



# Track and CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 77 - September 2017

## Maryann Gong and Aidan Gilson

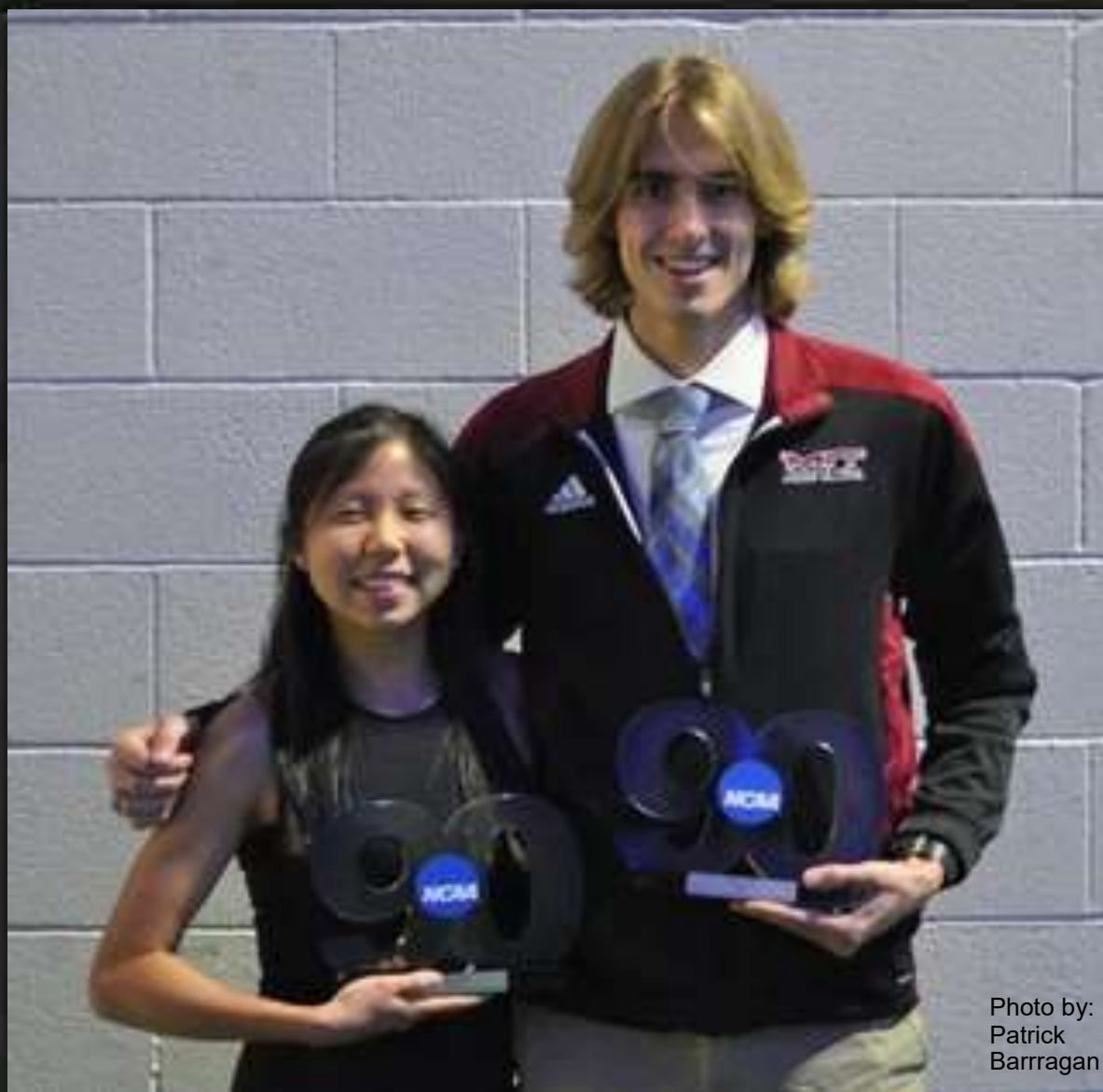


Photo by:  
Patrick  
Barragan

### 2017 Elite 90 Award Winners

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# ANNOUNCEMENTS

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

Halston has this reminder for the Varsity-Alumni/ae Track and Field Meet:

"As we discussed at the Indoor Alumni/ae Meet last year, we are moving the meet back to where it originally was, before the Holidays. This year's meet will be on Saturday 12/16, starting at noon. As always, please let me know at your earliest convenience if you plan on competing or attending."

## **MIT Track & Field and Cross Country on Social Media**

In an effort to expand our reach to MIT Track & Field/Cross Country alumni, as well as current and future athletes, MIT now has four social media accounts:

Instagram: <https://www.instagram.com/mittfxc/>

Twitter: [https://twitter.com/MITTFXC?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/MITTFXC?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

Facebook: <https://www.facebook.com/MITTFXC/>

To find us on all of our social media accounts, search for MITTFXC

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

**No current athletes or alumni are allowed to engage with Prospective Student Athletes (PSAs) on any public social media function (i.e. do not like, favorite, tag, comment, repost, retweet, or share anything they may do).**

For a complete summary of social media rules as they apply to MIT athletics check the following link:

[https://issuu.com/mitathletics/docs/social\\_media\\_brochure\\_diii](https://issuu.com/mitathletics/docs/social_media_brochure_diii)

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

Everyone is encouraged to visit the Wiki page for the Track & Field and Cross Country alumni. The goal is to establish an archive of rosters, contacts, pictures, articles and other pieces of interest. If you don't already have a Touchstone account (which will probably be the case if this is your first time accessing an MIT Wiki), the easiest way to get started will be to go to the help page that Alisha Schor was kind enough to develop at <http://scripts.mit.edu/~hwtaylor/wikihelp.php>. Alisha's first screenshot shows how to fill out the account creation screen, with a link to that screen in the text above (...[Touchstone account creation](#)...). Once you've created the account, you will be sent an email telling you how to activate the account. After the account is activated, go to the Track & Field and Cross Country Wiki page at <https://wikis.mit.edu/confluence/display/mtfxcalumni/Welcome> and log onto the account as shown in the second and third screenshots on Alisha's help page. After logging in, you'll find directions for adding content of your own and linking it to the roster of past teams that Halston has posted. How to navigate and edit the pages may not be obvious if you aren't familiar with Wiki environments, but if you have questions, address them to [tfxc-wiki-request@mit.edu](mailto:tfxc-wiki-request@mit.edu).

# CROSS COUNTRY

## BOTH TEAMS WIN NE REGION DIV III CHAMPIONSHIP

by Halston W. Taylor

As we entered the 2016 season there was guarded optimism for both the men's and women's teams. On the women's side we had arguably the best recruiting class ever, plus returning four of our top five from the year before. However, Maryann Gong '17 was coming back from a stress fracture, and came back too fast using her own advice, forcing her to shut down for a month at the beginning of the season. Christina Wicker '17, an All-American from 2014, did not run track in 2016, so was coming off low mileage for a year and entered the season with a hamstring injury.

The men also had a strong recruiting class, but two of them were coming into the season with injuries. Of the upperclassmen, we had a lot of experience and talent, led by Matt Deyo '16, Colin Godwin '17 and Dennis Maloney '19. However, Matt was coming in, recovering from a stress fracture, and Colin's bone status



At the annual Alumni Meet, Benji Xie '15, Roy Wedge '14 and Matt Jordan '15 run with Nick Gomez del Campo '20.



The alumni/ae enjoyed good weather and even better camaraderie despite being a bit out-classed by the Varsity (15-50 in both Men's and Women's races) on the Franklin Park course.

is always something to be concerned with.

In addition to the yoga, we instituted some functional movement testing and added a couple of exercises to work in hip strength and flexibility as that was determined to be a factor in many of the past injuries sustained by the athletes. About a third of the way into the season, anomaly or not, we had a succession of upper thigh injuries on the men's side that will require further investigation.

The men's and women's [Alumni - Varsity](#) races were 5K's (actually 3.2 miles) held at historic Franklin Park on a sunny mid-70 degree day. The Engineers swept both races, winning by a score of 15 to 50 over the alumni in each race.

The nationally 7th ranked women raced first. Megan McCandless '20 and Jenna Melanson '20 wasted no time taking control of the pace. Although a little too fast, the freshman duo had a comfortable lead at the mile mark as they came through in 5:37. Leandra

Zimmermann '19 and Mary Eccles '18 working together were :14 back in third and fourth. The alums, either out of race shape, or recovering from recent longer races, were more towards the back of the pack.

Megan opened up a :22 second lead on Jenna in the second mile as she attacked the major hill on the course to maintain her race effort. In the final 1.2 miles, Megan continued to widen the gap, eventually winning in 18:10 with a :50 lead. Jenna outkicked Leandra and Mary as they ran 19:00, 19:00 and 19:06 respectively. Katie Bacher '20 closed out the scoring with a 19:12. Jenny Xu '19 was also timed in 19:12 and Marissa McPhillips '20 was 19:18.

Alina Gatowski '11 led the Alumnae with a 20:01 performance in 9th place. Louise van den Heuvel '14 finished in 11th place in 20:05, just ahead of Nicole Zeinstra '16, also timed in 20:05. Brooke Johnson '13 placed 16th in 20:37 and Alexandra Taylor '14 placed 19th in 21:57

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# INDOOR TRACK AND FIELD

## WOMEN TAKE THIRD CONSECUTIVE NE REGION DIV III TITLE

by Halston W. Taylor

With both the men's and women's teams hoping to defend their New England Division III titles, the men for their fifth in succession and the women their third, there was a determined focus by both teams to get that done as well as getting both teams on the podium at the NCAA Division III Championship.

The men lost 51.5 NED3 championship points to graduation and another eight due to attrition. The women graduated 31 points, so both teams had a lot to expect from incoming freshmen and improvement from the veterans.

As always, the season began with tremendous enthusiasm. The [Boston University Season Opener](#) provided excellent results for the top cross country runners who had just finished their season. Matt Deyo '16 followed up his Cross Country All America honor with a national qualifying 14:26.55 effort. Dennis



*Sam Parker '15 takes down Nathan Munet '19 and Tyndale Hannan '20 in the 800 at the Alumni Meet.*

Maloney '19 ran a personal best 14:40.38 and Rory Beyer '17 ran a PR of 15:02.88. Maryann Gong '17 ran 17:03.51, which we thought would be fast enough to get her in the NCAA Division III Championship if the 5K will be among the events in which she will participate. Mary Eccles '18 ran 17:32.41.

While those who participated in the BU meet took their break, the rest of the team split up into the red team and gray team, competing against each other in the annual Intrasquad Meet. We had some amazing performances that got everyone excited about the indoor season after the holidays. Arinze Okeke '17 laid out a 48-0 ½ Triple Jump and Billy Ruschel '18 was not far behind with a 47-5 ¾ performance. Alec Reduker '20 took a couple of jumps, one of them a 6-7 ¾ clear. Bobby Upton '20 added to the freshman accomplishments with his 14-5 ¼ clear in the Pole Vault. Ariela Slutsky '18 had a tremendous start to her season, throwing 52-7 in the Weight Throw and a PR 42-3 in the Shot Put. Bailey Tregoning '19 cruised to a 2:18.58 800 coming right out of her Field Hockey season.

After a three-week break for exams and the holidays, we started back on January 3rd. It was apparent the team had done their work over the break as they returned in top form as shown in the win over the [Alumni](#). The men took down the "Has-Beens" by a score of 97-28 and the women won 88 to 38 despite the large turnout of alums. Some of the more impressive performances occurred in the jumps. Alec cleared 6-10 ¼ with ease to set the freshman record. Arinze had a nice battle with Billy once again in the Triple Jump with Arinze jumping 48-2 ¾ to Billy's 47-5 ¾. The distance runners showed they have some speed as Dennis won the Mile in 4:20.72 and Matt ran 4:24.00. The women took a



*In the Alumni Meet, Alec Reduker shows the ability he used to later jump 6-10 1/4 for a new freshman record.*

shot at the outdated 1500 record, an event that has not been run indoors in quite some time. Maryann ran 4:41.13 to set the MIT record and Marissa McPhillips '20 ran the second fastest time ever as well as the freshman record of 4:49.33. Bailey blasted a 2:14.72 that looked way too easy. Nneoma Okonkwo '18 easily won the Long Jump in a facility and MIT record of 18-1.

For the alums the point scorers included Ben Schreck '15 winning the Pole Vault at 15-4 ¼, while Marshall Wentworth '16 placed third. Sam Parker '15 took first place honors in the 800 with a well-run 1:57.25. Kyle Hannon '13 won the 200 in 24.58. Michael Kaba '16 took second in the 60HH in 8.76 and third in the 60 with a 7.60 performance. Matt Baron '13 placed second in the 400 in 59.03. The ageless wonder, Thad Wozniak '06 placed third in the

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# OUTDOOR TRACK AND FIELD FOR THE FOURTH CONSECUTIVE YEAR BOTH TEAMS ARE NE REGION DIV III CHAMPIONS

by Halston W. Taylor

Going into the Outdoor season it was difficult to be incredibly upbeat knowing we were without Tre Albritten '18, Simon Alford '20, Rory Beyer '17, Alex Knapp '19, Chris Mutty '19, Arinze Okeke '17, Alec Reduker '20, Josh Rosenkranz '19, Billy Ruschel '18, Chris Sweeney '18, Skylar Brooks '20, Erin Grela '20, Shea Landeene '20, Megan McCandless '20, Maia Mesyngier '20, Bailey Tegoning '19 and Tessa Weiss '20. Many of these came into the year injured, some were injured in the indoor season and were not patient in coming back slowly and some just had year ending injuries and would not be back this year. Regardless the cause, we were without a lot of our top performers. In addition, we really did not have the leadership that exuded the confidence to follow them into battle, as those leaders would get the job done. There was a little swagger on the women's side, but virtually none on the men's side. It seemed many



*At the Williams College Dick Farley Invitational, Jane Reed '20 runs a personal best 58.62 for second place in the 400*

were looking around to see who would get the job done.

