	DNR	DNR	14.7	17
Christina Wicker	5	3	5	2	2	3	3.3	4
Nicole Zeinstra	3	6	3	5	5	6	4.7	5

[\(Continued on page 50\)](#)

... Individual Performances

(Continued from page 49)

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, DNR-Did Not Run, DNF-Did Not Finish.

Deltas

NAME	PURPLE VAL. 9/27	NEICAAA 10/11	UWO AAE 10/18	NEWMAC 11/1	NE DIV 3 11/15	NCAA 11/22	AVG.	RANK
Manolya Altan	3:10	DNR	DNR	2:07	DNR	DNR	2:38	15
Kali Benavides	INJ	1:05	1:05	:47	1:03	:57	:59	6
Emma Chesley	INJ	INJ	INJ	INJ	INJ	INJ		
Liz Cox	2:55	1:00	1:21	1:26	DNR	DNR	1:40	11
Mary Eccles	2:12	1:17	1:07	1:02	1:24	1:31	1:25	9
Anna Frederich	INJ	INJ	INJ	1:09	INJ	INJ	1:09	7
Maryann Gong	:06	:00	:28	:15	:27	:24	:16	2
Ciera Gordon	3:12	1:42	DNR	2:05	DNR	DNR	2:19	12
Allison Hallock	INJ	INJ	INJ	INJ	INJ	INJ		
Cindy Huang	1:51	:27	1:54	INJ	INJ	INJ	1:24	8
Nadia Lucas	2:49	2:57	DNR	1:52	DNR	DNR	2:32	14
Stephanie Marzen	1:33	1:21	1:33	1:14	DNR	DNR	1:25	9
Elaine McVay	:34	:33	:09	:09	:20	:00	:17	3
Lauren Paul	3:06	2:12	DNR	4:11	DNR	DNR	3:09	17
Sarah Quinn	:00	:13	:00	:00	:00	:10	:03	1
Heather Sweeney	2:55	2:00	DNR	2:12	DNR	DNR	2:22	13
Niki Waghani	3:16	2:16	DNR	2:35	DNR	DNR	2:42	16
Christina Wicker	:57	:15	:36	:03	:18	:12	:23	4
Nicole Zeinstra	:28	:36	:24	:19	:53	1:10	:38	5

MEN'S CROSS COUNTRY**2014 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	15
Purple Valley Classic	Williams College - Mt. Greylock HS Williamstown, MA	3rd of 21	72
NEICAAA Championships	Franklin Park	9th of 39	298
UWO AAE Invitational	Univ. of Wisconsin Oshkosh, WI	7th of 45	238
NEWMAC Championship	Smith College Northampton, MA	1st of 8	15
New Eng. Div. III Reg. Champ.	Williams College - Mt. Greylock HS Williamstown, MA	3rd of 54	70
NCAA Div. III Championship	Wilmington College Mason, OH	8th of 32	236

2015 SCHEDULE

9/5	Alumni Meet	Franklin Park
9/26	Purple Valley Classic	Williams College - Mt. Greylock H.S. Williamstown, MA
10/10	NEICAAA Championship	Franklin Park
10/17	CT College Invitational	CT College, Harkness Park, CT
11/1	NEWMAC Championship	Franklin Park
11/14	New Eng. Div. III Reg. Champ.	CT College, Harkness Park, CT
11/21	NCAA Div. III Championship	Univ. of Wisconsin - Lake Breeze Golf Course Winneconne, WI

2014 ROSTER

Rory Beyer '17	Matthew Deyo '16	Ben Freed '18
Kris Frey '15	Brian Gilligan '17	Colin Goodwin '17
Matthew Jordan '15	Alex Knoedler '18	Allen Leung '15
Matt McEachern '17	Nick O'Connell '18	Michael Picchini '18
Cooper Sloan '18	David Walter '18	Nicholas Waltman '18
Jacob Weisblatt '18	Spencer Wenck '15	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, ABSENT-not available, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

Times

NAME	# OF RACES	PURPLE VAL. 9/27	NEICAAA 10/11	UWO AAE 10/18	NEWMAC 11/1	NE DIV 3 11/15	NCAA 11/22
Rory Beyer	6	27:30	25:40	25:47	25:35	25:57	25:49
Matt Deyo	6	26:37	25:29	25:27	25:49	25:38	24:32
Ben Freed	4	27:19	26:14	26:46	27:07	DNR	DNR
Kris Frey	0	INJ	INJ	INJ	INJ	INJ	INJ
Brian Gilligan	3	28:02	DNF	DNR	26:41	DNR	DNR
Colin Godwin	6	26:33	25:39	25:20	25:19	25:42	24:30
Matt Jordan	5	INJ	26:07	25:52	25:53	26:27	25:50
Alex Knoedler	1	SICK	27:48	DNR	DNR	DNR	DNR
Allen Leung	6	27:16	25:50	25:49	25:37	26:17	25:29
Matt McEachern	2	29:26	27:51	QUIT	QUIT	QUIT	QUIT
Nick O'Connell	1	28:18	ABSENT	DNR	DNR	DNR	DNR
Michael Picchini	4	27:10	26:15	26:51	27:01	DNR	DNR
Cooper Sloan	4	27:13	26:04	25:52	26:32	DNR	DNR
David Walter	3	28:16	26:43	DNR	27:29	DNR	DNR
Nicholas Waltman	3	27:24	26:34	DNR	26:38	DNR	DNR
Jakob Weisblat	0	INJ	INJ	INJ	INJ	INJ	INJ
Spencer Wenck	6	26:27	24:58	24:50	25:13	25:15	23:58
Benji Xie	6	26:52	25:15	25:48	25:27	26:10	25:35

(Continued on page 53)

... Individual Performances

(Continued from page 52)

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, ABSENT-not available, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

