

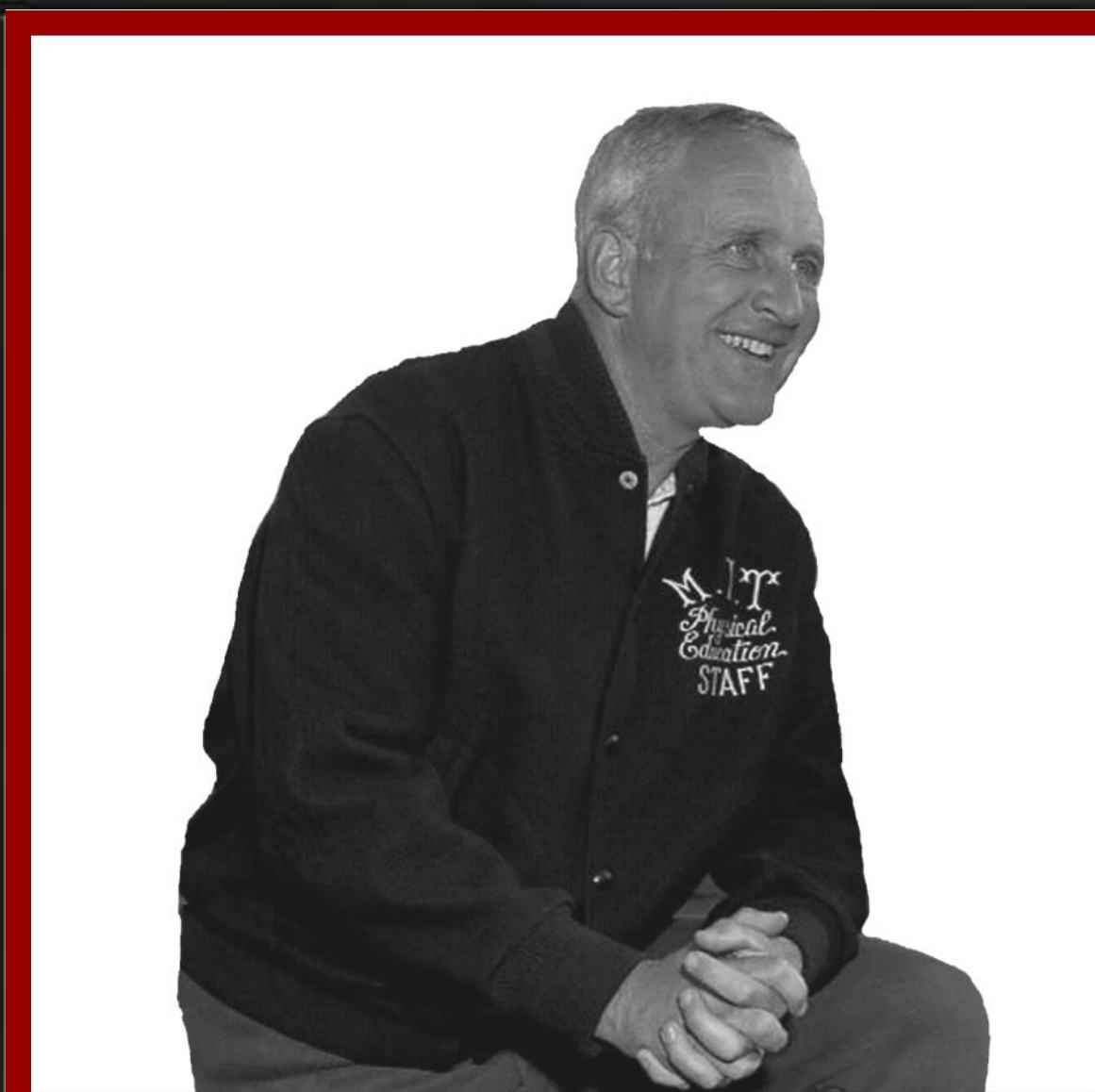


Track and CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 76 - September 2016

Arthur E. Farnham Jr.



May 5, 1923 - May 29, 2016

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ANNOUNCEMENTS

Alumni/ae Indoor Track & Field Meet

This year's Alumni/ae Meet will be held on Saturday, January 7, at 12:00 noon.

We really want to get as many of you in attendance as possible. I know not that many of you feel you are capable of competing, but supporting your teammates is a big tradition of ours, and cheering is always possible, so make plans to attend.

We have a lot to celebrate and be grateful for, including the current renovation of the outdoor track. I hope to see as many of you as possible at 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

INJURIES PLAGUE BOTH SQUADS BUT WOMEN REBOUND TO TAKE 3RD PLACE AT NATIONALS

by Halston W. Taylor

As it is with most seasons, hope is eternal and expectations high as we start the Cross Country season. This year in particular was bringing along some thoughts of national dominance as the men were returning two All-Americans and the women three. We have never returned more than one for either gender. In addition to that, the other returning veterans and new freshmen were bringing a lot to the table.

We began practice on August 24 (one week before freshman orientation) with our traditional pool running workout at 9:00 a.m. After 30 minutes of this we go to the Cross Country / Track & Field weight room and introduce the workout and test their strength on various lifts. After lifting there is a lecture / discussion on one of a variety of topics covered over the first two weeks. In the afternoon we take leased vans and drive to



At the annual Alumni/ae Meet, Benji Xie '15 and Justin Bullock '14 place second and third, but the varsity took all the other places in the top seven to secure the victory, 23 to 38.



The alumni/ae team from left to right: Justin Bullock '14, Gihan Amarasiriwardena '11, Logan Trimble '13, Don Shobry's '75, Benji Xie '15, Maggie Lloyd '12, Louise van den Heuvel '14, Allen Leung '15, Eric Khatchadourian '06, Kaitlin Allen '14, Eric Safai '14, Brooke Johnson '13, Roy Wedge '14, Alexandra Taylor '14, and Stephanie Marzen '15.

either Franklin Park or Arnold Arboretum for a run and technical work on running form afterwards. This same schedule with some minor changes day to day is repeated for each weekday for the first two weeks. By the time classes start the team is well oriented to everything necessary to make them successful and should have the habit of two-a-day workouts. This is where the groundwork for the championships is laid.

At the end of the first week we have our annual time trial. Both the men and women ran 4800 meters on the track. Typically the freshmen are a little too fired up for this event, which tends to put them towards the front of the pack. This year no one could stay with Maryann Gong '17 as she ran splits of 5:41, 5:35, 5:29 for a 16:44 overall time. Matt Deyo '16 ran a similar style as he finished with a 4:43 to clock a 14:20. Ben Freed '18 showed he did his summer mileage as he was second at 14:32. This was followed by six freshmen between 14:33 to 14:53 to show

tremendous ability and competitiveness. While the women were not very close to Maryann, we did have eight run sub 18:00's with one of the best freshmen out.

As we headed into the short course [Alumni/ae Meet](#) confidence was

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Nicole Zeinstra '16 places second and Christina Wicker '17 third as the varsity women soundly defeat the Alumnae, 15 to 49

INDOOR TRACK AND FIELD

MEN AND WOMEN REPEAT AS NE DIV III CHAMPS

CIMMY VIRDI WINS 3RD NCAA DIV III INDOOR PV TITLE

by Halston W. Taylor

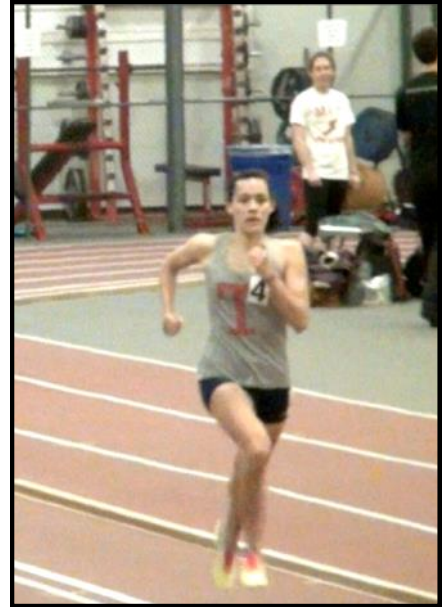
We continue to be fortunate enough to be able to focus as a team on winning the New England Division III Championship and attempting to get on the podium (top four teams) at the NCAA Division III Championship, while also going undefeated during the regular season. These are sometimes conflicting goals requiring different types of team makeup. Our recruiting efforts are aimed at the top student-athletes we can get, but focusing on those who can come in and score immediately at the New England Division III Championship. We look for those who are improving each year in high school and are truly competitive (always looking at how to possibly gain the victory versus those who are looking for what will go wrong and



Brian Gilligan '17 and Josh Rosenkranz '19 in the 5K at the BU Season Opener. Josh finished in 15:14.76 and Brian right after him in 15:15.97.

ways to fail). Given that MIT does not give us "picks" or "slots" we have to cast a wide net, sometimes going below our preferred standard or hoping to turn-around some who have lost their confidence and or competitiveness.

This year's class is very heavy with freshmen, particularly in the 800-5K on the men's side with a small but balanced freshman class on the women's team. As usual, we started the season with the [Boston University Season Opener](#). I use this meet for those Cross Country athletes who are in a good position to possibly qualify for the NCAA Division III Indoor Track & Field Championship right off the bat, or at least the New England Division III 3K or 5K. All of our top women needed to heal up after the challenging Cross Country season. For the men, Rory Beyer '17 would be racing the 3K while Brian Gilligan '17, Josh Rosenkranz '19 and Daniel Weiss '19 would be in the 5K. Beyer has been injured for the past two indoor seasons and was hoping for a healthy one this year. He had an inconsistent pace, but solid first 1600 at 4:37. He maintained that pace, finishing in 8:37.12. This was a NED3 qualifying time, but certainly not close to what would be necessary for Nationals. In the 5K, the three Engineers worked together through the first 1600, splitting 4:45. Shortly after, Weiss lost focus and began falling off the pace. Even Rosenkranz and Gilligan fell off as their second 1600 was 4:54. The decay continued as both ran the third 1600 in 5:01. All had more left than their pace would indicate. Rosenkranz closed with a 33 for a 15:14.76 and Gilligan ran the final 200 in 35 for a PR of 15:15.97. Weiss finished in 15:29.79, not quite



Louise van den Heuvel '14 took honors in the 800 at the Alumni/ae Meet with a wire to wire 2:17.75 victory.

fast enough to qualify for the NED3 Championship when the 9+ second banked track penalty is applied.

When we came back from the Holiday Break it was time to have the [Alumni/ae Meet](#), by far the most enjoyable meet of the year. I win no matter which team wins and the opportunity to see those I coached over the years, and catch up with how you all are doing is so rewarding. Many alums made the trip to Cambridge to compete, but mostly to catch up with former teammates, coaches, friends and just to embrace that team feeling once again. In total there were 22 men and 19 women representing the "Has Beens" and quite a few more in attendance cheering them on. The women's meet was quite competitive with the Varsity

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OUTDOOR TRACK AND FIELD MEN AND WOMEN REPEAT AS NE DIV III CHAMPS

by Halston W. Taylor

After limping through and managing a very successful indoor season, I had mixed feelings regarding our chances for success for the outdoor season. The number of injuries did not lessen and would soon get much worse. This would end up being a testament to the strength of our program and the “next man up” philosophy we have preached for the last 25 years.

Although we looked at other destinations for our Spring Trip, we ended up going to our favorite location, which is our base at Claremont-Mudd-Scripps in Claremont, CA, practicing there from Monday through Friday morning and then competing at San Diego State and Point Loma Nazarene on Friday and Saturday. On the same weekend, back home, the distance runners were knocking out their 10K qualifier at Bridgewater State University.

We were considering taking more



Makenzie Patarino '19 clears with room to spare in the Pole Vault at the Point Loma Invitational.

than 16 per gender this year on the Spring Trip, but with the flights being on Easter weekend the cost of airline tickets was just too high. Continuing with the plan of just bringing technical event athletes (field events, hurdlers, steeplers,

4x100) capable of scoring at championships, we had no trouble getting 16 per gender. After an excellent week of practice and the very good fortune of having dinner provided by Madeleine Waller's parents on one night and another dinner and entertainment provided by Arinze Okeke's parents at Medieval Manor, the team was ready for competition. Cimmy Virdi '16 started the season well, getting second at the [Aztec Invitational](#) at 13-8 ¼, the top vault in the country for DIII. In fact, many of the vaulters did well, with Jen Tylock '17 clearing 11-8 ½, Ben Schreck 'G clearing 15-1, Scott Cameron '19 clearing 14-7 ¼ and Marshall Wentworth '16 making 14-5 ¼. Cody Bratten '18 represented the male throwers with a 148-9 Discus throw.



Cody Bratten '18 in the Hammer Throw in Point Loma Invitational.

The next day at the [Point Loma Invitational](#) it took a while for the athletes to get their mental focus where it was supposed to be, but it

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... OUTDOOR TRACK AND FIELD

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eventually got there. Jackie Vahey '17 got things going with a 165-11 PR victory in the Hammer Throw and backed it up with a new MIT record, and victory, of 140-10 in the Discus. Despite a sprained ankle incurred during a botched 4x100 handoff, Michael Kaba '16 earned third in the 110HH at 14.54 and then won the 400IH in 53.89. Supporting Kaba in the 400IH was Chris Sweeney '18 placing third in 54.33 and Luca Cacopardo '18 earning fifth in 54.52. The performance of the day was States Lee '16 throwing down a 47.68 to take second place in the 400. Danny Newman '17 ran a fine 48.97 but did not place. Tre Albritten '18 showed some great speed, running 10.82 in the 100 for fourth place and 21.49 in the 200 for second place. Hannah Chen '18 pretty much duplicated Kaba's results by placing third in the 100HH with a 15.15 and then winning the 400IH in 62.80. She also jumped 18-1 ½ in the Long Jump for fourth place. Arinze Okeke '17 was the only MIT male jumper to get it done in the Long Jump, claiming fifth at 22-6 ¼. However, the Triple Jump was a continuation of indoors with Okeke getting third with a national level 48-4 leap. Billy Ruschell '18 added a fifth at 47-3 and Angel Echevarria '16 took sixth with a 46-10 performance. The final event was the 4x400 Relay. We wanted to get a top time early in the season, and wanted to see if Albritten was mentally ready to embrace the 400. Lee opened up with a 48.4 to put us in the lead. I had just found out Kaba had an ankle injury, but he was ready to go so I let him. He gave it his best, but he was obviously affected as he ran 50.2. Albritten ran 49.7, still far from what he is capable of if he actually embraces the idea, and Newman



Isabella Stuoipis '16 wins the Shot Put at the Yale Invitational in less than ideal weather.

closed out the victory with a 48.5 for a 3:17.08 time. Even though we only had the few athletes, and little to no representation in events above the 400, the women finished second out of 15 teams with 192.5 points and the men third among 14 teams with 185 points.

Back home at [Bridgewater State](#) the distance runners certainly got the job done. Maryann Gong '17 led all efforts with a national-qualifying 35:31.22 victory. Mary Eccles '18, Nicole Zeinstra '16 and Jenny Xu '19 all broke 38:00 as the women placed 1-3-4-5-6-8-10. For the men, Matt Deyo '16 won in 31:27.58 and three others (all freshmen) broke 32 minutes; Daniel Weiss '19, Dennis Maloney '19, and Josh Rosenkranz '19.

Originally we had been scheduled for an excellent Division I meet hosted by UMass Amherst. It would have been a dual meet for the men and a quad meet for the women versus UMass, Boston College and URI. However, BC pulled out because the coach has a problem with Division III teams,

particularly ones that would likely beat his team. Since both UMass and URI were counting the meet per Division I rules, the ratio of one Division III team to two Division I team would not work. Long story short, we cancelled the meet. [Yale](#) was having a small non-scoring invitational, which worked out well. Yale held out some of their top athletes just as we did. Other teams were from Brown, Southern Connecticut State, New Haven and the University of Birmingham from the UK. We performed very poorly. The combination of not having all of our competitors, the rain and the non-scoring meet, put us in a position of not competing to our usual standard for the first time in two years. There were certainly some positives. The throwers were very focused, performing well as a group. Vahey again threw a personal best, taking second place with 168-3 in the Hammer. Katherine Prutz '18 jumped an impressive 5-3 ¾ to claim fourth in the High Jump. Scott Cameron

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... OUTDOOR TRACK AND FIELD

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cleared a season best of 14-11 in the Pole Vault. Chris Sweeney ran 54.83 to win the 400IH. After winning the 800 in 1:55.62, Jarod Wilson '19 led off the 4x400 Relay in 48.0.

As many of you may remember, this sort of team performance requires an early week team meeting to sort out the attitude issues and get the team heading in the right direction. Our next meet was a home meet vs. [Bates, RPI and Tufts](#) and promised to be a perfect opportunity to reverse the lack of competitiveness displayed at Yale. Earlier in the week, Viridi tore her ACL landing on the mat after the vault, ending her season. To make matters worse, it appeared Gong had a manageable stress reaction, meaning she wanted to continue to work towards Nationals and the medical folks let her know the risk was minimal if we were cautious. We also lost Deyo for the season, as it appeared he returned too quickly from his previous stress fracture, and Cacopardo ended his season due to a bout of mono. Surprisingly, the



Nneoma Okonkwo '18 won the Long Jump in Bates/RPI/Tufts Quad Meet with a jump of 17' 11-1/2".



Aidan Gilson '19 leads the 3000 Steeplechase wire to wire at Williams dual meet.

team was keeping up the morale, focusing on the task at hand. In 45 degree weather with windy conditions, both genders won 10 events each. The men, winners with 232 points to 158 for RPI, 146 for Bates and 125 for Tufts, were led by Kaba winning the 110HH (15.37) and 400IH (53.71), and Albritten taking both the 100 (11.06) and 200 (22.34). Vahey led the women with wins in the Hammer (159-4 $\frac{3}{4}$), Discus (137-10 $\frac{1}{4}$) and the Shot Put (39-10 $\frac{1}{2}$) as they won with 206.5 to 149 for RPI, 147.5 for Tufts and 147 for Bates.

We traveled to [Williams College](#) the next weekend for a good old-fashioned dual meet. Those simply do not happen much anymore as the large majority of coaches are more worried about qualifying athletes for various championships and setting up the best competitive situation to make that happen. We certainly do our share of it as well, or we would be shut out of the top sections in the championships, but would welcome very competitive dual meets a couple times per year.

Williams has great quality and also

tremendous depth. Totally healthy, our men would have been difficult to beat, but with the current barrage of injuries and illnesses it would be very challenging to take down the Ephs. Our women are low in numbers even when healthy, and under the current situation we would need a large dose of good luck to win the meet. There is a certain excitement you get before a competition when you respect your opponent. Since 2009, with the exception of one win by Bates men indoors and one outdoors, and one win by Tufts women indoors, every indoor or outdoor New England Division III Championship has been won by either MIT or Williams. Prior to 2009 was pretty much the same thing, going all the way back to 1981 on the men's side.

The women lost 91 to 111, but fought hard, holding a lead until mid-way through the meet. Using a 5-3 -2-1 scoring format and 5-0 in the relays, we rolled to an early 29-5 lead after the Long Jump, Pole Vault and Hammer Throw. Vahey threw a new PR of 168-8 for the victory. Jen Tylock took first with a strong National mark of 12-2 in the Pole Vault. Vahey also won the Discus in a new MIT record of 141-

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... OUTDOOR TRACK AND FIELD

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6, and Ariela Slutsky '18 gave a glimpse of what was to come with three personal bests in the throws, winning the Shot at 41-3 $\frac{3}{4}$. However, with no entries in the Triple Jump and Steeplechase and only one entry each in the 100, 100HH, 400, and 400IH, we could not prevent Williams from quickly making up the points. Chen had a big day starting with a come from behind walk-down in the 4x100 Relay as Nneoma Okonkwo '18, Natalie Alper '17, Kendra Knittel '17 set her up to get the win. The quartet ran an impressive 48.40. Chen then went on to get second in 100HH in 15.11, win the 400H in 62.01 and led off the winning 4x400 Relay in 59.0. Bailey Tregoning '19 took second in the 800 in 2:15.49 and anchored the 4x400 in 59.8. The men lost 85 to 116. We held our own in the field events, scoring nine less than the Ephs, and dominated in the long sprints, but getting blanked in the 800 and 1500 and getting DQ'd in the 4x100 was just too much to overcome. Going into the meet we found out Jarod Wilson had a stress reaction and Kunal Tangri '19 was joining Colin Godwin '17 on the sidelines as one of those whose season was over due to injury. With Aidan Gilson '19 moving to the Steeplechase, we were out of championship milers. Kaba's body was showing signs of injury so we rested him as well. On the plus side, the triple jumpers swept their event with Carrington Motley '16 taking first place honors at 47-9 $\frac{1}{4}$. Okeke won the Long Jump at 22-2 $\frac{1}{2}$ and even though Motley jumped 21-8 he did not score due to the quality of the two team's jumpers. Bratten won the Discus with a throw of 148-6. Albritten ran 10.85 but had to settle for second place. He came back in the 200, leading a 1-2-3 sweep with a 21.84. Lee, in addition to claiming second in the 200, won the 400 in 48.03. Gilson, in his second



Bailey Tregoning '19 enroute to a 2:15.81 800 at the Larry Ellis Invitational.

steeplechase, ran a nice PR to win in 9:43.91.

After the athletes, doctors and athletic trainers were all consulted, the plan for Gong and Wilson would be to cross train for all cardiovascular work, do one workout per week at the most and race only when it mattered for advancement in the season. Gong still needed to qualify for Nationals in the 5K and joined some others for the trip to Princeton and the [Larry Ellis Invitational](#). Gong, not having the most confidence with her diminished training, did not go with the leaders when the pace broke, instead running a conservative race for a 16:43.96, a time that easily qualifies for Nationals. Tregoning was entered in the 800 and hoping to run a national qualifying time as she makes her comeback from low serum ferritin. The initial 400 of 65 had her set up for a fantastic victory, but she panicked for some reason, shutting down for the fifth 100 and last 100. Nevertheless

she still ran 2:15.81, displaying her amazing talent.

The next day we hosted the Sean Collier Invitational. By far, the performance of the meet was put in by Nneoma Okonkwo, as she destroyed the MIT record when she jumped 18-11 $\frac{1}{4}$. Also jumping a PR was Haley Strouf at 17-6 $\frac{1}{4}$. Although we rested most of the runners, Kendra Knittel '17 ran two season bests, running 12.68 in the 100 and 25.34 in the 200. Cody Bratten led the way for the men, throwing two season bests. First he threw 149-7 $\frac{1}{4}$ to finish second in the Discus and then 44-5 $\frac{3}{4}$ to finish fourth in the Shot Put. I moved some runners around to different events and rested some others, particularly Kaba and Wilson. Derek Barnes '16 ran a 49.13 to win the 400 and was supported by Danny Newman (49.45) and Tom Frejowski '19 (49.98). Nathan Munet '19, also coming back from injury, ran 1:56.92 in the 800 to show he is getting ready for the

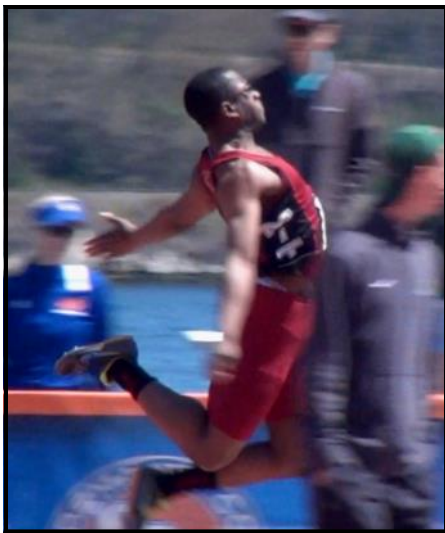
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... OUTDOOR TRACK AND FIELD

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championships. David Walter '18 had a nice breakthrough in the 1500, running a big PR of 4:02.67.

Heading into the [NEWMAC Championship](#) hosted by the Coast Guard Academy, the men felt pretty comfortable with the task at hand of winning their 16th title in a row. The women knew they had the top-end scorers, but were not sure they had the depth to beat a much deeper WPI team. Of major concern was how many points the other teams could take away from WPI. We would have to go after every point possible in the early part of the meet to be sure WPI never had the sense that they had a chance. In this meet there are no qualifying standards, but we are limited to no more than four entries per event. We were not racing Gong, but had reasonable depth in both the distance events and most of the field events, and that proved to be the difference, although folks stepped-up in all events. Ignoring the windy, 40 degree weather, Vahey was our only double event winner, taking both the Discus and the Hammer. In the Discus she put



Arinze Okeke '17 shows his winning form in the Triple Jump at the NEWMAC Championships.