We started the season off with the annual 10K to see if we could get

some of the top runners qualified for Nationals. This first meet in March usually has ideal 10K weather due to the time of year. The [Bridgewater State University Invite](#) did not have the competition necessary to produce an NCAA qualifying mark unless our runners did it themselves. Matt Deyo '16 was forced to do just that, taking the lead after 1600 and having no assistance from that point on. Dennis Maloney '19 needed a break after indoor nationals, so he did not race. Running 74 pace for the entire race, Matt finished in first in 30:51.63, a fine time, but not one that would get him into the nationals field. We had seven others in the race, with all achieving the 33:20 New England Division III standard. The women began with four going for the New England Division III qualifying time of 41:20. Of course, anyone who achieved the 5K standard could also race in the 10K, but my preference is for athletes to

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*Jon Fakkema '19 won the Hammer at the Dick Farley Invitational with a throw of 156-11.*



## ... OUTDOOR TRACK AND FIELD

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know what a 10K feels like, so we go for the actual 10K qualifying mark. After Camila Thanos '19 dropped out due to foot problems and Charlotte Folinus '20 stopped due to stomach issues, only Bailee Margolis '19 and Darby LaPlant '19 remained in the race for the Engineers. The women's initial pace was strong, but the winner ended up running upper 36 minutes, not nearly fast enough for Nationals. Keeping Maryann Gong '17 and Mary Eccles '18 out of the race was probably a good decision, allowing them to heal mentally and physically in preparation for the outdoor season. Bailee ran a strong 38:45.10 and Darby a 39:11.50 to easily qualify for New England Division III's.



*Hannah Chen '18 passes off to Michelle Menkiti '20 for the first exchange of the winning 4x100 Relay at the Dick Farley Invitational.*

The next day, the technical athletes (field events, hurdles, sprinters, 4x100 Relay members) and most of the coaches departed for the Spring Trip, this year at Trinity University in San Antonio, TX. The athletics department and staff were extremely accommodating, providing our team with anything we needed. After a great week of training, the throwers went to the [Bobcat Invitational at Texas State University](#) to compete in the Discus. Jackie Vahey '17 and Cody Bratten '18 started the season off well, throwing 132-6 and 160-8 respectively.

The final day of the trip the team competed at the [Trinity University Invite](#). Despite not having any middle-distance or distance runners, thus not having any competitors in the 800 through 10K events, the women won six events. Hannah Chen '18 was the only double winner, running 15.01 in the 100HH and then came back in 61.19 in the 400IH. Kari Stromhaug '19 led an MIT assault on the Pole Vault with her 12-3 ½ performance, claiming places 1-2-3

-5-6 and 7. Nneoma Okonkwo '18 claimed first in the Long Jump with a 19-0 ¾ performance and then came back in the 100 with a 12.63 for third place. Natalie Alper '17 won the High Jump with an excellent 5-5 ¼ clearance and a new MIT record. Jackie continued her fine week by winning the Hammer with a 173-2 throw and also claimed third in the Discus (138-1) and seventh in the Shot Put (36-0 ¼). The men claimed four victories. Bobby Upton '20 set a freshman record in the Pole Vault, clearing 15-9 ¾. Jason Villanueva '18 was an unexpected winner in the Triple Jump, jumping 46-6. Chris Washington '20 won the High Jump at 6-6 and Jon Fakkema '19 took first place honors in the Hammer Throw. Although he did not win an event, Cody had a great day, throwing 48-9 ½ in the Shot Put, and 153-4 in the Discus.

The following week we were traveling to Maine to compete in our quadrangular meet with [Bates](#), [RPI](#) and [Tufts](#). However, the night before, I had Maryann, Dennis and

Matt down at Princeton to race in the 10K in the [Sam Howell Invitational](#). Normally, we would not break the team up when a scoring meet was at stake. However, our [Mission Statement and Guiding Principles](#) clearly dictate that if a situation is available to put our team in position to win the New England Division III Champion or place among the top four teams at the NCAA Division III Championship, then splitting up the team would be what happened. There was no other real alternative for a 10K that could produce the needed results other than the Penn Relays, but that was in conflict with wanting those same people to qualify for Nationals in the 5K. This is a situation we will continue to look at each year.

The competition was excellent, and the weather, although very windy, was a near perfect 40 degrees. Maryann took the lead before she needed to, settled into 86-87 second pace, but gave up

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## ... OUTDOOR TRACK AND FIELD

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the lead after two miles although she maintained 1600 splits of 5:46 and 5:47 to finish in second with a time of 35:47.93. Dennis and Matt locked into a perfect pace of 72-73 with the chase pack. Dennis split the 5K in 15:04 with Matt at 15:06. Matt started falling off the pace due to stomach issues, but more likely than not was just not mentally engaged enough to deal with the pain. After a 4:55 fourth 1600 Matt stepped off the track—an unfortunate mistake. Dennis not only stayed engaged but negative split, running 15:03 for the second 5K to run 30:07.93, easily fast enough to get him into Nationals.

Back at the [Bates Meet](#), we were not sure we would have the resources to win the meet. Whenever Bates feels they have the ability to win they really step up and work well as a team and this was certainly one of those moments. In addition to the odds being stacked against us the attitude was still lacking on the men's side. The men only won four events and the windy, 45 degree day was not the reason we did not dominate the meet. Ryan Prinster '18 stepped up nicely to take first



*Marissa McPhillips '20 takes the 800 in 2:17.24 at the Dick Farley Invitational.*



*Chris Sweeney '18 wins the 400IH in his outdoor debut at the Dick Farley Invitational Meet.*

place honors in the Triple Jump at 45-2 ½. Scott Cameron '19 cleared 15-5 to win the Pole Vault. However, the big field event mark was delivered by Cody as he won the Discus with a personal best 167-5 effort. The only victory in the running events was put in by Aidan Gilson '19, as he took the Steeplechase in 9:45.70. Danny Newman '17 showed some surprising speed in the short sprints, taking second in the 100 in 10.95 and in the 200 with a 22.07. Although our distance runners showed solid depth, they were all putting in times in the mid 15's for the 5K instead of sub 15. Bates won the men's meet with 216 points to 172.5 for MIT. We did manage to beat Tufts (161) and RPI (123.5). On the women's side, we took the team honors with 235 points to 194 for Bates. Tufts was third at 154 and RPI at 97. The big difference was that the women won 10 events, including six of the eight field events. In addition, although the women do not have a lot of depth across the events, they were able to go 1-2 in six events. Those six events were the Pole Vault (top five places), Long Jump, Discus, Hammer, 100 and 200 meter dashes. Individual winners were Kari in the Pole Vault (11-7 ¾), Nneoma in the Long Jump (18-3), Natalie in the High

Jump (5-4 ¼), Ariela Slutsky '18 in the Shot Put (40-9½) and the Discus (136-5), Jackie in the Hammer (159-4), Hannah Chen '18 in the 200 (25.59), Michelle Menkiti '20 in the 100 (12.51), Jenna Melanson '20 in the Steeplechase (11:15.19) and Hannah, Jane Reed '20, Michelle and Nneoma in the 4x100 Relay (48.75).

The following weekend would be the first real test to see if both teams would be willing to fight to win a meet. Our only real rival year in and year out in New England with respect to Track & Field is Williams College. So for the second year in a row we would be traveling to Williams for a good old-fashioned dual meet. This meet has been named the [Dick Farley Invitational](#) in honor of the long-time Williams coach who is now retired. We will travel to Williams for one more year and then begin a home and away in alternating years and change the name of the meet to the Dick Farley / Gordon Kelly dual meet.

Despite the lack of individuals due to injuries both teams responded very well to the competition. The men won 11 events and the women 12 of the 20 events. Both meets came down to the final event, the

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## ... OUTDOOR TRACK AND FIELD

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4x800 Relay and we lost both of those. There was certainly disappointment in losing a hard-fought meet, but I could sense the teams were coming together and understanding they knew help was not coming from those injured, and that they could indeed get the job done. On the women's side there were four freshman records set (Jenna Melanson in the Steeplechase 11:06.25, Michelle Menkiti set two, the 100 12.40 and in the 200 25.12, and Margaret Trautner '20, Katie Bacher '20, Jenna, and Marissa McPhillips '20 in the 4x800 9:33.66). Our women also dominated the field events, outscoring Williams 50.5 to 26.5. This was largely due to the pole vaulters going 1-2-3 led by Kathleen Brandes '18 and the throws led by Ariela and Jackie as they went 1-2 in the Hammer, Discus and Shot Put, with Ari taking the Hammer and Shot and Jackie taking the Discus. Hannah was even more of a star than normal, winning both hurdle events in 15.11 and 61.53, leading off the 4x100 Relay that won in 47.76 and anchored the winning 4x400 Relay with a 56.8 leg for a 3:55.90 performance. The men did surprisingly well in the sprints, taking first place in the 100, and going 1-2 in both the 200 and 400. Danny not only took both the 100 and 200, but also led-off the winning 4x100, which also gave us the first competitive opportunity of the season for Tre Albritten '18 as he anchored the relay in 43.11. Danny also anchored the 4x400 Relay with a 49.2 leg. Tom Frejowski '19 had the race of his life, winning the 400 in 49.99. Michael Amoako '19 had a career day, placing second in both the 200 (22.47) and the 400 (50.14). Moving Matt and Dennis to the 1500 to give their legs a break helped in the 1500 as Matt ran 3:55.46 for second place, but our distance runners could only manage third and fourth in the 5K.



*Matt Deyo '16 takes 8th place in the Larry Ellis Invitational 5K with a time of 14:21.28.*

Aidan moved to the 1500 where he claimed fourth in 3:58.42, leaving Ben Freed '18 and Brian Bates '20 to go 1-2 in the Steeplechase. Brian ran the final 200 in 30 seconds to go from fourth to second in the final 150, running 9:40.87. The field events went very well with the exception of the Long Jump and Javelin where we only placed third in both events. Injuries and lack of bodies played a significant role. However, coming out of this meet you could feel the recognition that they could still rise to another level in three weeks.

The next weekend was the final opportunity prior to the championships for our athletes to get qualifying performances. Since we focus on winning versus just trying to perform at a high level, we try to put our athletes in the most competitive environment possible. Twice every outdoor season Princeton University hosts major invitationals, one we already went to, the Sam Howell meet, this weekend was the [Larry Ellis Invitational](#). Due to our Sean Collier Invitational at home we can

only go to the Friday portion of the Larry Ellis meet, which means we can bring down national level athletes in events between the 800-10K events only. This particular meet we brought down Jenna in the Steeplechase, Maryann in the 5K and Matt and Dennis in the 5K. Of course the standards for the meet also ruled out many of our athletes. Jenna was up first in the Steeple. Still showing a lack of confidence, she started out well, but never moved in the middle of the race the way she was capable of doing. Nevertheless she ran 5:42 for the first 1600. After that she slowed to 89 seconds per lap and then a 91 before closing a little better for a solid 10:55.17 and another freshman record. This time was almost certain to get her to Nationals. Maryann was up next. We still did not know if she would be able to manage her injuries through Nationals, and if so, what event(s) she should do. Her confidence was not very high so the best we could do would be to put her in a position to race what made the most sense. Maryann went out fast with the

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## ... OUTDOOR TRACK AND FIELD

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pack, splitting 80 for the first 400 and 5:25 for the 1600. The 3200 was even faster in 5:18. She was in great position, but after 3600 it was obvious the confidence was not there as she started to slow. Her last 1600 was 5:30 as she finished in 16:52.36—fast enough for Nationals but not what she was capable of running. The final race was the fast section of the Men's 5K featuring Matt and Dennis. There was no question the pace was fast enough, and the weather was pretty much perfect at 55 degrees. The first 1600 was 4:33 for both runners. The pace picked up in surges and then would settle back down, but Matt came through the 3200 in 9:11 with Dennis back at 9:14. Matt dug down to run a 4:38 next 1600 and close with a 32 final 200 to set a new MIT record of 14:21.28. Dennis lost focus and finished at 14:41.46. So three out of four earned NCAA qualifying performances—a pretty good night overall.