Places

NAME	PURPLE VAL. 9/27	NEICAAA 10/11	UWO AAE 10/18	NEWMAC 11/1	NE DIV 3 11/15	NCAA 11/22	AVG.	RANK
Rory Beyer	10	5	4	4	4	6	5.5	5
Matt Deyo	3	3	3	6	2	3	3.3	3
Ben Freed	8	9	9	12	DNR	DNR	9.5	10
Kris Frey	INJ	INJ	INJ	INJ	INJ	INJ		
Brian Gilligan	11	DNF	DNR	10	DNR	DNR	10.5	12
Colin Godwin	2	4	2	2	3	2	2.5	2
Matt Jordan	INJ	8	8	7	7	7	7.4	8
Alex Knoedler	SICK	13	DNR	DNR	DNR	DNR	13	14
Allen Leung	7	6	6	5	6	4	5.7	6
Matt McEachern	14	14	QUIT	QUIT	QUIT	QUIT	14	
Nick O'Connell	13	ABSENT	DNR	DNR	DNR	DNR	13	14
Michael Picchini	5	10	10	11	DNR	DNR	9	9
Cooper Sloan	6	7	7	8	DNR	DNR	7	7
David Walter	12	12	DNR	13	DNR	DNR	12.3	13
Nicholas Waltman	9	11	DNR	9	DNR	DNR	9.7	11
Jakob Weisblat	INJ	INJ	INJ	INJ	INJ	INJ		
Spencer Wenck	1	1	1	1	1	1	1	1
Benji Xie	4	2	5	3	5	5	4	4

(Continued on page 54)

... Individual Performances

(Continued from page 53)

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, ABSENT-not available, DNR-Did Not Run, DNF-Did Not Finish, QUIT-Left the team.

Deltas

NAME	PURPLE VAL. 9/27	NEICAAA 10/11	UWO AAE 10/18	NEWMAC 11/1	NE DIV 3 11/15	NCAA 11/22	AVG.	RANK
Rory Beyer	1:03	:42	:57	:22	:42	1:51	:56	6
Matt Deyo	:10	:31	:37	:36	:23	:34	:28	3
Ben Freed	:52	1:16	1:56	1:54	DNR	DNR	1:29	11
Kris Frey	INJ	INJ	INJ	INJ	INJ	INJ		
Brian Gilligan	1:35	DNF	DNR	1:28	DNR	DNR	1:31	12
Colin Godwin	:06	:41	:30	:06	:27	:32	:23	2
Matt Jordan	INJ	1:09	1:06	:40	1:12	1:52	1:11	8
Alex Knoedler	SICK	2:50	DNR	DNR	DNR	DNR	2:50	15
Allen Leung	:49	:52	:59	:24	1:02	1:31	:56	6
Matt McEachern	2:59	2:53	QUIT	QUIT	QUIT	QUIT	2:56	
Nick O'Connell	1:51	ABSENT	DNR	DNR	DNR	DNR	1:51	13
Michael Picchini	:43	1:17	2:01	1:48	DNR	DNR	1:27	10
Cooper Sloan	:46	1:06	1:02	1:19	DNR	DNR	:52	5
David Walter	1:49	1:45	DNR	2:16	DNR	DNR	1:56	14
Nicholas Waltman	:57	1:36	DNR	1:25	DNR	DNR	1:19	9
Jakob Weisblat	INJ	INJ	INJ	INJ	INJ	INJ		
Spencer Wenck	:00	:00	:00	:00	:00	:00	:00	1
Benji Xie	:25	:17	:58	:14	:55	1:37	:44	4

WOMEN'S TRACK AND FIELD**INDOOR****2014-15 RESULTS****VARSITY**

Won 23, Lost 0

MIT92
189.5
283
190**OPPONENT**Alumni 25
Bates 107.5, Colby 47
WPI 105, Bowdoin 95, Springfield 56, RPI 41, Colby-Sawyer 4
Tufts 115, Amherst 108, Wesleyan 65, Merrimack 36, Trinity 34, UMass Dartmouth 32,
Brandeis 27, Coast Guard 27, Worcester State 27, Connecticut College 23,
Smith College 22.5, Franklin Pierce 16, Fitchburg State 14.5, Bridgewater State 13, Bentley 4,
Lasell 3**2015-16 SCHEDULE**

12/5	Boston University Season Opener	Boston University
1/9	Alumni/ae Meet	Home
1/16	Bates, Colby	Bates
1/23	Bowdoin, Merrimack, USM	Bowdoin
1/29	Tufts Multi	Tufts
1/29-1/30	John Thomas Terrier Classic	Boston University
1/30	Art Farnham Invitational	Home
2/6	Tufts Cupid Challenge	Tufts
2/6	Boston University Scarlet and White Invite	Boston University
2/6	Tufts Cupid Challenge	Tufts
2/12-2/13	David Hemery Invitational	Boston University
2/13	Gordon Kelly Invitational	Home
2/19-2/20	New England Div. III Champ.	Middlebury
2/26-2/27	NEICAAA Championship	Boston University
3/4	Tufts Last Chance	Tufts University
3/4-3/5	ECAC Division III Championship	
3/11-3/12	NCAA Division III Championship	Grinnell College

VARSITY SCORING & ROSTER

Veronica Szklarzewski '15	60.25	Nneoma Okonkwo '18	20.25	Jennifer Tylock '17	05.5
Hannah Chen '18	57	Preethi Vaidyanathan* '15	19	Manolya Altan '14	05.25
Maryann Gong '17	46	Ashley Wheeler '15	19	Katherine Prutz '18	04
Christina Wicker '17	34.25	Elaine McVay '15	18	Kendra Knittel '17	02.5
Natalie Alper '17	29.75	Elizabeth Cox '18	16	Emma Chesley '18	
Jackie Vahey '17	29	Mary Eccles '18	13	Sam Fierro '18	
Isabella Stuopis '16	28	Maeve Devlin '18	12.5	Anna Frederich '18	
Ellen Liverpool '15	27	Annie Dai '18	12.5	Allison Hallock '15	
Cimran Virdi* '16	27	Joanna Chen '15	12	Jocelyn Lorrey '18	
Sarah Quinn* '16	26.25	Abigail Klein '15	12	Leah Schmitz '16	
Cindy Huang '15	24.75	Lauren Paul '18	11.75	Ariela Slutsky '18	
Nicole Zeinstra '16	23	Nikita Waghani '18	09.75	Madeleine Waller '17	
Kayla Harris '15	22.25	Clementine Mitchell '18	09	Sherry Wan '16	
Michelle Johnson '15	22	Haley Strouf '18	09		