Hannah Chen '18 ran a 15.03 to take second in the 100HH at the NEWMAC Championship Meet.

out a monstrous school record of 153 -1 and in the Hammer threw 167-5. Sherry Wan '16 did not clear a high height, but she won the Pole Vault under difficult wind conditions at 10-11 $\frac{3}{4}$. Isabella Stuopis '16 won the Shot Put with a put of 40-7 $\frac{1}{2}$. While they did not win the event, Okonkwo, Strouf and Chen took 2-3-4 in the Long Jump, all jumping over 18'. The women outscored WPI 109.5 to 39 in the field events. In the running events, Camila Thanos '19 was the only Tech winner, taking the 10K in 38:34.29. Knittel had a fine day, running a PR of 58.55 in the 400 to place second and then getting third in the 200 with a 25.16. Clementine Mitchell '18 had her best race to date, placing third in the 1500 in 4:46.50. With just the 5K and 4x400 to go, we did not know if we had enough points to win the meet. Since the official scores for the Discus and the 200 were not yet in we went ahead with our full contingent of 5K entries, with Nicole Zeinstra '16 returning from the 1500 where she had earned fifth in 4:52.20 out of the slow section and Thanos returning from the 10K. Once the scores were in, about 1200 meters into the 5K, I pulled both women. The remaining two, Mary Eccles '18 and Jenny Xu '19 earned second and third in 17:49.57 and 18:16.69

respectively. We scratched the 4x400 due to a lack of bodies and no need to score more points. The women won 201.5 to 174.5 over runner-up WPI. Jackie Vahey earned NEWMAC Women's Field Event Athlete of the Year. Even though the men also pulled two of their "sure to score" 5K runners and substituted a B team in the 4x400, we still scored 304.5 points to 169.5 for runner-up WPI. Okeke was voted NEWMAC Male Field Event Athlete of the Year for his double victory in the horizontal jumps, jumping 21-10 $\frac{1}{4}$ to win the Long Jump with the wind in his face, and 47-11 $\frac{3}{4}$ to win the Triple Jump with the wind at his back. The jumpers came close to sweeping both events, scoring 52 points, which would have placed fifth in the meet as a final team score. Also in the field events Scott Cameron won the Pole Vault in a PR of 15-5, earning co-winner as the NEWMAC Male Rookie of the Year. Likewise, Bratten threw a PR of 152-9 to win the Discus. Michael Kaba returned from his two-week absence due to injury looking as though he never missed a

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... OUTDOOR TRACK AND FIELD

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day. He won the high hurdles in 14.57, the 400IH in 54.78 and the second leg of the victorious 4x100 Relay in 42.11. He was awarded the NEWMAC Male Runner of the Year for his efforts. Albritten won the 200 in 21.65 and Lee won the 400 in 48.62. The distance runners came through as well. Gilson won the steeplechase in a PR of 9:35.21 and in his first race since mid-way through the cross country season, Ben Freed '18 returned to get second place in 9:37.40. Dennis Maloney '19 and Rory Beyer '17 went 1-2 in the 5K in 15:11.32, and 15:18.79 respectively. While they did not win the 10K, the trio of Nicholas Waltman '18, Alex Knoedler '18 and Brian Gilligan '17 placed 2-3-4 to get us off on the right foot. On the negative side, we lost States Lee due to a foot injury, which occurred during the 200.

Attitude and passion go a long way to overcoming adversity, and the culmination of the injuries and illnesses we had to endure this year certainly provided enough adversity. The women were attempting to win their fourth consecutive outdoor [New England Division III Championship](#) and the men, their



For the third straight year, both the Men's and Women's teams were New England Division III Champions.

fourth in five years. As usual, we hope to put other teams in a hole with points on the first day of the competition. Day one events are the 10K, Long Jump and Hammer Throw

and the conclusion of the men's Decathlon. The women did not have much depth, but were hoping their quality would overshadow that major weakness. Haley Strouf led her fellow sophomores, Okonkwo and Chen, to a 1-3-8 finish in the Long Jump with a personal best 18-8 victory. Vahey, reliable as always placed second in the Hammer with a throw of 162-6. The biggest surprise came from Mary Eccles in the 10K as the sophomore placed second in an amazing 36:06.03, easily a national qualifying performance. Adding support and points, Zeinstra, Xu and Thanos added fifth, sixth and seventh places. In the three events the women scored 42 points and were well on their way to the team goal of



Bailey Tregoning '19 won the 800M in 2:14.11 at the New England Division III Championship Meet.

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winning the meet. On day two, we needed the throwers to come through and that they did. Ariela Slutsky continued to improve in the championships and earned second place in the Discus at 137-9 over Vahey, who placed third at 137-8 for 14 big points. Stuopis led a 3-4-5 15 point effort in the Shot Put with her 39-5 ¼ throw. Tregoning put her fears aside to win the 800 going away in 2:14.11. Gong returned to race, not even seeded to score in the 1500. Her confidence was low, but once the gun went off she raced pretty well, placing fourth in 4:35.18. We still did not have enough points to secure the victory and Gong needed to work on her confidence, so she doubled back in the 5K along with Eccles and Zeinstra. The trio ran an excellent race, earning 20 key points with a 1-3-5 finish, with Gong winning in 17:22.16 to clinch the team victory, allowing the depleted squad to pull out their 4x400 and 4x800 relays. The women finished with 123.5 points, 37 more than runner-up Williams. In addition to the three day one events, the men also had the conclusion of the Decathlon. Luke Gray '18, having a great end of season, put together an excellent Decathlon, placing an unexpected fourth with 5497 points. In the Long Jump, Okeke earned a surprising eight points with a second place jump of 21-11 ½ in the cold rain and Motley added three more to earn five more than expected. In the 10K, Benji Xie 'G dropped the field with a 2:15 final 800 to win in 31:25.09. Josh Rosenkranz added a third in 31:34.09, Daniel Weiss a fourth in 31:39.25 and Gilligan a seventh with an inspiring 32:01.64. The 39 points going into day two set us up quite well to defend our title. As day two started the men kept their foot on the gas. Richard Lu '16, Kaba, Sweeney and Albritten put a strong performance together



Sherry Wan '16 in the NEICAAA Pole Vault, where she took third place in 11' 7-3/4"

in the 4x100 Relay for second place in 42.45. In the very next event Gilson improved 12 seconds in the 3000 Steeplechase to claim second place in 9:23.50. Then there was the Triple Jump. It has been a rare occurrence when we have so totally dominated an event in New England; 1989-90 long sprints, 2002 Pentathlon, 2013-14 long sprints, and now the 2016 Triple Jump. Okeke led the way with a 46-11 ¼ victory, followed by a second place from Ruschel at 46-10 ¼, fourth place by Angel Echevarria at 46-2 ½, fifth by Motley at 46-2 and eighth by Ryan Prinster '18 at 44-9 for an amazing 28 points. Kaba and Sweeney took care of both hurdle events with Kaba earning second in the 400IH in 54.07 and third in the 110HH in 14.86. Sweeney was seventh in the 400IH in 55.49 and fourth in the 110HH in 15.04. Wilson returned to action having to run out of the slow section in the 800, which he did quite well, placing fifth overall in 1:52.47. Albritten added a victory in the 200 in 21.69, and Maloney took first place honors in the 5K in 14:51.17. To close out the team victory, Kaba, Wilson, Barnes and Newman won the 4x400 Relay in 3:17.40. The men scored a total of 176.5 points while second place

Bates scored 69 points.

After going for the win two weeks in succession we needed a break. We only brought nine women and 16 men to the [NEICAAA Championship](#), hosted by Southern Connecticut State University, choosing to focus on recovery and getting as many folks to the NCAA Division III Championships as possible. Tregoning put together her best race of the year. Running out of the slow section she followed along for the first 400 in a crisp 64 seconds. With 200 to go she went after it, taking the section victory in a new MIT record of 2:11.51. She finished second overall. Hannah Chen ran an impressive 61.39 in the 400IH trials to establish the fastest time going into the second day. She was not able to duplicate her Friday effort, but still placed third with a 62.36. Jackie Vahey threw a personal best 170-1 in the Hammer to also place third. Sherry Wan added a third place in the Pole Vault with an 11-7 ¾ vault. Jen Tylock had the cross bar hit her in the head the day before, giving her a mild

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concussion, taking her out of the competition. Slutsky continued her remarkable improvement, setting three personal bests, the best being a fourth place finish in the Discus at 141-3. She also threw 154-9 in the Hammer and 42-10 $\frac{3}{4}$ in the Shot Put. Vahey added a fifth place in the Discus at 139-8. Okonkwo showed her consistency by taking fourth in the Long Jump at 18-3 $\frac{3}{4}$ and Strouf added a seventh at 18-1 $\frac{1}{2}$. Zeinstra, feeling the effects of last week's double, managed a fifth place in the 10K, but could only run 37:33.37. The women finished fifth in the team standings with 46 points. The men had a marvelous meet on the track and they wasted no time in running fast. Benji Xie made it two 10K's in a row by pulling away with two miles to go, speeding up as he went, finishing with a 71. His final time was 30:48.41, which was close to national qualifying, but not quite. Maloney set a freshman record of 31:16.23 when he placed third. Daniel Weiss fell off the pace, but held onto eighth place in 32:34.38. Kaba had a great day, winning the 400IH in a PR 52.18, easily making the NCAA field. He also placed sixth in the 110HH, running 14.59 in the trials. Sweeney added a seventh in the 400IH, running 53.65 in the trials. Okeke placed fifth in the Long Jump with a PR 23-1 $\frac{1}{4}$ jump, which would not be enough for Nationals. He did have a fair jump that would have been much further but he put his hand down prematurely. He added an eighth in the Triple Jump at 46-11 $\frac{3}{4}$. Cody Bratten joined the PR parade, throwing 156-6 to place fourth in the Discus. Danny Newman ran a PR 48.97 in the 400 Trials and then placed sixth with a 49.09 in the final. Gilson added an eighth in the Steeplechase, but did not improve his time as he finished in 9:32.40. The relay teams performed very well. The 4x100 of Newman, Kaba,



Hannah Chen '18 ran 62.17 to capture third in the 400 Hurdles at the ECAC Division III Championship.

Sweeney and Albritten ran a season best 41.74 to place fifth, and would be close to making Nationals. The 4x400 ran without Kaba, who was pretty beat from his five races, and Wilson, whose leg was hurting too much. Albritten stepped in, but his heart was not in it, running 50.3. Sweeney ran a 48.8, Barnes a 48.7 and Newman a 48.6 for a third place 3:16.73.

In the final meet to make Nationals, we traveled to Westfield State University for the [ECAC Division III Championship](#). Leading the way for the women with yet another MIT record was Bailey Tregoning. Her 2:11 from last week did not look as though it would stand among the top 22 times in the country, so she took control of the race after a conservative 65.8 first 400, and negative split the race, winning in 2:10.84. Slutsky seemed to have no limit to her PR's as she set yet another one in the Discus, this one on the final throw to place second with a 148-7 heave, making the NCAA field. Chen added a third place with her 62.17 in the 400IH. Wan finished fifth in the Pole Vault at 11-10 and Natalie Alper jumped 5-4 $\frac{1}{2}$ to place sixth. Ben Schreck 'G had been dealing with hamstring issues for two years. He had been

hoping his final season would be his salvation, but to this point it was not working in his favor. He cleared 15-7 $\frac{1}{4}$ to place third, but was not able to return to the NCAA's. The 4x100 Relay also placed third, and also missed Nationals although Sweeney, Kaba, Newman and Albritten ran a season best 41.72. Albritten also ran the 200, placing second in 21.57. Another second place was earned by Xie. After two wins in succession at the 10K distance, yet unsuccessful efforts at making Nationals, Xie decided he would give the 5K a go. He gave a superb effort, running 70 second pace the entire way, fading a couple seconds at the end to finish in 14:38.07, good for second place, but not quite good enough to make Nationals. Motley tried to increase his chances in the Triple Jump, placing third at 47-5, but was unable to put down a season best. We thought his current mark of 47-9 $\frac{1}{4}$ was probably going to be good enough anyway. Kaba earned a fourth in the 110HH with a 14.62, but took the day off from the 400IH, having already secured a spot at [\(Continued on page 14\)](#)

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Nationals. Sweeney did run it, running close to a PR in 53.73, good for fourth place. Bratten again threw over 150', earning sixth with a 152-10 effort, but that also would fall short of what it would take to make the NCAA's. The one men's performance that did succeed in making Nationals was the 4x400 Relay. Lee was back, healthy, but not at full speed due to missing three weeks of practice. I decided to take Kaba out of the relay to save his foot and trusting that Sweeney could get the job done and provide us with an automatic substitute since Kaba had already qualified individually. Lee led off with a 48.7. Sweeney took off, running a very fast first 200, but then faded badly in the final straight, handing off in 49.0. At this point, it would have been difficult to find good odds on MIT making it in the 4x400, but Barnes put his best foot forward, running his fastest split ever, a blazing 47.8 to retain first place. Newman was set to anchor and had to run a very fast leg just to hold onto the lead, but a 47.5 was unexpected as the junior brought the team home with a 3:13.32.

The night before the start of the [NCAA Division III Outdoor Track & Field Championship](#) hosted by Wartburg College in Waverly, Iowa, we attended the annual Athletes and Coaches' Banquet where the various Regional awards would be announced. MIT often comes away with a few of these awards and this year was no different. Jackie Vahey won the New England Region Female Field Event Athlete of the Year. Nick Davis earned the New England Region Men's Assistant Coach of the Year and Halston Taylor was awarded the New England Region Men's Head Coach of the Year. Although both Carrington Motley and Maryann Gong had perfect cumulative



Danny Newman '17 running the anchor leg of the NCAA Championship 4x400 Trials. MIT took 3rd place in 3:11.74, a new varsity record.

GPA's, neither had the highest number of academic units, thus losing the tie-breaker for the Elite 90 Award.

On day one of the three-day National Championship, our first competition was the Women's Long Jump. Nneoma Okonkwo put a bomb of a jump out there on her third effort, a 19-6 jump that moved her into the lead. Two jumpers passed her in that round and one more in the finals to give her an excellent fourth place and her first All America award. On the track, both Kaba and Chen made it through the trials of the 400IH, running 53.05 and 61.03 respectively. Albritten was up next in the 200 and he too made it to the finals, running 21.67. We had a switch of good fortune at this point even though the expectations were not too high. Vahey and Slutsky did not make finals but both threw pretty well with Vahey at 141-0 and Slutsky 133-1. In the Pole Vault, Jen Tylock, who had finally been cleared from her concussion, cleared 11-11 $\frac{3}{4}$, which most years would make All American, but this year it took 12-7 $\frac{1}{2}$. In the 10K, Gong's training, which had been much less than adequate, was still enough for her to get the job done of placing top eight,

but her confidence was just not there, finishing in 14th in 38:11.44. Mary Eccles held on a little better, but did not compete to her usual best either, finishing in 12th in 37:49.71. The final event on day one was the trials in the 4x400 Relay. States Lee led off, but his 48.6 only put his team in sixth place. Kaba ran a determined and smart first 200, moving into the lead. He could not hold this, but handed off in fourth with an excellent 47.9. Barnes ran his best race ever, moving his team into third and right with the leaders with his 47.2. Newman ran a hard fought, excellent leg, but was tripped in the final turn, causing him to lose two places. His 47.9 leg gave us a 3:11.74 finish and a new MIT record. We had to wait and see what the second heat would deliver and thankfully only one team ran faster than us, so we were in the finals. Day two was pretty light for us. Kaba was in the 110HH, seeded 18th, and had to run into a headwind. He ran a very respectable 14.80 to finish in 14th but did not advance. Lee was up next in the 400. He had been back less

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than two weeks from his foot injury and was not at his best. Even at his best he was seeded ninth. He ran 48.80, about a second slower than he had when healthy, failing to make finals. Our final entry on day two was Tregoning in the 800. She was seeded 17th with her 2:10, but if she raced to her ability I thought she could advance to the finals. Unfortunately she was overwhelmed mentally, thinking her very comfortable 64 first lap was faster than it was. She panicked and tightened up, failing to make finals with a 2:17.05. The final day of competition started for us with the Men's Triple Jump. We had three entries; Okeke, Motley and Ruschel, seeded third, 10th and 11th respectively. Ruschel was in the first flight and owned it, jumping a PR of 48-5 ½ to win his flight. Motley had a fine series, jumping 47-1, but it was not enough to advance to finals. Okeke jumped a PR of 48-7 ½ to move him to fourth in the competition. In the finals Okeke remained in fourth and Ruschel was dropped to eighth place for his first All America honor. In the 400IH Chen got out on the wrong leg, struggling down the backstretch. Fortunately she pushed the final 100 hard to move up to fifth in 61.89. Kaba had a similar race, stuttering every hurdle,

but still managing a 52.46 for seventh place. Albritten also placed seventh in the 200, losing too much ground at the start, running 23.11. In the final event, the 4x400 Relay, we decided to go with Kaba instead of Sweeney based on his experience and desire to get the job done. Lee led off with a 48.4 to have his team in sixth place at the handoff. Kaba did not run with the same energy as in the trials, only moving up one team to fifth with his 48.5 leg. Barnes was in limbo when he got the baton, but ran a solid leg for a 48.3, moving us to fourth place. Even though Newman ran an excellent 47.7 he lost two places, finishing in sixth overall in 3:13.19. The men ended up with 13 points, putting them in 22nd place while the women scored nine points to place 31st.

This was quite possibly the most we have ever accomplished with so many season ending or season altering injuries and illnesses. The spirit of the team was unshakeable. There was sadness and empathy for those whose seasons came to an end, but the team kept pushing ahead.

The season MVP's were Jackie Vahey for the women and Arinze Okeke for the men. The Most Improved Awards go to Vahey and Nneoma Okonkwo as co-winners for



Nneoma Okonkwo '18 with her 19' 6" Long Jump for fourth place at the NCAA Division III Championship.

the women, and Billy Ruschel for the men. The Lynn Snyder Award was awarded to Cimmy Viridi and the Paul McKenzie Award went to Michael Kaba.

Viridi also was presented with the Betsy Schumacker Woman Athlete of the Year for MIT and Okeke claimed The Malcom G. Kispert Award. Both are Institute Convocation Awards. Tregoning earned the Varsity Club Award as the Female Freshman Athlete of the Year for MIT.

New MIT Outdoor Records

Bailey Tregoning	W -- Freshmen 800	2:10.84
Dennis Maloney	M -- Freshmen 10000	31:16.23
Nneoma Okonkwo	W -- Varsity Long Jump	19-06
Bailey Tregoning	W -- Varsity 800	2:10.84
Jakie Vahey	W -- Varsity Discus	153-01
Michael Kaba	M -- Varsity 400IH	52.18
States Lee, Michael Kaba, Derek Barnes, Danny Newman	M -- Varsity 4x400	3:11.74

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high. Matt Deyo continued his dominance, walking away early in the meet with no one trying to go with him. Benji Xie '15 and Justin Bullock '14 worked together in chase, finishing second and third in 15:51 and 15:55 respectively for the 5K at Franklin Park. The varsity brought home the next eight runners led by Ben Freed '18 in 15:56, :21 seconds behind Deyo's first place finish. Freed was followed by Josh Rosenkranz '19 in 15:58, Nicholas Waltman '18 in 16:02, Alex Knapp '19 in 16:04, Aidan Gilson '19 in 16:12, Dennis Maloney '19 in 16:14, Daniel Weiss '19 in 16:18, and Rory Beyer '17 in 16:20. Roy Wedge '14 was next for the Alums in 16:28. Other Alums were Allen Leung '15, Logan Trimble '13, Eric Khatchadourian '06, Eric Safai '14 and Gihan Amarasiriwardena '11. The final score was Varsity 23, Alumni 38. The women raced a 3K and the Alumnae had enough for a team. Maryann showed her dominance with a resounding 10:48 victory. The varsity owned the next five places as well and those five were within :14 seconds, led by Nicole Zeinstra '16 in 11:07 and followed by Christina Wicker '17 in 11:08,



Sophomore Nicholas Waltman in seventh place during the third mile of the Purple Valley Classic, on his way to a 15th-place finish.

Anna Frederich '18 in 11:13, Mary Eccles '18 in 11:16 and Megan Montgomery '19 in 11:21. Louise van den Heuvel '14 was the first alum, finishing seventh in 11:34. The remaining alums were Alexandra Taylor '14 in 14th, Maggie Lloyd '12 in 16th, Kaitlin Allen '14 in 17th and Stephanie Marzen '15 in 18th. The varsity won by a score of 15 to 49.

After two weeks off from racing we would get our first test at the [Purple Valley Classic](#) hosted by Williams College. We had a feeling it was going to be a difficult year when Matt Deyo developed a stress fracture and would have to miss six weeks. Josh Rosenkranz developed a lower leg injury that would require a month off from running. Colin Godwin, the other returning All America winner had not been able to train March through August due to injury, but would race his first race at Williams. Rory Beyer twisted his ankle and would miss the meet, Cooper Sloan had been bothered with a hamstring issue the last part of the summer and was still getting his racing legs back and Kunal Tangri '19 injured his foot in the Alumni Meet and would be out for the rest of the season. With all of the upper class leadership on the sideline it was up to the freshmen and sophomores to get the job done. It was clear that Amherst and Williams were the cream of the crop in New England and this meet did nothing to change that fact. Amherst pulled out a close one with 42 points to 45 for Williams. Geneseo State out of New York took third with 55 points and we were fourth with 98 points. Among the 22 teams racing we did beat nationally ranked Pomona Pitzer visiting from California and Middlebury College. Daniel Weiss came through with a huge race, claiming 11th place in 26:12. Also contributing were Nicholas Waltman in 15th, Dennis Maloney



With Alumni Meet winner Matt Deyo '16 out with a stress fracture, freshman Daniel Weiss came through in the Purple Valley Classic with an 11th place finish.

in 19th, Ben Freed in 25th and Alex Knoedler in 28th, all freshmen and sophomores. Just as critical was the fact that the delta was only :29 seconds on a very challenging and hilly 8K course. The women had been without one of their returning All Americans, Sarah Quinn '16 since the previous indoor season due to continued compartment syndrome problems. Everyone else was returning and relatively healthy, but there was something missing. You might call it swagger or confidence, but the attitude was not what it was the year before where the women totally dominated the region. In this particular meet, Maryann took a commanding lead just before the two mile mark but then really did not know what to do with it. Although she is a returning Cross Country All American, she still doubts herself in the sport and does not really know how to hammer a course the entire way, nor does she have the confidence

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Maryann Gong '17 sprinting to victory at the Connecticut College Invitational. Her winning time of 21:31.3 was eight seconds ahead of the second place finisher.

or desire to destroy her competition. She ended up third in 22:06. Nicole was still our second runner, but back in ninth place and 26 seconds behind Maryann in 22:32. Mary Eccles was 16th in 22:47, Megan Montgomery 20th in 23:05 and Leandra Zimmermann '19 in 23:10. A 1:04 delta for one through five was awful, particularly when your first runner did not win. Williams owned this one with 39 points. Middlebury surprised us with 66 points and we came in third with 69 points. Geneseo State was fourth out of 17 teams with 75 points.

After another weekend off from racing we returned to racing at Franklin Park in the [NEICAAA Championship](#). Unlike previous years, more and more Division III teams are racing less and skipping this meet in favor of out of region big meets. Because of this we would be primarily racing Division I and II teams as no top DIII teams were in attendance other than Middlebury for the women and

Amherst, Middlebury and Tufts for the men. The freshmen once again came through with Dennis Maloney taking his turn as the top runner, finishing 29th in 25:23, possibly an MIT freshman record at Franklin Park. Daniel Weiss was not far behind, finishing 38th in 25:28. Colin Godwin was making his way back, finishing in 56th place in 25:38. Ben Freed was solid in 70th place in 25:47 and Alex Knoedler was once again the fifth runner in 26:03 for a :40 second delta. We finished ninth overall and second among Division III teams. Amherst was a close second to Boston University to show just how legitimate a team they have. In the sub-varsity race David Walter '18 had the race of his life, placing third in 25:52. Rory Beyer was back as well, running 26:03 in that race. Maryann continued to be a dominant force, but still not having the confidence to go after the top runners. For the second race in a row, a freshman from Middlebury beat her, finishing fifth overall to Maryann's 11th place in 18:05. Christina Wicker bounced back from her dismal race at Williams to place 31st in 18:24. Megan Montgomery came through with a 67th place 18:49. She was followed closely by Mary Eccles in 72nd in 18:50 and Leandra Zimmermann 74th in 18:51. Nicole Zeinstra had developed a digestive issue that was causing her a lot of pain during races and throwing up for hours after races, causing her to finish far back. Overall the women finished fifth, this time beating Middlebury handily.