*Josh Derrick '20 and Daniel Weiss '19 on their way to a 1, 3 finish in the 5K at the Sean Collier Invitational.*



*Mary Eccles '18 took 2nd place in the NEWMAC Championship 5k in a time of 18:16.89.*

We left early the next morning to get back for the [Sean Collier Invitational](#) at MIT. On the plus side there was no rain, but on the less than positive side, it was windy and only reached a high of 49 degrees. This turned out to be more of a tune-up and preparation for next week's NEWMAC Championship, and in some cases the New England Division III Championship in two weeks. We did not take chances on anyone who was not feeling 100%. Fearing a difficult battle at NEWMAC's I thought we could sneak some points by having our steeplechasers come back in the 400IH. Aidan did this remarkably well, first racing to a 9:21.28 personal best and then running 58.59 in the 400IH. Jon Fakkema threw a personal best of 161-2 ¼ in the Hammer and Cody won the Discus with a 151-3 ¼ effort. The distance runners got the job done in the 5K, placing 1-3-4-5-7. Josh Derrick '20 led the way with a hard fought 15:15.15 victory. Daniel Weiss '19 (15:20.28), Steven Goldy '20 (15:21.24) and Alex Knoedler '18 (15:23.71) were satisfied with qualifying for the NED3 Championship, just needing to break 15:30. Ariela was by far the best thing happening on the women's side as she won the Discus and Hammer while claiming second in the Shot. Her solid marks were 149-6 ¼, 171-6

½ and 40-8 ¾ respectively. Both the Discus and Hammer efforts were personal bests.

The two nights before the [NEWMAC Championship](#) we had a wonderful celebration honoring Sherie and Don Morrison '61 for playing such a major role in the funding of the new outdoor track. Thursday evening the captains and I had dinner with the Morrisons, enjoying a wonderful evening of getting to know each other and being regaled with stories by Don. On Friday evening it was another dinner, this one with MIT athletic administration, Development folks, a couple of alums and Gordon Kelly and his wife Carol. It was indeed an honor to be able to celebrate with Don and Sherie.

The NEWMAC Championship was at home and finally a warm, but windy 80 degrees. Both the men and women were favored, but this meet is difficult to predict in that as of late there are only two teams with a chance of winning the championship, MIT and WPI. Although we tend to have more top end competitors, WPI usually has more depth. A team is limited to only four entries per event and most of the

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## ... OUTDOOR TRACK AND FIELD

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other teams do little to take points away from WPI. This year we were hoping for a little help as it looked as though Springfield might be able to do so on the men's side and Wheaton may be able to cut into the point total on the women's side. After the official track dedication for the Don and Sherie Morrison Track, we took to the business of winning our 17th title in succession for the men and the ninth for the women. The men won nine events despite holding out Chris Sweeney from the high hurdles, Tre Albritten from the sprints and moving Matt and Dennis to the 1500 so that they would bring us points in the depleted event and have them relatively fresh for a 10K-5K distance double the next weekend. Not only did the field events come through with five victories, but they also scored 140.5 points in total domination. Jon won the Hammer in another PR of 164-3  $\frac{1}{4}$  and also scored the most points for us with 26 points, also claiming second in the Discus and Shot Put. Cody claimed victories in the Discus at 156-10  $\frac{1}{2}$  and the Shot Put 48-2  $\frac{1}{4}$  to earn the NEWMAC Men's Field Event Athlete of the Meet. Arinze began to put his triple jump together as he won the event in 46-1  $\frac{1}{2}$  as well as earning second in the Long Jump at 21-11  $\frac{3}{4}$ . Scott



*The men captured their 17th consecutive NEWMAC Outdoor Championship while the women's victory was their 9th in a row.*

won the Pole Vault with a 15-5 clear. Without our normal depth in the sprints and hurdles, we depended on big points in the middle distance and distance events. What we lacked in depth, Danny Newman made up for

in quality. The senior won the 200 in 21.68 after claiming second in the 100 in 10.89. Although we lost the 1500, we did secure 2-3-4 with Matt running 3:59.62, Colin earning a 3:59.81 and Dennis finishing in 4:00.76. Aidan won the 3000 Steeplechase in a pedestrian 9:39.81, but did come back and get fourth in the 400IH in 58.86. Daniel won the 5K in 15:30.71 as we also took third, fourth and fifth. Finally, Alex won the 10K in a totally controlled 32:37.96. The men totaled 291.5 points, 91 more than runner-up WPI. The women did not score as many (270), but won by a larger margin (153.5), while also winning nine events. Both Hannah and Nneoma won two events each although neither won any awards. Hannah took both hurdle events, taking the



*Hannah Chen '18 misses Michele Menkiti's '20 hand the first time, but the team still went on to win the 4x100 Relay at the NEWMAC Championship*

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## ... OUTDOOR TRACK AND FIELD

*(Continued from page 11)*

100HH in a PR of 14.46 and the 400IH in 62.61. Nneoma won the 100 in a wind-aided 12.04 and took first place honors in the Long Jump with an 18-10 ½ effort. Michelle was the co-winner of the Women's Rookie of the Year Award by setting PR's and earning second place in both the 100 (12.11) and 200 (24.85). All three, along with Jane Reed, were also in the victorious 4x100 Relay in 47.80. Natalie Alper won the High Jump at 5-4 ¼ and Jackie took first place honors in the Discus at 135-3 ½. The other two victories were in the running events. Maryann led a 1-2-4-5 effort in the 1500 with a 4:36.32 victory out of the slow section. Jenna won her specialty in 11:19.26. Most folks were looking at me like I was out of my mind when I thought it would be a close meet. The difference, and it was a major one, was that both teams started getting the right attitude.

After the surprise of how easily both teams won, the enthusiasm was high as the team mentally prepared for the [New England Division III Championship](#), hosted by Williams College. Following a conference championship with a regional championship the following week and trying to win both is a monumental task. It remains one that is part of our annual goals and one I do not think compromises our ability to do well at Nationals. If we are ever in the position to actually win the NCAA outdoor title and we need middle distance and distance runners to do it, I may have to take another look at our goals. For now, they all seem to co-exist.

A lot of what it takes to win this championship has to do with momentum. Well, the first day of this meet could hardly have been set up much better for our teams than the first day schedule. The Long Jump, Hammer Throw and 10K are the three final events on the first day, and all three were



*Danny Newman '17 won the 200m at the NEWMAC Championship Meet in a time of 21.68.*

strengths for us, either for the men, the women or both. For the men, with Arinze not at full strength it was doubtful we would score in the Long Jump. The way Jon had been improving we hoped he would score in the Hammer and we were hoping for some magic in the 10K. True to form, we did nothing in the Long Jump, but also, as hoped Jon placed fourth in the rain with a 165-0 throw in the Hammer. The 10K, the final event of the evening was set for Matt and Dennis to go out at 31:30-31:40 pace and hold it, something that should be a relatively comfortable effort for the duo given the 50 degree rain. Daniel Weiss had the choice of going with them or running back with Alex at whatever the chase group would be doing. Daniel decided to go with Matt and Dennis. As planned Matt and Dennis looked as though they were out for a stroll as they gradually pulled away from the chase pack, increasing their lead to 15 seconds by the four mile mark as they came through in 20:12. Alex had wanted to move earlier but was patient and waited until this point to make his move to catch his teammates. As I sensed Alex trying to catch them and Daniel starting to fall off at five miles, I had Matt and Dennis slow slightly to encourage Daniel and Alex to catch up. This worked and Alex caught them with

two laps to go. Daniel was struggling, having fallen six seconds back and a Williams runner was closing fast. Dennis, Alex and Matt finished together in that order, running 73 for the final quarter to run 31:44. Daniel closed with an inspired 69 to claim fourth and give us 29 points in that one event and 34 total for day one. The women did even better. Nneoma and Haley had excellent performances, jumping 19-3 ¼ and 18-7 ¼ in the lousy jumping conditions to place first and third. Ariela and Jackie did not let the wet circle affect them, and in fact used it as motivation, knowing their turns were better than their opponents. Ari placed second at 169-3 and Jackie third at 165-6. In the 10K, Mary Eccles took the lead, went about the business of trying to run as close to 36:00 as possible and God Bless anyone who could keep up. Well, no one even tried as Mary pulled away, running splits of 5:49, 5:42, 5:46, 5:47, 5:48 and 5:49 before closing in 86 to win in 36:07.96. The bigger surprise was the fantastic job of Bailee and Darby placing fifth and sixth in 38:24.95 and 38:28.99 respectively, giving MIT a total of

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## ... OUTDOOR TRACK AND FIELD

[\(Continued from page 12\)](#)

47 points for the evening. While we had great momentum, we needed to have a strong start on day two to take away any hope Williams or anyone else might have. Day two started with the Steeplechase. Aidan and Ben ran their best races of the season to that point. They were following along behind the top seed until two laps to go when they picked up the pace and dropped the field, running 9:18.89 and 9:21.97 to take the top two spots. That was great, but Brian had a career race, coming back from no man's land to finish with a 29 last 200 to place seventh with a 9:38.54. The 20 points were a crushing blow to the rest of the field. Colin had to settle for the slow section in the 1500, but made the most of it as he ran 61, 2:07, 3:09 and 3:55.52 to easily win his section and place eighth overall. At the same time, in the Pole Vault, Scott won in high erratic winds with 15-1  $\frac{3}{4}$ , Bobby placed third at 14-8 and Raja Rajcic '20 placed fifth at 14-2 as most vaulters could not handle the wind, giving us another 20 points. The throwers and sprinters chipped in some expected and unexpected points to keep the men in front, most notably Danny securing fourth in the 200 (21.84) and seventh in the 100 (10.94), Chris placing third in the 400IH (53.94) after not having competed much at all this year, and Cody adding a third in the Discus (155-2) and a fifth in the Shot Put (48-3  $\frac{1}{4}$ ). By the time the men got around to the 5K all they had to do was earn their expected 14 points and they would clinch the victory. Of course this meant that Matt and Dennis would have to come back from the 10K and get the job done. This was a serious 5K—one in which it took 15:07 just to score. Matt placed second in 14:36.11 and Dennis was third in 14:37.95 to give the men their fourth consecutive outdoor title with 123 points. Similar to what the men did, Jenna started off day two with an outstanding victory in the Steeplechase. She took the lead on the second lap and never



*Jenna Melanson '20 runs away with the 3000 Meter Steeplechase in the New England Region Division III Meet with a winning time of 10:51.98.*

relinquished it, winning with another freshman record of 10:51.98. Katie followed that up with a third place in the 1500, running a best of 4:34.50 and was supported by Maryann in fourth and Marissa in sixth with a PR of 4:36.47. The women were relentless, scoring 18 in the Discus as Ariela won with a throw of 134-7 and Jackie placed second at 134-1. The 4x100 only managed a sixth place with a slow 48.59, but the individuals in the relay came through big. Michelle placed third in both the 100 and 200, running 12.12 and 24.81. Hannah placed sixth in the 100HH but then came back to win the 400IH in 61.25. Jane picked up an unexpected point by running 58.11 in the 400. MIT and Williams were nip and tuck throughout the meet, but going into the relays while waiting for the Pole Vault, which had been moved inside due to the wind, we were up by three points. Clementine, Katie, Tessa Weiss '20 and Marissa anchoring in 2:15.1 placed second in the 4x800, running 9:14.82. Williams won to move within one point. In the 4x400, Jane, Gabriella Zak '20, Natalie and Hannah placed third in the 4x400 with a 3:54.10, but again Williams beat us by one place to pull ahead by one point. As has been the case for the many years that Patrick Barragan has been coaching the vault, his athletes came through. This time,

with Jen Tylock '17 placing second at 12-4  $\frac{1}{2}$ , Kaitlyn Sparks '20 placing fourth, also at 12-4  $\frac{1}{2}$ , Kari placing fifth at 12-0  $\frac{1}{2}$  and Kathleen Brandes '19 tying for eighth at 11-6  $\frac{1}{2}$ , we scored 17  $\frac{1}{2}$  points to win the fifth consecutive outdoor title with 167  $\frac{1}{2}$  points, and a clean sweep of the Cross Country, Indoor Track & Field and Outdoor Track & Field New England Division III Championships.

We had accomplished what few if any thought we could do. We ourselves had doubted we could do it, but we stayed true to the process and succeeded. Now it was time to focus on Nationals in three weeks and getting some more of the athletes qualified over the next two weeks, while resting those who needed it.

Qualifying for the NCAA Division III Championship is very difficult, more difficult now than ever. What is worse is the fact that you have to be one of the top 20 males or top 22 females in your event, and top 16 if it is a relay. You might be #10 today and tomorrow be #24 at this time of year.

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## ... OUTDOOR TRACK AND FIELD

*(Continued from page 13)*

We entered the [NEICAAA Championship](#), again at Williams, beat up and a bit fatigued mentally from bringing it two weeks in a row. Nneoma won the Long Jump with only an 18-6 ½ performance. Even though Jackie placed seventh and Ariela eighth in the Hammer, the throws were 170-3 and 170-0 respectively. We were scoring well but with the weather and fatigue the marks just were not coming. Hannah probably had the best performance, running 14.58 in the 100HH, her fastest ever non-wind aided performance and 61.64 in the 400IH trials to advance to the finals the next day in both events. Colin got things moving in the right direction on day two. Again racing out of the slower section, Colin took matters into his own hands once the pace slowed to a 2:05 800. He ran a 61.8 and then a 45 final 300 for a PR of 3:52.36 in the 50-degree rain. Only two individuals beat him in the fast section, giving him third place and giving us a great shot in the arm. Ariela threw 147-8 in the Discus to place second and Hannah earned second in the 400IH with a 61.72. The final event for us was the 3,000 Steeplechase. Aidan and Ben were going for a fast time and the early pace was indeed



*Haley Strouf '18 was 4th in the Long Jump at the NEICAAA Championship Meet with a leap of 18-1½.*

fast enough at 4:46 for Aidan and 4:50 for Ben through the first mile. Aidan stayed on task, finishing second in a huge PR of 9:05.61. Ben fell back about a second per lap, but closed well to finish in 9:13.78—an impressive PR and good for fourth place. Jenna, already pretty secure for Nationals, wanted to see what she could do in a fast field. The field was indeed fast and even though she was in the back of the pack she still came through the first quarter in 80. Even at the mile mark while trying to take it easy she split 5:36. The pace

slowed gradually and Jenna kept trying to close the gap on the top four. In the final lap she kicked in to overtake fourth place in yet another freshman record, a 10:43.41.