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (1st) 151 points

Cox, Dai, Paul, Zeinstra	DMR	12:14.35 (1 st)
Ellen Liverpool	Weight Throw	54-08 $\frac{3}{4}$ (1 st)
Maryann Gong	800	2:14.87 (1 st)
Maryann Gong	Mile	4:51.12 (1 st)
Elaine McVay	5000	17:18.80 (1 st)
Cimran Virdi	Pole Vault	12-11 $\frac{1}{2}$ (1 st)
Isabella Stuopis	Shot Put	42-05 $\frac{1}{2}$ (2 nd)
Jackie Vahey	Weight Throw	50-08 (2 nd)
Preethi Vaidyanathan	High Jump	5-05 (2 nd)
Christina Wicker	1000	2:59.63 (2 nd)
Nicole Zeinstra	3000	10:11.09 (2 nd)
Cindy Huang	800	2:16.14 (3 rd)
Abigail Klein	Pole Vault	11-05 $\frac{3}{4}$ (3 rd)
Hannah Chen	200	26.20 (4 th)
Hannah Chen	400	58.86 (4 th)
Veronica Szklarzewski	Long Jump	17-08 $\frac{3}{4}$ (4 th)
Maeve Devlin	Pole Vault	10-11 $\frac{3}{4}$ (T-5 th)
Natalie Alper	High Jump	5-03 (5 th)
Michelle Johnson	Triple Jump	37-03 $\frac{3}{4}$ (6 th)
Knittel, Szklarzewski, Harris, Dai	800R	1:47.27 (6 th)
Veronica Szklarzewski	60	7.98 (6 th)
Ashley Wheeler	Weight Throw	48-06 (6 th)
Natalie Alper	Long Jump	17-01 $\frac{1}{4}$ (7 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (8th) 43 points

Maryann Gong	Mile	4:49.61 (1 st)
Wicker, Chen, Huang, Gong	DMR	11:36.78 (1 st)
Ellen Liverpool	Weight Throw	55-06 $\frac{1}{4}$ (2 nd)
Cimran Virdi	Pole Vault	13-01 $\frac{1}{2}$ (3 rd)
Isabella Stuopis	Shot Put	43-06 (4 th)
Abigail Klein	Pole Vault	12-01 $\frac{1}{2}$ (6 th)
Michelle Johnson	Triple Jump	37-06 $\frac{1}{2}$ (8 th)

National Collegiate Athletic Association (NCAA Division III) (T-4th) 34 points

Maryann Gong	3000	9:47.62 (1 st)
Cimran Virdi	Pole Vault	13-01 $\frac{1}{2}$ (1 st)
Wicker, Chen, Huang, Gong	DMR	11:47.43 (2 nd)
Maryann Gong	Mile	4:57.42 (3 rd)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Ellen Liverpool	55-06 ¼
	Jackie Vahey	51-01
Shot Put	Isabella Stuopis	43-06
	Jackie Vahey	40-09 ½
Long Jump	Veronica Szklarzewski	17-08 ¾ **
	Nneoma Okonkwo	17-02 ¼
Triple Jump	Michelle Johnson	37-10 **
	Veronica Szklarzewski	35-01 ¾
Pole Vault	Cimran Virdi	13-01 ¾
	Abigail Klein	12-01 ½
High Jump	Preethi Vaidyanathan	5-06 **
	Natalie Alper	5-03 ¾
Pentathlon	Haley Strouf	2610 pts.
60HH	Hannah Chen	9.27 *
	Stephanie Guo	10.16
60	Veronica Szklarzewski	7.92
	Kayla Harris	8.02
200	Hannah Chen	25.75
	Kendra Knittel	25.82
400	Hannah Chen	57.39
	Kayla Harris	59.23
600	Cindy Huang	1:38.48
	Elizabeth Cox	1:43.29
800	Cindy Huang	2:14.00
	Maryann Gong	2:14.78
1000	Christina Wicker	2:56.28
	Elizabeth Cox	2:58.85
Mile	Maryann Gong	4:49.61 **
	Sarah Quinn	4:53.53
3000	Maryann Gong	9:33.49 **
	Sarah Quinn	9:42.74
5000	Sarah Quinn	16:56.65 **
	Nicole Zeinstra	17:00.97
800R	Chen, Harris, Knittel, Szklarzewski	1:46.13
1600R	Harris, Fiero, Dai, Chen	3:56.81
3200R	Wicker, Cox, Huang, Quinn	9:28.74
DMR	Wicker, Chen, Huang, Gong	11:36.78

Varsity Record **

Freshman Record *

OUTDOOR**2015 RESULTS****VARSITY**

Won 17, Lost 0

MIT

272.5

141.5

287

OPPONENT

Cerritos 268.6, George Fox 245.5, Williams 225, Biola 173.5, Middlebury 169.5, Colby 129.6, Point Loma 109, Concordia (CA) 108.6, Vanguard 72.5, Glendale CC 66, Gustavus Adolphus 65.6, Cal Baptist 54.5

RPI 53.5

Bates 135, Colby 122, Husson 25, St. Joseph's (ME) 4

2015-16 SCHEDULE

3/25	Aztec Invitational	San Diego State
3/26	PLNU Invitational	Point Loma Nazarene University
3/26	Bridgewater State Invitational	Bridgewater State University
4/1	UMass Amherst Invitational	UMass Amherst
4/8	Sam Howell Invitational	Princeton University
4/9	Bates, Tufts, USM	Home
4/13-4/14	Holy Cross Multi Competition	Holy Cross
4/16	Williams Invitational	Williams College
4/22	Larry Ellis Invitational	Princeton University
4/23	Sean Collier Invitational	Home
4/30	NEWMAC Championship	Coast Guard Academy
5/5-5/7	New England Div. III Championship	Springfield College
5/12-5/14	NEICAAA Championship	Southern Connecticut State University
5/19-5/20	ECAC Div. III Championship	Westfield State College
5/25-5/27	NCAA Division III Championship	Wartburg College