The very next week we went down to Harkness Memorial Park for the [Connecticut College Invitational](#) and an opportunity to race at the regional championship site. Nicholas Waltman had missed the NEICAAA meet due to a lower leg injury and while he was back in this race, Ben Freed was out with a

stress fracture. Colin took over the number one position on the team, finishing third in 25:06 to lead us to the victory with 49 points. Weiss finished seventh in 25:23 as he failed to close a gap early in the race, choosing to race at the back of the lead chase group. Maloney was 10th in 25:34, and Cooper Sloan had his first successful race of the season, placing 14th in 25:44, one place ahead of Beyer also in 25:44. Knoedler was sixth and Waltman seventh for the team, but showing good depth as our one through seven delta was :54 seconds. The women also won the meet, but barely, squeaking by Tufts 62 to 67. The difference was that we raced without Zeinstra and Montgomery due to their respective digestive and hamstring problems. Gong claimed her first intercollegiate victory in cross country, coming from behind to win with a vicious last half mile, running 21:31. Wicker was seventh in 21:47,

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Bailee Margolis '19 kicks it in to close out the scoring and give MIT the victory at the Connecticut College Invitational..

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Zimmermann 11th in 21:54 along with Eccles in 12th, also in 21:54. Not having Zeinstra and Montgomery exposed our lack of quality depth, but Bailee Margolis '19 came through in 31st place in 22:43 to give MIT the close victory.

So ended the regular season. Not racing the following weekend gave us a chance to heal up a bit before the Championship part of the season. While the men have never lost the [NEWMAC Championship](#) we try to never take it for granted. However, if there was a year where the men were in danger of not being mentally prepared it was this year. Fortunately there were some other things to work on that kept the men focused. Godwin won a strategic race with his teammates and two WPI runners with a vicious final 300 meters, going from fourth to first to win in 25:35. Beyer also pulled around Moran from WPI as did Weiss just before the finish line, earning them second and third in 25:37 and 25:39 respectively. Maloney earned fifth in 25:40, and Deyo was back, having been cleared five days earlier to start running despite his foot not being totally healed, placing sixth in 25:47.



The men captured their 18th consecutive NEWMAC Cross Country championship with a near perfect score of 17.

His foot was not totally healed, but the doctor and athletic trainers agreed that it had healed enough for him to start back since he was a senior and it would likely be his final cross country season. The men took their 18th consecutive title with Godwin earning Runner of the Year and Weiss taking Rookie of the Year. The women did have something to worry about, Wellesley. If Montgomery and Zeinstra had problems and Wicker were to have one of her less competitive races, we would lose. Maryann dominated from the mile mark on and no one went with her as we were hoping would happen.

Her 18:04 easily claimed the victory. Zimmermann had come down with the same lower leg injury that Rosenkranz had earlier in the year, but this late in the season, it was decided by all, most importantly Zimmermann to continue to race. And race she did, finishing third in 18:30. Eccles was fourth in 18:41, Zeinstra fifth in 18:43 and Wicker sixth in 18:46. The 19 to 37 score was not a big difference when one looks at the average time per runner. In that comparison we won 18:32 to 18:50. The gap between the two teams was definitely narrowing. The women won their ninth title in succession, Maryann took Runner of the Year honors and Leandra claimed the Rookie of the Year award.



The women extend their streak of consecutive NEWMAC Cross Country victories to nine, scoring 19 to runner-up Wellesley's 37.

After one more weekend off, we were back to Harkness Memorial Park for the [NCAA Division III Regional Championship](#). I was confident in our abilities, but also knew a lot could go wrong. For the men, In addition to Deyo's foot hurting him, Maloney's hip was bothering him but I had no idea to what extent and I thought the treatment was working. Our plan was to target Williams as we

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believed we were at worst the third best team in the region and that there was a chance to win if we could place two in the top 10 and three more in the top 25. Deyo let his enthusiasm get the best of him and he bolted to the front, not at all following the plan. Godwin moved towards the front group along with Beyer but settled in the back of that group. Weiss and Maloney were not being aggressive. Throughout the race the men worked alone, losing focus on their objective and finished fifth overall with 128 points. Godwin finished 12th in 25:08 and Beyer 14th in 25:14 to lead the team. Deyo's start killed his race but he held on to 24th place in 25:28. Weiss ended up pulling ahead of Knoedler in the final mile to finish 36th in 25:40 while Knoedler was 42nd in 25:45. The women did not fair much better. Zimmermann was in more pain than ever, so I had no idea how she would do, but she seemed incredibly positive. Montgomery was talking a good game, but I did not think she



Maryann Gong '17 takes the NCAA Division III Regional title seven seconds ahead of runner-up Hannah Cole from Williams.

believed in herself. Quinn was trying to get her calves to work but they were not cooperating. Zeinstra was not her confident self due to her continued digestive problems and Wicker did not seem to be looking forward to the race, which usually meant poor results. Gong was locked and loaded, focused like I have not seen since indoor nationals last March. Zimmermann and Eccles were only four seconds behind Gong and the lead group at the two mile mark. This is where things began to unravel. Gong was still focused and anyone who knows her could see the race was hers. Zimmermann and Eccles were hanging tough, but lacked the closing speed. Zeinstra and Montgomery were losing ground instead of closing on Williams. When it was all said and done, Gong won easily by seven seconds in 21:36. Zimmermann finished in ninth in 21:57. Eccles lost a good bit of ground, but still finished 27th in 22:13. Zeinstra was 33rd in 22:24 and Montgomery 44th in 22:38. It was certainly our worst race of the year as we finished fourth behind Williams, Tufts and Middlebury. The last time we finished this badly was in 2012. The good part about that year was that we finished third at Nationals. Fortunately, both the men and women had raced well all season and been ranked among the top teams in the country while racing in one of the top two regions in the country. So, even though both teams raced poorly, they ran well enough to be picked for one of the at-large births to the NCAA Division III Championship.

We talked and put this poor effort behind us and focused on what we could do well and our experience at Nationals. We had to leave for the Lake Breeze Golf Course in Oshkosh, Wisconsin on



Colin Goodwin '17 at the mile mark of the NCAA Division III Regional Meet. Colin was the first MIT finisher in 12th place overall.

Wednesday, earlier than normal in order to get to see the course on Thursday and to give exams on Thursday morning, which would not have been possible if we traveled on Thursday. After seeing the course on both Thursday and Friday, the teams felt ready to execute the plan.

At the dinner Friday night, Maryann Gong was awarded female Runner of the Year for the New England region. We hoped that her and Cooper Sloan might win the Elite 90 Awards, given to the individual at the National Championship with the highest GPA. If there is a tie, the award goes to the individual with the greatest number of academic credits. Both had perfect 5.0 GPA's, but unfortunately both lost out on number of credits.

On Saturday, the weather was pretty brutal with temperatures below 30 degrees and the chance of snow falling. Fortunately the high winds blowing across the course on

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Thursday and Friday had subsided and the course was in great shape. The [women](#) were running first. Even though the ladies checked in early, there was still a possibility we would substitute for Zimmermann and Quinn due to the injury status. In the end the decision was to go with both of them because their attitude was very competitive, despite their discomfort.

In the first mile of the race, the pre-race favorite, Johns Hopkins, had all their runners in the front of the lead pack, and that is not something that tends to work well. We were all in the top third, looking pretty solid. Gong was towards the back of the top group, which caused me a little concern because that is where she settles when her confidence is not where it should be. Zimmerman, Wicker, Eccles and Quinn were in great position, and although Zeinstra was within striking distance, she was back farther than where she is when she is feeling it. Montgomery had already checked out, so we needed either Zimmermann or Quinn to deliver. Unfortunately, Quinn's calves did not cooperate and simply did not



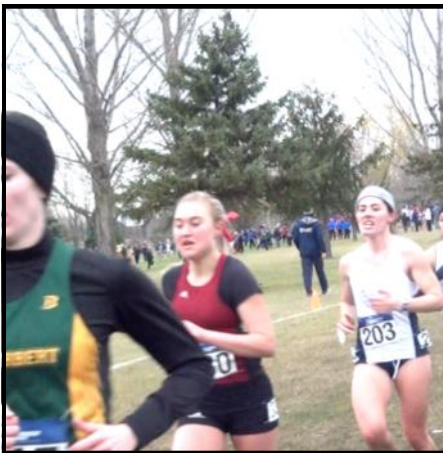
The women pose with their third place trophy at the NCAA Division III Championships. They defeated pre-race favorites Johns Hopkins and were just 3 points behind second place Geneseo State.

work, but Zimmermann only had to deal with pain and she does that well. Gong did fade back into a position in the 40's, but rallied in the final 800 to finish 16th. Zimmermann, Wicker and Eccles competed well, placing 45th, 48th and 60th respectively. Zeinstra finish 107th to close out the scoring for MIT. It would be after the men's race before we found out that the women finished in third place, just three points out of second.

The [men](#) had high hopes to show what they were capable of. I replaced Dennis Maloney with Josh Rosenkranz due to his hip and quad injury that severely impacted his regional race. Unfortunately, the possibility of racing to their potential was over in the first 300 meters, as Knoedler, Rosenkranz and Weiss ended up at the bottom of about a 50 person pile-up when one runner tripped and everyone behind followed suit. Both Weiss and Rosenkranz were spiked pretty badly, but all continued to race. Deyo's foot had gotten much worse since Regionals. The break in his foot was making it very difficult to race well. Godwin and Beyer got themselves in the top 30 early on,

but Sloan and Deyo were back a bit. Rosenkranz had rallied nicely and Knoedler was also moving up, but more patiently. Weiss checked out mentally before the two-mile mark. Godwin and Beyer fell back in the final two miles, but finished reasonably well in 48th and 54th place. Deyo fell back to 159th while Sloan finished 172nd. Knoedler closed out the scoring in 183rd to give Tech a 19th place finish. It was not the race anyone dreamed of, but all in all, finishing 19th out of over 450 Division III teams in the country, with two freshmen, three sophomores and two juniors, three of whom were trampled at the beginning of the race, is not that bad.

The MVP's for the season were Maryann Gong and Colin Godwin. The women will only graduate Nicole Zeinstra. The men may lose Matt Deyo to graduation, but he has junior eligibility if the Air Force allows him to defer a year and attend graduate school. Captains for the men will again be Deyo, Beyer and Gilligan, while Gong and Eccles will have that honor for the women. Both teams have a great shot at improving their regional and national finishes in 2016.



Leandra Zimmerman '19 was the 2nd MIT finisher in 29th place overall at the NCAA Championship Meet.

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claiming the victory 76 to 45. A few more competitors and the Alumnae would have pulled off the upset. The Alums took advantage of a Varsity squad that had some key injuries, that had very low numbers in some event areas and was missing their star pole vaulter, Cimmy Viridi '16, who was competing at the [Akron Pole Vault Convention](#) where she competed in the Elite section, clearing 13-1 1/2". Alumnae won four events. Louise van den Heuvel '14 took honors in the 800 with a wire to wire 2:17.75 victory. Preethi Vaidyanathan '15 took the victory in the High Jump at 5-3 3/4. Lauren Kuntz '13 claimed first place in the Pole Vault at 11-5 3/4. Michelle Johnson '15 won the Triple Jump with a leap of 35-10 3/4. With a scoring format of 5-3-1 the victories only accounted for 20 or their 46 points. Ellen Liverpool '15 earned second place in the Weight Throw, which was probably the most dramatic event on the women's side. Liverpool had won the New England Division III title last year, but had transitioned to competing as a power lifter this year. Jackie Vahey '17 placed second in that competition and was



Jarod Wilson '19 leads Nathan Munet '19, Chris Mutty '19 and Henry Tareque '17 half way through the 800 in the Alumni/ae Meet. At the finish, alum Sam Parker '15 split that front pack by placing third.

figuring it was her time. Liverpool was not ready to hand over the bragging rights as the top weight thrower, at least not without a fight, which she started by throwing over 50' on her second throw. Vahey took a while to relax, but on her third throw she let the 20 lb. ball fly 52' for the lead and a new PR. Liverpool came back with a 51-6 1/2, but could not reclaim the

lead. Other scorers for the Alumnae were: Ashley Wheeler '15 - 2nd place Shot Put 31-6 1/2, Julia Sharpe '09 - 3rd place Triple Jump 32-0 3/4, Michelle Johnson '15 - 3rd place Long Jump 15-8 1/4, Abby Klein '14 - 3rd place Pole Vault 10-11 3/4, Veronica Szklarzewski '15 - 3rd place High Jump 4-7 3/4, Stephanie Birkhimer '15 - 2nd place 60HH 10.59, Lauren Kuntz '13 - 3rd place 60HH 10.60, Alina Gatowski '11 - 2nd place 5,000 18:41.38, Elaine McVay '15 - 3rd place 5,000 18:50.75, Alexandra Taylor '14 - 2nd place 400 65.00, Brooke Johnson '13 - 3rd place 400 71.53, Lauren Kuntz '13 - 2nd place 200 29.31, and Abby Klein '14 - 3rd place 60 8.99. In addition to Vahey's Weight Throw victory, she also took first place in the Shot Put with a throw of 40-5 1/4, and then anchored the victorious 4x200 comprised of Hannah Chen '18, Bailey Tregoning '19, and Maryann Gong '17. Nneoma Okonkwo '18 had a great day, winning both the 60 in a personal best of 8.00 and the Long Jump in



Mary Eccles '18 has an early lead in the 5K at the Alumni/ae Meet, and goes on to win by 18 seconds in 18:23.76.

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another personal best of 17-6. In addition to her 4x200 leg, Chen won the 60HH in 9.49, took first place in the 200 in 26.28, claimed second in the 60 in a PR of 8.07 and earned second in the Long Jump in another PR of 17-2 1/4. Maryann Gong '17 won the mile, leading from start to finish in 5:08.59. Mary Eccles '18 also led wire to wire in winning the 5K in 18:23.76. Makenzie Patarino '19 added a 400 victory in 64.85 to her third place in the Pole Vault at 10-11 3/4.

The Alumni on the men's side brought the numbers and performances, but the Varsity squad is just too powerful this year. In the end, the score was 111 for the Varsity to 11 for the Alumni. Omari Stephens '08 was the high scorer for the alums, winning the Pole Vault at 14-11. Jordan Mizerak '14 added a second place in the High Jump at 6-0. Tyler Singer-Clark '14 took two third places; one in the 60 (7.27) and the other, the 200 (23.22). Sam Parker '15 also earned a third place, doing so in the 800 with a 2:01.26. The Varsity spread the wealth as there was only one double winner and that was Chris Sweeney '18, who won the 60 in an extremely close photo finish over Michael Kaba '15 in 7.23 and claimed first place honors in the 200 in 23.09. In addition, Sweeney earned second place in the 60HH in 8.68. There were many good battles that took place during the course of the meet. Perhaps the best of those was in the Triple Jump, an event where MIT should dominate at the Regional level. Carrington Motley '16 was the first to put one out there, jumping 44-10 on his second jump. In the third round Billy Ruschel '18 passed Motley with a 44-11 effort. Ryan



Jackie Vahey '17 won the Weight Throw in the Alumni/ae Meet, with a PR toss of 52' 0", after a heated battle with alum Ellen Liverpool '15, who took second at 51' 6-1/2".

Prinster '18 added a 44-1 1/4 to show he was in the mix. After passing their fourth and fifth attempts to save their legs a bit, the final round had some fireworks. Arinze Okeke '17 launched a 45-2 1/4 jump to take the lead. Angel Ecchevaria '16 one-upped Okeke with a 45-3 1/2 effort. Motley improved to 44-10 3/4 on his final attempt, but Ruschel could not. Remarkable marks from short approaches by all MIT jumpers. The Mile run was another one of those battles. Colin Godwin '17 took the lead, deciding to make it an honest race. His first 440 was 64 and Aidan Gilson '19 was right with him along with the rest of the field. At 2:09, Gilson was the only one with him, but Josh Rosenkranz '19 and Kunal Tangri '19 were just behind at 2:10. When the pace slowed slightly to come through the 3/4 mile at 3:15, Rosenkranz moved up and decided to take the lead. All this did was wake Gilson up, who took over the lead and charged all the way to the finish in 4:18.45. Godwin seemed surprised by the move and did not respond soon enough, but did overtake

Rosenkranz to claim second in 4:21.47. Josh earned third in 4:23.05. Tangri closed well to finish in 4:23.93. In the next to last event, the 5,000, another battle took place. Cooper Sloan '18 threw down the challenge when he went to the lead with a 34 first 200 and 72 first quarter. The pace settled a bit but Sloan along with Rory Beyer '17 and Dennis Maloney '19 kept the pressure on the old timers with an initial 1600 of 4:54. The second 1600 was slowing so Beyer took over the lead early on, but the threesome still slowed to a 4:58. The third 1600 really bogged down as they started running 76-77 second quarters. Maloney moved to the lead, but that got Sloan moving, who with 200 to go sprinted to the lead, finishing in 15:28.68. Maloney was second in 15:29.15 and Beyer third in 15:31.28. MIT had many event winners during the meet. Okeke had an impressive long jump of 22-3 3/4 to win that event. Trevor McMichael '19 cleared 6-0 to

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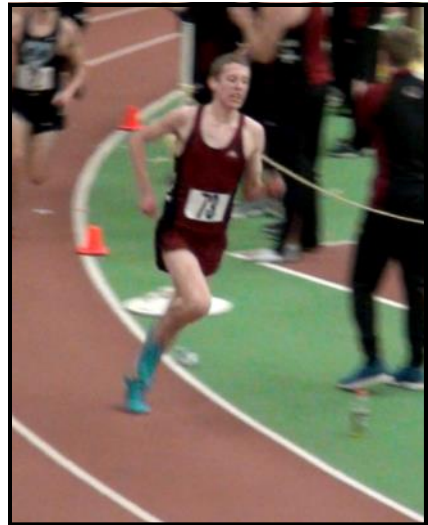
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win the High Jump. Cody Bratten '18 won the Shot Put with a throw of 41-7. Alex Noakes '16 was the victor in the 35 lb. Weight Throw at 43-11 1/2. Michael Kaba '15 won the 60HH in 8.62. States Lee '15 ran an impressive 50.69 on the notoriously tight turns of the MIT track to win the 400. Jarod Wilson '19 led start to finish in the 800 to win in 1:58.31. The quartet of Lee, Kaba, Luca Cacopardo '18 and Wilson ran 1:32.67 to win the 4x200 Relay for a new meet and varsity record. Other alums who competed were Hazel Briner '11, Justin Bullock '14, Martina de Geus '14, Matt Falk '12, Caroline Figgatt '11, Jared Forman '13, Kris Frey '15, Kyle Hannon '13, Matt Jordan '15, Eric Khatchadourian '06, Nick Leonard '11, Allen Leung '15, Maggie Lloyd '12, Pat Marx '13, Chris Masalsky '91, Eric Safai '14, Nate Sharpe '09, Rebecca Stavely '11, John Thomas '15, Logan Trimble '13, Cyrus Vafadari '12, Roy Wedge '14, and Jackson Wirekoh '13. Others in attendance cheering on their fellow "Has Beens" were Kaitlin Allen '14,

Kirsten Aarsvold '11, Emily Cole '09, Josh Duncavage '13, Michael DuPlessis '14, Kayla Harris '15, Joe Roy-Mayhew '08, Ben Schreck '15, Don Shobrys '75, Jason Tong '79 and Benji Xie '15.

The next two weeks we traveled to the state of Maine. The first weekend we were at [Bates](#) to compete against the Bobcats, Colby and in the men's meet, Southern Maine was added. The men showed off their depth and talent, scoring 266 points to 137 for Southern Maine, 131 for Bates and 68 for Colby. The women, down in numbers and suffering a lot of injuries, escaped with a 162 to 126 victory over Bates with Colby coming in with 76 points. Fortunately, the women won nearly every event and scored almost all possible field event points, so the lack of depth did not prevent the victory.

What was supposed to be a quadrangular meet at Bowdoin turned into a [10-way meet](#). The women took advantage of the competition, broke out some excellent performances and competed very well. Maryann Gong '17 ran the 3K all out to try and get one of the national qualifying



Josh Rosenkranz '19 unleashes a 29 last 200 to take the 3K at the Bowdoin Meet in a new freshman record of 8:33.32

performances out of the way. With no competition other than the runners she was lapping, Maryann went about hammering out the pace. She hit 5:11 at the 1600 and actually sped up a little to finish the 3K in 9:41.34, which turned out to be the fastest time in the country for DIII the entire season. The women won with 203 points with second place Merrimack College being the next closest team with 90 points. The men won with 190 points to second place Bowdoin's 90 points. In both meets, Tufts University was a distant third place, pretty much removing them as a threat to win the Division III Championship later in the season. In the men's meet, we rested Okeke. Chris Sweeney's hamstring tugged after the hurdle trials so we pulled him for the remainder of the meet. We lit up the 400, Mile and 3K. Lee won the 400 in 49.83 with Danny Newman and Derek Barnes running 50.86 and 50.89 respectively. In the Mile, freshman Aidan Gilson



Marshall Wentworth '16 clearing 13' 5-1/4" for fourth place in the meet with Bates, Colby, and Southern Maine.

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unleashed a 62 final 400 to win in 4:15.46, outkicking Kunal Tangri, another freshman, who finished third in 4:17.48. Josh Rosenkranz continued the freshman barrage, setting a freshman record in the 3K with an 8:33.32 performance.

The next three weekends would be invitational type meets, with the focus on qualifying for the fast sections in the respective events for the New England Division III Championships and to secure a spot among the eventual top 15 men and top 17 women in the country to guarantee going to the NCAA Division III Indoor Track & Field Championship.

The first of these invitationals was the [Boston University John Thomas Terrier Classic](#) on Friday and Saturday, combined with the Art Farnham Invitational at MIT. The women put down some impressive performances, led by Gong's 16:32.44, the second-fastest time in Division III history. The junior was incredibly consistent through 3200 meters with a 5:15 1600 followed by a 5:16. The fatigue started setting in as she only managed a 5:23 in the third 1600 followed by a 38 final 200. Bailey Tregoning showed she is for real as she ran 2:14.58, setting the MIT Rookie record. Okonkwo showed range as she ran 25.95 in the 200 and Chen opened her 400 season with a 58.10.

Jarod Wilson lived up to expectations in the 800, taking down Paul Neves's 1980 freshman record of 1:52.7 by running 1:52.74. The 400 runners showed they were still the team to beat in New England. Lee ran 48.64, Kaba 48.98, Newman 49.80, Barnes 50.10 and Luca Cacopardo '18 50.33. Kaba returned in the



At the BU John Thomas Terrier Classic, Maryann Gong '17 made her 5K debut, running 16:32.44 to post the second fastest time in DIII history.

200 to set a new MIT record of 21.90. Tre Albritten '18 ran 22.01, letting Kaba know he is close. Kaba made it a day, leading off the 4x400 with a 48.5. Wilson added a 50.3, Newman a 49.5 and Lee closed it out with a 48.5 to give MIT a 3:16.94. Tangri ran a great Mile, finishing in 4:13.25, less than two seconds from the freshman record of 4:11.67. Gilson took the very

recent 3K freshman record from Rosenkranz with his 8:28.85.

Back at the [MIT Art Farnham Invitational](#), the Men's Triple Jump weekly battle was shaping up nicely. Ruschel opened with a PR 46-11 ½, to which Okeke replied with a 47-6 and then a 47-7 ¾ to let the sophomore know he is not ready to give up the reign just yet.



Jon Fakkema '19 took 11th place in the Weight Throw at the Tufts Cupid Challenge with a toss of 40' 2".

The following weekend we kept the teams together, competing at the [Tufts Cupid Challenge](#). A number of the top New England Division III colleges were in attendance so the competition was at a pretty high level. The 5K runners, most of who had the prior weekend off, ran solid performances. Nicole Zeinstra '16 and Mary Eccles '18 ran 17:44.87 and 17:49.17 respectively to put themselves in good position for the championship season. Matt Deyo '16, just returning from injury, led the men with a 14:56.46, just ahead of Rosenkranz at 14:56.63. Another freshman, Maloney, ran 14:57.05. Gong used a rabbit to run a

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4:52.57. Tangri ran an excellent 2:30.81 in the 1000. In the field events, Vahey threw another PR at 52-8 $\frac{3}{4}$. Audrey Pillsbury '19 threw a huge PR in the Shot Put at 35-2 to give us some much needed depth in that area. Natalie Alper '17 once again jumped 5-3 $\frac{3}{4}$ in the High Jump, just missing the 5-6 mark.

Virdi was invited to the [Harvard Crimson Elite Meet](#), so we took advantage of that opportunity. She cleared 13-3 $\frac{1}{2}$ for the victory and a new indoor personal best. This was also the top mark in the country for Division III.

Just as two weeks earlier, we again sent the top runners to BU and the rest to MIT as we split the squad between the [David Hemery Valentine's Invite](#) and the Gordon Kelly Invitational at MIT. This was the week before New England Division III's, so the runners knew it was their final opportunity to run fast enough to guarantee getting in the fastest sections in the oval races since trials are no longer run in that championship, which means only sections on time.