With the NEWMAC and NESCAC conferences dropping out of the ECAC the next weekend was free for us to apply to the NCAA for a [Final Qualifying Meet](#). We received permission and looked to host a very high caliber meet with limited entries. We planned on resting most runners who were solid entries for Nationals, so had relatively few entries. We held an evening meet to get away from the worst of the heat, which had peaked at 95 degrees. The late start also made us one of the last meets in the country, giving us the advantage of knowing if anyone around the country was passing our athletes on the list. The women's 4x100 ran a PR of 47.72, but the quartet of Hannah, Michelle, Jane and Nneoma did not quite run fast enough as it ended up taking a 47.39 to make the NCAA field. Ariela threw a personal best in the Discus, winning with a throw of 151-8 ¼. Jon threw another personal best in the Hammer with his 171-11 ¼,



*Colin Godwin '17 took 3rd place in the 1500 at the NEICAAA Championship Meet with a time of 3:52.36.*

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## ... OUTDOOR TRACK AND FIELD

*(Continued from page 14)*

but that was not very close to what it would take for Nationals. Tre ran an individual event for the first time this season, running 21.61 in the 200, but still missed Nationals by two tenths. Colin, in his final race came very close to making the NCAA Division III Championship. The senior ran 3:51.60, missing the national field by two spots.

The field for Nationals was now set. We were fortunate to get five men and 10 women continuing on.

Cody Bratten	Discus	Seeded 9th
Matt Deyo	5K	Seeded 11th
Aidan Gilson	Steeplechase	Seeded 9th
Dennis Maloney	10K	Seeded 9th
Bobby Upton	Pole Vault	Seeded 20th
Katie Bacher	1500	Seeded 20th
Hannah Chen	100HH	Seeded 12th
Hannah Chen	400IH	Seeded 6th
Mary Eccles	10K	Seeded 18th
Maryann Gong	5K	Seeded 6th
Jenna Melanson	Steeplechase	Seeded 5th
Nneoma Okonwo	Long Jump	Seeded 9th
Ariela Slutsky	Discus	Seeded 12th
Ariela Slutsky	Hammer Throw	Seeded 18th
Kari Stromhaug	Pole Vault	Seeded 22nd
Jen Tylock	Pole Vault	Seeded 18th
Jackie Vahey	Hammer Throw	Seeded 15th

Going into the [NCAA Division III Championship](#) at the Spire Institute in Geneva, Ohio, we knew neither team was in a strong position to podium (top four teams). However, our goal is always for each individual to place higher than he or she is seeded. Only three were seeded to score and one of those had little to no confidence.

Before we started the competition, we had the coaches and athletes' banquet the night before the meet. One of the awards presented at each NCAA Championship is the Elite 90 Award. The 90 comes from the fact that there are 90 different NCAA Championships amongst the three divisions. The award is for the individual female and male competing at that championship who possess the highest GPA on a 4.0 scale. If there is a tie for GPA then the person with the most academic units gets the tie-breaker. The MIT Cross Country, Indoor Track & Field and Outdoor Track & Field program has won six of the Elite 90 awards since its inception back in the 2009-10 academic year, which is far more than any other cross



*Jackie Vahey '17 placed 7th in the Hammer Throw at the NCAA Division III Championship Meet with a new MIT record of 181-1.*

country and track & field program in the country. Once before, 2011-2012 a single Institution won both the men's and women's award at a single championship, and that was MIT at the indoor championship that year. This year we did it again, as Maryann Gong and Aidan Gilson earned the award with perfect GPA's, giving us eight since 2010. Maryann majors in Course 6 and Aidan is in Course 20.

The 10K was on the first night. Dennis had the ability to place pretty high, but would have to have the confidence to go when the race dictated. For the first time the race was in the morning instead of the final event on the first night. Dennis went with the leaders and looked absolutely great. However a slowing of the pace and then a pickup caused the inexperienced runner to get a side stitch he was unable to shake. He fell back significantly, ending up in 10th at 30:36.07. Mary, suffering a bit from an ongoing cold, fell off the pace early and ended up last in 38:40.29. Later in the morning, with rain falling

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throughout the day, Ariela made the finals in the Discus as the eighth thrower. During the finals she was bumped to ninth but then finished with her best throw of 144-9 to move into sixth place to earn our first points and her first All America award. The Pole Vault was held inside because of the rain and it was the most impressive pole vault competition in the history of Division III. Jen cleared a PR of 12-5 ½, along with 13 other women. Jen was unable to clear 12-7 ½, but Kari did, ending up in eighth place with a new personal best. Katie missed making the finals in the 1500 by one place despite her 4:34.70. Hannah advanced to the final in the 400IH by running 61.70. Cody was unable to make it to finals in the Discus as he did not handle the rain very well. The final event on the first evening was the trials of the Steeplechase. Jenna was seeded fifth, but was also just a freshman. She took the lead off an 82 first 400 and pulled away with a 5:34 1600 all alone. She coasted in with a 10:44.81 to make finals. Aidan went with the leaders in his trial effort, maintaining fourth position through the finish for a 9:20.70, advancing to Saturday's final. On Friday we only had Hannah in the 100HH. She got out well, but hit some hurdles and did not advance despite her 14.80. On

the final day of competition we started with the Hammer Throw. Jackie ended her collegiate career in style, making the final in ninth after being seeded 15th. On her final throw she set a new MIT record of 181-1 to place seventh. As the Hammer was going on the Steeplechase final was starting. The strategic race made Jenna uncomfortable, but she was not confident enough to go out and push the pace against the best in the country. After losing focus for a short period, she kicked it in with a 39 final 200 for 10:44.62, good for fifth place, a spectacular feat for a freshman. Watching Aidan prior to the race it was clear he was mentally out of his element. Fear was all over his face. Nevertheless he started out with the leaders. After 1600 meters he lost focus and let his fears take over. Even so, he placed 11th in 9:25.19. In the Men's Pole Vault, Bobby was unable to clear the opening height of 15-3. We hope he was able to benefit from the experience and be back next year with a vengeance. Hannah had a slow start and continued to not push the first 200. She did finish well to place seventh in 61.46. The final event for us was the 5K. Although Maryann convinced herself to go out with the leaders, and was fully capable of

doing so, she disengaged after a 5:13 first 1600. Once she fell off she gave up, finishing in 17:40.10. Matt has been All America in every NCAA Championship he has run minus his junior year cross country race. Although he was seeded 11th, any bets should be on Matt to place. With the heat, the initial pace was cautious, coming through 3200 meters in 9:24. When the pace picked up Matt dropped to 70 second per quarter until 600 meters to go when he ran a 1:36 to move into seventh place with a very respectable 14:30.80. Overall the women scored 12 points to tie for 20th place. The men scored two to tie for 72nd place.

MVP's for the Outdoor season were Hannah Chen and Cody Bratten. The Paul McKenzie award went to Matt Deyo and the Lynn Snyder award went to Maryann Gong. Most Improved for the year went to Kathleen Brandes and Dennis Maloney. Maryann was also awarded the Malcolm G. Kispert Institute Award as well as the CoSIDA Women's Track & Field / Cross Country Academic All-American of the Year for the second straight year. Arinze earned that same award for the men.

## NEW MIT OUTDOOR RECORDS

Natalie Alper '17	W -- Varsity High Jump	5-05 ¼
Jackie Vahey '17	W -- Varsity Hammer	181-01
Michelle Menkiti '20	W -- Rookie 100m	12.11
Michelle Menkiti '20	W -- Rookie 200m	24.81
Jenna Melanson '20	W -- Rookie 3000m Steeplechase	10:43.41
Kaitlyn Sparks '20	W -- Rookie Pole Vault	12-04 ½
Margaret Trautner '20, Katie Bacher '20, Jenna Melanson '20, Marissa McPhillips '20	W -- Rookie 4x800m	9:33.66
Matt Deyo	M -- Varsity 5000m	14:21.28
Upton	M -- Rookie Pole Vault	15-09 ¾

## ... CROSS COUNTRY

*(Continued from page 4)*

close out the scoring. Maggie Lloyd '12 and Stephanie Marzen '15 were the final alumnae competitors in 22:16 and 22:38 respectively.

The nationally 7th ranked men raced second. Similar to the women, the alums took a cautious approach to the race. Dennis Maloney '19 wasted no time getting out front. At the mile mark, Matt Deyo '16 joined him at 4:44. Josh Derrick '20 and Ben Freed '18 were very close at 4:46 with Daniel Weiss '19 :01 back.

Dennis allegedly made a wrong turn somewhere, allowing the gap to close in the final mile. Nevertheless he maintained his lead to the end, winning in 15:45. Matt did his best to close, finishing in second at 15:47. Josh was third in 15:49 and Ben fourth at 15:54. Steven Goldy '20 was unable to close the gap over the last mile, but did not lose much either, finishing fifth in 16:01. A 12 second gap separated Steven from the sixth man, Alex Knoedler '18. David Walter '18 was seventh at 16:16 and Colin Godwin '17 was eighth at 16:18. Freshman Nate Foss '20 was one second back.



*Dennis Maloney '19 outkicks Matt Deyo '16 and Josh Derrick '20 to take first place at the Alumni Meet in 15:45.*

The alums top finisher was Benji Xie '15, who finished 17th overall in 16:52. Roy Wedge '14 was 19th at 17:41, while Matt Jordan '15 was 20th in 17:48. The remaining alums were Logan Trimble '13 in 18:11, Eric Khatchadourian '06 in 18:37, Joe Roy-Mayhew '08 in 19:26 and Bob Collins '82 in 21:03.

After a three-week break, we traveled to Williamstown, to race in the [Purple Valley Classic](#) at Mt. Greylock HS. The women would be racing seven of the top 11 teams in the country, including number one Williams and number two, SUNY Geneseo. We had moved up to fifth in the ranking without having raced. The men would be racing nine nationally ranked teams and they also moved up, ranking sixth in the country. This race, due to teams coming in from out of region and the quality of the teams overall, would be used for the at-large selection process at the end of the season, and was a critical measuring stick for the polls.

The women's 6K race began on a pretty cautious pace, but the intimidating hill towards the end of the third mile will do that. Megan broke away from the front pack going up the hill, and held on to win in 21:58, splitting 5:55, 5:53 and 5:57 for the first three miles on a really challenging course. Leandra finished in 11th in 22:35, Jenna 14th in 22:39, Mary 18th in 22:47 and Katie 27th in 23:04. Geneseo beat us by six points. Williams was well back in third. It was clear we could not have a 1:06 delta for the top five and do anything in the championship season. Maryann and Christina did not race, so their senior leadership would certainly help when they returned.

For the men, this would be the first 8K for the freshmen. Despite having to run the "big hill" twice, the men took the pace out for the first 400 or so before settling in.



*Megan McCandless '20 enroute to victory after she broke the race open on the "big hill" at the Purple Valley Classic.*

Our team seemed too "tight", not comfortable up in the lead group when they came through the first mile in 5:07.

Josh showed how tough he is as a freshman by staying with the leaders for most of the race and pulling away from his teammates in the fourth mile. Josh finished in eighth in 25:43, a very impressive time at Williams in the early season, particularly by a freshman. Josh's time was the fourth fastest ever run on the course by an MIT runner. Matt finished in 15th in 25:58, Colin was 17th in 26:00, Dennis 22nd in 26:06 and Steven 26th in 26:14. We finished third as a team with 89 points to 48 for Geneseo and 64 for Williams. While a 31 second delta was impressive, having our top runner in eighth was not indicating a successful season was on the horizon. Work needed to be done.

After taking another week off from racing, we were in our own backyard for the [NEICAA Championship](#) at Franklin Park.

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## ... CROSS COUNTRY

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*Skylar Brooks '20 pushes past the two mile mark at the NEICAAA Championship Meet..*

This meet is very competitive, but admittedly not as competitive as a couple decades ago. The NCAA puts a lot of value on out of region competition when it comes to selecting the at-large teams for the NCAA Championship. With meets such as pre-nationals and the Paul Short Invitational on the same weekend as the NEICAAA Meet, most top Division III teams, and a few of the Division I and II teams were racing elsewhere.

Nevertheless, the meet is still a good measure of our progress and actually tends to match up well with the NCAA Division III Championship with regard to team and individual place. The women were once again led by Megan, who established herself as one of the best runners in the country by finishing fourth in a new MIT record for Franklin Park, running 17:57. Jenna moved up to be our #2 runner, finishing in 30th in 18:33 and Jenny had the race of her life, also running 18:33, finishing 31st. Leandra finished in 40th in 18:39, and Maryann, racing for the first time since her stress fracture at the NCAA Division III Outdoor Track and Field Championship, closed

out the scoring, finishing 54th in 18:51. The women did not work well together, and did not appear to have the attitude during the race that indicated they owned the race. They finished fifth with 159 points, but could have easily finished in second. They were two points behind Northeastern, seven behind Vermont and 22 behind Harvard. New Hampshire won easily with 71 points.