VARSITY SCORING & ROSTER

Veronica S.	'15 74.5	Tilly Taylor	'15 15	Katherine Prutz	'18 02
Jackie Vahey	'17 64	Anna Frederick	'18 11	Manolya Altan	'18
Hannah Chen	'18 60.5	Abigail Klein	G 10.5	Joanna Chen	'15
Isabella Stuopis	'16 55	Jennifer Tylock	'17 10.5	Emma Chesley	'18
Michelle Johnson	'15 44	Annie Dai	'18 08.5	Sam Fierro	'18
Ariela Slutsky	'18 33	Christina Wicker	'17 08.5	Allison Hallock	'15
Maryann Gong	'17 32.75	Mary Eccles	'18 08	Cindy Huang	'15
Kendra Knittel	'17 30.25	Clementine Mitchell	'18 08	Elaine McVay	'15
Cimran Virdi *	'16 30	Nicole Zeinstra	'16 08	Sarah Quinn*	'16
Nneoma Okonkwo	'18 29	Dana Balek	'18 07	Leah Schmitz	'16
Ellen Liverpool	'15 28	Lauren Paul	'18 04.75	Haley Strouf	'16
Natalie Alper	'17 24.25	Nikita Waghani	'18 04.75	Madeleine Waller	'16
Maeve Devlin	'18 24	Elizabeth Cox	'18 04.25	Sherry Wan	'16
Ashley Wheeler	'15 24	Kayla Harris	'15 03		
Preethi V. *	'15 23.5	Jocelyn Lorrey	'18 03		

* Captain

CHAMPIONSHIPS**New England Men's & Women's Athletic Conference (NEWMAC)** (1st) 249 points

Hannah Chen	400IH	62.05 (1 st)
Mary Eccles	10000	38:46.29 (1 st)
Maryann Gong	1500	4:34.06 (1 st)
Michelle Johnson	Triple Jump	38-05 ½ (1 st)
Elaine McVay	5000	17:38.18 (1 st)
Isabella Stuopis	Shot Put	40-09 (1 st)
Szklarzewski, Okonkwo, Knittel, Chen	400R	48.87 (1 st)
Tilly Taylor	Javelin	141-08 ¾ (1 st)
Jackie Vahey	Discus	138-03 (1 st)
Cimran Virdi	Pole Vault	13-01 ½ (1 st)
Ashley Wheeler	Hammer Throw	174-03 ¼ (1 st)
Veronica Szklarzewski	100	12.35 (2 nd)
Jennifer Tylock	Pole Vault	11-09 ¾ (2 nd)
Jackie Vahey	Hammer Throw	167-05 ¼ (2 nd)
Preethi Vaidyanathan	High Jump	5-04 ¼ (2 nd)
Nicole Zeinstra	5000	17:41.11 (2 nd)
Dana Balek	Javelin	114-02 ¾ (3 rd)
Dai, Knittel, Szklarzewski, Chen	1600R	4:00.96
Maeve Devlin	Pole Vault	11-05 ¾ (3 rd)
Knittel, Waghani, Dai, Chen	1600R	4:00.96 (3 rd)
Ellen Liverpool	Hammer Throw	161-08 (3 rd)
Veronica Szklarzewski	Long Jump	17-06 (3 rd)
Jackie Vahey	Shot Put	37-09 ½ (3 rd)
Hannah Chen	100HH	15.60 (4 th)
Anna Frederich	5000	18:30.30 (4 th)
Maryann Gong	800	2:20.05 (4 th)
Michelle Johnson	Long Jump	17-03 ¼ (4 th)
Kendra Knittel	200	25.79 (4 th)
Ariela Slutsky	Shot Put	36-06 ¼ (4 th)
Natalie Alper	High Jump	5-02 ¼ (5 th)
Kendra Knittel	400	60.05 (5 th)
Nneoma Okonkwo	Long Jump	17-01 ½ (5 th)
Annie Dai	400	60.39 (6 th)
Isabella Stuopis	Javelin	98-11 ¼ (6 th)
Veronica Szklarzewski	Triple Jump	35-01 (6 th)
Veronica Szklarzewski	200	26.16 (6 th)
Natalie Alper	Long Jump	16-04 ½ (7 th)
Anna Frederich	1500	4:50.42 (7 th)
Jocelyn Lorrey	Triple Jump	34-03 ½ (7 th)
Nikita Waghani	800	2:23.87 (7 th)
Ariela Slutsky	Discus	120-07 (8 th)
Isabella Stuopis	Hammer Throw	134-06 (8 th)

New England Division 3 (NE Div. 3) (1st) 180 points

Hannah Chen	400IH	61.45 (1 st)
Maryann Gong	5000	17:36.40 (1 st)
Maryann Gong	1500	4:28.43 (1 st)
Elaine McVay	10000	36:01.36 (1 st)
Isabella Stuopis	Shot Put	43-09 ¾ (1 st)

(Continued on page 60)

[\(Continued from page 59\)](#)

Jackie Vahey	Discus	136-07 $\frac{3}{4}$ (1 st)
Cimran Virdi	Pole Vault	14-00 (1 st)
Ashley Wheeler	Hammer Throw	175-09 $\frac{1}{4}$ (1 st)
Tilly Taylor	Javelin	151-09 $\frac{1}{4}$ (1 st)
Michelle Johnson	Triple Jump	38-06 $\frac{3}{4}$ (2 nd)
Szklarzewski, Okonkwo, Knittel, Chen	400R	48.30 (2 nd)
Preethi Vaidyanathan	High Jump	5-04 $\frac{1}{2}$ (2 nd)
Dai, Knittel, Harris, Chen	1600R	3:56.44 (3 rd)
Kendra Knittel	100	12.36 (3 rd)
Abigail Klein	Pole Vault	12-0 $\frac{1}{2}$ (3 rd)
Ellen Liverpool	Hammer Throw	163-10 $\frac{1}{2}$ (3 rd)
Nicole Zeinstra	10000	37:27.70 (3 rd)
Mary Eccles	10000	37:32.10 (4 th)
Kendra Knittel	200	25.36 (4 th)
Hannah Chen	100HH	15.38 (5 th)
Cox, Mitchell, Paul, Waghani	3200R	9:40.44 (5 th)
Mary Eccles	5000	17:59.99 (5 th)
Ariela Slutsky	Discus	124-00 $\frac{3}{4}$ (6 th)
Veronica Szklarzewski	100	12.49 (6 th)
Jackie Vahey	Hammer Throw	151-11 (6 th)
Veronica Szklarzewski	Long Jump	17-04 $\frac{1}{4}$ (7 th)
Joanna Chen	Pole Vault	11-02 $\frac{1}{2}$ (8 th)
Anna Frederich	10000	38:23.36 (8 th)
Michelle Johnson	Long Jump	17-02 $\frac{1}{4}$ (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (2nd) 68 points