Michael Kaba '16 with an excellent start in the hurdles at the BU David Hemery Valentine Invitational.

The women's DMR comprised of Zeinstra, Chen, Tregoning and Gong smoked an 11:45.66 for the fastest time in the country. While only Chen ran an outstanding race, they all performed well, running respective splits of 3:40, 56.8, 2:16.5 and 4:51.5. The day before Chen had run 57.53 in the open 400 and 25.96 in the 200. The men also tried a DMR, using three freshmen. They ran well, but not at the level necessary to qualify for Nationals. Tangri ran 3:07.5 in the 1200 leg, Lee a quick 48.2 for the 400, Wilson a solid

1:52.6 in the 800 and Gilson a 4:15.3 to close it out in 10:03.73. In the open events for the men, Albritten took the 200 record from Kaba, running 21.87. Lee ran a season best in the 400 at 48.55. Newman ran a PR of 49.30 and Barnes added a season best 49.74. They came back in the 4x400, using Kaba again as the leadoff. Kaba ran an excellent 48.4, Newman a 49.3, Wilson a much improved 49.6 and Lee an impressive 47.9 to give us a 3:15.38.

Back at the [Gordon Kelly Invitational](#) some good things were happening in the field events. Isabella Stuopis '16 led an impressive display in the Shot Put as she threw 42-4 $\frac{1}{2}$, with Vahey at 39-2, Pillsbury at 38-5 $\frac{3}{4}$ and Ariela Slutsky '18 at 37-6 $\frac{3}{4}$. In the Weight Throw, both Vahey and Slutsky threw PR's of 52-10 $\frac{1}{4}$ and 49-9 $\frac{1}{2}$. In the Pole Vault, Jen Tylock '17 cleared 11-7 $\frac{3}{4}$ to take sole possession of ninth place on the MIT all-time list. For the men, both Scott Cameron '19 and Marshall Wentworth '16 cleared 14-11. Virdi was invited to the New Balance Grand Prix Meet held at



Tre Albritten '18 looks to the scoreboard as he sets the MIT record of 21.87 in the 200M Dash at the BU David Hemery Valentine Invitational.

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Reggie Lewis. She performed well, clearing a new indoor personal best of 13-5 ¼.

Going into the New England Division III Championship, the women were seeded second to Williams while the men were solid favorites and were at home. The women would be competing at Middlebury College. Both teams had suffered their share of illnesses and injuries, but the men had suffered the most, losing championship competitors; Rory Beyer, Luca Cacopardo, Ben Freed, Colin Godwin, and Adrian Samsel. Throughout the [men's meet](#) we performed at the expected level, but Williams College consistently outperformed their seeds, making it a very competitive meet. Our strengths were in the long sprints and horizontal jumps, and although we were depending on freshmen we hoped to take advantage of the middle-distance events as well. Williams would also do battle in those middle-distance events, but would absolutely own the distance races. We certainly came through in the Triple Jump and 200, scoring 27 in the Triple and 20 in the 200. However, the Long Jump only



Aidan Gilson '19 sprints to victory in the Mile at the NE Div III Championship Meet.

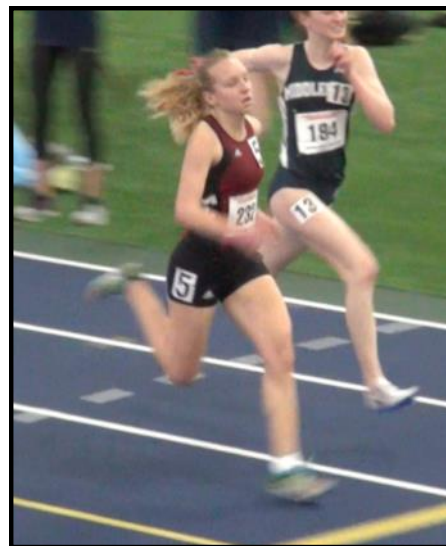


The Women cruised to victory in the New England Division III Championship meet , scoring 123.5 points to runner-up Williams' 93.83.

brought us 14 and the 400 only 13. Okeke won both horizontal jumps with 22-11 ¾ and 46-9 performances while Kaba was the man, taking not only the 200 (22.28) and 400 (49.85), but also the 60HH in 8.20. The freshmen did a respectable job in the middle-distance events as Gilson won the Mile in a very strategic 4:25.20, finishing with a 58 final 400. Wilson earned fourth in the 800 with a 1:53.94 and Tangri took sixth in the 1000 with a 2:32.21. Looking like they had a comfortable lead going into the two distance events and the relays, things changed pretty quickly when Williams scored 38 points in the 3K and 5K while we were only able to come up with five points earned by Maloney's fourth place in the 5K. Following a slow section victory in the DMR by Williams, we maintained a small three point lead with two relays to go. In the 4x400 a beat up Kaba was pulled from the event, but the quartet of Lee, Barnes, Michael Amoako '19 and Newman won in 3:22.30. Williams finished fourth to give us an eight point lead going into the final event, the 4x800 Relay, one in which we were depending on four

freshmen. Tangri ran 1:57.0, Rosenkranz came back from the 3K, managing a 2:04.3, Chris Mutty '19 ran 1:59.5 and Wilson came through with a 1:55.7 to give MIT seventh place. Williams placed fifth, leaving MIT with a 6 point lead for the victory and our fourth consecutive New England Division III Indoor title.

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Nicole Zeinstra '16 wins the 3K at the NE Div III Championship Meet in a time of 10:08.10.

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The [women's meet](#) was largely one of attitude. Even though Williams was slightly favored, it was clear their team did not want it as much as ours. Alper started things off in the Pentathlon, placing fourth after a courageous 2:25 800 to score one place higher than her seed. At the start of day two, we needed points early and fortunately the Pole Vault, Long Jump and Weight Throw were all the first events. In the Long Jump, Williams seeded to score 14 only managed six points while we took nine with Okonkwo placing third at 17-8 $\frac{3}{4}$ and Chen taking sixth at 17-5 $\frac{1}{2}$. We only took 16 of the 20 we were supposed to get in the Pole Vault, led by Virdi's victory, but claimed three points more than we were seeded in the Weight Throw as Vahey won with a big PR of 54-8 $\frac{1}{4}$ and Slutsky took sixth in a PR of 50-3 $\frac{1}{4}$. This put us up 43-6 over Williams and you could see the defeat in their body language. In the first running event, the DMR, Williams had the strongest team, but finished third when Middlebury rose to the occasion on their home track and



States Lee '16 wins his section in the 400 finals at the NEICAAA Championship Meet with a new MIT varsity record time of 48.00.

Zeinstra came from behind to run 5:01.8 and pass Williams in the final 400 to take second place. We kept the foot on the gas as Gong won the Mile in 4:56.15 and took second in the 1000 in 2:57.12. Tregoning claimed second in the 800 in 2:16.18 and Zeinstra came back to win the 3K in 10:08.10. With the 4x400 and 4x800 Relays to go the meet was over. We pulled our top legs in the 4x400 and the entire 4x800 team, coasting home with a 123.5 to 93.83 victory over Williams.

So now the focus was on placing as high as possible at Nationals. The two meets preceding Nationals were the [NEICAAA Championship](#) and a Last Chance Qualifier hosted by Tufts University. The IC4A Championship was another possibility, but with the qualifying period ending on the Saturday before Nationals, the second day of the IC4A's would not count. First up was the NEICAAA's at BU. Although we leave distance runners out of this meet as a rule and do not necessarily care about our team place, we do come to compete to the best of our ability. Overall the meet was a tremendous success as the athletes set three varsity records and one freshman record. Okonkwo again jumped well, this time placing eighth in the Long Jump with a new MIT record of 17-11. Okeke also jumped well, setting a personal best of 23-2 $\frac{3}{4}$, placing fourth. On the second day, Okeke placed sixth in the Triple Jump with a mark of 47-7. In the throws, Vahey threw another personal best of 54-11 $\frac{1}{4}$ to earn third place and Stuoipis threw her season best 42-7 $\frac{1}{2}$ for fourth place. Also setting a personal best and placing seventh was Sherry Wan who cleared 11-9 $\frac{3}{4}$ in the Pole Vault. On the track we had a number of superb



Despite losing a shoe, Dennis Maloney '19 runs 14:47 in the NEICAAA Championship 5K to set a new MIT freshman Record.

performances. Chen ran a PR 56.59, but still was unable to advance to the finals. Lee ran a season-best 48.41 to win his heat and make finals. Newman ran a PR of 49.58, but did not advance. In the shorter sprints, Albritten had a poorly run 21.90, but still made finals. In the finals, Lee won the fast section in a screaming 48.00 for a new MIT record. However, in the slow section two others ran faster relegating Lee to third place. Albritten ran a much better race in the finals, placing fourth in a new MIT record of 21.79. In the 5K, Maloney lost his shoe in the first mile, but did not let it faze him. Bloody foot and all, Maloney kicked it in nicely to place fourth in a new MIT freshman record of 14:47.94. In the relays, the 4x400 was supposed to be the highlight for MIT. However, Kaba's hamstring acted up after the 60HH so we pulled him from the meet and reinserted Wilson to race along with Barnes, Lee and Newman. Despite legs of

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48.8 for Lee, 49.3 for Wilson, 49.0 for Barnes and an amazing 47.9 by Newman for an apparent 3:15.06 victory, the team was disqualified for Lee cutting off the handoff for Tufts when he moved to the inside lane after his handoff. The women wanted to secure their spot at Nationals in the DMR so wanted to give it another shot. It was a good decision as Zeinstra ran 3:38.6, Chen 58.0, Tregoning 2:13.4 and Gong 4:47.6 for the fastest time in the country for DIII at 11:37.76. They placed third in the meet. The men also gave it another try. Tangri ran a much more competitive 3:04.3 for the 1200 and Lee ran 48.0 as expected. Wilson ran very well at 1:51.5 and Gilson raced a much tougher leg than before with a 4:12.8. The 9:56.67 placed sixth and had the team ranked seventh on the NCAA list, which would probably not be good enough.

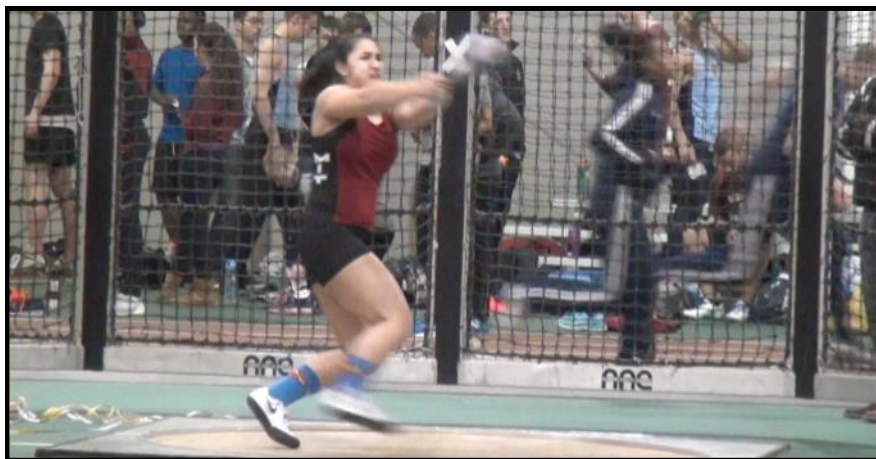
The team kept up their amazing performances at the [Tufts Last Chance Qualifier](#). Cameron set a freshman record in the Pole Vault as he placed second at 15-5 ½. Eccles, taking the previous weekend off from racing after her 3K-5K double from NED3's, was

determined to do well. Despite a fast pace, which had Eccles far off the lead, she focused on pace and racing, moving up well as the race progressed. Moving into second in the final laps of the race, she finished in 17:25.09, a time that would get her to Nationals. Zeinstra also ran a national qualifying time, hers in the 3K as she placed third in 9:58.05. In the men's 5K, Deyo ran a fine 14:46.36 to place fifth, but that time would not get him to Nationals. Sweeney ran a personal best of 8.29 in the 60HH.

The next day at the [IC4A's](#), hosted by BU, we were trying again with the 4x400, this time with Kaba and without Wilson, who was running the 800. If Wilson were in the 800 at Nationals, it would be too close to the 4x400 for him to do both as a freshman. In the 800 trials, Wilson ran 1:51.11 to win his heat and lower his freshman record while making the IC4A final. Kaba showed a little rust, but was solid enough as he ran 49.3 and still protected his hamstring. Lee, after a less than spectacular exchange ran a 47.9 to put us in a good spot. Barnes ran his best indoor race ever, throwing down a 48.4 to put us in excellent shape.

Newman left early, causing the team to lose time. Regardless, he raced well, running 48.9 to give his team a new MIT record of 3:14.43 and ranking them third on the NCAA list. Unfortunately they did not make the finals. In the 800 final, Wilson raced with determination. An aggressive pace brought him through splits of 26.1, 53.6 and 1:21.8. Wilson did not slow, running 1:49.70 for a new MIT record, placing third as he just got nipped at the line by less than .01, and running the sixth fastest indoor 800 in Division III history.

On to [Nationals](#) at Grinnell College in Grinnell, Iowa where we would be represented by eight men and six women, a relatively small contingent. Prior to the meet, at the Coaches' and Athletes' Banquet, MIT cleaned up on the awards. Cimmy Viridi was voted New England Region Female Field Athlete of the Year. Maryann Gong was voted New England Region Female Track Athlete of the Year and Arinze Okeke was voted New England Region Male Field Event Athlete of the Year. Coach Halston Taylor was voted both Men's and Women's New England Region Head Coach of the Year. The women were seeded to perform very well, but this was almost all based on Gong winning her events, including the DMR, which when all are clustered in a 24 hour period with excellent competition was not likely to happen. However, Viridi was up first in the Pole Vault, out to defend her national title for the second year in a row. After almost no-heighting 12-9 ½, she finally found the right pole and made it on her third attempt. After clearing 12-11 ½ and 13- 1



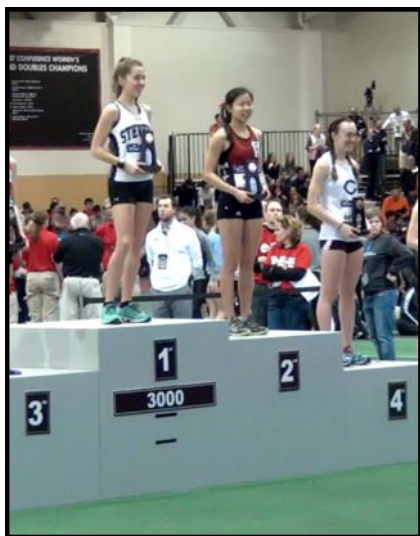
Ariela Slutsky '18 threw the Weight a season best 50' 5-1/4" in the Tufts Last Chance Qualifier.

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... INDOOR TRACK AND FIELD

(Continued from page 28)

½ on her first attempts, she was again national champion. As the lone remaining competitor she moved the bar to 13-6 ½, she cleared again on her first attempt to set a new MIT and facility record. At 13-10, which would be a new NCAA Division III record, she was over on her final attempt but brushed the bar off on the way down. Gong moved on to the finals in her Mile trials, running a comfortable 5:00.13. While Eccles did not place in the 5K, she did everything in her power to make that a reality. En route she actually ran a 3K PR in 10:17, but faded in the final mile, placing 10th in 17:31.00. Neither Lee, nor Chen advanced in the 400 trials, running 50.06 and 58.35 respectively. Albritten moved on to the finals in the 200 with his 22.00 trials performance. Wilson, looking ready, reverted to thinking too much, this time thinking himself right out of the race as he gave up after 400 meters, finishing in 1:59.94. The 4x400 Relay trials were at the conclusion of day one. Not accustomed to racing fast on a flat track, the



Maryann Gong '17 receives the second of her three All America awards, 3rd in the Mile, 2nd in the 3000, and 6th in the DMR.

quartet of Kaba, Lee, Barnes and Newman were determined to make finals. Kaba got the lead and held it, splitting 49.6, Lee lost, then regained the lead with his 49.6 to give Barnes a very slight lead. Barnes actually expanded the lead as he ran a magnificent 49.4. Newman almost won his heat, but got passed at the end. His 49.4 gave us a 3:18.12 to move into the finals. The final event of day one was the women's DMR. While the success of the team rested on the legs of Maryann Gong, allowing the overall team to be successful in this meet meant the rest of the DMR would need to set her up so she would not have to make up too much time, thereby saving something for the Mile final the next day and the 3K after that. Unfortunately, the inexperience of Zeinstra and Tregoning did not work out well for Gong. Zeinstra got bounced to the back at the start and was unable to move up to the front, splitting 3:41 she was at least 50 meters back at the handoff to Chen, who ran a 59.1, not moving the team up at all. Tregoning is super competitive, but without discipline. She took off with a 29, which pretty much doomed the end result. By the time she hit the 400 in 64 Tregoning was within 20 meters of the lead, but started going backwards, finishing in 2:20. Gong went out in 70 and by the 600 mark was with the leaders. I had her stay there instead of going around, which may or may not have been an error on my part. Gong later said she lost momentum and started to think. She was unable to get her speed back, running a very solid 4:50 to give her team sixth place—a lot of energy for just three points. Day two began with the Triple Jump for us. Ruschel did not make finals but jumped a respectable 45 -10 for 12th place. Okeke just



States Lee '16 anchors the 4X400 Relay at the NCAA Championship Meet, winning the heat in 3:17.84 and making the podium with a 4th place overall.

made finals on his third jump in the trials, and then took advantage of the opportunity, jumping a new indoor PR of 48-1 ¾ to move up into fourth place. Gong returned in the Mile finals. While she wanted to just hammer the pace that was not practical with the 3K later that day. Unfortunately the pace was rather slow as they only came through the 1200 in 3:44. Gong did not get the jump, but looked to be good for second before she got passed right at the finish, giving her third place in 4:54.67. Albritten did not seem to have the same energy and confidence as the day before, but still raced well, good enough for seventh place in 22.31 in the 200—MIT's first male All-American in that event. Gong returned for the 3K with a plan. Amy Regan of Stevens Institute had won the 5K easily by charging out at the start, opening up a huge lead in the first 400 and holding it. She

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... INDOOR TRACK AND FIELD

(Continued from page 29)

was likely to do the same thing in the 3K, so Gong needed to be prepared for this and to see if she could hold on long enough to take her at the finish. If she was not committed to this fight she could get dropped into limbo and get passed by everyone as the race progressed. She understood the options and elected to go with Regan should she try the same strategy. Sure enough Regan took the first 400 out in 72 and Gong was right on her heels. The pace slowed to a more reasonable pace as Regan and Gong came through the 1600 in 5:04. Zeinstra was also in the race and had planned on picking off those unable to stay with the fast pace. However, even at the back of the pack her first 1600 was 5:10, which left little in her tank. Gong fell off four seconds to Regan in the next 800, but opened up seven seconds on the rest of the field. Gong finished in

second, running 9:35.00, a time that would have been a new championship record had Regan not run 9:30.80. Zeinstra finished 15th in 10:07.52. The women just missed the podium, finishing in fifth with 27 points. The men's 4x400 final was our last event. I switched up the order, moving Lee to anchor. Kaba led off, giving the team the lead with a solid 49.6. Newman took off hard, maintained a slight lead with his 49.3 as he handed off to Barnes. Barnes continued to shine in the relay as he expanded the lead with a 49.1. Lee, still having problems with flat track turns, lost ground, but held onto the lead to win the section in 3:17.84. In the second section three teams ran faster than MIT, giving us fourth overall. The 12 total points gave the men a tie for 16th place.

The MVP's for the season were Cimmy Viridi for the women and Michael Kaba for the men.



Cimmy Viridi '16 earns her third Indoor National Championship PV Title in a new MIT record of 13' 6-1/2".

Captains next year are Natalie Alper, Hannah Chen, Maryann Gong and Jackie Vahey for the women and Matt Deyo, Ryan Prinster and Henry Tareque for the men.

New MIT Indoor Records

Bailey Tregoning	W -- Freshmen 800	2:14.58
Scott Cameron	M -- Freshmen Pole Vault	15-05 1/2
Aidan Gilson	M -- Freshmen 3000	8:28.85
Dennis Maloney	M -- Freshmen 5000	14:47.94
Jarod Wilson	M -- Freshmen 800	1:49.70
Maryann Gong	W -- Varsity 5000	16:32.44
Nneoma Okonkwo	W -- Varsity 60	7.85
Nneoma Okonkwo	W -- Varsity Long Jump	17-11
Cimmy Viridi	W -- Varsity Pole Vault	13-6 1/2
Tre Albritten	M -- Varsity 200	21.79
Michael Kaba	M -- Varsity 60HH	8.20
States Lee	M -- Varsity 400	48.00
Jarod Wilson	M -- Varsity 800	1:49.70
Michael Kaba, States Lee, Derek Barnes, Danny Newman	M -- Varsity 4x400	3:14.43

OUTDOOR TRACK RECEIVES A FACELIFT AND FACILITY ENHANCEMENT

by Halston W. Taylor

It had been planned for a year or so to replace the grandstands for Steinbrenner Stadium / Robert's Field as well as enlarge the pressbox and add bathrooms to the facility. The escalating cost and lack of funding put things on hold, but it became a go for the summer of 2016. Work is nearing completion and there is excitement about these new facilities.

Last summer (2015) it was also clear that the outdoor track was beyond its last legs and soon would no longer be safe. However, there was no money put away, or initially fund raised, to add this to the grandstand project. In many circumstances, DAPER is expected to fund raise to support capital projects. Since it made good sense economically to do all the projects at once, in the late winter our Athletic Director, Julie Soriero made the decision to see if we could raise the money necessary to renovate the track, which is costing approximately \$2 million. Led by Don and Sherie Morrison, who contributed a leadership level gift for the naming opportunity of the track, a number of you also came through in a very short period of time.



The renovations include a new restroom facility, new expanded seating in the bleachers and a new press box that is nearly double in size compared to the previous one. The seating has increased by 200 seats and will now hold nearly 1,000 fans, including ADA access to the bleachers by ramps and an elevator. The press box is equipped with state-of-the-art technology to allow for live streaming of events and coverage of the MIT athletic teams.

Although we are still a bit short, Julie was able to temporarily make up the difference with discretionary funds to cover the cost of the project while we continue to fundraise.

We are putting down a Beynon 2000 Hobart system, which is exactly the surface at the University of Oregon for those of you who took in the Olympic Trials. The IAAF, which is the governing body for International Track and Field dictates that all tracks have to fall within a durometer reading (force reduction) of 35-50% with 35 being on the hard side and 50 being quite soft. Our D's are going to be on the lower end for the purpose of better jumping

performances. The oval will be a bit softer so it will be better for training as well as racing.

The wiring will be updated to fiberoptic so we can get the data faster for the finish line and field lynx results, as well as a possible future display scoreboard. The improvements to the jumping and pole vault runways will be very helpful. The jumping boards will be in a better location and the vaulting boxes will be far enough apart so if we have to flip the pits due to a change in wind direction it will be a much easier project. The plugs for the boxes and boards will be solid rubber, which will decrease the potential damage from vehicles running over them.

The project should be completed in time for the fall sports in mid-August. The upgrade will be a much superior product and will provide for better training and racing, as well as the ability to continue to host top level championships for years to come.

The track dedication will be on April 29 when we host the NEWMAC Outdoor Track & Field Championship.



The track has been upgraded with an Olympic caliber [Beynon BSS 2000](#) surface with a Hobart finish, and all of the field competition areas were also fully resurfaced.

2016 - 2017 OUTLOOK

by Halston W. Taylor

Cross Country

Both the Men's and Women's Cross Country teams are coming off successful seasons in 2015, but both teams need an attitude change if they wish to take advantage of the incredible talent on both teams. Looking back on the years when our teams won the New England Regional title, (2010 for men, 2009, 2012, 2014 for women) there was one common thread, and that was a sense of ownership. Regardless how the team had done earlier in the season (2009, 2010) when on the starting line for the regional title, the team was determined to go get and take what they felt was rightfully theirs. In other years, something about the attitude was just not there.

Last year I felt both teams had the talent to win both the men's and women's title. However, Williams had the attitude. We doubted our ability and were not committed to the task. When a team is truly "owning" it as a team, the individuals do not think about themselves. You can compare it to being on a relay team. There is no room for individual inward thinking. It is all about your role in making the team victorious. Each of those championship years there was an individual on the team who brought that special leadership that galvanized the team, making them believe. If that individual steps up this year, big things could happen.