The men ran an aggressive race, led by Matt, Dennis and Josh. The remainder of the Engineers; Daniel Weiss '19, Steven, Alex Knoedler '18 and Alex Knapp '19, were also working well together, but not nearly as aggressively as the front group. As the race progressed, Daniel and Steven separated from Alex and Alex, and moved up well in the field. Matt moved up to finish 10th in 25:08, and Josh and Dennis finished in 21st and 22nd, both timed in 25:21. Daniel closed well to move into 39th place at the finish with Steven right behind in 40th, both timed in 25:38. The men scored an impressive 133 points for third place, easily their best finish ever in this race or at Franklin Park.

They showed they were deserving of their top five ranking. Unfortunately Colin was unable to race due to a stress fracture of the femur, ending his season.

The very next weekend, the Engineers traveled to Glassboro, NJ to race in the Rowan University [Border Battle](#), their final regular season competition. Similar to the Purple Valley race, this one would be against 11 nationally ranked teams in the women's race, including #1 SUNY Geneseo and #4 Johns Hopkins for the #2 ranked Engineers from MIT. The #5 men would be up against 10 other nationally ranked teams, including #1 SUNY Geneseo and nine others between #11 and #34. This would give MIT the opportunity to see how it would match up against teams from the Atlantic region in particular. The women's pace went out fast, as Amy Regan '17, the national champion in 2014 and favored to win this year, took it out hard. Megan tried to get *(Continued on page 19)*

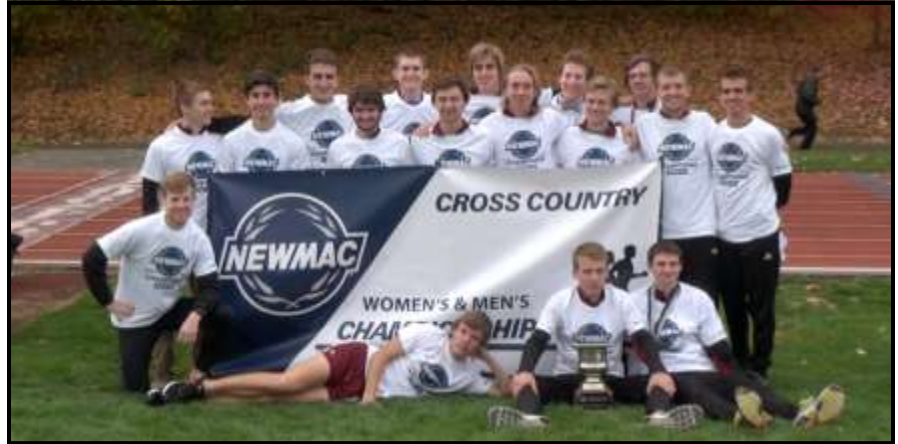


*Jenna Melanson '20 leads teammate Jenny Xu '19 to 30th and 31st place finishes (2nd and 3rd for MIT) at the NEICAAA Championship Meet.*

## ... CROSS COUNTRY

[\(Continued from page 18\)](#)

out, but simply could not move fast enough to ever get with Regan. By the mile mark Megan was four seconds behind in 5:12. Johns Hopkins had not performed particularly well prior to this meet so we focused more on Geneseo. Johns Hopkins went out very fast, using the same strategy that backfired at Nationals the year before when the soft course made them pay for their aggressive running. However, this was a flat, fast course and their strategy paid off with a 70 point victory. Our lack of aggressiveness and attitude really told the story with what to expect from the women. Although we beat Geneseo by two points, 134 to 136, this point total was more than we should have at the NCAA Championship. Megan ended up third with a very strong 20:44, showing for the second week in a row that racing in limbo does not seem to bother the freshman. Maryann was inching her way back, finishing in 16th in 21:20. Katie was third for us, placing 36th overall in 21:50, more than a minute behind Megan. This was probably a very appropriate place for Katie, but we should have had four more in front of her. Leandra placed 38th in 21:54 and Jenny moved up a lot at



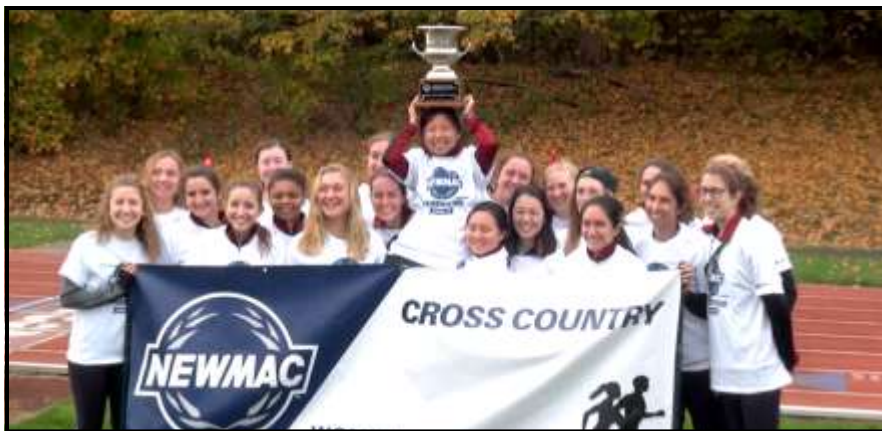
*The men captured their 19th consecutive NEWMAC Cross Country Championship, scoring 19 points to runner-up WPI's 55.*

the end to finish 42nd in 21:58.

The men did a better job of getting out with Matt, Dennis, Josh and Daniel all coming through the mile in 4:36. In addition to losing Colin for the season last week, we now lost number five runner, Steven Goldy with a similar injury, a thigh splint. This was quickly becoming the season of "next man up". At this point Alex Knoedler and Josh Rosenkranz '19 were taking that role on as they came through in 4:41. Through three miles Matt and Dennis were right up at the front. Daniel was holding his ground about five seconds back, but Josh D. was going backward after hearing the 9:32 two mile split

and thinking how closely he was running to his PR. Matt and Dennis finished eighth and ninth, Daniel 29th, Josh 34th and Alex in 47th. The times were fast, but we found out it was a 7.8 K course. However the delta was :54 seconds one through five, which was too much to be able to do anything at Regionals or Nationals. Overall, the men were second, losing to number one seed SUNY Geneseo, 71 to 127, but easily handled third place RPI at 168 points.

After another week off of racing and scaling back a bit to recover, we refocused, starting with the NEWMAC Conference Championship. The [women](#) had won nine consecutive titles and the men 18. The women were still ranked second in the country and the men fifth. Smith College was hosting the championship, as they do every other year. Both our teams really like the course as it is true cross country with a lot of twisting trails through the woods with roots and rocks. It is also a very narrow trail at some points. However, the small fields in both races minimize the issues these conditions might create.



*The women extended their streak of consecutive NEWMAC Cross Country victories to ten, sweeping the first five places, and having all seven runners in the to 10.*

The [men](#) raced first on the very hilly course. The plan was to play it safe

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## ... CROSS COUNTRY

*(Continued from page 19)*

and run a conservative race through two miles. The pace was downright pedestrian at 10:44 as I did not want us to lead up to that point. Along with seven MIT runners there were three WPI runners and one Babson College runner at the front. Matt, Dennis and Josh threw in a 4:49 third mile to open up a three second lead. Alex and Rory Beyer '17 were among those three seconds back. Ben and Daniel were another four seconds behind that group. This was Rory's first race as he was returning from an injury that happened at the very beginning of the season. Matt won in 25:26 and Dennis was second in 25:29 and Josh third in 25:32. After the Babson and WPI runners broke the MIT sweep, Alex and Rory crossed the line in 26:05 and 26:07 respectively. Matt earned Runner of the Year honors and Josh Rookie of the Year honors. Ben finished next in 26:11 and Daniel was just behind in 26:15. There was still a big gap between three and four, but Rory was on the way back and all three of the others (Daniel, Alex, Ben) have the ability to bridge that



*At the four mile mark, Dennis Maloney '19, Josh Derrick '20 and Matt Deyo '16 are comfortably leading in the NEWMAC Championship Meet.*

gap. Aidan Gilson '19 and Nicholas Waltman '18 also earned All-Conference honors by finishing 12th and 13th respectively.

We had a similar strategy for the women. I wanted them to sit on the leaders until after the second hill, which would be about the halfway point of the 5K race. The pace was again pedestrian, but not as bad as it could have been. The mile mark was passed in 6:09 by a pack including eight Tech runners along with one Wellesley runner, one from Smith and two from WPI. Megan took control as soon as they passed the second hill, giving her a four second lead by the two-mile mark, which she passed in 12:08. Mary and Maryann were racing well four seconds back. Christina was having her first successful race four more seconds back and Leandra was back five more seconds. Nothing really changed in the final stages of the race. Megan won Runner of the Year and Rookie of the Year with her 18:17. Mary finished in second in 18:41 with Maryann right behind in 18:42. Christina took fourth in 18:46 and Leandra completed the sweep with her fifth place 18:54. Also earning All-Conference honors were Jenny, Katie, Jenna, Marissa, Clemmie Mitchell '18, Darby LaPlant '19 and Tessa Weiss '20.

One more weekend off from racing allowed the top seven to bring all their attention to the [NCAA Division III New England Regional Championship](#). Unfortunately, the day after NEWMAC's Josh's foot showed the signs of a season ending injury. After cross training for the week, and feeling no pain walking around, he tried to jog the course at Westfield State University when we drove out there for practice the Saturday before. The pain came back quickly so we shut him down. Then the Thursday before regionals, Matt was cycling to class when a car did



*Mary Eccles '18 tries to close out the scoring as the fifth runner for MIT in the NCAA Division III New England Region Cross Country Championship.*

not look for the bicycle lane before making a right turn, hitting Matt broadside. Matt had considerable swelling in the knee and ankle and was having a lot of pain just trying to walk. Matt is tough and perhaps the best competitor I have ever coached but this looked to be too much despite being cleared by medical from any serious injury. I did not know if the men's team could weather yet another injury. We were running low on depth and people to step up. We were already without our starting number three, four and five runners. Losing the top dog would be too much.

The women have won this meet three times since 2009 and men only once, which was 2010. Each time either team has won they have had the attitude of owning the race and taking control reasonably early. I wanted the women to get to the front by the mile mark, which they had no trouble doing, even at 5:30 pace, but then they allowed the pace to settle and the other teams to recover. Megan took the lead, pushing the pace after two miles

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## ... CROSS COUNTRY

*(Continued from page 20)*

and opened a gap on Maryann and Christina by 15 seconds by the three-mile mark. Once the team got to the field, which was about 600 meters from the finish, they had a pretty large lead on Williams and Tufts. However, we were not bringing the race through the finish line. Megan lost the lead about fifty meters from the finish, settling for second in 21:16. Leandra finished strong, passing Maryann to place 11th and 12th in 21:38 and 21:40. Christina placed 18th and Mary was 25th to give us a three point victory over Williams, 68 to 71 and a nine point margin over Tufts. A little too close for comfort given how much we were ahead less than a half mile to go.

We were hoping the men's race would go out fast, and Tim Nichols of Tufts provided that by taking the lead at the gun and not letting it go. I felt if Matt could run, he would be best going out hard and Dennis was certainly capable. It would be a matter of whether or not three others could handle the fast pace. Matt and Dennis worked very well together, coming through the mile at 4:35 in fifth and sixth place. Rory was going after it, positioned in 12th place. However, at the three mile mark our fourth man was twenty seconds back. Our fourth and fifth



*MIT and Williams both scored 110 points at the NCAA Division III New England Regional Championships, but MIT was declared the winner using the NCAA tie-breaker rule that compares finishes of each scoring runner with that of their counterpart on the other team.*

runners were really our seventh and eighth runners and they were just not accustomed to going out hard and racing with that level of confidence. Matt closed hard to finish an amazing second in 24:28. Dennis also finished well, moving up to fourth in 24:33. Rory ran 25:03 for 13th. At that point Williams had the sixth and 12th place runners. They also put across the 28th, 29th and 35th runners to total 110 points. Ben crossed the line in 43rd place in 25:36 and Daniel placed 48th in

25:42. Our total was also 110 points. The NCAA tie-breaker has the teams involved compare each other's number one, two, three, four and five runners to see which team wins the most head to head finishes. We won the first three, winning the tie-breaker. It was the first time MIT has won both the men's and women's titles in the same year.

We were headed to Louisville, Kentucky to race in the [NCAA Division III Cross Country Championship](#) at Tom Sawyer Park. Matt was unable to walk without extreme discomfort and could not even jog until Thursday, and that was with a limp. On the women's side, Leandra had a cold going into Regionals and was unable to shake it despite taking three days of cross training. The national course was really fast and the 43 degree temperature was ideal. The only apparent problem was 25 mph wind gusts throughout the race.