Cimran Virdi	Pole Vault	13-01 $\frac{1}{2}$ (1 st)
Hannah Chen	400IH	61.49 (2 nd)
Maryann Gong	1500	4:28.56 (2 nd)
Veronica Szklarzewski	Long Jump	18-10 (2 nd)
Nicole Zeinstra	10000	36:06.76 (3 rd)
Isabella Stuopis	Shot Put	43-08 (3 rd)
Tilly Taylor	Javelin	135-06 (3 rd)
Ashley Wheeler	Hammer Throw	173-10 (3 rd)
Abigail Klein	Pole Vault	12-01 $\frac{1}{2}$ (4 th)
Natalie Alper	High Jump	5-05 (T-5 th)
Ellen Liverpool	Hammer Throw	163-00 (8 th)
Jackie Vahey	Discus	127-06 (8 th)

Eastern College Athletic Conference (ECAC) (1st) 64 points

Cimmy Virdi	Pole Vault	13-07 $\frac{1}{4}$ (1 st)
Ashley Wheeler	Hammer Throw	172-06 (1 st)
Hannah Chen	400IH	61.03 (2 nd)
Tilly Taylor	Javelin	146-01 (3 rd)
Jackie Vahey	Discus	138-01 (3 rd)
Kendra Knittel	200	25.17 (4 th)
Szklarzewski, Okonkwo, Knittel, Chen	400R	48.06 (4 th)
Veronica Szklarzewski	Long Jump	18-00 $\frac{1}{2}$ (4 th)
Preethi Vaidyanathan	High Jump	5-05 (5 th)
Isabella Stuopis	Shot Put	41-10 (6 th)
Joanna Chen	Pole Vault	11-08 $\frac{1}{2}$ (8 th)
Ellen Liverpool	Hammer Throw	159-05 (8 th)

[\(Continued on page 61\)](#)

[\(Continued from page 60\)](#)**National Collegiate Athletic Association (NCAA Division III) (5th) 32 points**

Cimmy Virdi	Pole Vault	13-07 ¼ (1 st)
Maryann Gong	1500	4:28.58 (3 rd)
Hannah Chen	400IH	61.45 (4 th)
Maryann Gong	5000	17:11.90 (4 th)
Elaine McVay	10000	36:00.69 (4 th)
Tilly Taylor	Javelin	143-05 (8 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Ashley Wheeler	175-09 ¼ **
	Jackie Vahey	167-05 ¼
Shot Put	Isabella Stuopis	43-09 ¾
	Jackie Vahey	39-10 ½
Discus	Jackie Vahey	138-03
	Ariela Slutsky	128-01 ¼
Javelin	Tilly Taylor	151-09 ¼ **
	Dana Balek	118-05 ¼
Long Jump	Veronica Szklarzewski	18-10 **
	Michelle Johnson	17-09
Triple Jump	Michelle Johnson	38-06 ¾ **
	Veronica Szklarzewski	36-02 ¾
Pole Vault	Cimran Virdi	14-00 **
	Abigail Klein	12-01 ½
High Jump	Natalie Alper	5-05 **
	Preethi Vaidyanathan	5-05 **
100HH	Hannah Chen	15.03
100	Veronica Szklarzewski	12.35
	Kendra Knittel	12.36
200	Kendra Knittel	25.17
	Veronica Szklarzewski	26.16
400	Annie Dai	60.02
	Kendra Knittel	60.05
400IH	Hannah Chen	61.03*
800	Maryann Gong	2:15.45
	Nikita Waghani	2:21.70
1500	Maryann Gong	4:28.43
	Christina Wicker	4:44.06
5000	Maryann Gong	16:55.27
	Nicole Zeinstra	17:07.98
10000	Elaine McVay	36:00.69
	Nicole Zeinstra	36:06.76
400R	Szklarzewski, Okonkwo, Knittel, Chen	48.06
1600R	Dai, Knittel, Harris, Chen	3:56.44
3200R	Cox, Mitchell, Paul, Waghani	9:40.44*

Varsity Record **

Freshman Record *

MEN'S TRACK AND FIELD**INDOOR****2014 - 15 RESULTS****VARSIITY**

Won 24, Lost 2

MIT88
194
204.33
83**OPPONENT**Alumni 33
Bates 103, Colby 57
WPI 102, Bowdoin 95, RPI 91.5, Springfield 42.83, Colby-Sawyer 19.33
Coast Guard 91, Tufts 85, Worcester State 77, Amherst 70, Connecticut College 49,
Fitchburg State 46, Bridgewater State 46, Trinity 45, Merrimack 29, Wesleyan 26, Franklin
Pierce 26, Bentley 25, UMass Dartmouth 15, Brandeis 15, WPI 8, Lasell 4, Regis (Mass.) 4,
UMaine Farmington 4, Siena 2**2015-16 SCHEDULE**

12/5	Boston University Season Opener	Boston University
1/9	Alumni/ae Meet	Home
1/16	Bates, Colby	Bates
1/23	Bowdoin, Merrimack, USM	Bowdoin
1/29	Tufts Multi	Tufts
1/29-1/30	John Thomas Terrier Classic	Boston University
1/30	Art Farnham Invitational	Home
2/6	Tufts Cupid Challenge	Tufts
2/6	Boston University Scarlet and White Invite	Boston University
2/6	Tufts Cupid Challenge	Tufts
2/12-2/13	David Hemery Invitational	Boston University
2/13	Gordon Kelly Invitational	Home
2/19-2/20	New England Div. III Champ.	Men: Home
2/26-2/27	NEICAAA Championship	Boston University
3/4	Tufts Last Chance	Tufts University
3/4-3/5	ECAC Division III Championship	
3/5-3/6	IC4A Championship	Men: Boston University
3/11-3/12	NCAA Division III Championship	Grinnell College