For my part, I need to keep the team healthy. As the team improves and we recruit better talent, there is a request by the athletes to work harder and put in more miles. This is certainly not a bad thing, but thus far I have been negligent in sticking with my roots, which is a belief in training



Katie Bacher comes to MIT next year from PA with a 5:01 PR in the 1600.

other movements and directions. I did this in my own training and when I coached my own high school team my senior year. In addition, I am investing in getting certified in FMS (Functional Movement Screening), which should allow me to detect dysfunctional movement and patterns and correct those before allowing the conditioning to go too far.

The men graduated no one and the women only lost two, Nicole Zeinstra and Heather Sweeney. Both teams brought in impressive freshman classes to add to already deep pools of talent. I believe both teams have the ability to challenge for the national championship. This would require not only the right attitude, but also staying healthy and running an intelligent and successfully strategic race. Even with all that there, may be a team or two that are simply more talented and want it more. However, we should be in the conversation at the very least.

We have never had such depth on the men's team. Last year we had nine returning men run sub 15:35 in the 5K with three of them running sub

15:00. We have six sub 32:00 10K runners returning. Top seven returning with best 8K times are:

Colin Godwin	25:06
Rory Beyer	25:10
Dennis Maloney	25:23
Daniel Weiss	25:23
Matt Deyo	25:28
Cooper Sloan	25:44
Alex Knoedler	25:45

We have some impressive incoming freshmen who could possibly make it into the top seven. Those who have a strong shot at contributing their first year are:

Top Incoming Freshmen

Brian Bates New York
16:05 - 5Kxc, 9:27 - 3KSteeple,
4:25 - 1600

Josh Derrick Illinois
14:46 - 3.0xc, 9:31 - 3200,
4:29 - 1600

Joe Faraguna Texas
15:49 - 5Kxc, 4:26 - 1600

Nate Foss Virginia
15:47 - 5Kxc, 4:19 - 1600

Steven Goldy Colorado
15:15 - 5Kxc

Charlie Nodus Illinois
14:29 - 3.0xc, 9:17 - 3200

The women, coming off years where they finished as National Runners-Up in 2014 and third in 2015, return three All Americans (although two are from 2014), some additional impressive upper class talent and an amazing freshman class, who could move up on the podium. The returning top seven with 6K times from last year are:

Maryann Gong	21:31
Christina Wicker	21:47
Leandra Zimmermann	21:52

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Mary Eccles	21:54
Megan Montgomery	22:38
Jenny Xu	22:38
Sarah Quinn	22:46

The incoming freshmen are the best ever on paper. If they have the maturity to be patient and not come out of the gate too fired up, making the top seven could be more of a challenge than being top four at Nationals.

Top Incoming Freshmen

Katie Bacher Pennsylvania
18:41 - 5Kxc, 11:15 - 3200,
5:01 - 1600

Skylar Brooks West Virginia
19:05 - 5Kxc, 2:19 - 800

Charlotte Folinus Georgia
19:12 - 5Kxc, 11:27 - 3200,
5:19 - 1600

Erin Grela Massachusetts
18:58 - 5Kxc, 11:10 - 3200,
5:16 - 1600

Megan McCandless California
17:36 - 5Kxc, 10:24 - 3200,
4:49 - 1600

Marissa McPhillips Rhode Island
18:22 - 5Kxc, 4:41 - 1500,
2:14 - 800

Jenna Melanson Washington
18:40 - 5Kxc, 11:03 - 3200,
4:47 1500

Maia Mesyngier Pennsylvania
18:42 - 5Kxc, 10:59 - 3200

Margaret Trautner Texas
19:02 - 5Kxc, 2:16 - 800

Tessa Weiss Arizona
18:18 - 5Kxc, 10:42 - 3200,
4:51 - 1600

Track & Field

In Track & Field we are losing a lot on the men's side and while not as much on the women's side, the losses are very key personnel. The men are losing 20% of the team to graduation—51.5 points from this past year's New England Division III Indoor Championship and 44 points from the outdoor championship. Recruiting tends to come in waves, and of course, graduation mirrors that. Losing our quartet of excellent long sprinters (Derek Barnes, Michael Kaba, States Lee, Adrian Samsel) will be devastating for us, but a welcome event for our opponents. We are losing two of our top triple jumpers, Carrington Motley and Angel Echevarria. We would have lost Arinze Okeke as well had he not taken a year away from MIT. As you can see, the class of 2016 turned our men's team into a championship juggernaut.

The question is, can we continue in championship mode with those losses. So the top two returning performances per events looks like this:

60HH Christopher Sweeney - 8.29
Luke Gray - 9.26

110HH Christopher Sweeney - 14.94
Luke Gray - 16.47

60 Christopher Sweeney - 7.23
Tre Albritten - 7.27

100 Tre Albritten - 10.82
Luca Cacopardo - 11.42

200 Tre Albritten - 21.49
Danny Newman - 21.73

400 Danny Newman - 48.97
Tom Frejowski - 49.98

400IH Christopher Sweeney - 53.65
Luca Cacopardo - 53.78

600 Henry Tareque - 1:25.15
Chris Muttly - 1:26.14



Incoming freshman, Alec Reduker, the 2016 Massachusetts State and New England Indoor High Jump Champion, brings his 6' 10" HJ PR as well as some skill in the LJ, PV and Hurdles to MIT next year.

800 Jarod Wilson - 1:49.70
Nathan Munet - 1:56.92

1000 Colin Godwin - 2:29.87
Kunal Tangri - 2:30.81

1500 Matt Deyo - 3:57.79
Josh Rosenkranz - 4:00.26

Mile Colin Godwin - 4:11.15
Kunal Tangri - 4:13.25

3000 Colin Godwin - 8:23.41
Matt Deyo 8:26.56

3000SC Ben Freed - 9:16.04
Aidan Gilson - 9:23.50

5000 Matt Deyo - 14:46.36
Dennis Maloney 14:47.94

10K Matt Deyo - 30:42.78
Dennis Maloney - 31:16.23

400R 41.74 (two graduated)

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1600R 3:11.74 (three graduated)	Josh Derrick Illinois 3.0xc - 14:46, 4:29 - 1600 9:31 - 3200	Billy Woltz Ohio 1600 - 4:21, 5Kxc - 15:46, 800 - 1:55
3200R 7:52.42	Adam Estes Massachusetts SP - 47-5	
DMR 9:56.67		
LJ Arinze Okeke - 23-02 $\frac{3}{4}$ Luca Cacopardo - 21-10 $\frac{1}{4}$	Joe Faraguna Texas 5Kxc - 15:49, 1600 - 4:26	
TJ Arinze Okeke 48-07 $\frac{1}{2}$ Billy Ruschel 48-05 $\frac{1}{2}$	Nate Foss Virginia 5Kxc - 15:47, 1600 - 4:19	
HJ Milo Knowles 6-02 Trevor McMichael 6-00	Steven Goldy Colorado 5Kxc - 15:15	
PV Scott Cameron 15-05 $\frac{1}{2}$	Nicolas Gomez del Campo Connecticut 5Kxc - 17:25, 3200 - 10:19 1600 - 4:49	
WT Jonathan Fakkema 44-06 Cody Bratten 42-02 $\frac{1}{2}$	Tyndale Hannan Ohio 800 - 1:52.73, 400 - 51	
SP Cody Bratten 46-03 $\frac{1}{2}$ Jonathan Fakkema 44-11 $\frac{1}{2}$	Shane Lyons Maine LJ - 21-0	
HT Jonathan Fakkema 148-01 Cody Bratten 138-03	Ian McNally New Jersey 800 - 1:55.90, 600 - 1:20.76 400 - 52.56	
DT Cody Bratten 156-06 Jonathan Fakkema 134-00		
JT Luke Gray 154-11 $\frac{3}{4}$ Julius Baldauf 125-09	Albert Menio Pennsylvania DT - 149-6, WT - 47-6, SP - 43-2	
Hept Luke Gray 4247	Charlie Nodus Illinois 3200 - 9:17, 3.0xc - 14:29	
Deca Luke Gray 5532	Raja Rajcic Texas PV - 14-0	

This is not particularly impressive across the board, but the top end in a lot of events is very impressive. However, when we add the incoming freshmen it is obvious we maintain strength in the areas of heaviest graduation while rebuilding tremendous quality and depth in the 800 and High Jump events.

Top Incoming Freshmen

Simon Alford Ohio
800 - 1:52.99, 400 - 50.02

Brian Bates New York
3000SC - 9:27, 1600 - 4:25,
16:05 - 5Kxc

Alec Reduker Massachusetts
HJ - 6-10

Steven Speck Ohio
HJ - 6-5

Daniel Sun California
300IH - 38.41, 110HH - 14.53

Bobby Upton Pennsylvania
15-0 - PV

Ike Urquhart Utah
800 - 1:53, 400 - 50.88

Chris Washington Texas
HH - 15.28, HJ - 6-6, LJ - 21-6

I never like to depend on freshmen to do anything other than learn our process, get comfortable with MIT and competing in college, and learn how to be competitive versus performing for marks. Staying healthy and depending on our leadership will be the keys to our continued success.

On the women's side we may never replace Cimmy Viridi, although she does have an outdoor season of eligibility remaining and we hope she may take advantage of that in another year or so. Overall, the women are graduating 31 points from the New England Division III Indoor Championship and 18.5 from the outdoor championship. We are not getting hit in any particular area and should be well balanced, although only deep in the 800 through distance, the vault and the throws.

The top two in each event returning are:

60HH Hannah Chen - 9.04
Haley Strouf - 10.03

100HH Hannah Chen - 15.03

60 Nneoma Okonkwo - 7.85
Hannah Chen - 7.91

100 Nneoma Okonkwo - 12.35
Kendra Knittel - 12.36

200 Kendra Knittel - 25.16
Hannah Chen - 25.93

400 Hannah Chen - 56.59
Kendra Knittel - 58.55

400IH Hannah Chen - 61.03

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(Continued from page 34)

600		DT Jackie Vahey 153-01 Ariela Slutsky 139-08	Jenna Melanson Washington 2KSC - 7:30, 300IH - 47.21, HH - 15.93, 18:40 - 5K, 11:03 - 3200, 4:47 - 1500
800	Bailey Tregoning - 2:10.84 Maryann Gong - 2:14.78	JT Dana Balek 120-01 ½	
1000	Maryann Gong - 2:57.12 Bailey Tregoning - 3:05.96	Pent Natalie Alper 3110 Haley Strouf 2741	Michelle Menkiti Texas 100 - 12.42, 200 - 25.59
1500	Maryann Gong - 4:28.43 Sarah Quinn - 4:32.19		Maia Mesyngier Pennsylvania 3200 - 10:59, 5Kxc - 18:42, 3K - 10:23
Mile	Maryann Gong - 4:49.61 Sarah Quinn - 4:51.50		Kathryn Mohr California PV - 12-04, 100 - 12.52
3000	Maryann Gong - 9:33.49, Sarah Quinn - 9:42.74	Again, staying healthy is extremely important given how little depth we have in so many areas. The freshmen are particularly strong in the areas where we are already strong; vault and distance. We are picking up some triple jump and hurdle help as well as what may be a couple of multi's. Here are the incoming freshmen.	Jane Reed Connecticut 400 - 61.04, 200 - 27.08
3000SC	Leandra Zimmermann - 11:51.02		Kaitlyn Sparks South Africa PV 12-6
5000	Maryann Gong - 16:43.28 Sarah Quinn - 16:56.65	Top Incoming Freshmen Katie Bacher Pennsylvania 1600 - 5:05, 3200 - 11:15 5Kxc - 18:41	Margaret Trautner Texas 800 2:16, 5Kxc 19:02
10K	Maryann Gong - 35:31.22 Mary Eccles - 36:06.03	Skylar Brooks West Virginia 800 - 2:19, 5Kxc - 19:05	Tessa Weiss Arizona 800 - 2:15, 1600 - 4:51, 3200 - 10:42, 5Kxc - 18:18
400R	48.40	Alexis D'Allesandro New York 100 - 13.24, 200 - 27.94	Gabriella Zak New Jersey TJ - 35-2, HJ - 5-0, 100HH - 15.14, 400IH - 65.15
1600R	3:59.61	Charlotte Folinus Georgia 5Kxc - 19:12, 3200 - 11:27 1600 - 5:19	
3200R	9:41.94	Erin Grela Massachusetts 1600 - 5:16, 3200 - 11:10 5Kxc - 18:58	
DMR	11:37.76	Folusho Jebutu Texas DT - 124	
LJ	Nneoma Okonkwo 19-06 Haley Strouf 18-08	Jasmine Jin Texas LJ 16-6, TJ 36-7, 400 62	
TJ		Shea Landeene Arizona LJ - 17-8, 100HH - 15.31, 300IH - 46.46	
HJ	Natalie Alper - 5-05, Katherine Prutz - 5-03 ¼	Megan McCandless California 5Kxc - 17:36, 3200 - 10:24, 1600 - 4:49	
PV	Jen Tylock - 12-02 Makenzie Patarino - 11-01 ¾	Marissa McPhillips Rhode Island 800 - 2:14, 1500 - 4:41, 5Kxc - 18:22	
WT	Jackie Vahey 54-11 ¼ Ariela Slutsky 50-05 ¼		
SP	Jackie Vahey 42-10 ¾ Ariela Slutsky 42-10 ¾		
HT	Jackie Vahey 170-01 Ariela Slutsky 154-09		

While nearly everyone is focusing on the year to come, the coaching staff is well on their way to building the following year's class, which appears to have the usual strengths, but an amazingly strong horizontal jumps group on the women's side. The building of the program never stops.

2016-2017 MIT COACHING STAFF



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

DAPER Bios:
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](#)



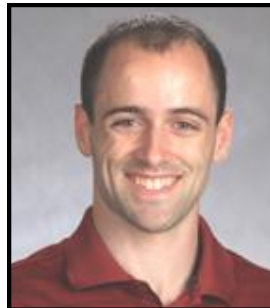
Laura Paulsen
Volunteer Assistant
middle-distance, distance

[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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Louise van den Heuvel
Volunteer Assistant
distance

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Peter McNaughton
Assistant Coach
sprints and hurdles

[DAPER Bio](#)



Pete Sampson
Assistant Coach
distance, recruiting, I
njury transition

[DAPER Bio](#)

IT TAKES AN ENTIRE COMMUNITY, ALL WORKING TOGETHER, FOR OUR PROGRAM TO BE SUCCESSFUL

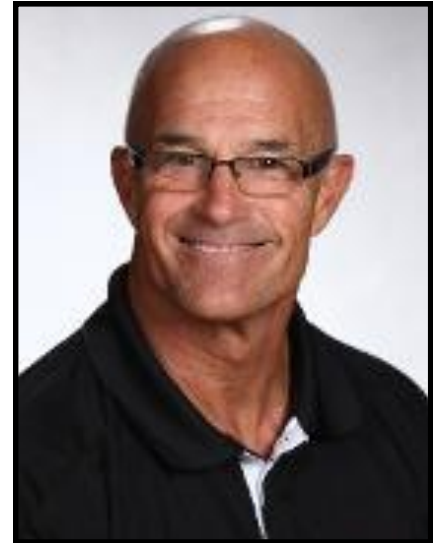
by Halston W. Taylor

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. As seen this past year, we are part of the reason for the injuries sustained just by the fact we did not have the foresight to see them coming. 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, but above all, to do no harm.

The credit also goes to a large supporting cast. Starting with Julie Soriero, 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. A classic example of this is the fact we are getting the outdoor track renovated this summer (see facility upgrades on [page 31](#)).

The athletic administration, in particular John Benedick, Associate Athletic Director and head of compliance, and Barb Bolich, Assistant Athletic Director, does whatever they can to help us out with schedule changes, funding opportunities such as the yoga classes we will be doing again this year, 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

are very accommodating when we want to reserve pool time for deep water pool running, which is quite often. David Glass, the new Equipment Manager and his staff have done an amazing job improving the services to the student-athletes; team laundry, inventory the uniforms and have everything ready for the student-athletes on a daily basis. Dan Martin's staff make an unbelievable difference in meet preparation, running club meet assistance, the actual running of home meets and facility management. 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 Steele and Jameson Barber secure (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



Coach Taylor was named NEWMAC Men's Cross Country Coach of the Year for 2015 as well as USTFCCA Div. III New England Men's and Women's Indoor Track & Field Coach of the Year for 2015-2016.

officials) to run a track meet (three 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). If we have extra folks we bring out the performance indicators.

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.

How We Consider and Make Changes

by Halston W. Taylor

I like to occasionally reflect on how much the program has changed over the decades. Even though I have been at the center of these changes for a full 34 years, I am not sure I can say why some of the smallest, in the moment issues can cause the largest amount of drama within the team, and conversely why changes that could profoundly change the program for years, albeit for the better, are barely noticed. My sense is that the less the student-athlete is affected in his or her immediate environment, the less concerned they are. Where I am thinking years down the road and the implications any decision might have on the future of the program, the student-athletes are in the here and now. Regardless, this is certainly not the program or team most of you are familiar with, particularly if you graduated 10 years ago or more.

We are making some more changes to the program next year. A couple are very small policy changes that affect the behavior on the team and others are more with regard to changes in leadership, training and injury prevention.

Now that we are through four years of our leadership program, and the captains are in on all decisions regarding the program, the process by which we come to decisions actually builds the team and makes us stronger. Two recent policy changes bring this to focus. For as long as I have been at MIT, the coaching staff has requested that the team (originally just the men's program) wear team t-shirts so we looked like a team and so recreational users could see the facility was clearly being used by the team. There was a long period where the t-shirts were not provided due to insufficient funds, so the policy was put on hold. The team

clearly wanted to return to the t-shirts so I added them to my budget. Of course in the age of Under Armor type wear, the old, thick cotton t-shirts are not so sought after. The team now does their own MIT wear orders that they pay for individually. Many were getting their own "grays" because they were much more comfortable. Then there was the outdoor issue of being too cold to wear the t-shirt as an outer garment. There are always some who are sticklers for not changing policies, and this actually became quite the controversy since some individuals were demanding sticking to the old policy, which is to wear the specific team issue t-shirt. While this appears trivial, it provided an opportunity for all to be heard and for the captains to see how something even this simple can distract a team from its focus. The decision was made to allow team issue or approved outer garments that specified MIT Track & Field or Cross Country on the front.

A much more polarizing decision came about when we were at Yale, a non-scoring meet where we left many top competitors at home. Most of those who did compete, did so poorly and many then used their phones for social media or web surfing. I was incredibly upset with the team. We have had an unwritten but implicit rule that electronics are not to be used at track meets. On the following Monday, I met with the captains to discuss this. Given that our guiding principles are so much about supporting one another, it was easy for the captains to see that we needed a policy. I had them speak with their teammates and get back to me. There was no question many of the individuals on the team felt that banning cell phones from meets was extreme, but in the end, since everyone was on the same page with what the team is all about

in large part due to the leadership training, the decision to ban them from practices and meets was made by the team.

Sometimes we as coaches have to look at what we do, or don't do, and make changes there as well. Whenever changes are made, not only do we have to consider the implication four years from now, but also, does it fit with our program mission statement and accompanying guiding principles. The high number of injuries each year, despite cutting back on the volume of work, and not competing individuals every weekend, is forcing us to look at a screening test for movement dysfunction, which should be a predictor of muscle compensation and potential injury. We are getting certified in this screening technique and the assignment of the proper exercises to correct for the various dysfunctions so that we can correct before we condition. This will take significant time away from practice, but hopefully will pay dividends in fewer practices and meets missed due to injury.

Just as we realized the captains needed training in order to have a chance at being successful, it has become apparent our mentors also need training. After seeing an increase in attrition for track and field freshmen over the past few years due to getting bombarded by many opportunities and groups at MIT prior to the start of the track season, and realizing the mentor success was hit or miss, I have added mentor training to the leadership training. In order to be a mentor, which is a four year commitment, training will have to be completed each year. If we are successful in lowering the attrition, there is still no way to prove it is because of this change, but it should make the program stronger at the very least.

Thank You Friends

by Halston W. Taylor

When I speak with my coaching peers at other universities and the subject comes up about equipment, assistant coaches, continuing education, travel, scoreboards, record boards, championship banners or any of the little, but meaningful extras we have, but most others do not, at least not to the same degree unless they are part of some large Division I program, the conversation eventually comes around to how amazingly generous our "Friends of Track & Field / Cross Country" have been over my time here. Not to say our department does not support us, they absolutely do, but some of our needs go beyond what would be fair and reasonable for the department to support. If it were not for the funds we have in place we would not be able to do most of what we do.

This year, we received 361 contributions totaling an impressive \$1,300,944 when adding matching gifts.

FUND NAME	AMOUNT GIVEN
Track Renovation Fund	\$1,215,660
Friends of Men's Cross Country Fund	\$15,824
Friends of Women's Cross Country Fund	\$5,936
Friends of Men's Track & Field Fund	\$41,149
Friends of Women's Track & Field Fund	\$13,649
Equipment and Scoreboard Fund	\$350
Track and Field Awards Fund	\$1,125
Sherie & Donald Morrison Fund	\$1,325
Leaver and Morrison Fund	\$1,000

Of course the big ticket item this year is the new outdoor track (see article on [page 31](#)). It will be completed by the time you receive this newsletter as the striping and numbers will be painted on in the final two weeks of August.

Our new record boards will be up by the time the indoor alumni meet takes place, and will be a nice addition to that facility.

Regarding professional training, your gifts have supported our certifications for Functional Movement Screening, as well as coaching education for all of our full-time and part-time assistants this year. There will be additional educational needs for our coaches this coming year.

Any items for our weight room have to be purchased with our Friends' Funds. Whether it be equipment, weights, or maintenance, this is beyond the needs of our equipment budget since we are the only program with their own strength training facility other than the crew program.

We just earned four New England Division III Championship banners this year to add to our indoor track wall.

There are far too many smaller items that are so important to our program and student-athletes that we could not do if it were not for your loyalty and generosity.

The ongoing fund raising for our endowments (Spring Trip, Full-time Assistant Coaches and Program) have quite a ways to go, but is something I would like to see happen before I retire.

One item I am hoping to add to the new facility would be a new LED scoreboard that would allow for us to display anything we wanted. Currently we cannot display field events performances.

There are many reasons I have stayed at MIT as I enter my 35th year, but your support is certainly one of the big ones. You have enabled me to do my job far better than I could have done without you. For that, and all you do, thank you.

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

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 Mr John J Biesiadecki
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 Mr Eric W. Waller
 Mrs Kathleen A. Waller
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\$100 - \$999 in gifts

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(Continued on page 41)

... CENTURY CLUB*(Continued from page 40)*

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Arthur E. Farnham Jr., Well-Loved Coach, Dies at 93



Art Farnham, MIT track coach and assistant professor, 1957 -- 1973, passed away on May 29, 2016.

Former MIT Track Coach, Arthur E. Farnham Jr., passed away on May 29, 2016 after a long illness. Art, the loving father of the late Steven K. Farnham, is survived by his beloved wife of 66 years, Jerauldene Buck Farnham, his brother-in-law Conrad F. Buck and his nephews Jeffrey and Brad Buck.

A native of Boston, Farnham attended Lexington High in 1940 where he had participated in varsity football, track, soccer, and basketball. After graduation in 1940 he worked two years at the National Shawmut Bank in Boston before joining the military and serving 27 months with the 3rd Marine Division on Guadalcanal, Bougainville, Guam, and Iwo Jima, leaving the service in late October 1945.

By November he was married and back in the banking business. He rose to the position of assistant branch manager at National Shawmut before leaving to enroll in Springfield College in 1949. Farnham had been at Springfield only two years when, during the Korean War, he was recalled to active duty, serving at Camp LeJeune, N. C., in 1951-52. The Marines started him on a successful coaching career,

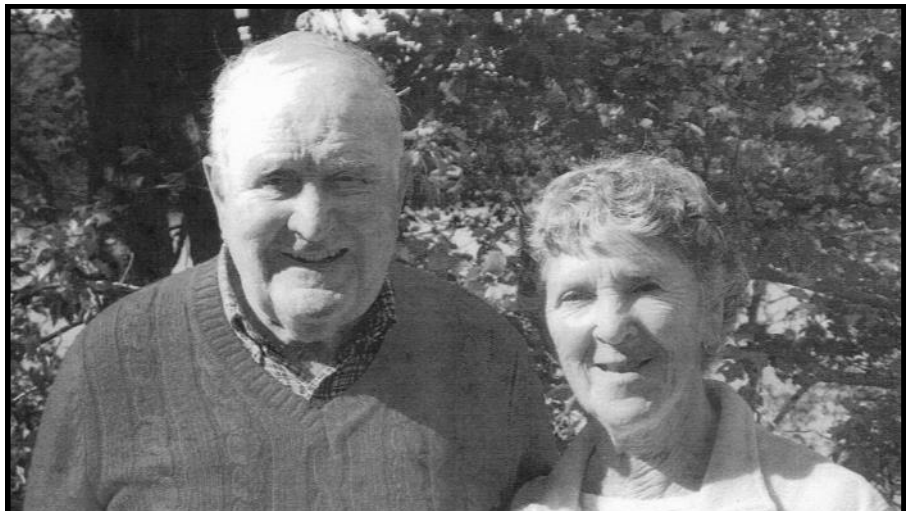
however, as the Farnham-coached camp track teams had undefeated records in competition against other service and college teams.