The women were up first, situated in box 42, which was up a slight elevation compared to the lower



*Women take the NCAA Division III New England Regional Championships, edging second place Williams by just 3 points.*

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## ... CROSS COUNTRY



*Maryann Gong '17 was MIT's second finisher, placing 64th at the NCAA Division Championship Meet.*

[\*\(Continued from page 21\)\*](#)

numbers, and what seemed as though was a longer distance to the first turn. At the gun, the runners on the left side of the line had no problem getting to the front while those on the right had a great deal of difficulty positioning themselves towards the front. They were also on the outside of a reasonably sharp turn, which had them slow to a crawl. Unfortunately, this was where our team was located. Even Megan did not get out hard. She was not prepared to go out as hard as was necessary to put herself in a good position and it cost her dearly. The rest of the team was in a worse position and were not prepared to deal with it. Johns Hopkins, the pre-race favorite were eight boxes to our left and had few problems getting towards the front. Just before the mile mark, Amy Regan had a sizeable lead and Johns Hopkins runners were in 2nd, 29th, 35th, 40th and 42nd, whereas we were in 28th, 88th, 89th, 135th and 158th. This was okay as there was plenty of time to move up. However, I did not prepare our runners very well for this scenario. They panicked and lost hope a little although they should not have. I wish we could have called a time out. At the 3K they were in 3rd with 228 points and still in third at 4.2K. Megan moved up to 12th or so at about the half-way point, but lost a

few at the end, finishing 17th as the team saw Wash U of St. Louis and Williams go past them in the results. Johns Hopkins held on to win with 128 points while Wash U finished second with 202 points. Geneseo was third with 214 and Williams fourth with 232. We were fifth with 234 points. Megan ran 21:04 to earn her first All America honor. Maryann was 64th in 21:43, Chrisina was 79th in 21:46, Leandra was 97th in 21:58 and Mary finished the scoring, placing 122nd in 22:05.

The men appeared much more confident, at least that was the case for Matt, Dennis and Rory. Ben, Alex, Nicholas and Daniel seemed to be focused on themselves and certainly did not seem relaxed. After seeing the women's start the men were not going to make the same mistake. They also had the advantage of being in box 10. At the mile we appeared to be in great shape with Matt and Dennis sitting in around 11th and 12th, while Rory was in 22nd and Daniel and Ben were between 40th and 60th, indeed we were winning at the 2K mark with 88 points. Matt, Dennis and Rory actually improved their total place by one point by the half-way mark, but Daniel and Ben lost 98 places, pushing the team back to 3rd place.



*MIT's fourth scorer, Leandra Zimmermann '19, placed 97th despite running with a bad cold.*

By the finish, Matt had moved up to seventh with a miraculous performance in 24:28. Dennis held steady in 12th at 24:39. Rory fell back a bit but held on well for only putting in five weeks of training, finishing in 43rd in 25:02. Ben was unable to hold on, slipping to 165th in 25:48 and Alex moved past Daniel and Nicholas to finish in 192nd in 26:02 as our fifth man. Although we had lost a lot of points we finished in 7th place, the highest place ever in the NCAA Division III Championship. Matt and Dennis not only earned NCAA All America honors, but it was the first time in our history that we had two NCAA All Americans for cross country at the same time. The NCAA awards All America honors for the top 15 while the USTFCCA awards All America honors for the top 35.

All in all it was a historic season. The men and women continued their NEWMAC Championship streak and both teams won the NCAA New England Regional, marking the first time both teams did so in the same year. The women finished among the top six teams in the country for the eighth consecutive year and the men earned their highest finish ever at the NCAA Division III Cross Country Championship.

Megan was named MVP for the women and Matt was given that honor for the men. Captains for 2017 will be Brian Gilligan returning for his first grad year and Josh Rosenkranz for the men. Representing the women will be Mary Eccles and Darby LaPlant.

Graduating Maryann, Christina, Matt, Rory and Colin, the Engineers will have to hope the preparation for some of those who fell short at the end of the season will be good enough to move up next year.



## ... INDOOR TRACK AND FIELD

*(Continued from page 5)*

Long Jump at 20-6 ½. Matt Falk '12 earned second in the Shot Put with a throw of 36-0 ½ and Nate Sharpe '09 took a break from the Pole Vault long enough to place third in the Weight Throw at 23-7. Competing, but not scoring were Justin Schmidt '10, Rick Paez '15, Logan Trimble '13, David Blau '06, Justin Bullock '14, Benji Xie '15, Matt Jordan '15, Roy Wedge '14, Gihan Amarasiriwardena '11, Joe Roy-Mayhew '08, and Angel Echevarria '16. Alums in support were Nate Ball '05, Patrick Barragan '08, Javit Drake '94, Kimathi Hardy '97, Daniel Harper '12, Tom Hoover '05, Eric Khatchadourian '06, Nick Leonard '11, Allen Leung '15, Carrington Motley '16, and Omari Stephens '08.



*Gabriella Zak '20 receives the baton from Jane Reed '20 in the 4x200 Relay on the way to a 1:50.12 victory over the alumnae.*

The Alumnae had a few individual victories. Joanna Chen '15 won the Pole Vault at 10-11 ¾. Michelle Johnson '15 won the Triple Jump with a 36-9 ¾ performance. Preethi Vaidyanathan '15 won the High Jump by clearing 5-3 ¾, making it three victories for the class of 2015. The final victor for the Alumnae was Alina Gatowski '11 in the 5K in 18:16.87 with Elaine McVay '15 claiming second. Louise van den

Heuvel '14 earned second in the 800 in 2:16.64. Other alumnae place winners were Isabella Stuopis '16 claiming second in the Shot Put (37-11 ¾), Christine Labaza '14 placing third in the Shot Put (34-4 ¾), Stephanie Birkhimer '15 earning third in the 60HH (10.49), Caroline Figgatt '11, taking third in the 200, and Alexandra Taylor '14 placing second in the 400. Julia Sharpe '12 showed her various abilities by

taking third in the Triple Jump, High Jump and Weight Throw. Competing but not scoring for the alums were: Adrienne Bolger '09, Maggie Lloyd '12, Emily Cole '09, Abby Klein '14, and Alisha Schor '07. Alumnae giving support were Brooke Johnson '13, Veronica Szklarzewski '15, Catherine Tweedie '04, Cimmy Virdi '16, Ashley Wheeler '15 and Nicole Zeinstra '16.

Our season is broken up into four parts. The intrasquad and Alumni Meets serve as our evaluation period where we sort of see what we have for a team. We then have two scoring meets, followed by a three-week series of invitationals, and finally four weeks of championship meets. We were about to start the second phase with meets against Bates and Colby at home and then a trip to Maine to go against Bowdoin, Merrimack, Southern Maine and Tufts.

It was clear injuries would play a key role in how our teams performed throughout the season. Rather than focus on those who were not competing we decided to

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*Alina Gatowski '11 takes the lead and never lets it go in the Alumni Meet 5K. Elaine McVay '15 moved up to complete a 1,2 finish for the alumnae.*



## ... INDOOR TRACK AND FIELD

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follow the next person up philosophy and do the best we could. The women won the [Bates meet](#) by a score of 160.5 to 135 over a much-improved Bates team and 74.5 for Colby. Tech was led mostly by first place points as the Engineers won eight events, as well as their depth in the Pole Vault and middle-distance / distance events. The vaulters took the top six places, led by Kari Stromhaug '19 with a winning vault of 10-11  $\frac{3}{4}$ . Tech went 1-2 in the 600, 1000, and 3K and 1-3 in the Mile, while also winning the 800, making it a clean sweep from the 600 through 3K. The men, showing a bit more depth, won with 178 points to 125 for Bates and 59 for Colby. Arinze really dominated with his double win in the horizontal jumps, taking the Triple Jump at 48-11 and the Long Jump at 22-5  $\frac{3}{4}$ . Okeke led a four place performance by MIT in both Long and Triple Jumps. Scott Cameron '19, Bobby Upton '20 and Raja Rajcic '20 led a 1-2-3 sweep in the Pole Vault with both Cameron and Upton clearing 14-5  $\frac{1}{4}$ .

The following week we traveled to [Bowdoin](#) and we were closer to



*Maryann Gong '17 takes charge in the Mile to gain the first half of her double victory in the 800m and Mile at the Bates/Colby Meet.*

full-strength than we had been in awhile. Nevertheless, it was clear that if our women were going to win the New England Division III Championship in a month, we would need the very talented freshman middle-distance runners, along with the veterans to be able to pull off very strong double and triple performances. While the plan was not laid out to the athletes, it was put into practice at Bowdoin. Marissa McPhillips ran the Mile, 800 and 4x800, Katie Bacher '20

the Mile, 1000 and 4x800, Bailey Tregoning the 1000 and 4x800 and Maryann the 3K and 4x800. These four would likely be the key to success this season. We won the meet with a whopping 239 points to 113 for Southern Maine, 101 for Tufts, 76 for Bowdoin and 43 for Merrimack. Maryann led a 1-2-3 sweep in the 3K with an NCAA qualifying time of 9:46.91. Nneoma jumped an indoor personal best of 19-4  $\frac{1}{4}$  to establish the top jump in the country for D3 while setting the MIT record. Mary Eccles led a 1-2-3 sweep in the 5K with a 17:49.17 victory. Megan McCandless, the freshman star from cross country, had trouble with her plantar fascia, causing her to fall back significantly in that 5K, settling for second place. Marissa pulled off an impressive triple, getting second in the Mile at 5:09.35, taking the 800 victory in 2:19.93 and leading off the victorious 4x800 with a 2:19.9. The men did not perform particularly well, managing a close victory over Bowdoin 181 to 135. Tufts finished third with 120 points, Southern Maine had 74 and

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*Ariela Slutsky '18 wins the Weight Throw at the Bowdoin Invitational with a toss of 54-7  $\frac{1}{4}$ .*

## ... INDOOR TRACK AND FIELD

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Merrimack 42. The worst news of the season came when Arinze went to take-off in his first attempt in the Long Jump. He reached a little, his foot landed on the foul board slightly in front of his center of mass, and his spikes slipped, twisting his leg awkwardly, breaking his fibula, ending his season. The men needed the last few events in the meet to pull out the victory. Tre Albritten '18 ran an impressive 22.33 in the 200 for the win. Josh Derrick '20 led a 1-2-3-4-6 domination in the 5K with his impressive 15:11.51 victory. The 4x800 Relay closed out the meet with an 8:01.32 victory. Nathan Munet '19 and Tyndale Hannan '20 bookended that relay with 1:57 legs. Only taking the first in the 200, a fourth in the 400 and zero points in the 600 made it real clear what we had graduated was not going to be replaced by anyone this season.

It was time for part three, the invitationals. Both the [Boston University John Thomas Terrier Classic](#) and the [Tufts University Stampede](#) were scheduled on the same date as our Art Farnham Invitational. With the primary focus being on fast oval times, only one other team had

requested entry to our meet. We cancelled our home meet, which turned out to be much easier for us to manage the competitions.

The purpose of this part of the season was to get the best competition on the fastest tracks possible in order to get qualifying performances. The biggest differences between these days and the old days is that the New England Division III and NEICAAA Championships have fewer and fewer trials for the running events, meaning that the races are sections on time. In order to race in the fast section a competitor has to have one of the fastest times. This is further complicated by the indexing imposed by the NCAA, which penalizes banked and oversized tracks regardless of the degree of the bank or how much longer than 200 meters the track might be. So for each competitor a decision is made as to whether the combination of the track and competition will be better than the alternative.

The Boston University facility is arguably the fastest track in the country, which means the fastest runners come to these meets, thus providing the best competition. If I have a 4:00 miler, he would have at least 10 others who would be able to



*Bobby Upton '20 clears the bar on his way to a 2nd place finish with a vault of 14-11 in the Cupid Challenge at Tufts University.*

do that as well. The American record was set in one of these meets this year. Even with the penalty the women took advantage of the opportunity with national qualifying performances. Maryann ran 4:53.67 in the Mile and Bailey ran 2:12.08. They both came back with Hannah Chen '18 and Marissa to run a national leading time of 11:45.94, which would be corrected to 11:53.50. Although the 1000 is not an NCAA event, Katie ran a 2:55.01 MIT and freshman record. The only NCAA qualifying mark produced by the men was by Matt, as he ran 8:23.36 at Tufts. Dennis did not qualify but ran a very respectable 8:29.20.

The following week, in the [Tufts Cupid Challenge](#), Dennis showed he was putting things together as he ran 14:26.80, just missing Matt's MIT record set at BU. We had a trio of 5K performances that were very solid and possible NED3 scorers in two weeks. David Walter '18 ran 15:18.66, Ben Freed '18 ran 15:21.66 and Daniel Weiss '19 ran 15:23.50. Tyndale set the 600 freshman



*Nneoma Okonkwo '18 and Michelle Menkiti '20 finished 1st and 3rd in the Cupid Challenge 60m dash.*

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## ... INDOOR TRACK AND FIELD

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record, running 1:22.66. The strongest performance by the women, with regards to NCAA qualifying, was turned in by Katie as she ran 5:00.76 to take the Mile with a perfectly paced race. Running near MIT records, Maryann ran 2:55.87 in the 1000 and Bailey ran 1:36.37 in the 600. Clementine Mitchell '18 put together a rather shocking victory in the 3K, running a personal best 10:27.93 and her first MIT victory. The vaulters had three go 11-5  $\frac{3}{4}$  (Kathleen Brandes '19, Stromhaug and Kaitlyn Sparks '20). Ariela put together another PR, throwing 56-0 in the Weight Throw.