VARSIITY SCORING & ROSTER

Ken Cooper	'15 45	Benji Xie	'15 13	Ryan Prinster	'18 03
Michael Kaba	'16 41	Derek Barnes	'16 11	Jason Villanueva	'18 03
Carrington Motley	'16 31	David Walter	'18 10.75	Cody Bratten	'18 02
William Ruschel	'18 27	Adrian Samsel*	'16 10.33	Luke Gray	'18 02
Luca Cacopardo	'18 26.75	Nicholas O'Connell	'18 09	Nicholas Waltman	'18 02
Tre Albritten	'18 24	John Thomas	'15 09	Alex Knoedler	'18 01
Matthew Deyo	'16 33.25	Danny Newman	'17 08	Caspar Stinn	'18 01
Sam Parker*	'15 19	Henry Tareque	'17 07.25	Rory Beyer	'17
Ricardo Paez	'15 17	Michael Picchini	'18 06.75	Nick Diamontoni*	'15
Angel Echevarria	'16 16	Daniel Kilcoyne	'15 06.25	Ben Freed	'18
Arinze Okeke	'17 16	Sam Ravnaas	'18 06	Abe Gertler	'18
States Lee	'16 14.75	Brian Gilligan	'17 05	Nicholas Matthews	'17
C. Sweeney	'18 14.25	Brandon Corts	'17 04.25	Zachery Miranda	'18
Colin Godwin	'17 14	Allen Leung	'15 04	Benjamin Schreck	'15
Cooper Sloan	'18 13	Richard Lu	'16 04		
Marshall Wentworth	'16 13	Jorge Gonzalez	'18 03		

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (1st) 129 points

Luca Cacopardo	200	22.57 (1 st)
Colin Godwin	Mile	4:14.47 (1 st)
States Lee	400	49.88 (1 st)
Arinze Okeke	Triple Jump	46-01 $\frac{1}{4}$ (1 st)
Derek Barnes	400	50.15 (2 nd)
Michael Kaba	200	22.64 (2 nd)
William Ruschel	Triple Jump	45-05 $\frac{3}{4}$ (2 nd)
Ken Cooper	Shot Put	51-09 $\frac{1}{4}$ (3 rd)
Michael Kaba	400	50.36 (3 rd)
States Lee	200	22.66 (3 rd)
Ricardo Paez	1000	2:31.34 (3 rd)
Sam Parker	800	1:55.31 (3 rd)
Ken Cooper	Weight Throw	54-09 $\frac{1}{4}$ (4 th)
Nicholas O'Connell	Mile	4:18.25 (4 th)
Tre Albritten	200	22.91 (5 th)
Matthew Deyo	3000	8:29.69 (5 th)
Allen Leung	5000	15:06.73 (5 th)
Abe Gertler	Pole Vault	13-09 $\frac{3}{4}$ (T-6 th)
Luke Gray	Heptathlon	4163 pts (6 th)
Marshall Wentworth	Pole Vault	13-09 $\frac{3}{4}$ (T-6 th)
Carrington Motley	Long Jump	21-02 $\frac{1}{4}$ (7 th)
Carrington Motley	Triple Jump	44-02 $\frac{3}{4}$ (7 th)
O'Connell, Newman, Picchini, & Godwin	DMR	10:39.25 (8 th)
Benji Xie	5000	15:13.42 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (5th) 41 points

Ken Cooper	Shot Put	55-01 (2 nd)
States Lee	400	48.16 (2 nd)
Ben Schreck	Pole Vault	15-09 (2 nd)
Lee, Barnes, Parker, Kaba	4x400m	3:15.20 (3 rd)
Matthew Deyo	3000	8:26.56 (5 th)
Daniel Kilcoyne	1000	2:29.74 (6 th)
Ken Cooper	Weight Throw	56-02 (7 th)
Colin Godwin	Mile	4:11.15 (7 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Ken Cooper	58-06 $\frac{3}{4}$
	Cody Bratten	40-08 $\frac{3}{4}$
Shot Put	Ken Cooper	55-01
	Cody Bratten	40-07
Long Jump	Arinze Okeke	22-03 $\frac{3}{4}$
	Carrington Motley	21-07 $\frac{1}{4}$
Triple Jump	Arinze Okeke	47-11 $\frac{3}{4}$
	Angel Echevarria	46-03 $\frac{1}{4}$
Pole Vault	Benjamin Schreck	15-09
	Abe Gertler	13-09 $\frac{3}{4}$
	Marshall Wentworth	13-09 $\frac{3}{4}$
High Jump	John Thomas	6-00
	Adrian Samsel	5-08
Heptathlon	Luke Gray	4163
60HH	Michael Kaba	8.49
	Christopher Sweeney	8.68
60	Michael Kaba	7.13
	Tre Albritten	7.24
200	Tre Albritten	22.00 *
	Michael Kaba	22.04
400	States Lee	48.16 **
	Michael Kaba	49.00
500	Sam Parker	1:04.83
600	Sam Parker	1:22.04
	Henry Tareque	1:25.15
800	Sam Parker	1:51.66
	Daniel Kilcoyne	1:56.12
1000	Daniel Kilcoyne	2:28.74
	Colin Godwin	2:29.87
Mile	Colin Godwin	4:11.15
	Nicholas O'Connell	4:16.48
3000	Matthew Deyo	8:26.56
	Colin Godwin	8:39.00
5000	Benji Xie	14:30.08
	Allen Leung	15:03.59
1600R	Lee, Barnes, Parker, Kaba	3:15.20
3200R	Kilcoyne, Tareque, Parker, Paez	8:01.67
DMR	Parker, Lee, Paez, Godwin	9:59.86

Varsity Record **

Freshman Record *

OUTDOOR**2015 RESULTS****VARSITY**

Won 16, Lost 0

MIT

320

107

218

OPPONENT

Williams 264.5, Cerritos 251, Colby 220.5, Middlebury 213.5, Glendale CC 183.33, Gustavus Adolphus 134.33, George Fox 129, Concordia (CA) 120.33, Vanguard 78, Biola 48, Cal Baptist 17

RPI 86

Southern Maine 137.5, Bates 135, Colby 114, St. Joseph's (ME) 6.5

2016 SCHEDULE

3/25	Aztec Invitational	San Diego State
3/26	PLNU Invitational	Point Loma Nazarene University
3/26	Bridgewater State Invitational	Bridgewater State University
4/1	UMass Amherst Invitational	UMass Amherst
4/8	Sam Howell Invitational	Princeton University
4/9	Bates, Tufts, USM	Home
4/13-4/14	Holy Cross Multi Competition	Holy Cross
4/16	Williams Invitational	Williams College
4/22	Larry Ellis Invitational	Princeton University
4/23	Sean Collier Invitational	Home
4/30	NEWMAC Championship	Coast Guard Academy
5/5-5/7	New England Div. III Championship	Springfield College
5/12-5/14	NEICAAA Championship	Southern Connecticut State University
5/19-5/20	ECAC Div. III Championship	Westfield State College
5/25-5/27	NCAA Division III Championship	Wartburg College