After returning to Springfield College in 1953, his junior year, Farnham was captain of the varsity cross country team and given an undergraduate job coaching the freshman cross country team. By graduation in 1954, he had competed three years in cross country and two in track as a distance runner. Due to a leg injury at the close of the 1953 season, he did not do any running his senior year, but he again coached the freshman cross country team. For three years previous to joining the MIT physical education staff, Farnham taught and coached at Tarrytown High School in New York. His track and cross-country teams consistently had winning records, including two undefeated track seasons, and two county championships in cross country. Two of his cross country teams were ranked 2nd and 4th in their class in New York State.

Farnham joined the MIT staff in 1957 as an assistant to Oscar Hedlund, bringing a wealth of knowledge and coaching experience to the team. Upon

Hedlund's retirement the following year, Farnham succeeded him as head coach and, over the next 16 years, led the cross country and track and field teams to much success. Under his guidance, the cross country team was undefeated in 1967, won the IC4A College Division Championships in 1968 and finished in third place at the NCAA National College Division Championships. MIT's track and field team also improved under Farnham's leadership, posting 91 victories and breaking 22 school records during his tenure. Arts other coaching accomplishments include having been selected by the United States Amateur Athletic Union and the State Department to coach a team of US track stars touring central and west Africa in the spring of 1964. He was also a past president of the New England Track Coaches Association and served as secretary-treasurer of the Eastern Intercollegiate Athletic Association.

Farnham retired from MIT in 1973 to accept the fulltime directorship of Camp Namquoit in Orleans, Massachusetts - the boys camp where he had served as assistant director every summer for almost two decades.



Art is survived by his beloved wife of 66 years, Jerauldene Buck Farnham.

Thanks, Coach Farnham

by Pat Sullivan '71

Arriving at MIT in the fall of 1967, I first met Art when he was 44 and had already been coaching for 15 years, the last 10 of those at MIT. He is the only coach I've had who I could honestly describe as being a "father figure" for me. Possibly it was because he was a bit older than my high school coaches had been, and maybe because he had the same not-too-favorable opinion about the length of my hair that my real father regularly expressed (remember this was 1967 when people were actually upset by unorthodox hair style). He usually had a warm, almost jovial, demeanor but also didn't hesitate to make it clear when something upset him. That sort of "tough love" aspect of his personality was another thing that made it easy to give him the sort of respect you would your own father. He was very protective of his athletes, as evidenced by his policy strongly discouraging winter ski trips that could all too easily result in season-ending injuries. Along those same lines, the Boston Marathon was off limits to Art's distance runners in those days, because even without an injury, recovery time from the marathon could take a big chunk out of the outdoor season. Today's training methods have pretty much eliminated that conflict, but back then Arthur Lydiard's marathon training for middle distance runners like Peter Snell was still a brand new concept.

The vast array of scientific equipment and training data available to today's track and field athletes was only just starting to be developed at the end of Art's coaching career -- even weight training for runners was just beginning to be accepted. Yet, at least in my case, Art had an intuitive feel for the right workouts



From left to right: Coach Farnham (head coach), Pat Sullivan '71 (co-captain), Albert Lau '72 (co-captain), and Gordon Kelly (assistant coach).

for me at each stage of my development, especially interval workouts. The two I remember best were the "sub 4-minute mile in Rockwell Cage" and "progressive 880s" on the outdoor track.

The Rockwell Cage track was really just a cinder path following the rectangular shape of the building, with slightly "built up" (I can't really call them banked) 90-degree corners. Needless to say, fast times in the 440 (we still ran distances in yards then -- 440y rather than 400m) around those tight turns were hard to come by. The "sub 4-minute mile" workout was to run four repeats of 440y each, and all the times had to be under 60 seconds flat. There was no designated rest time between repeats, but the goal was to complete the whole workout in the least amount of time possible. On a decent track, the 59 second repeats would be pretty easy, and a short jog would have been sufficient rest, but it was surprising how much that old track would take out of your legs. Workouts like that one were instrumental in teaching us how to run on that track, and gave us a

distinct home field advantage for indoor meets.

"Progressive 880s" was a workout Art had devised for Ben Wilson, who got to MIT in 1966 after setting the state high school mile record in Virginia. Ben was one of a handful of truly gifted MIT distance runners, and this workout of his was a real strength builder. It consisted of eight 880y repeats. The first was run in a modest 2:35, and each successive repeat was to be five seconds faster than the previous one, with the final one to be sub two minutes. The thing that made it particularly tough was that the rest period was a single lap (440y) jog between intervals. I didn't always make all the target times, but when I did, I knew I'd had a good workout.

MIT Track and Field has come a long way since Art's days. It was hard to field large teams in those days, and keeping athletes out for all four years was even harder. The number from my class that participated freshmen year was in

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... Thanks

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the teens, and I was the only one left when senior year rolled around. You can appreciate the difficult task Art had to try and pick up victories with such thin squads, but he never failed to give us opportunities to compete against the best. I got the chance to compete against sub 1:50 half-milers like Harvard's captain Keith Colburn, and UConn's Steve Flanagan, who later ran in the World Cross-Country Championships, has a 2:18 marathon PR, and is the father of U.S. distance running star, Shalane Flanagan. In addition to the New England collegiate competition, we had a two-mile relay team in the invitational at the then Boston, now TD, garden. Art would also go out of his way to help us do our best against the competition. Every fall, to get ready for the cross country season, he'd take us down to his camp on the Cape for an intense week of two-a-day workouts on the beach. During the indoor season of my senior year, knowing how rough it was to train on the Rockwell Cage track, Art pulled some strings with his connections at Harvard and arranged for me to take a quick drive up the river and do indoor workouts on Harvard's banked, wooden practice track. Those workouts were really exhilarating, and paved the way for my best performances at MIT.

I had a lot of very enjoyable college experiences, but my time on Coach Farnham's teams stands out among them. I chose to go to MIT over the other schools I'd gotten into primarily because of Coach Farnham and his track program, and I'll always be glad I did. Art truly enhanced my MIT experience, and he'll always be a part of my fondest memories.

Remembering Art



Don Morrison long jumping in the Tufts meet during the 1961 outdoor season.

Don Morrison '61

Art Farnham and I came to MIT at the same time in the fall of 1957. I was an intimidated freshman coming from a public high school in Detroit that didn't even have a pre-calculus course. As you can imagine the fall semester calculus and physics courses were a challenge as some of my classmates had come from schools such as Bronx Science. Art was the freshman track coach and heir-apparent to Oscar Hedlund who would retire at the end of the 1957-58 season. Monday through Friday were tough, but Saturday was great with the freshman track meets and being coached by Art. While Art was my coach, he was even more my mentor and friend. I got to know his wife Jerrie and son Steve. I even "coached" Steve in the pole vault when he was about 13 or 14. (I think I got Steve up to seven feet. Steve became a lawyer and passed away at age 27 after a long battle with cancer.). Our freshman team was good, but three of the top five guys left -- two to play lacrosse and one dropped out of MIT. My varsity season we had a weak team, but Art never seemed to get discouraged. Art and Jerrie invited my then Wellesley pin mate and me

to their house for dinner my senior year. I kept in touch with Art about twice a year after leaving MIT until his dementia got so that he did not know me. About six years ago Gordon Kelly and I drove to the Cape to see Art and Jerrie. We had a great time telling stories about our adventures together (I competed against Gordon for two years when he was at Springfield.) The person most responsible for my high quality of life at MIT was Art. He gave me confidence early on when I needed it. Later on he gave me wonderful advice for life after track and MIT. As long as I live Art will always be My Coach.

Steve Hester '63

Art was a very able teacher and leader for young MIT folks.

Bob Burns '64

In the fall of 1962 I was coerced by several fraternity brothers to enter the intramural cross country meet, where I finished in the middle of the pack. I then decided to join the indoor track team, where I spent two uneventful seasons. Despite a significant lack of talent on my part, Art always encouraged me to work hard and try to improve.

After graduating from MIT, I continued running for the next 35 years, netting several sub-three hour marathons, a 4:53 mile, a 10:11 two mile, a 58 minute ten mile, and a 1:24 half marathon. I credit much of my enthusiasm for running to my first coach: Art Farnham.

Thanks again, Art, for getting me started on a life-long endeavor that has netted over 50,000 miles logged.

Stan Kozubek '69

Each of our coaches exhibited strong dedication and commitment,

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... Remembering Art

(Continued from page 44)

not only for gaining victories, but also for enhancing the character and welfare of their young scholar athletes. However, I particularly remember Art for his broad smile and positive spirit in the face of even the most daunting challenges.

Our 1968 cross country squad pulled together with great spirit and dedication to win the IC4A college division championship meet and went on to capture 3rd in the NCAA college division national championship race.

Running for Art gave me other fond memories, like watching former Virginia high school mile champ, Ben Wilson, excel after arriving at MIT, racing future marathon stars Bill Rodgers and Amby Burfoot at Wesleyan, and enjoying great steak dinners at the Hilltop Steak House when returning from away meets.

Thanks for the memories, Art.

Jim Yankaskas '69

Moving to Boston from a small town and a modest high school in northern New Jersey was exciting. Art was skilled at helping new students adapt to the challenges of starting college. Cross country practice and meets provided discipline, exercise, and a fine group activity, while Art's training vigor and gentle guidance, on and off the competitive fields, helped to mold my character.

I particularly remember our 1967 cross country season. Travel to meets was enriched by talking with Art and Peter Close, a 1960 US Olympian who was then the MIT Sports Information Director. The team was solid, finishing the season undefeated in dual meets, and Art was a good sport when we celebrated by giving him a cold shower.



1968 Varsity Cross Country Team - IC4A Champions, 3rd NCAA Championship

(left to right) Coach Farnham, J. Yankaskas (co-captain), L. Petro, H. Daub, G. Hallock,, J. Wargo, B. Wilson (co-captain), S. Kozubek, J. Owens, E. Darling, B. Justice (manager).

Our 1968 season started with a disappointing loss, but after that the team did well, especially in championship races. Just before the IC4A race in Van Courtland Park, New York, Art provided the usual racing tips and then further spurred us on by sharing his conversations with other coaches..."Who's good this year?" "Your team is, of course." It was a lifetime highlight for our team to win that championship. I remember taking turns holding the trophy during the drive back to Boston. My mother remembers my elated call home. Shortly thereafter we traveled to Wheaton, IL., where the team placed 3rd in the NCAA college division championship. This equaled or topped the IC4A victory.

Art, thanks for all you did for me.

Don Rosenfield '69

Art, you were an inspiration to me at an important time in my life.

Dave Wilson '73

I count myself privileged to have competed for Art in the early 1970's. It is fair to say that his coaching and mentoring were so important as to be like having an extra parent during those very important, formative years.

Art was the head coach and a real father figure my first three years, until he retired to manage his sailing camp full-time. He was always there for us, whether runners or field guys, coaching and encouraging us, win or lose, every day in practice and every weekend at the meets, home and away. It must be said that Art sacrificed time that he could have spent with his family so that we could have such a rich athletic experience, and we owe his family a huge thank you as well.

I was also fortunate to help coach the team while in grad school and got to see first-hand all the work the coaches do to prepare for meets, especially ones they host. While they do everything they can to make their athletes successful, they also work hard with the other coaches in New England to make the meets as fair as possible. It was clear to see from my experience, the high regard that Arts fellow coaches had for him.

The dedication Art modeled for us every day taught us much more than just to be good track competitors. I'm sure all will agree with me that what we learned from him has been key to all we have become since.

WHERE ARE THEY NOW

Uzoma Orji



He owns the Varsity Indoor Shot Put and Weight Throw records as well as the Freshman Shot Put record. Outdoors he owns the Varsity Shot Put and Hammer records and the Freshman Shot Put record. Uzoma won 12 All America titles, four of which were National Championships, earning three National titles in the Shot Put and one in the Weight Throw. He was second at the National Championships five times. He is by far the most decorated male athlete in our program, probably ever at MIT.

by Uzoma Orji '06

I had never wanted to apply to MIT. I didn't even know what it was. When I was in high school about 15 years ago, I only wanted to apply to schools that I had seen compete on TV in college athletics. I knew I wanted to do something in engineering related to computers so I narrowed my choices to Computer or Electrical Engineering. I went to a nearby bookstore, picked up a US News and World Report magazine and looked up the colleges that ranked highly in those fields. Massachusetts Institute of Technology was at the top of the list, but I skipped over it and looked for schools I recognized. I

(Continued on page 47)

Nalini Gupta



Nalini is still ranked 3rd all-time on the MIT indoor TJ list (36' 5") and 8th on the indoor LJ list (17' 3-1/4"). Outdoors she is ranked fifth in the TJ at 35' 9-3/4" and 8th in the LJ at 17' 8". At the time of graduation she owned the MIT LJ record indoors and outdoors. She also set the indoor TJ record in 2002, which stood for two years.

by Nalini Gupta '05

Since leaving MIT, I moved to Santa Barbara to pursue a PhD in Material Science. I found that California was a much easier place to be running year round and vividly remember running in shorts for the first time on New Years Day! I continued to enjoy the time I took away from school, work and the busyness of life, with my running.

While at MIT I competed on the women's indoor and outdoor track and field teams, with my primary events in long and triple jump. My freshman year at MIT was a shock - from the academic rigor and continuous social activities to the commitment I made to myself to be a competitive runner. I ran track and field in high school year-round and was accustomed to the 2+ hours a day it took to be a strong athlete. However at MIT I learned that the

time we took for our practices and meets was more than just to win on the track. We trained on the track to be better students by giving ourselves time to "clear the brain". We trained to fill ourselves with endorphins and fill our non-academic competitive spirit. We trained to force ourselves into good habits that fed both on and off the track. And while I ultimately trained to win on the track, I find that running now feeds into winning in all parts of my life.

After graduate school and a post-doc at Columbia University, I moved back to CA to work in Product R&D at Cree Lighting (Santa Barbara, CA). I have recently switched career paths into the agriculture industry, working at The Climate Corporation (San Francisco, CA) as a Technical Product Manager. Since college I've thrown away my running watch and don't track my pace. I continue running to clear my brain after work so I can come back the next day a happier and more productive person. I'll be competing for the first time this year in a 25k trail race and have been enjoying the ramp up in training. I'm realizing that sometimes I do miss running to win the race!



Nalini Gupta flies through the air during the women's long jump, setting a new MIT record with a jump of 17' 8."

... Uzoma Orji

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

quickly compiled a list of potential schools and started filling out the applications. When my parents realized I had a real interest in engineering, they suggested that I apply to MIT. I politely declined since I didn't want them to waste money on an application fee to a school that I knew nothing about. They assured me that the fee was not a problem and that MIT was the best place for me and that I should apply. So I did.

When the acceptance letter from MIT came, I think my parents were in disbelief. I don't think they thought I would get in. To me, the acceptance letter did not mean much. I thought I would go to a school that could offer me an athletic scholarship to help offset the cost of tuition. My parents insisted that despite the cost, MIT would be worth it. Eventually, after lengthy discussions and debates (and phone calls from Coach Taylor), I decided to attend MIT. Looking back, it was a good choice.

I never needed an adjustment period to college life. It suited me well, especially being at MIT. I always loved to learn and MIT provided the right culture and the ample resources to cultivate that thirst for knowledge. I would spend the first half of the day learning in the classroom. Afterwards, I would expend some physical energy at track practice. Back then, that was pure contentment. It was all I needed. I attribute my success in the classroom and in the throwing circle to having that fixed schedule. As demanding as MIT can be academically, being on the field and track team forced me to prioritize and to remove all unnecessary distractions.

After four years of this schedule, I graduated in 2006 with a bachelor's degree in Electrical



Uzoma earned the first of his four NCAA Championship awards with a 58' 3-3/4" throw in the 2004 indoor Shot Put.

Engineering. I stuck around MIT for more learning and received an M. Eng degree in 2007 and a Ph.D. in 2013. Both in Electrical Engineering. During the first four years as a graduate student, I stayed connected to the track and field program as a graduate assistant throws coach. I enjoyed my time as a coach except for that time my freshman weight record was beaten. Teaching and coaching enhances one's understanding and it was rewarding to exchange ideas with the athletes. It was also fun to watch the team success of both programs grow during that time. Both men's and women's teams were merged under one leadership and the results were immediate.

While coaching and finishing up my graduate degrees, I started to learn more about entrepreneurship and what it takes to start a venture. I partnered with an MIT alum to start a payments company looking to lower credit card fees for companies of all sizes. I worked on that project for almost two years before moving to the San Francisco bay area in 2015. I am currently working in a start-up (hellosuper.com) founded by an MIT alum that is looking to disrupt the home warranty sector. I also hope to join another start-up in the payments space as a technical adviser. This payments company is

looking to facilitate transfer of money from people living in diaspora to their relatives in their homeland.

That is a brief summary of my journey so far. From birth in Chicago, IL to Miami, FL to Matawan, NJ to Cambridge, MA to now residing in Oakland, CA. I do not know where the next stop is, but I hope to learn along the way. If any former coaches, teammates, or alumni make their way to the San Francisco area and want to connect, I'll be around.



Uzoma Orji wins the NCAA Division III Indoor Weight Throw with a national record of 64' 9-1/4".

2015 – 2016 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 student-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 90 Award, formerly Elite 89, 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



Maryann Gong '17 was named the overall Division III Academic All-American of the Year – the first in school history – and as the Women's Cross Country/Track and Field Academic All-American of the Year – the first in program history and seventh in MIT history.

member national organization made up of sports public relations, communications and information professionals throughout all levels of collegiate athletics in the United States and Canada. It established the "Academic All-America" program, unquestionably regarded as the premier awards program in intercollegiate athletics for honoring combined academic and athletic excellence. Those named to the Capital One Academic All-America Program must maintain a minimum cumulative GPA of 3.30/4.0 scale, have participated in at least fifty percent of the team's competition during the season and attained a second year of eligibility.

The USTFCCCA is a non-profit organization that represents men's and women's cross country and track and field coaches at all three collegiate levels, representing over 8,000 coaching members throughout the nation, incorporating 94 percent of all NCAA Division I, II and III track and field programs. In order to receive USTFCCCA All-Academic honors, students must have earned a minimum cumulative 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.

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... ACADEMIC AWARDS



D. Carrington Motley '16, earned his second CoSIDA Academic All-America award.

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The 2015-16 campaign was very successful for the members of MIT's cross country and track and field teams inside the classroom. Each of the awards saw an increase of honorees from a year ago, which gives even more meaning as to how hard our student-athletes are competing not only on the track, but also in the

classroom, fulfilling why they chose to study at MIT. There were 59 NEWMAC Academic All-Conference honorees, 28 USTFCCCA All-Academic individuals, seven CoSIDA Academic All-District winners, and six CoSIDA Academic All-Americans. In addition, Maryann Gong was named the overall Division III Academic All-American of the Year – the first in school history – and as the Women's Cross Country/Track and Field Academic All-American of the Year – the first in program history and seventh in MIT history. A combined 103 awards were handed out among the 92 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 six Engineers were able to accomplish the task and were recognized for

their efforts. Along with Gong, the Engineers had four first time recipients of the CoSIDA Academic All-America award including Colin Godwin, States Lee '16, Arinze Okeke and Nicole Zeinstra '16 as well as Gong and D. Carrington Motley '16, who each earned the honor for the second time in their collegiate careers. Godwin, Gong, Lee, Motley, Okeke, and Zeinstra were joined by William Ruschel on the CoSIDA Academic All-District teams this year as well.

The men's and women's cross country and track & field teams featured a trio of six-award recipients in 2015-16. Godwin, Gong and Zeinstra were all named to the CoSIDA Academic All-District and All-America teams and were also placed on the USTFCCCA and NEWMAC All-Academic teams for both cross country and track and field.

The cross country teams received a combined nine All-Academic awards from the USTFCCCA,

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



Colin Godwin '17, States Lee '16, and Arinze Okeke '17 joined Gong and Motley as members of the 2015-16 Capital One Academic All-America Division III Track & Field/Cross Country team selected by the College Sports Information Directors of America (CoSIDA).

... ACADEMIC AWARDS



Nicole Zeinstra '16, the only MIT woman besides Gong who was awarded the CoSIDA Academic All-America award this year, also received one of just 29 NCAA Postgraduate Scholarships awarded across all divisions for the winter season.

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while the track & field teams had 28 members honored by the committee in the spring. The men's track and field team led the nation with 15 honorees by the USTFCCA, while the women's track and field team ranked tied for second with Nebraska Wesleyan with 13 student-athletes on the list. Honorees for the men's cross country team featured Matthew Deyo, rising seniors Colin Godwin and Rory Beyer as well as rising juniors Alexander Knoedler and Cooper Sloan. The women's cross country team had four student-athletes recognized for their outstanding academic success in 2015 including Nicole Zeinstra, Sarah Quinn, rising senior Maryann Gong as well as rising junior Mary Eccles. Led by All-Americans at this year Outdoor National Championship, Derek

Barnes, States Lee, D. Carrington Motley, Arinze Okeke and William Ruschel, the men's track and field team totaled a Division III leading 15 All-Academic selections by the USTFCCA.

All-Academic honors for the two squads seemed to come easy for both teams. Eight runners from the men's cross country team and a NEWMAC-leading 21 members of the track & field program were given NEWMAC Academic All-Conference accolades, while six women's cross country runners and a NEWMAC-best 16 track & field participants were also placed on the NEWMAC Academic All-Conference list. That is a combined 51 student-athletes who were recognized by the conference for all their hard work on and off of the field in 2015-16. NEWMAC Academic All-Conference Award winners for the men's teams included Derek Barnes, Rory Beyer, Luca Cacopardo, Matthew Deyo, Benjamin Freed, Brian Gilligan, Colin Godwin, Luke Gray, Alexander Knoedler, States Lee,

Richard Lu, D. Carrington Motley, Arinze Okeke, Ryan Prinster, William Ruschel, Adrian Samsel, Benjamin Schreck, Cooper Sloan, Chris Sweeney, David Walter and Marshall Wentworth.

NEWMAC Academic All-Conference Award winners for the women's teams featured Natalie Alper, Dana Balek, Annie Dai, Mary Eccles, Maryann Gong, Kendra Knittel, Clementine Mitchell, Nneoma Okonkwo, Sarah Quinn, Leah Schmitz, Haley Strouf, Isabella Stuopis, Heather Sweeney, Jennifer Tylock, Madeleine Waller, Sherry Wan and Nicole Zeinstra.

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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Mary Eccles '18 and Sherry Wan '16 received both USTFCCA All-Academic and NEWMAC Academic All-Conference awards.