The final weekend before the championship season we split our squad between the [Boston University David Hemery Valentines Invitational](#) and the [Gordon Kelly Invitational](#). At BU, Bailey set an MIT record with an impressive 2:10.92. Maryann nearly ran a PR as she turned in a 4:50.52 Mile. Also running exceptional mile times were Marissa at 4:58.84, Katie in 5:00.95 and Clemmie in 5:04.91. Haley added a personal best of 18-3  $\frac{3}{4}$  in the Long Jump. Tre ran 21.48 for a new PR and MIT record, and the top time in the country for Division III. Tyndale ran a 1:04.81 500, the third fastest time in MIT history. Over at MIT, both Kaitlyn and Kari cleared 11-8  $\frac{1}{2}$  in the Pole Vault. Gabriella Zak '20 showed she has some talent in the 600 by running a poorly paced 1:39.34 for a new freshman record. The biggest surprise for the men was Chris Washington '20 clearing 6-7  $\frac{3}{4}$  in the High Jump. Both Scott and Bobby cleared 15-0 in the vault. A hint of things to come came out of a low level DMR. We entered a men's team for the sole purpose of getting into the fast section the following week at the NED3 Championship. Dennis was anchoring with the 1600 leg. He was told that for the handoff to



*Tre Albritten '18 en route to an MIT record and NCAA Division III leading time of 21.48 in the 200 at the Valentines Invitational.*

match the speed of the incoming 800 runner. Dennis did this well, but then kept up that pace, running the first 400 in 58.9 and the 800 in 2:03.4. He eventually did slow down, but with absolutely no competition (we were the only team) he split a 4:15.1 on our slow track.

The championship season was here, and the meet we live for, the [New England Division III Championship](#) was first up. We



*Bailey Tregoning '19 runs an MIT record 2:10.92 in the 800 at the Valentines Invitational.*

were hosting the women and [Tufts University was hosting the men](#).

Our women were not favored to win as Williams had too much fire power, but we have won from that position a few times. The men were slight favorites over Tufts. The women's meet is set up in such a manner (DMR and 5K at the beginning of the meet) that we can generally take advantage and get very good momentum. The feeling is that if we can get our opponents accustomed to losing to us it will be easier to continue that trend later in the meet, and some teams will simply stop giving that little extra if their team is out of it. We started with a 1-4 finish in the Long Jump with Nneoma winning on her first attempt. Kaitlyn led a 2-4-5 in the Pole Vault and two more of our vaulters tied for sixth for a whopping 22 points. Ari and Jackie Vahey '17 took third and fourth in the Weight Throw and we were up 52-22 on Williams going into the running events. Clemmie, Jane Reed '20, Bailey and Katie dominated the DMR for ten more points. Williams loaded up the 5K and outscored us 19 to six to cut the score to 68 to 47. The Triple Jump and High Jump were Williams best events and they delivered, scoring 38 points and

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## ... INDOOR TRACK AND FIELD

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taking the lead 85 to 70. After Nneoma set an MIT record of 7.79 in the 60 and Michelle Menkiti '20 placed fifth with a 7.96 for 12 unexpected points in the 60 and Bailey blew away the field in the 800 in a sit and kick 2:14.36, MIT retook the lead 114 to 111. Katie missed winning the 1000 by .06, but secured second in 2:57.22. With three events to go the score was tied up. After placing second in the Mile earlier in the meet with a 4:59.40, Maryann took care of business by winning the 3K in 9:55.99. With just the 4x400 and 4x800 remaining we had a five-point lead. We earned a miraculous fourth place in the 4x400 with Hannah, Jane, Natalie and Gabriella running a season best 4:02.77, while Williams took second to give MIT a one point lead going into the 4x800. Marissa came back from a Mile race where she collapsed at the finish, was declared medically unsafe to race in the 1000, but was subsequently cleared to race in the 4x800, and thank goodness or we would have been out of bodies and would have had Nneoma or Michelle move up to the 4x400 and push Gabriella into the 4x800. Marissa led

off with a 2:20 to take the lead and from that point the meet was never in question. Katie ran a 2:22, Maryann a 2:21 and Bailey another 2:15 to give us the win and the championship, beating Williams 149 to 140.

The men had a much tougher time of things. Losing Arinze was difficult to overcome, but Billy injured his hamstring over at BU the week before, so our potential 18 points in the Triple Jump was potentially down to zero, and Alec ended his season with a major knee injury while taking off in the Tufts meet the week before. This season we just did not seem to have that core group of athletes who would mentally carry the team to victory. Combine that with the rare level of desire exhibited by the Tufts team and we really had very little chance. We got behind right off the bat by not being able to score points in the field events. Scott Cameron won the Pole Vault at 15-5, which was huge and Billy was able to jump well enough to claim second, but after that we only scored five more points in the field events and heptathlon. From the 500 up we were able to score pretty well with



*Kaitlyn Sparks '20 clears an early height in the NE Div. III Championship Meet and goes on to take second in an MIT freshman record of 12-1 1/2.*

43 points, but in the long sprints we got zero points in the open events because Tre pulled his hamstring on the second turn of the 200 and we only scored one point in the 4x400. At the end of the meet, the distance runners took over, but not enough to keep Williams from overtaking us. Matt and Dennis did their best to take down Tufts,

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*The 4x800 Relay was the final and deciding event of the New England Division III Championship Meet, where MIT earned 10 points to Williams' 3, giving MIT the meet victory with 149 points to runner-up Williams, 140.*



*MIT is in the lead as Marissa McPhillips '20 makes the first handoff to Katie Bacher '20...*

*... then Katie hands off to Maryann Gong '17 after extending the lead...*

*...after Maryann handed off to Bailey Tregoning '19, Tregoning split 2:15 to seal the victory for MIT.*

## ... INDOOR TRACK AND FIELD

*(Continued from page 27)*

both of them taking down the top runner from Tufts in each of their races. Matt ran 8:22.12 for a PR and second only to Peter Hale from Williams, who owned the top time in the country. Dennis did one better, crushing the 5K from the start, winning in 14:33.73. In the end, Tufts won with 127 points and Williams took second with 92 points to 84 for MIT.

The following week we ran in two meets, the [All New England Championship \(NEICAAA\)](#) and the [Boston University Final Qualifier](#).

The only personal bests that were had in the NEICAAA Championship were by Haley Strouf in the Long Jump with her 18-6 ½ effort, and by Katie and Clemmie in the Mile, running 4:59.46 and 5:01.01 respectively. On the men's side, Aidan Gilson '19 ran a personal best of 4:13.33 in the Mile. The big race of the weekend was had by Dennis the next day at BU. The original plan was to not race Dennis, Matt or Maryann this particular weekend. However, Dennis recovered so well from his 5K and looked so strong in practice that I entered him in the 3K at BU. The plan, based on his strategically poor 4:15 1600 two



*Aidan Gilson '19 about to make a pass in the Mile at the NEICAAA Championship Meet en route to a 4:13.33 personal best.*

weeks earlier, was to go out between 4:20 and 4:22 and then make a strong move at the end to try and win. The race set up perfectly as the pack went out in 4:22. Continuing at that pace, Dennis looked great with 600 to go and could have possibly won, but he is still learning just how good he is, thus held back until the final 200, which he turned in 32 to run a new MIT record of 8:11.60, the second fastest time in Division III.

(DMR), Maryann (Mile, 3K, DMR), Marissa (DMR), Nneoma (LJ), Kaitlyn (PV), Kari (PV) and Bailey (800, DMR)]. The night before the start of the meet, Nneoma was honored at the championship banquet with the field event athlete of the year for the New England Region. The women had a real shot at a top four podium finish, and even the

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*Hannah Chen '18 in the 400 at the NEICAAA Championship Meet.*

The final opportunity of the season to get to Nationals was the [Tufts Final Qualifying](#) meet. Ari started things off with a PR of 56-3 ¾ in the Weight Throw, but that would not be quite enough to get to the NCAA Championship. The only ones able to improve were the vaulters. Kari cleared 12-5 ¼ for a new personal best to win the event. Kaitlyn cleared 12-2 ½ for a new PR and freshman record. For the men, Scott cleared a PR of 15-9 ¼, but that also was not quite good enough for Nationals.

We were now off to the [NCAA Division III Championship](#) with three men [Matt (3K, 5K), Dennis (3K, 5K) and Billy (TJ)] and eight women [Katie (DMR Alt.), Hannah



*Ariela Slutsky '18 won the Weight Throw in the Tufts Final Qualifying Meet. With a PR of 56-3 ¾.*



## ... INDOOR TRACK AND FIELD

*(Continued from page 28)*

slimmest of chances of winning it all, but things would have to go very, very well for that to happen. Nneoma got things rolling in the Long Jump. Her first five attempts were very cautious, which was not like her at all. The field was not jumping particularly well, but neither was she. On her final attempt she finally let it go, but barely fouled what would have been the winning jump. Instead she settled for a very respectable fifth place at 18-9  $\frac{3}{4}$ . The vaulters, not seeded to score did incredibly well. Both rookies placed with Kaitlyn earning sixth with another freshman record of 12-3  $\frac{1}{2}$  and Kari placing seventh with the same height. Maryann ran the Mile trials, but did so out in lane two and three, which was completely unnecessary and nothing similar to what we discussed. She barely made finals and appeared exhausted, which she should have been since her 5:01 was actually about 50 meters longer than it should have been due to her running in lanes two and three. Bailey was up next and she ran a solid race until the final 150 when she suddenly blew up. Sitting in second until the final 50, she ended up with a 2:14.81 for fifth place, not advancing to the final. Not only that, but her foot injury, which she had been nursing for a couple of weeks, now was causing a lot of pain. She wanted to race in the DMR later that night, but was not sure she could deliver. After trying to warm-up and realizing she was not going to be able to go, Katie was told she would race the 800 leg. Marissa, coached poorly by me as I did not take into account that her high percentage of fast twitch muscle fiber type was not responding well to the peaking workouts we were doing, did her best in the 1200 leadoff leg. She did not look fresh at all but fought her way to a 3:43 to hand off in sixth position. Hannah ran her best race of the year, splitting 57.6 to hand off in



*Nneoma Okonkwo '18 took 5th place in the Long Jump at the NCAA Championships in 18-9  $\frac{3}{4}$ , but just missed taking the championship when a narrow foul on her final attempt negated what would have been the winning jump of the competition.*

fifth place. Katie not only handled the stress of the situation, she brought the team to third, just out of second with a 2:14.8. Maryann got the baton, moved into second, keeping a 73 quarter pace as she tried to close ground on the anchor leg from WashU, who was about 10 seconds ahead. She also had to worry about the chase group who were only about 20 meters behind despite Maryann running 2:27 for the first 800. In the final 400 Maryann was closing fast on the leader, but needed one more lap as she finished with a 4:53 split for an 11:50.15 to 11:48.43 for the winning team. In the men's 5K, Matt and Dennis could not have run much more foolishly to start the race. Matt took the lead at the gun, which is something he has not done since his freshman year. Dennis reacted to just about every change of pace or position change with a surge here or a surge there. Both wasted a lot of energy instead of chilling and letting the race develop. As he tends to do, Matt slowed after the 9:21 3200 split, but only for about 600 meters. Dennis slowed tremendously in the final 600, basically giving up as he ran 14:43.74. After Matt fell off early in the third mile, he rebounded,

finishing with a 68, 67, 34 for an eighth place 14:31.43, a flat track personal best. Day two began with the Triple Jump. Billy's hamstring was at about 90%, so he was pretty confident he would do well. His first two jumps did not get the job done, but his third attempt was measured at 47-8  $\frac{1}{2}$ , which would have moved him to fourth place. However, the official recording the measurement, did so a meter shorter. Everyone immediately knew that was wrong, but the measuring tape had been lifted and the pit raked. There was no "official" video of anything but his foot placement on the board and they would not use our video or still photos indicating his landing past the 47' mark. We protested, lost, and appealed that, finally getting another jump for Billy, which at least got him into the finals. However, the delay (~30 minutes) and frustration got the best of him and he could not move up from ninth. His mark would have garnered fifth place. Maryann was up next in the Mile final. She was positioned on the inside and got pushed to the back at the gun. This gave her the chance to run from the back, which was a good thing given the pace. Even in last position the first quarter was

*(Continued on page 30)*



## ... INDOOR TRACK AND FIELD

*(Continued from page 29)*

70. From there the pace slowed and bunched up. Although cognizant to stay in lane one as much as possible, she still moved in and out, looking for an opportunity to move up to the front. That opportunity did not make itself available until there was 400 meters to go. She should have probably moved hard at that point, but everyone was sprinting since the pace had slowed to 3:44 at the three quarter mark. Even though she ran a 71 final quarter, she was only able to move up to sixth with a final time of 4:55.70. The final event for MIT was the Men's and Women's 3K. The women were first and that meant the final indoor collegiate race for Maryann. The 14 time All American was hoping for one more. Certainly feeling her three previous races, she was determined to relax and let the race come to her. The early pace

was pretty slow and she was content to hang out in the back, coming through the mile in 5:18. The problem was that the two front-runners started breaking away after 1200 meters and Maryann was unaware. By the time she realized what was going on they had a four second lead that expanded to six seconds. She started whittling away at that lead with 400 to go, closing it down to two and a half seconds from the win, finishing in 9:44.93 for third place. Her final 800 was a 2:29 and final 200 a 34. Matt and Dennis were back for a second helping of distance racing. With so many doubling back from the 5K its was thought that Peter Hale of Williams, the fastest seed and fresh, would take the lead and control the race. They needed to be ready for any sort of pace, but to be aware it could pick up at anytime. After a pedestrian 4:34 1600 and one more quarter at that

pace, it gradually picked up. Hale dropped the pace to a 64 and then a 61 before finishing it off with a 28 200 to blow away the field. Matt was there until 600 to go, but then fell off hard with a 69 400 finishing in 13th with an 8:32.12. Dennis finished in 15th in 8:36.38. The women tied for fifth with 26 points while the men finished in 69th with only one point. The meet had its ups and downs, with a bit of bad luck and even an official's error that cost Billy an All America honor.