VARSITY SCORING & ROSTER

Ken Cooper	'15 80	John Thomas	'15 13	Brandon Corts	'17
States Lee	'16 64.75	Sam Parker*	'15 12.25	Nick Diamantoni*	'15
Michael Kaba	'16 59.5	Luke Gray	'18 10	Abe Gertler	'18
Arinze Okeke	'17 56	Allen Leung	'15 10	Brian Gilligan	'17
Tre Albritten	'18 36.25	Rory Beyer	'17 09	Colin Godwin	'17
Carrington Motley	'16 36	Matthew Deyo	'16 08	Jorge Gonzalez	'18
Benjamin Freed	'18 28	Richard Lu	'16 08	Alex Knoedler	'18
Luca Cacopardo	'18 27	Danny Newman	'17 07	Nicholas O'Connell	'18
William Ruschel	'18 26	Samual Ravnaas	'18 06	Michael Picchini	'18
C. Sweeney	'18 24.75	Cooper Sloan	'18 06	Ryan Prinster	'18
Derek Barnes	'16 19.25	Daniel Kilcoyne	'15 02	Adrian Samsel*	'16
Sebastian Santos	'17 19	Zachery Miranda	'18 02	Benjamin Schreck	'15
Cody Bratten	'18 18	Marshall Wentworth	'16 02	Caspar Stinn	'18
Ricardo Paez	'15 15	Henry Tareque	'17 01.25	David Walter	'18
Harry Rein	'15 15	Angel Echevarria	'16 01	Nicholas Waltman	'18
Jason Villanueva	'18 15	Karl Baranov	'17	Benji Xie	'15

* Captain

CHAMPIONSHIPS**New England Women's and Men's Athletic Conference (NEWMAC)** (1st) 307 points

Albritten, Cacopardo, Lee, Kaba	400R	42.35 (1 st)
Ken Cooper	Discus	141-10 $\frac{3}{4}$ (1 st)
Ken Cooper	Shot Put	48-2 $\frac{1}{2}$ (1 st)
Matthew Deyo	1500	3:57.79 (1 st)
Matthew Deyo	5000	15:06.44 (1 st)
Michael Kaba	110HH	14.85 (1 st)
Michael Kaba	400IH	54.49 (1 st)
States Lee	200	22.12 (1 st)
Lee, Newman, Cacopardo, Barnes	1600R	3:19.42 (1 st)
Carrington Motley	Long Jump	21-10 $\frac{3}{4}$ (1 st)
William Ruschel	Triple Jump	46-11 (1 st)
Nicholas Waltman	10000	32:32.76 (1 st)
Marshall Wentworth	Pole Vault	14-11 (1 st)
Cody Bratten	Discus	134-4 (2 nd)
Luca Cacopardo	400IH	54.66 (2 nd)
Ken Cooper	Hammer	193-9 $\frac{3}{4}$ (2 nd)
Benjamin Freed	3000SC	9:35.17 (2 nd)
Michael Kaba	100	10.82 (2 nd)
Allen Leung	5000	15:20.21 (2 nd)
Carrington Motley	Triple Jump	46-06 $\frac{1}{4}$ (2 nd)
Arinze Okeke	Long Jump	21-8 $\frac{1}{4}$ (2 nd)
Sam Parker	800	1:55.55 (2 nd)
Samual Ravnaas	Pole Vault	14-7 $\frac{1}{4}$ (2 nd)
Christopher Sweeney	110HH	15.33 (2 nd)
John Thomas	High Jump	6-04 (2 nd)
Derek Barnes	400	49.49 (3 rd)
Alex Knoedler	10000	32:45.76 (3 rd)
States Lee	100	10.88 (3 rd)
Arinze Okeke	Triple Jump	46-00 $\frac{3}{4}$ (3 rd)
William Ruschel	Long Jump	21-02 $\frac{3}{4}$ (3 rd)
Cooper Sloan	5000	15:29.59 (3 rd)
Christopher Sweeney	400IH	55.15 (3 rd)
Ricardo Paez	800	1:56.36 (4 th)
Ricardo Paez	1500	4:01.62 (4 th)
Harry Rein	Javelin	161-06 (4 th)
Jorge Gonzalez	Pole Vault	14-01 $\frac{1}{4}$ (5 th)
Allen Leung	1500	4:01.70 (5 th)
Danny Newman	400	50.35 (5 th)
Jason Villanueva	Triple Jump	44-04 $\frac{3}{4}$ (5 th)
Cody Bratten	Shot Put	40-02 (6 th)
Danny Newman	200	22.91 (6 th)
Derek Barnes	200	22.93 (7 th)
Nick Diamantoni	400	51.31 (8 th)
Luke Gray	Pole Vault	13-01 $\frac{1}{2}$ (8 th)

New England Division 3 (NE Div. 3) (1st) 172.5 points

Matthew Deyo	10000	30:42.78 (1 st)
Michael Kaba	110HH	14.98 (1 st)
States Lee	400	48.30 (1 st)
Allen Leung	5000	14:58.68 (1 st)

(Continued on page 67)

[\(Continued from page 66\)](#)

Albritten, Cacopardo, Lee, Kaba	400R	42.04 (2 nd)
Ken Cooper	Discus	158-11 $\frac{3}{4}$ (2 nd)
Ken Cooper	Shot Put	51-08 $\frac{1}{2}$ (2 nd)
Matthew Deyo	5000	15:00.81 (2 nd)
Kaba, Barnes, Newman, Lee	1600R	3:16.78 (2 nd)
Allen Leung	10000	30:49.98 (2 nd)
Marshall Wentworth	Pole Vault	14-09 (2 nd)
Ken Cooper	Hammer	193-08 (3 rd)
Benjamin Freed	3000SC	9:31.54 (3 rd)
States Lee	200	21.95 (3 rd)
Arinze Okeke	Triple Jump	47-04 $\frac{1}{4}$ (3 rd)
Cooper Sloan	5000	15:10.11 (3 rd)
Michael Kaba	400IH	54.52 (4 th)
Paez, Tareque, Picchini, Parker	3200R	7:50.92 (4 th)
Carrington Motley	Triple Jump	47-00 $\frac{1}{4}$ (4 th)
Tre Albritten	200	22.22 (5 th)
Arinze Okeke	Long Jump	22-00 $\frac{1}{4}$ (5 th)
Sam Parker	800	1:53.94 (5 th)
Samual Ravnaas	Pole Vault	14-09 (5 th)
William Ruschel	Triple Jump	45-10 $\frac{3}{4}$ (5 th)
Angel Echevarria	Triple Jump	45-09 $\frac{3}{4}$ (6 th)
Derek Barnes	400	49.65 (7 th)
Luca Cacopardo	400IH	55.30 (T-7 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (T-8th) 35 points