[\(Continued from page 50\)](#)**... ACADEMIC AWARDS****WOMEN****Capital One CoSIDA Track & Field/Cross Country Academic All-District**

Maryann Gong, Nicole Zeinstra

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

Maryann Gong, Nicole Zeinstra

CoSIDA Women's Track & Field/Cross Country Academic**All-American of the Year**

Maryann Gong

Division III CoSIDA Academic All-American of the Year

Maryann Gong

USTFCCCA Cross Country All-Academic Honorees

Mary Eccles, Maryann Gong, Sarah Quinn, Nicole Zeinstra

USTFCCCA Track & Field All-Academic Honorees

Natalie Alper, Hannah Chen, Mary Eccles, Maryann Gong, Nneoma Okonkwo, Ariela Slutsky, Haley Strouf, Isabella Stuopis, Jennifer Tylock, Sherry Wan, Jackie Vahey, Nicole Zeinstra

NEWMAC Cross Country Academic All-Conference

Mary Eccles, Maryann Gong, Clementine Mitchell, Sarah Quinn, Heather Sweeney, Nicole Zeinstra

NEWMAC Track & Field Academic All-Conference

Natalie Alper, Dana Balek, Annie Dai, Mary Eccles, Maryann Gong, Kendra Knittel, Clementine Mitchell, Nneoma Okonkwo, Sarah Quinn, Leah Schmitz, Haley Strouf, Isabella Stuopis, Jennifer Tylock, Madeleine Waller, Sherry Wan, Nicole Zeinstra

[\(Continued on page 52\)](#)

[\(Continued from page 51\)](#)**... ACADEMIC AWARDS****MEN****Capital One CoSIDA Track & Field/Cross Country Academic All-District**

Colin Godwin, States Lee, D. Carrington Motley, Arinze Okeke,
William Ruschel

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

Colin Godwin, States Lee, D. Carrington Motley, Arinze Okeke

USTFCCCA Cross Country All-Academic Honorees

Rory Beyer, Matthew Deyo, Colin Godwin, Alexander Knoedler, Cooper Sloan

USTFCCCA Track & Field All-Academic Honorees

Derek Barnes, Scott Cameron, Matthew Deyo, Angel Echevarria, Aidan Gilson,
Colin Godwin, States Lee, D. Carrington Motley, Arinze Okeke, William Ruschel,
Adrian Samsel, Benjamin Schreck, Chris Sweeney, Kunal Tangri, Benji Xie

NEWMAC Cross Country Academic All-Conference

Rory Beyer, Matthew Deyo, Benjamin Freed, Brian Gilligan, Colin Godwin,
Alexander Knoedler, Cooper Sloan, David Walter

NEWMAC Track & Field Academic All-Conference

Derek Barnes, Rory Beyer, Luca Cacopardo, Matthew Deyo, Benjamin Freed,
Brian Gilligan, Colin Godwin, Luke Gray, Alexander Knoedler, States Lee,
Richard Lu, D. Carrington Motley, Arinze Okeke, Ryan Prinster, William Ruschel,
Adrian Samsel, Benjamin Schreck, Cooper Sloan, Christopher Sweeney,
Marshall Wentworth, Benji Xie

SEASON STATISTICS**WOMEN'S CROSS COUNTRY****2015 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 17	69
NEICAAA Championships	Franklin Park	5th of 39	255
Connecticut College Invitational	Connecticut College Harkness Park	1st of 25	62
NEWMAC Championship	Franklin Park	1st of 11	19
New Eng. Div. III Reg. Champ.	Connecticut College Harkness Park	4th of 46	114
NCAA Div. III Championship	UW Oshkosh Lake Breeze Golf Crs	3rd of 32	182

2016 SCHEDULE

9/2	Alumni Meet	Franklin Park
9/24	Purple Valley Classic	Williams College - Williamstown, MA Mt. Greylock H.S.
10/8	NEICAAA Championship	Franklin Park
10/15	Border Battle	Rowan College - Glassboro, NJ
10/29	NEWMAC Championship	Smith College - Northampton, MA
11/12	New Eng. Div. III Reg. Champ.	Westfield State University - Westfield, MA Stanley Park
11/19	NCAA Div. III Championship	Spaulding University - Louisville, KY Tom Sawyer Park

2015 TEAM ROSTER

Liz Cox 18	Mary Eccles 18	Maryann Gong* 17
Ciera Gordon 18	Camila Horowicz 19	Darby LaPlant 19
Bailee Margolis 19	Clementine Mitchell 18	Megan Montgomery 19
Sarah Quinn* 16	Heather Sweeney 16	Christina Wicker 17
Jenny Xu 19	Nicole Zeinstra 16	Leandra Zimmerman 19

*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, SICK-Illness.

Times

NAME	# OF RACES	PURPLE VAL. 9/24	NEICAAA 10/8	CC INV. 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19
Liz Cox	2	23:43	19:34	SICK	SICK	SICK	SICK
Mary Eccles	6	22:47	18:51	21:54	18:41	22:13	22:02
Maryann Gong	6	22:06	18:06	21:31	18:04	21:36	21:38
Ciera Gordon	4	24:34	20:16	23:46	20:06	DNR	DNR
Camila Horowicz	0	INJ	INJ	INJ	INJ	DNR	DNR
Darby LaPlant	4	24:26	20:10	23:14	19:40	DNR	DNR
Bailee Margolis	4	23:53	19:26	22:43	19:17	DNR	DNR
Clementine Mitchell	4	24:19	19:53	23:40	20:17	DNR	DNR
Megan Montgomery	5	23:05	18:50	INJ	19:01	22:38	22:54
Sarah Quinn	3	INJ	INJ	INJ	19:23	22:49	22:46
Heather Sweeney	4	24:56	20:39	24:30	19:30	DNR	DNR
Christina Wicker	6	24:20	18:25	21:47	18:46	23:02	21:55
Jenny Xu	2	23:38	19:27	DNR	DNR	DNR	DNR
Nicole Zeinstra	5	22:32	19:33	DNR	18:43	22:24	22:24
Leandra Zimmerman	6	23:10	18:52	21:54	18:30	21:57	21:52

(Continued on page 55)

... Individual Performances

(Continued from page 54)

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, SICK-Illness.

Places

NAME	PURPLE VAL. 9/24	NEICAAA 10/8	CC INV. 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19	AVG.	RANK
Liz Cox	7	9	SICK	SICK	SICK	SICK	8	10
Mary Eccles	3	4	4	3	3	4	3.5	3
Maryann Gong	1	1	1	1	1	1	1	1
Ciera Gordon	12	12	8	11	DNR	DNR	10.75	13
Camila Horowicz	INJ	INJ	INJ	INJ	DNR	DNR		
Darby LaPlant	11	11	6	10	DNR	DNR	9.5	11
Bailee Margolis	8	6	5	7	DNR	DNR	6.5	7
Clementine Mitchell	9	10	8	12	DNR	DNR	9.75	12
Megan Montgomery	4	3	INJ	6	5	7	5	6
Sarah Quinn	INJ	INJ	INJ	8	6	6	6.66	9
Heather Sweeney	13	13	10	9	DNR	DNR	11.25	14
Christina Wicker	10	2	2	5	7	3	4.83	5
Jenny Xu	6	7	DNR	DNR	DNR	DNR	6.5	7
Nicole Zeinstra	2	8	DNR	4	4	5	4.6	4
Leandra Zimmerman	5	5	3	2	2	2	3.16	2

(Continued on page 56)

... Individual Performances

(Continued from page 55)

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, SICK-Illness.

Deltas

NAME	PURPLE VAL. 9/24	NEICAAA 10/8	CC INV. 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19	AVG.	RANK
Liz Cox	1:37	1:28	SICK	SICK	SICK	SICK	1:32	10
Mary Eccles	:41	:45	:23	:37	:37	:24	:34.5	3
Maryann Gong	:00	:00	:00	:00	:00	:00	:00	1
Ciera Gordon	2:28	2:10	2:15	2:02	DNR	DNR	2:13	13
Camila Horowicz	INJ	INJ	INJ	INJ	DNR	DNR		
Darby LaPlant	2:20	2:04	1:43	1:36	DNR	DNR	1:32	10
Bailee Margolis	1:47	1:20	1:12	1:13	DNR	DNR	1:23	8
Clementine Mitchell	2:13	1:47	2:09	2:13	DNR	DNR	2:05	12
Megan Montgomery	:59	:44	INJ	:57	1:02	1:16	:59.6	6
Sarah Quinn	INJ	INJ	INJ	1:19	1:13	1:08	1:13	7
Heather Sweeney	2:50	2:33	2:59	1:26	DNR	DNR	2:27	14
Christina Wicker	2:14	:19	:16	:42	1:26	:17	:52.3	5
Jenny Xu	1:32	1:21	DNR	DNR	DNR	DNR	1:26	9
Nicole Zeinstra	:26	1:27	DNR	:39	:48	:46	:49.2	4
Leandra Zimmerman	1:04	:46	:23	:26	:19	:14	:25	2

MEN'S CROSS COUNTRY**2015 RESULTS**

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	23
Purple Valley Classic	Williams College - Mt. Greylock HS Williamstown, MA	4th of 22	98
NEICAAA Championships	Franklin Park	9th of 38	280
Connecticut College Invitational	Connecticut College Harkness Park	1st of 26	49
NEWMAC Championship	Franklin Park	1st of 8	17
New Eng. Div. III Reg. Champ.	Connecticut College Harkness Park	5th of 55	128
NCAA Div. III Championship	UW Oshkosh Lake Breeze Golf Crs	19th of 32	461

2016 SCHEDULE

9/2	Alumni Meet	Franklin Park
9/24	Purple Valley Classic	Williams College - Williamstown, MA Mt. Greylock H.S.
10/8	NEICAAA Championship	Franklin Park
10/15	Border Battle	Rowan College - Glassboro, NJ
10/29	NEWMAC Championship	Smith College - Northampton, MA
11/12	New Eng. Div. III Reg. Champ.	Westfield State University - Westfield, MA Stanley Park
11/19	NCAA Div. III Championship	Spaulding University - Louisville, KY Tom Sawyer Park

2015 ROSTER

Rory Beyer* 17	Matthew Deyo* 16	Ben Freed 18
Brian Gilligan* 17	Aidan Gilson 19	Colin Godwin 17
Alex Knapp 19	Alex Knoedler 18	Dennis Maloney 19
Josh Rosenkranz 19	Cooper Sloan 18	Kunal Tangri 19
David Walter 18	Nicholas Waltman 18	Daniel Weiss 19

* 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, DNR-Did Not Run, DNF-Did Not Finish, SICK-Illness.

Times

NAME	# OF RACES	PURPLE VAL. 9/24	NEICAAA 10/8	CC INV. 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19
Rory Beyer	5	INJ	26:03	25:44	25:37	25:14	25:10
Matt Deyo	3	INJ	INJ	INJ	25:47	25:28	25:50
Ben Freed	3	26:38	25:47	26:13	INJ	INJ	INJ
Brian Gilligan	0	INJ	INJ	INJ	INJ	INJ	DNR
Aidan Gilson	4	28:01	26:54	26:57	27:37	DNR	DNR
Colin Godwin	6	27:05	25:38	25:06	25:35	25:08	25:13
Alex Knapp	4	26:50	27:16	26:42	26:35	DNR	DNR
Alex Knoedler	6	26:41	26:03	25:55	26:14	25:45	25:58
Dennis Maloney	5	26:23	25:23	25:34	25:40	25:53	INJ
Josh Rosenkranz	2	INJ	INJ	INJ	26:47	DNR	26:06
Cooper Sloan	6	27:16	26:36	25:44	25:59	26:07	25:54
Kunal Tangri	0	INJ	INJ	INJ	INJ	DNR	DNR
David Walter	4	27:21	25:52	26:53	26:57	DNR	DNR
Nicholas Waltman	3	26:19	INJ	26:00	26:04	INJ	DNR
Daniel Weiss	6	26:12	25:28	25:23	25:39	25:40	26:30

(Continued on page 59)

... Individual Performances

(Continued from page 58)

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, SICK-Illness.

Places

NAME	PURPLE VAL. 9/24	NEICAAA 10/8	CC INV. 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19	AVG.	RANK
Rory Beyer	INJ	7	5	2	2	1	3.4	3
Matt Deyo	INJ	INJ	INJ	5	3	3	3.66	5
Ben Freed	4	4	8	INJ	INJ	INJ	5.33	6
Brian Gilligan	INJ	INJ	INJ	INJ	DNR	DNR		
Aidan Gilson	10	9	11	12	DNR	DNR	10.5	13
Colin Godwin	7	3	1	1	1	2	2.5	1
Alex Knapp	6	10	9	9	DNR	DNR	8.5	11
Alex Knoedler	5	6	6	8	5	5	5.83	8
Dennis Maloney	3	1	3	4	6	INJ	3.4	3
Josh Rosenkranz	INJ	INJ	INJ	10	DNR	6	8	10
Cooper Sloan	8	8	4	6	7	4	6.16	9
Kunal Tangri	INJ	INJ	INJ	INJ	DNR	DNR		
David Walter	9	5	10	11	DNR	DNR	8.75	12
Nicholas Waltman	2	INJ	7	7	INJ	DNR	5.33	6
Daniel Weiss	1	2	2	3	4	7	3.16	2

(Continued on page 60)

... Individual Performances

(Continued from page 59)

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, SICK-Illness.

Deltas

NAME	PURPLE VAL. 9/24	NEICAAA 10/8	CC INV. 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19	AVG.	RANK
Rory Beyer	INJ	:42	:38	:02	:06	:00	:17.6	2
Matt Deyo	INJ	INJ	INJ	:12	:20	:40	:24	5
Ben Freed	:26	:24	1:07	INJ	INJ	INJ	:39	7
Brian Gilligan	INJ	INJ	INJ	INJ	DNR	DNR		
Aidan Gilson	1:22	1:34	1:51	2:02	DNR	DNR	1:42	12
Colin Godwin	:53	:17	:00	:00	:00	:03	:12.2	1
Alex Knapp	:38	1:56	1:36	1:00	DNR	DNR	1:17	11
Alex Knoedler	:29	:39	:49	:39	:37	:48	:40.2	8
Dennis Maloney	:11	:00	:28	:05	:45	INJ	:17.8	3
Josh Rosenkranz	INJ	INJ	INJ	1:12	DNR	:56	1:04	
Cooper Sloan	1:04	1:15	:38	:24	:59	:44	:50.7	9
Kunal Tangri	INJ	INJ	INJ	INJ	DNR	DNR		
David Walter	1:09	:30	1:47	1:22	DNR	DNR	1:12	10
Nicholas Waltman	:07	INJ	:54	:29	INJ	DNR	:30	6
Daniel Weiss	:00	:07	:17	:04	:32	1:20	:23.3	4

WOMEN'S TRACK AND FIELD**INDOOR****2015-16 RESULTS****VARSITY**

Won 12, Lost 0

MIT76
162
203**OPPONENT**Alumnae 45
Bates 126, Colby 68
Merrimack 90, Tufts 89, Bowdoin 70, USM 65, Conn College 34, Coast Guard 23,
Keene State 7, Plymouth State 5, Maine-Farmington 2**2016-17 SCHEDULE**

12/3	Boston University Season Opener	Boston University
1/7	Alumni/ae Meet	Home
1/14	Bates, Colby	Home
1/21	Bowdoin Invitational	Bowdoin
1/27-1/28	Tufts Multi	Tufts
1/27-1/28	John Thomas Terrier Classic	Boston University
1/28	Art Farnham Invitational	Home
2/4	Tufts Cupid Challenge	Tufts
2/4	BU Scarlet and White Invite	Boston University
2/10-2/11	David Hemery Invitational	Boston University
2/11	Gordon Kelly Invitational	Home
2/17-2/18	New England Div.III Championship	Home
2/24-2/25	NEICAAA Championship	Reggie Lewis Center
3/3	Tufts Last Chance	Tufts University
3/3-3/4	IC4A Championship	Boston University
3/10-3/11	NCAA Division III Championship	North Central College - Illinois

2015-2016 VARSITY SCORING & ROSTER

Hannah Chen	'18 62.25	Jocelyn Lorrey	'18 14	Madeleine Waller	'17 02
Nneoma Okonkwo	'18 37	Sherry Wan	'16 13	Camila Thanos	'19 01
Jackie Vahey*	'17 36.25	Mackenzie Patarino	'19 12	Katherine Prutz	'18 04
Maryann Gong	'17 32.25	Ciera Gordon	'18 10	Kendra Knittel	'17 02.
Bailey Tregoning	'19 23.5	Darby LaPlant	'19 09	Annie Dai	'18
Natalie Alper*	'17 20	Jennifer Tylock	'17 09	Kristen Frombach	'19
Bailey Margolis	'19 19.25	Nicole Zeinstra	'16 09	Lauren Kroeger	'19
Mary Eccles	'18 18	Haley Strouf	'18 07	Shannon Miller	'19
Ariela Slutsky	'18 18	Kendra Knittel	'17 06	Sarah Quinn	'16
Cimran Virdi*	'16 17	Elizabeth Cox	'18 4.25	Leah Schmitz	'16
Megan Montgomery	'19 16	Clementine Mitchell	'18 04	Kari Stromhaug	'19
Isabella Stuopis	'16 16	Audrey Pillsbury	'19 03	Taylor V'Dovec	'19
Katherine Prutz	'18 15	Kathleen Brandes	'18 2.25	Leandra Zimmerman	'19

* Captain

CHAMPIONSHIPS**New England Division III (NE Div. III)** (1st) 123.5 points

Cimran Viridi	Pole Vault	12-05 ½ (1 st)
Maryann Gong	Mile	4:56.15 (1 st)
Jackie Vahey	Weight Throw	54-08 ¼ (1 st)
Nicole Zeinstra	3000	10:08.10 (1 st)
Maryann Gong	1000	2:57.12 (2 nd)
Montgomery, Knittel, Mitchell, Zeinstra	DMR	12:14.85 (2 nd)
Bailey Tregoning	800	2:16.18 (2 nd)
Nneoma Okonkwo	Long Jump	17-08 ¾ (3 rd)
Isabella Stuopis	Shot Put	42-02 ¼ (3 rd)
Natalie Alper	Pentathlon	3110 pts. (4 th)
Mary Eccles	5000	17:48.37 (4 th)
Jackie Vahey	Shot Put	39-10 (4 th)
Hannah Chen	200	25.99 (5 th)
Hannah Chen	400	59.51 (5 th)
Katherine Prutz	High Jump	5-02 ¼ (T-5 th)
Jennifer Tylock	Pole Vault	10-11 ¾ (T-5 th)
Sherry Wan	Pole Vault	10-11 ¾ (T-5 th)
Hannah Chen	Long Jump	17-05 ½ (6 th)
Ariela Slutsky	Shot Put	39-08 ½ (6 th)
Ariela Slutsky	Weight Throw	50-03 ¼ (6 th)
Natalie Alper	High Jump	5-02 ¼ (7 th)
Hannah Chen	60 HH	9.38 (7 th)
Nneoma Okonkwo	60	7.85 (7 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (13th) 19.5 points

Jackie Vahey	Weight Throw	54-11 ¼ (3 rd)
Zeinstra, Chen, Tregoning, Gong	DMR	11:37.76 (3 rd)
Isabella Stuopis	Shot Put	42-07 ½ (4 th)
Sherry Wan	Pole Vault	11-09 ¾ (T-7 th)
Nneoma Okonkwo	Long Jump	17-11 (8 th)

National Collegiate Athletic Association (NCAA Division III) (5th) 27 points

Cimran Viridi	Pole Vault	13-06 ½ (1 st)
Maryann Gong	3000	9:35.00. (2 nd)
Maryann Gong	Mile	4:54.67 (3 rd)
Zeinstra, Chen, Tregoning, Gong	DMR	11:52.11 (6 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Jackie Vahey	54-11 ¼
	Ariela Slutsky	50-05 ¼
Shot Put	Isabella Stuoipis	42-07 ¼
	Jackie Vahey	40-05
Long Jump	Nneoma Okonkwo	17-11**
	Hannah Chen	17-05 ½
Triple Jump	Jocelyn Lorrey	35-04 ¼
Pole Vault	Cimran Virdi	13-06 ½ **
	Jennifer Tylock	11-10 ½
	Sherry Wan	11-10 ½
High Jump	Natalie Alper	5-05 ¼
	Katherine Prutz	5-02 ¼
Pentathlon	Natalie Alper	3110 pts.
	Haley Strouf	2741 pts.
60HH	Hannah Chen	9.04
	Haley Strouf	10.03
60	Nneoma Okonkwo	7.85**
	Hannah Chen	7.91
200	Hannah Chen	25.93
	Nneoma Okonkwo	25.95
400	Hannah Chen	56.59
	Kendra Knittel	59.98
600	Elizabeth Cox	1:47.99
800	Bailey Tregoning	2:14.58*
	Maryann Gong	2:21.24
1000	Maryann Gong	2:57.12
	Bailey Tregoning	3:05.96
Mile	Maryann Gong	4:52.57
	Clementine Mitchell	5:13.19
3000	Maryann Gong	9:35.00**
	Nicole Zeinstra	9:58.05
5000	Maryann Gong	16:32.44**
	Mary Eccles	17:25.09
800R	Chen, Tregoning, Gong, Vahey	1:53.89
1600R	Knittel, Tregoning, Alper, Chen	4:05.50
3200R	Zimmerman, Tregoning, Montgomery, Gong	9:41.94
DMR	Zeinstra, Chen, Tregoning, Gong	11:37.76

Varsity Record**

Freshman Record*

OUTDOOR**2016 RESULTS****VARSITY**

Won 3, Lost 1

MIT

206.5

91

OPPONENT

RPI 149, Tufts 147.5, Bates 147

Williams 111

2017 SCHEDULE

3/25	Bridgewater State Invite	Bridgewater State University
3/30	Trinity University Invitational	Trinity University
3/31- 4/1	Texas Relays	University of Texas
4/7	Sam Howell Invitational	Princeton University
4/8	Bates, Tufts, USM	Bates
4/12-13	Holy Cross Multi	College of Holy Cross
4/15	Williams	Williams College
4/21	Larry Ellis Invite	Princeton University
4/22	MIT Sean Collier Invitational	Home
4/29	NEWMAC Champ.	Home
5/4-6	New England DIII Champ.	Williams College
5/11-13	NEICAAA Champ.	Williams College
5/18	Last Chance Qualifier	Home
5/25-27	NCAA DIII Champ.	Mount Union College, OH

2016 VARSITY SCORING & ROSTER

Jackie Vahey*	'17 39	Audrey Pillsbury	'19 09	Annie Dai	'18
Hannah Chen	'18 35.25	Mackenzie Patarino	'19 06	Kristen Frombach	'19
Ariela Slutsky	'18 28	Katherine Prutz	'18 05.5	Lauren Kroeger	'19
Kendra Knittel	'17 27.25	Taylor V'Dovec	'19 05.5	Darby LaPlant	'19
Nneoma Okonkwo	'18 26	Madeleine Waller	'17 05	Bailee Margolis	'19
Natalie Alper*	'17 14.5	Jocelyn Lorrey	'18 04	Shannon Miller	'19
Dana Balek	'18 14	Maryann Gong	'17 03	Megan Montgomery	'19
Isabella Stuopis	'16 13	Jenny Xu	'19 03	Sarah Quinn	'16
Jennifer Tylock	'17 12	Leah Schmitz	'16 02.5	Kari Stromhaug	'19
Sherry Wan	'16 12	Camila Thanos	'19 02	Cimran Virdi*	'16
Bailey Tregoning	'19 11.25	Kathleen Brandes	'19 01	Nicole Zeinstra	'16
Haley Strouf	'18 09.75	Ciera Gordon	'18 01	Leandra Zimmerman	'19
Mary Eccles	'18 09	Clementine Mitchell	'18 01		

* Captain

CHAMPIONSHIPSNew England Women's & Men's Athletic Conference (NEWMAC)

Isabella Stuopis	Shot Put	40-07 ½ (1 st)
Camila Thanos	10000	38:34.29 (1 st)
Jackie Vahey	Hammer Throw	167-05 (1 st)
Jackie Vahey	Discus	153-01 (1 st)
Sherry Wan	Pole Vault	10-11 ¾ (1 st)
Hannah Chen	100H	15.03 (2 nd)
Hannah Chen	400IH	63.01 (2 nd)
Mary Eccles	5000	17:49.57 (2 nd)
Kendra Knittel	400	58.55 (2 nd)
Nneoma Okonkwo	Long Jump	18-06 ½ (2 nd)
Ariela Slutsky	Discus	139-07 (2 nd)
Jackie Vahey	Shot Put	40-00 (2 nd)
Natalie Alper	High Jump	5-02 ¼ (3 rd)
Kendra Knittel	200	25.16 (3 rd)
Bailee Margolis	10000	39:03.21 (3 rd)
Clementine Mitchell	1500	4:46.50 (3 rd)
Okonkwo, Alper, Knittel, Chen	400R	48.54 (3 rd)
Haley Strouf	Long Jump	18-00 ½ (3 rd)
Bailey Tregoning	800	2:19.02 (3 rd)
Jennifer Tylock	Pole Vault	10-06 (3 rd)
Jenny Xu	50000	18:16.69 (3 rd)
Dana Balek	Javelin	110-08 (4 th)
Hannah Chen	Long Jump	18-00 ¼ (4 th)
Ariela Slutsky	Shot Put	38-02 (4 th)
Ariela Slutsky	Hammer Throw	144-00 (4 th)
Darby LaPlant	10000	39:43.04 (5 th)
Nneoma Okonkwo	100	12.61 (5 th)
Nicole Zeinstra	1500	4:52.20 (5 th)
Mackenzie Patarino	Pole Vault	10-00 (6 th)
Natalie Alper	Long Jump	16-09 ¾ (7 th)
Nneoma Okonkwo	200	25.94 (7 th)
Madeleine Waller	Pole Vault	9-06 (7 th)
Katherine Prutz	High Jump	4-10 ¼ (T-8 th)

New England Division III (NE Div. III) (1st) 123.5 points

Maryann Gong	5000	17:22.16 (1 st)
Haley Strouf	Long Jump	18-08 (1 st)
Bailey Tregoning	800	2:14.11 (1 st)
Mary Eccles	10000	36:06.03 (2 nd)
Ariela Slutsky	Discus	137-09 ¾ (2 nd)
Jackie Vahey	Hammer	162-06 (2 nd)
Hannah Chen	400IH	1:01.78 (3 rd)
Mary Eccles	5000	17:46.71 (3 rd)
Nneoma Okonkwo	Long Jump	18-05 ¼ (3 rd)
Isabella Stuopis	Shot Put	39-05 ¼ (3 rd)
Jackie Vahey	Discus	137-08 ¾ (3 rd)
Maryann Gong	1500	4:35.18 (4 th)
Jackie Vahey	Shot Put	39-05 (4 th)
Sherry Wan	Pole Vault	10-11 ¾ (T-4 th)
Ariela Slutsky	Shot Put	39-04 (5 th)
Nicole Zeinstra	5000	17:54.26 (5 th)