States Lee	400	48.25 (2 nd)
Luca Cacopardo	400IH	54.37 (3 rd)
Lee, Newman, Barnes, Parker	1600R	3:15.37 (4 th)
Ken Cooper	Discus	149-10 (5 th)
Ken Cooper	Hammer Throw	194-10 (5 th)
Ken Cooper	Shot Put	49-11 (6 th)
Benjamin Freed	3000SC	9:16.04 (6 th)
Arinze Okeke	Triple Jump	47-03 $\frac{3}{4}$ (7 th)

Eastern College Athletic Conference (ECAC) (4th) 41 points

States Lee	400	48.21 (1 st)
Ken Cooper	Discus	163-01 (2 nd)
Benjamin Freed	3000SC	9:25.82 (3 rd)
Carrington Motley	Triple Jump	48-07 $\frac{1}{4}$ (3 rd)
Albritten, Cacopardo, Lee, Kaba	400R	42.26 (5 th)
Lee, Newman, Barnes, Kaba	1600R	3:17.72 (5 th)
Sam Parker	800	1:53.31 (6 th)

National Collegiate Athletic Association (NCAA) (27th) 9 points

Matthew Deyo	10000	30:59.58 (4 th)
Ken Cooper	Hammer Throw	195-00 (5 th)

[\(Continued on page 68\)](#)

[\(Continued from page 67\)](#)**BEST INDIVIDUAL PERFORMANCES**

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Ken Cooper	195-00
	Sebastian Santos	126-08
Shot Put	Ken Cooper	52-08
	Sebastian Santos	44-10 $\frac{3}{4}$
Discus	Ken Cooper	163-01
	Cody Bratten	134-04
Javelin	Harry Rein	181-03
	Luke Gray	151-02
Long Jump	Arinze Okeke	22-11 $\frac{3}{4}$
	Carrington Motley	21-10 $\frac{3}{4}$
Triple Jump	Carrington Motley	48-07 $\frac{1}{4}$
	Arinze Okeke	48-06 $\frac{1}{4}$
Pole Vault	Marshall Wentworth	14-11
	Samual Ravnaas	14-09
High Jump	John Thomas	6-04
	Luke Gray	5-04 $\frac{1}{4}$
Decathlon	Luke Gray	5532
110HH	Michael Kaba	14.85
	Christopher Sweeney	15.33
100	Michael Kaba	10.82
	States Lee	10.88
200	States Lee	21.95
	Tre Albritten	21.98
400	States Lee	48.21
	Derek Barnes	49.49
400IH	Luca Cacopardo	53.78
	Michael Kaba	53.94
800	Sam Parker	1:53.31
	Ricardo Paez	1:56.36
1500	Matthew Deyo	3:57.79
	Ricardo Paez	4:01.62
3000SC	Benjamin Freed	9:16.04 *
	Rory Beyer	10:15.11
5000	Allen Leung	14:58.68
	Matthew Deyo	15:00.81
10000	Matthew Deyo	30:42.78
	Allen Leung	30:49.98
400R	Albritten, Cacopardo, Lee, Kaba	42.04
1600R	Kaba, Barnes, Newman, Lee	3:16.78
3200R	Paez, Tareque, Picchini, Parker	7:50.92

Varsity Record **

Freshman Record *

2015–2016 COMBINED SCHEDULES

CROSS COUNTRY

9/5	Alumni Meet	Franklin Park
9/26	Purple Valley Classic Williamstown, MA	Williams College - Mt. Greylock H.S.
10/10	NEICAAA Championship	Franklin Park
10/17	CT College Invitational	CT College, Harkness Park, CT
11/1	NEWMAC Championship	Franklin Park
11/14	New Eng. Div. III Reg. Champ.	CT College, Harkness Park, CT
11/21	NCAA Div. III Championship	Univ. of Wisconsin - Lake Breeze Golf Course Winneconne, WI

INDOOR TRACK

12/5	Boston University Season Opener	Boston University
1/9	Alumni/ae Meet	Home
1/16	Bates, Colby	Bates
1/23	Bowdoin, Merrimack, USM	Bowdoin
1/29	Tufts Multi	Tufts
1/29-1/30	John Thomas Terrier Classic	Boston University
1/30	Art Farnham Invitational	Home
2/6	Tufts Cupid Challenge	Tufts
2/6	Boston University Scarlet and White Invite	Boston University
2/6	Tufts Cupid Challenge	Tufts
2/12-2/13	David Hemery Invitational	Boston University
2/13	Gordon Kelly Invitational	Home
2/19-2/20	New England Div. III Champ. Women: Middlebury	Men: Home
2/26-2/27	NEICAAA Championship	Boston University
3/4	Tufts Last Chance	Tufts University
3/4-3/5	ECAC Division III Championship	
3/5-3/6	IC4A Championship	Men: Boston University
3/11-3/12	NCAA Division III Championship	Grinnell College

OUTDOOR TRACK

3/25	Aztec Invitational	San Diego State
3/26	PLNU Invitational	Point Loma Nazarene University
3/26	Bridgewater State Invitational	Bridgewater State University
4/1	UMass Amherst Invitational	UMass Amherst
4/8	Sam Howell Invitational	Princeton University
4/9	Bates, Tufts, USM	Home
4/13-4/14	Holy Cross Multi Competition	Holy Cross
4/16	Williams Invitational	Williams College
4/22	Larry Ellis Invitational	Princeton University
4/23	Sean Collier Invitational	Home
4/30	NEWMAC Championship	Coast Guard Academy
5/5-5/7	New England Div. III Championship	Springfield College
5/12-5/14	NEICAAA Championship	Southern Connecticut State University
5/19-5/20	ECAC Div. III Championship	Westfield State College
5/25-5/27	NCAA Division III Championship	Wartburg College