(Continued on page 66)

[\(Continued from page 65\)](#)

Nicole Zeinstra	10000	37:39.67 (5 th)
Jenny Xu	10000	37:44.41 (6 th)
Nneoma Okonkwo	100	12.72 (7 th)
Camila Thanos	10000	38:12.67 (7 th)
Jennifer Tylock	Pole Vault	10-06 (7 th)
Natalie Alper	High Jump	5-02 ½ (8 th)
Hannah Chen	Long Jump	17-05 ½ (8 th)
Kendra Knittel	200	25.79 (8 th)
Kendra Knittel	400	59.07 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (5th) 46 points

Bailey Tregoning	800	2:11.51 (2 nd)
Hannah Chen	400IH	62.36 (3 rd)
Jackie Vahey	Hammer Throw	170-01 (3 rd)
Sherry Wan	Pole Vault	11-07 ¾ (3 rd)
Nneoma Okonkwo	Long Jump	18-03 ¾ (4 th)
Ariela Slutsky	Discus	141-03 (4 th)
Jackie Vahey	Discus	139-08 (5 th)
Nicole Zeinstra	10000	37:33.37 (5 th)
Haley Strouf	Long Jump	18-01 ½ (7 th)

Eastern College Athletic Conference (T-6th) 31 points

Bailey Tregoning	800	2:10.84 (1 st)
Ariela Slutsky	Discus	148-07 (2 nd)
Hannah Chen	400IH	62.17 (3 rd)
Sherry Wan	Pole Vault	11-10 (5 th)
Natalie Alper	High Jump	5-04 ½ (6 th)

National Collegiate Athletic Association (NCAA Division III) (31st) 9 points

Nneoma Okonkwo	Long Jump	19-06 (4 th)
Hannah Chen	400IH	61.89 (5 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Jackie Vahey	170-01
	Ariela Slutsky	147-06
Shot Put	Jackie Vahey	42-10 $\frac{3}{4}$
	Isabella Stuopis	41-10 $\frac{1}{2}$
Discus	Jackie Vahey	153-01**
	Ariela Slutsky	148-07
Javelin	Dana Balek	120-01 $\frac{1}{2}$
	Isabella Stuopis	92-10
Long Jump	Nneoma Okonkwo	19-06 **
	Haley Strouf	18-08
Triple Jump	Jocelyn Lorrey	34-07 $\frac{1}{2}$
Pole Vault	Cimran Viridi	13-08 $\frac{1}{4}$
	Jennifer Tylock	12-02
High Jump	Natalie Alper	5-04 $\frac{1}{2}$
	Katherine Prutz	5-03 $\frac{1}{4}$
100HH	Hannah Chen	15.03
100	Nneoma Okonkwo	12.35
	Kendra Knittel	12.68
200	Kendra Knittel	25.16
	Nneoma Okonkwo	25.94
400	Kendra Knittel	58.55
	Annie Dai	65.83
400IH	Hannah Chen	1:01.03
800	Bailey Tregoning	2:10.84 * **
	Maryann Gong	2:18.06
1500	Maryann Gong	4:35.18
	Clementine Mitchell	4:46.50
5000	Maryann Gong	16:43.96
	Mary Eccles	17:47.85
10000	Maryann Gong	35:31.22
	Mary Eccles	36:06.03
400R	Okonkwo, Alper, Knittel, Chen	48.40
1600R	Knittel, Tregoning, Alper, Chen	3:56.44

Varsity Record**

Freshman Record*

MEN'S TRACK AND FIELD**INDOOR****2015 - 16 RESULTS****VARSITY**

Won 13, Lost 0

MIT111
236
190**OPPONENT**Alumni 11
USM 137, Bates 131, Colby 68
Bowdoin, 89, Tufts 82, Merrimack 67, USM 59.5, Coast Guard 34.5, Conn College 32,
Plymouth State 4, Keene State 0, Maine-Farmington 0**2016-17 SCHEDULE**

12/3	Boston University Season Opener	Boston University
1/7	Alumni/ae Meet	Home
1/14	Bates, Colby	Home
1/21	Bowdoin Invitational	Bowdoin
1/27-1/28	Tufts Multi	Tufts
1/27-1/28	John Thomas Terrier Classic	Boston University
1/28	Art Farnham Invitational	Home
2/4	Tufts Cupid Challenge	Tufts
2/4	BU Scarlet and White Invite	Boston University
2/10-2/11	David Hemery Invitational	Boston University
2/11	Gordon Kelly Invitational	Home
2/17-2/18	New England Div.III Championship	Tufts
2/24-2/25	NEICAAA Championship	Reggie Lewis Center
3/3	Tufts Last Chance	Tufts University
3/3-3/4	IC4A Championship	Boston University
3/10-3/11	NCAA Division III Championship	North Central College - Illinois

2015-2016 VARSITY SCORING & ROSTER

Michael Kaba	'16 59.5	Christopher Sweeney	'18 13	Nicholas Waltman	'18 04
Colin Godwin	'17 14	Kunal Tangri	'19 13	Scott Cameron	'19 03
States Lee*	'16 31.5	Jonathan Fakkema	'19 12	Ryan Prinster	'18 03
Aiden Gilson	'19 29.5	Richard Lu	'16 12	Julius Baldauf-Lenschen	'19 02
Alex Noakes	'16 26	Carrington Motley*	'16 12	Tom Frejowski	'19 02
Cody Bratten	'18 25	Henry Tareque	'17 11.5	Luke Gray	'18 02
Billy Ruschel	'18 24	Derek Barnes	'16 11.25	David Walter	'18 02
Rory Beyer	'17 22	Angel Echevarria	'16 11	Matt Deyo	'16
Nathan Munet	'19 17.75	Tre Albritten	'18 10.75	Sope Eweje	'19
Danny Newman	'17 17.25	Chris Mutty	'19 8.75	Ben Freed	'18
Luca Cacopardo	'18 17	Daniel Weiss	'19 7.25	Brian Gilligan	'17
Arinze Okeke	'17 17	Dennis Maloney	'19 06	Tim Henry	'19
Josh Rosenkranz	'19 17	Brandon Corts	'17 05	Alex Knapp	'19
Trevor McMichael	'19 16	Adrian Samsel*	'16 05	Alex Knoedler	'18
Marshall Wentworth	'16 16	Jarod Wilson	'19 05	Adis Ojeda	'19
Milo Knowles	'19 15	Michael Amoako	'19 4.75	Caspar Stinn	'18
Cooper Sloan	'18 13	Talla Babou	'19 4.25		

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (1st) 138 points

Aiden Gilson	Mile	4:25.20 (1 st)
Michael Kaba	60 HH	8.20 (1 st)
Michael Kaba	200	22.28 (1 st)
Michael Kaba	400	49.85 (1 st)
Lee, Barnes, Amoako, Newman	4x400	3:22.30 (1 st)
Arinze Okeke	Long Jump	22-11 $\frac{3}{4}$ (1 st)
Arinze Okeke	Triple Jump	46-09 (1 st)
Billy Ruschel	Triple Jump	46-06 (2 nd)
Luke Gray	Heptathlon	4247 pts (4 th)
Dennis Maloney	5000	15:02.89 (4 th)
Carrington Motley	Triple Jump	45-11 $\frac{3}{4}$ (4 th)
Danny Newman	200	22.64 (4 th)
Christopher Sweeney	60 HH	8.35 (4 th)
Walter, Frejowski, Tareque, Gilson	DMR	10:31.28 (4 th)
Jarod Wilson	800	1:53.94 (4 th)
Tre Albritten	200	22.64 (5 th)
Luca Cacopardo	Long Jump	21-10 $\frac{1}{4}$ (5 th)
Scott Cameron	Pole Vault	14-11 (5 th)
Ryan Prinster	Triple Jump	45-02 $\frac{1}{2}$ (5 th)
States Lee	400	50.57 (6 th)
Kunal Tangri	1000	2:32.21 (6 th)
Tangri, Rosenkranz, Mutty, Wilson	4x800	7:57.32 (7 th)
Richard Lu	200	22.99 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (9th) 27 points

States Lee	400	48.00 (3 rd)
Tre Albritten	200	21.78 (4 th)
Dennis Maloney	5000	14:47.94 (4 th)
Arinze Okeke	Long Jump	23-02 $\frac{3}{4}$ (4 th)
Arinze Okeke	Triple Jump	47-07 (6 th)
Tangri, Lee, Wilson, Gilson	DMR	9:56.67 (6 th)

National Collegiate Athletic Association (NCAA Division III) (16th) 12 points

Kaba, Newman, Barnes, Lee	4x400	3:17.82 (4 th)
Arinze Okeke	Triple Jump	48-01 $\frac{3}{4}$ (4 th)
Tre Albritten	200	22.31 (7 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Weight Throw	Alex Noakes	46-05 ½
	Jonathan Fakkema	44-06
Shot Put	Cody Bratten	46-03 ½
	Jonathan Fakkema	44-11 ½
Long Jump	Arinze Okeke	23-02 ¾
	Luca Cacopardo	21-10 ¼
Triple Jump	Arinze Okeke	48-01 ¾
	Billy Ruschel	46-11 ½
Pole Vault	Scott Cameron	15-05*
	Marshall Wentworth	14-11
High Jump	Milo Knowles	6-02
	Trevor McMichael	6-00
Heptathlon	Adrian Samsel	4603
	Luke Gray	4247
60HH	Michael Kaba	8.20**
	Christopher Sweeney	8.29
60	Michael Kaba	7.17
	Richard Lu	7.23
200	Tre Albritten	21.79**
	Michael Kaba	21.90
400	States Lee	48.00**
	Michael Kaba	48.98
500	Henry Tareque	1:06.38
	Brandon Corts	1:07.04
600	Henry Tareque	1:25.34
	Chris Mutty	1:26.14
800	Jarod Wilson	1:49.70* **
	Nathan Munet	1:56.95
1000	Kunal Tangri	2:30.81
	Aidan Gilson	2:33.03
Mile	Kunal Tangri	4:13.25
	Aidan Gilson	4:14.38
3000	Colin Godwin	8:23.41
	Aidan Gilson	8:28.85*
5000	Matt Deyo	14:46.36
	Dennis Maloney	14:47.94*
1600R	Kaba, Lee, Barnes, Newman	3:14.43**
3200R	Tangri, Godwin, Gilson, Wilson	7:52.42
DMR	Tangri, Lee, Wilson, Gilson	9:56.67

Varsity Record**

Freshman Record*

OUTDOOR**2016 RESULTS****VARSITY**

Won 3, Lost 1

MIT

232

85

OPPONENT

RPI 158, Bates 146, Tufts 125

Williams 116

2017 SCHEDULE

3/25	Bridgewater State Invite	Bridgewater State University
3/30	Trinity University Invitational	Trinity University
3/31- 4/1	Texas Relays	University of Texas
4/7	Sam Howell Invitational	Princeton University
4/8	Bates, Tufts, USM	Bates
4/12-13	Holy Cross Multi	College of Holy Cross
4/15	Williams	Williams College
4/21	Larry Ellis Invite	Princeton University
4/22	MIT Sean Collier Invitational	Home
4/29	NEWMAC Champ.	Home
5/4-6	New England DIII Champ.	Williams College
5/11-13	NEICAAA Champ.	Williams College
5/18	Last Chance Qualifier	Home
5/25-27	NCAA DIII Champ.	Mount Union College, OH

2016 VARSITY SCORING & ROSTER

Tre Albritten	'18 27.25	Milo Knowles	'19 08	Luca Cacopardo	'18
States Lee*	'16 24	Tom Frejowski	'19 06.75	Brandon Corts	'18
Billy Ruschel	'18 19	Ryan Prinster	'18 06.25	Matt Deyo*	'16
Danny Newman	'17 18.25	Henry Tareque	'17 06.25	Ben Freed	'18
Michael Kaba	'16 18	Josh Rosenkranz	'19 06	Brian Gilligan	'17
Carrington Motley*	'16 16	Christopher Sweeney	'18 06	Colin Godwin	'17
Arinze Okeke	'17 16	Benji Xie	G 06	Tim Henry	'19
Cody Bratten	'18 15	Aidan Gilson	'19 05	Alex Knapp	'19
Scott Cameron	'19 12	Daniel Weiss	'19 05	Alex Knoedler	'18
Luke Gray	'18 12	Talla Babou	'19 03.5	Trevor McMichael	'19
Jarod Wilson	'19 12	Dennis Maloney	'19 03	Nathan Munet	'19
Alex Noakes	'16 11	David Walter	'18 03	Chris Mutty	'19
Derek Barnes	'16 10.25	Sope Eweje	'19 02	Michael Picchini	'18
Richard Lu	'16 10.25	Cooper Sloan	'18 02	Adrian Samsel*	'16
Jonathan Fakkema	'19 10	Adis Ojeda	'19 01.25	Benjamin Schreck	G
Marshall Wentworth	'16 09	Michael Amoako	'19	Caspar Stinn	'18
Angel Echevarria	'16 08	Julius Baldauf-Lenschen	'19	Kunal Tangri	'19
				Nicholas Waltman	'18

* Captain

CHAMPIONSHIPS**New England Women's & Men's Athletic Conference (NEWMAC) (1st) 304.5 points**

Tre Albritten	200	21.65 (1 st)
Cody Bratten	Discus	152-09 (1 st)
Scott Cameron	Pole Vault	15-05 (1 st)
Aidan Gilson	3000SC	9:35.21 (1 st)
Michael Kaba	110HH	14.57 (1 st)
Michael Kaba	400IH	54.78 (1 st)
States Lee	400	48.62 (1 st)
Dennis Maloney	5000	15:11.32 (1 st)
Newman, Kaba, Lee, Albritten	400R	42.11 (1 st)
Arinze Okeke	Long Jump	21-10 ¼ (1 st)
Arinze Okeke	Triple Jump	47-11 ¾ (1 st)
Tre Albritten	100	10.86 (2 nd)
Rory Beyer	5000	15:18.79 (2 nd)
Ben Freed	3000SC	9:37.40 (2 nd)
Danny Newman	200	21.73 (2 nd)
Billy Ruschel	Triple Jump	47-09 ¼ (2 nd)
Christopher Sweeney	110HH	15.07 (2 nd)
Christopher Sweeney	400IH	55.28 (2 nd)
Nicholas Waltman	10000	32:47.02 (2 nd)
Derek Barnes	400	49.61 (3 rd)
Angel Echevarria	Triple Jump	44-08 ¾ (3 rd)
Luke Gray	110HH	16.47 (3 rd)
Alex Knoedler	10000	32:58.48 (3 rd)
Carrington Motley	Long Jump	20-09 (3 rd)
Alex Noakes	Hammer Throw	142-04 (3 rd)
Josh Rosenkranz	1500	4:02.56 (3 rd)
Cody Bratten	Shot Put	43-08 (4 th)
Jonathan Fakkema	Discus	132-03 (4 th)
Frejowski, Gilson, Munet, Tareque	1600R	3:26.19 (4 th)
Brian Gilligan	10000	33:00.58 (4 th)
Richard Lu	400IH	57.35 (4 th)
Ryan Prinster	Triple Jump	43-09 ¾ (4 th)
Marshall Wentworth	Pole Vault	14-05 ¼ (4 th)
Benji Xie	1500	4:03.47 (4 th)
Jonathan Fakkema	Hammer Throw	140-09 (5 th)
Tom Frejowski	400	49.98 (5 th)
Richard Lu	100	11.10 (5 th)
Alex Noakes	Shot Put	41-10 ¾ (5 th)
Billy Ruschel	Long Jump	20-08 (5 th)
Luke Gray	Javelin	144-03 (6 th)
Jonathan Fakkema	Shot Put	41-05 (6 th)
Milo Knowles	High Jump	5-10 (T-6 th)
Trevor McMichael	Long Jump	20-04 ¼ (6 th)
Alex Noakes	Discus	122-06 (6 th)
Danny Newman	400	49.99 (6 th)
David Walter	1500	4:06.74 (6 th)
Derek Barnes	200	22.54 (7 th)
Luke Gray	Pole Vault	12-11 ½ (7 th)
Nathan Munet	800	1:59.25 (7 th)
Cody Bratten	Hammer Throw	131-00 (8 th)

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<u>New England Division 3 (NE Div. 3)</u> (1 st) 179.5 points		
Tre Albritten	200	21.69 (1 st)
Kaba, Wilson, Barnes, Newman	1600R	3:17.40 (1 st)
Dennis Maloney	5000	14:51.17 (1 st)
Arinze Okeke	Triple Jump	46-11 $\frac{3}{4}$ (1 st)
Benji Xie	10000	31:25.09 (1 st)
Cody Bratten	Discus	150-03 $\frac{3}{4}$ (2 nd)
Scott Cameron	Pole Vault	14-09 (2 nd)
Aidan Gilson	3000SC	9:23.50 (2 nd)
Michael Kaba	400IH	54.07 (2 nd)
Arinze Okeke	Long Jump	21-11 $\frac{1}{2}$ (2 nd)
Lu, Kaba, Sweeney, Albritten	400R	42.45 (2 nd)
Billy Ruschel	Triple Jump	46-10 $\frac{1}{4}$ (2 nd)
Michael Kaba	110HH	14.86 (3 rd)
Danny Newman	400	49.33 (3 rd)
Josh Rosenkranz	10000	31:34.09 (3 rd)
Rory Beyer	5000	15:00.81 (4 th)
Angel Echevarria	Triple Jump	46-02 $\frac{1}{2}$ (4 th)
Luke Gray	Decathlon	5497pts (4 th)
Christopher Sweeney	110HH	15.04 (4 th)
Daniel Weiss	10000	31:39.25 (4 th)
Derek Barnes	400	49.47 (5 th)
Carrington Motley	Triple Jump	46-02 (5 th)
Danny Newman	200	22.21 (5 th)
Jarod Wilson	800	1:52.47 (5 th)
Carrington Motley	Long Jump	21-09 (6 th)
Munet, Gilson, Mutty, Tareque	3200R	7:56.10 (6 th)
Tre Albritten	100	11.05 (7 th)
Brian Gilligan	10000	32:01.64 (7 th)
Christopher Sweeney	400IH	55.49 (7 th)
Marshall Wentworth	Pole Vault	14-03 $\frac{1}{4}$ (7 th)
Ryan Prinster	Triple Jump	44-09 (8 th)
Benjamin Schreck	Pole Vault	14-03 (T-8 th)

<u>New England Intercollegiate Amateur Athletic Association (NEICAAA)</u> (4 th) 56 points		
Michael Kaba	400IH	52.18 (1 st)
Benjamin Xie	10000	30:48.41 (1 st)
Albritten, Sweeney, Barnes, Newman	1600R	3:16.73 (3 rd)
Dennis Maloney	10000	31:16.23 (3 rd)
Cody Bratten	Discus	156-06 (4 th)
Newman, Kaba, Sweeney, Albritten	400R	41.74 (5 th)
Arinze Okeke	Long Jump	23-01 $\frac{1}{4}$ (5 th)
Michael Kaba	110HH	14.68 (6 th)
Danny Newman	400	49.09 (6 th)
Christopher Sweeney	400IH	54.26 (7 th)
Aidan Gilson	3000SC	9:32.40 (8 th)
Arinze Okeke	Triple Jump	46-11 $\frac{3}{4}$ (8 th)
Daniel Weiss	10000	32:34.38 (8 th)

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[\(Continued from page 73\)](#)**Eastern College Athletic Conference** (2nd) 58 points

Lee, Sweeney, Barnes, Newman	1600R	3:13.32 (1 st)
Tre Albritten	200	21.57 (2 nd)
Benjamin Xie	5000	14:38.07 (2 nd)
Carrington Motley	Triple Jump	47-05 (3 rd)
Benjamin Schreck	Pole Vault	15-07 ¼ (3 rd)
Michael Kaba	110HH	14.62 (4 th)
Christopher Sweeney	400IH	53.73 (4 th)
Cody Bratten	Discus	152-10 (6 th)
Scott Cameron	Pole Vault	15-01 ½ (8 th)

National Collegiate Athletic Association (NCAA Division III) (22nd) 13 points

Arinze Okeke	Triple Jump	48-07 ½ (4 th)
Lee, Kaba, Barnes, Newman	1600R	3:13.19 (6 th)
Tre Albritten	200	23.11 (7 th)
Michael Kaba	400IH	52.46 (7 th)
Billy Ruschel	Triple Jump	48-05 ½ (8 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
Hammer Throw	Alex Noakes	150-01
	Jonathan Fakkema	134-00
Shot Put	Cody Bratten	44-05 ½
	Alex Noakes	43-06 ½
Discus	Cody Bratten	156-06
	Jonathan Fakkema	134-00
Javelin	Luke Gray	154-11
	Julius Baldauf-Lenschen	125-09
Long Jump	Arinze Okeke	23-01 ¼
	Billy Ruschel	21-09 ½
Triple Jump	Arinze Okeke	48-07 ½
	Billy Ruschel	48-05 ½
Pole Vault	Benjamin Schreck	15-07 ¼
	Scott Cameron	15-05*
High Jump	Milo Knowles	6-00
	Trevor McMichael	5-10
Decathlon	Luke Gray	5511
110HH	Michael Kaba	14.54
	Christopher Sweeney	15.04
100	Tre Albritten	10.82
	Richard Lu	11.10
200	Tre Albritten	21.49
	Danny Newman	21.73
400	States Lee	47.68
	Danny Newman	48.97
400IH	Michael Kaba	52.18 **
	Christopher Sweeney	53.79
800	Jarod Wilson	1:52.47
	Nathan Munet	1:56.92
1500	Josh Rosenkranz	4:00.26
	Jarod Wilson	4:00.81
3000SC	Aidan Gilson	9:23.50
	Ben Freed	9:37.40
5000	Benji Xie	14:38.07
	Dennis Maloney	14:51.17
10000	Benji Xie	31:25.09
	Matthew Deyo	31:27.58
400R	Newman, Kaba, Sweeney, Albritten	41.74
1600R	Lee, Kaba, Barnes, Newman	3:11.74
3200R	Munet, Gilson, Muty, Tareque	7:56.10

Varsity Record**

Freshman Record*

2016-2017 COMBINED SCHEDULES

CROSS COUNTRY

9/2	Alumni Meet	Franklin Park
9/24	Purple Valley Classic	Williams College - Williamstown, MA Mt. Greylock H.S.
10/8	NEICAAA Championship	Franklin Park
10/15	Border Battle	Rowan College - Glassboro, NJ
10/29	NEWMAC Championship	Smith College - Northampton, MA
11/12	New Eng. Div. III Reg. Champ.	Westfield State University - Westfield, MA Stanley Park
11/19	NCAA Div. III Championship	Spaulding University - Louisville, KY Tom Sawyer Park

INDOOR TRACK

12/3	Boston University Season Opener	Boston University
1/7	Alumni/ae Meet	Home
1/14	Bates, Colby	Home
1/21	Bowdoin Invitational	Bowdoin
1/27-1/28	Tufts Multi	Tufts
1/27-1/28	John Thomas Terrier Classic	Boston University
1/28	Art Farnham Invitational	Home
2/4	Tufts Cupid Challenge	Tufts
2/4	BU Scarlet and White Invite	Boston University
2/10-2/11	David Hemery Invitational	Boston University
2/11	Gordon Kelly Invitational	Home
2/17-2/18	New England Div.III Championship	Women - Home, Men - Tufts
2/24-2/25	NEICAAA Championship	Reggie Lewis
3/3	Tufts Last Chance	Tufts University
3/3-3/4	IC4A Championship	Boston University
3/10-3/11	NCAA Division III Championship	North Central College - Illinois

OUTDOOR TRACK

3/25	Bridgewater State Invite	Bridgewater State University
3/30	Trinity University Invitational	Trinity University
3/31- 4/1	Texas Relays	University of Texas
4/7	Sam Howell Invitational	Princeton University
4/8	Bates, Tufts, RPI	Bates
4/12-13	Holy Cross Multi	College of Holy Cross
4/15	Williams	Williams College
4/21	Larry Ellis Invite	Princeton University
4/22	MIT Sean Collier Invitational	Home
4/29	NEWMAC Championship	Home
5/4-6	New England DIII Championship	Williams College
5/11-13	NEICAAA Championship	Williams College
5/18	Last Chance Qualifier	Home
5/25-27	NCAA DIII Championship	Mount Union College - Ohio