MVP's for the indoor season were Maryann Gong and Dennis Maloney. Captains for the 2017-18 season will be Hannah Chen, Mary Eccles, Ariela Slutsky and Haley Strouf for the women. Cody Bratten, Alex Knoedler and Ryan Prinster will be captains for the men.

### New MIT Indoor Records

Nneoma Okonkwo '18	W -- Varsity 60m	7.79
Bailey Tregoning '19	W -- Varsity 800m	2:10.92
Katie Bacher '20	W -- Varsity 1000m	2:55.01
Maryann Gong '17	W -- Varsity 1500m	4:41.13
Nneoma Okonkwo '18	W -- Varsity Long Jump	19-4 ¼
Michelle Menkiti '20	W -- Rookie 60m	7.96
Gabriella Zak '20	W -- Rookie 600m	1:39.34
Katie Bacher '20	W -- Rookie 1000m	2:55.01
Marissa McPhillips '20	W -- Rookie 1500m	4:49.33
Kaitlyn Sparks '20	W -- Rookie Pole Vault	12-2 ½
Jane Reed '20, Katie Bacher '20, Skylar Brooks '20, Marissa McPhillips '20	W -- Rookie 4x400m	4:07.90
Tre Albritten '18	M -- Varsity 200m	21.48
Dennis Maloney	M -- Varsity 3000m	8:11.60
Tyndale Hannan '20	M -- Rookie 600m	1:22.66
Alec Reduker '20	M -- Rookie High Jump	6-10 ¼

# 2017 - 2018 Preview

by Halston W. Taylor

## CROSS COUNTRY

We certainly lost some star power, Rory Beyer, Matt Deyo and Colin Godwin for the men and Maryann Gong and Christina Wicker for the women. All but Rory are former All Americans and he was really close.

Before 2016 we had not ever won both the Men's and Women's NCAA Division III New England Region championships. Of course the goal will be to repeat that feat, but who will step up? Neither team has ever won back to back regional titles. Might 2017 make history?

One of the primary keys to success will be to keep everyone healthy, something we have had difficulty with in the past. This year we will be more cautious than ever, continue the yoga, foam rolling, hip mobility, strength training and flexibility, as well as focus on proper nutrition and adequate sleep.

Our schedule looks very similar to last year with the one change being going to Pre-Nationals at Principia College in Elsah, IL, just a little outside of St. Louis, MO, instead of the Rowan College Border Battle. One of the major factors in earning an at-large bid (top two teams in each region are automatic qualifiers for Nationals) is how your team fairs against out of region teams that are selected for the NCAA Division III Championship. We are fortunate that our administration affords us that opportunity. The men have made it to Nationals the past four years, earning their highest place ever last year with a seventh place finish. The women have been to the NCAA's the past nine years, finishing as high as second

in 2014. There is certainly no guarantee we will always place among the top two teams in the region, particularly since New England has the strongest region in the country for both genders.

Losing the number one and three runners is a manageable loss if everyone improves and stays healthy. Last year, we lost our number four and five runners, Josh Derrick '20 and Steven Goldy '20, both freshmen, to injury. Getting them back, along with oft injured Josh Rosenkranz '19 would make us a podium contender. Dennis Maloney '19, after finishing 12<sup>th</sup> at Nationals last year has a reasonable shot at placing among the top three as there are only three returning runners ahead of him. Ben Freed '18 placed 165<sup>th</sup> last year, but if he races with confidence and purpose he could easily be among the top fifty. Alex Knoedler '18 after a superb outdoor season seems ready to move into the top five on the team. Daniel Weiss '19 and Nicholas Waltman '18 round out those returning with NCAA Cross Country experience. Aidan Gilson '19 could be a force if he could transition his 9:05 steeplechase to an 8K cross country performance.

## **MEN**

Here are the top 8K returning performances:

Dennis Maloney	24:33
Josh Derrick	25:21
Daniel Weiss	25:23
Ben Freed	25:36
Steven Goldy	25:38
Nicholas Waltman	25:44
Cooper Sloan	25:44
Alex Knoedler	25:45

In addition, we have some impressive incoming freshmen:

Dylan Doblár	15:58 5Kxc 9:24 3200 4:19 1600
Finn Jacobson-Schulte	15:32 5Kxc 4:36 1600
Jacob Jorgensen	16:58 5Kxc 4:25 1600
Kent Slaney	15:17 5Kxc 9:11 3200 4:16 1600
Noah Zamzow-Schmidt	15:54 5Kxc 9:33 3200 4:18 1600

## **WOMEN**

After finishing second at Nationals in 2014 and third in 2015, it was disappointing to finish fifth last year. With good health and an aggressive mind set by the incoming freshman we could certainly be in contention to win it all. The addition of Marissa McPhillips could make a difference if she produces at the 6K distance.

The top returning seven with 6K times :

Megan McCandless	20:44
Leandra Zimmermann	21:38
Katie Bacher	21:50
Jenny Xu	21:58
Mary Eccles	22:05
Jenna Melanson	22:10
Tessa Weiss	22:22

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## ... 2017 - 2018 Preview

*(Continued from page 31)*

The top incoming freshmen:

Katie Collins	18:38 5Kxc 10:48 3200 5:09 1600
Gabrielle Enns	19:23 5Kxc 5:16 1600 2:19 800
Emily Freel	19:11 3.0xc 11:50 3200 5:26 1600
Dhaman Kaur	19:59 5Kxc 11:36 3200 5:17 1600
Lindsey McAllister	18:35 5Kxc 11:04 3200 5:09 1600
Emily Niu	18:50 5Kxc 10:24 3K 7:12 2KSC
Katie Williams	19:15 5Kxc 11:18 3200 5:06 1600 2:15 800

**TRACK & FIELD**

We are losing a lot in track and field from this past year, and there are bound to be one or two who decide to quit prior to the start of the season. However, we are not losing as much as we did the year before and it will not be as much as the women will lose the year after that. The men lose 28.5 points from the recent New England Division III Outdoor Championship, and could get that back with just those who were injured. The women lose 35.5, but if we are healthy that goes away. Once we get that group out of the way we should be good to go.

As you can see, we have quite an impressive array of jumpers on the men's and women's side. We also have quite an impressive group of pole vaulters as well as a strong set of male sprinters. With strong leadership and a well managed mentor program, attrition should be minimal.

**MEN - Top two returning in each event**

60HH	C. Sweeney Luke Gray	8.29 9.26
110HH	C. Sweeney Luke Gray	14.94 16.47
60	Tre Albritten C. Sweeney	7.02 7.23
100	Tre Albritten	10.82
200	Tre Albritten M. Amoako	21.48 22.39
400	Tom Frejowski M. Amoako	49.26 50.14
400IH	C. Sweeney Aidan Gilson	53.65 58.59
600	Tyndale Hannan Nathan Munet	1:22.66 1:24.08
800	Nathan Munet: Tyndale Hannan	1:54.60 1:55.07
1000	Aidan Gilson Simon Alford	2:30.93 2:32.87
1500	Aidan Gilson Dennis Maloney	3:58.42 3:58.99
Mile	Aidan Gilson Josh Derrick	4:13.33 4:17.96
3000	Dennis Maloney Josh Derrick	8:11.60 8:42.97
3000SC	Aidan Gilson Ben Freed	9:05.61 9:13.78
5000	Dennis Maloney Josh Derrick	14:26.80 15:11.51
10K	Dennis Maloney Alex Knoedler	30:07.93 31:44.45
LJ	Billy Ruschel Chris Washington	21-06 21-01 ½
TJ	Billy Ruschel Jason Villanueva	48-05 ½ 46-06
HJ	Alec Reduke Chris Washington	6-10 ½ 6-07 ¾
PV	Bobby Upton Scott Cameron	15-09 ¾ 15-09 ¼
Weight	Jonathan Fakkema Cody Bratten	51-10 42-02 ½
Shot	Cody Bratten Jonathan Fakkema	48-09 ½ 45-08
Hammer	Jonathan Fakkema Cody Bratten	171-11 ¼ 138-03
Discus	Cody Bratten Jonathan Fakkema	167-05 144-08
Javelin	Luke Gray	154-11 ¾
Heptathlon	Luke Gray	4247
Decathlon	Luke Gray	5532

*(Continued on page 33)*

## ... 2017 - 2018 Preview

*(Continued from page 32)***WOMEN - Top 2 returning in each event**

60HH	Hannah Chen Gabriella Zak	9.04 9.54
100HH	Hannah Chen	14.46
60	Nneoma Okonkwo Hannah Chen	7.79 7.91
100	Nneoma Okonkwo Michelle Menkiti	12.04 12.11
200	Michelle Menkiti Hannah Chen	24.81 25.59
400	Hannah Chen Gabriella Zak	56.59 59.25
400IH	Hannah Chen Gabriella Zak	61.03 65.58
600	Bailey Tregoning Gabriella Zak	1:36.37 1:39.34
800	Bailey Tregoning M. McPhillips	2:10.84 2:14.92
1000	Katie Bacher Bailey Tregoning	2:55.01 2:58.67
1500	Katie Bacher M. McPhillips	4:34.50 4:35.69
Mile	M. McPhillips Katie Bacher	4:58.84 4:59.46
3000	M. McCandless L. Zimmermann	10:10.93 10:19.41
3000SC	Jenna Melanson M. McCandless	10:43.41 11:20.64
5000	Mary Eccles L. Zimmermann	17:32.41 18:05.28
10K	Mary Eccles Bailee Margolis	36:06.03 38:24.95
LJ	Nneoma Okonkwo Haley Strouf	19-06 18-08
TJ	Jasmine Jin	36-05
HJ	Katherine Prutz	5-03 ¼
PV	Kari Stromhaug Kaitlyn Sparks	12-07½ 12-04½
Weight	Ariela Slutsky Folusho Jebutu	56-03¾ 41-10¼
Shot Put	Ariela Slutsky Folusho Jebutu	42-10¾ 35-06¼
Hammer	Ariela Slutsky Folusho Jebutu	171-06½ 139-06¼
Discus	Ariela Slutsky Folusho Jebutu	151-08¼ 116-05
Javelin	Dana Balek Elise McCormack	123-05 93-11¾
Pentathlon	Haley Strouf Gabriella Zak	2741 2702

**TOP INCOMING FRESHMEN**

Liam Ackerman	FL	14-6 PV
Jacqueline Ahrens	CA	13-0 PV
Everett Brandyberry	KS	14-0 PV
Kailyn Bryk	IL	5' 2" HJ, 35-8 TJ
Katie Collins	MA	18:38 5Kxc, 10:48 3200, 5:09 1600
Sean Condon	PA	11.29 100, 22.22 200
Dylan Doblal	CA	15:58 5Kxc, 9:24 3200, 4:19 1600
Gabrielle Enns	AZ	2:19 800, 5:16 1600, 19:23 5Kxc
Mac Gregg	TX	24-1 LJ
Max Hardy	TX	14-2 PV
Sarah Ishamuddin	IL	35-11 TJ
Finn Jacobson-Schulte	NY	15:32 5Kxc, 4:36 1600
Jakob Jorgensen	PA	4:23 1600, 16:58 5Kxc
Dhamanpreet Kaur	VA	19:59 5Kxc, 5:17 1600, 2:26 800, 11:36 3200
Joa Kennedy	TN	40.36 300IH, 15.50 110HH, 42-11 TJ - multi
Lucy Lee	MD	46.15 300IH, 16.18 100HH
Ali Marsh	WA	11' 0" PV
Lindsey McAllister	CA	17:11 3.0xc, 11:04 3200, 5:09 1600
Emily Niu	NY	18:50 5Kxc, 10:24 3K, 7:21 2KSC
Tema Nwana	VA	17-3 LJ, 7.74 55
Larry Qiu	MD	11.21 100, 22.50 200
Ellery Rajagopal	NY	1:58.36 800, 1:23.86 600, 51.3 400
Margaret Redfield	CA	5-5 HJ
Liana Reilly	MA	5-5 HJ
Lexi Schneider	PA	10-0 PV
Yorai Shaoul	Israel	23-9 LJ, 49-1 TJ
Kent Slaney	CA	4:16 1600, 9:11 3200, 15:17 5Kxc
Elizabeth Weeks	CA	38-11 TJ, 18-3 LJ
Katie Williams	NE	11:18 3200, 5:06 1600, 2:15.8 800
Benton Wilson	OH	11.04 100, 22.03 200
Lila Wine	IL	11-0 PV
Noah Zamzow-Schmidt	WI	15:54 5Kxc, 4:18.67 1600, 1:59.46 800



## COACHING AT MIT

## THE AMAZING JOB THE ASSISTANT COACHES DO

Saying Goodbye and Thanks to Coach Davis, Coach McNaughton and Coach Sampson



*Patrick Barragan  
Head Coach - Pole Vault*



*Nickolas Davis  
Head Coach - Jumps*



*Todd Linder  
Associate Head Coach - T & F*

*by Halston W. Taylor*

I have to give a special shout-out to our coaching staff. There are many things that make coaching at MIT a special challenge. First and foremost, we, by my direction, do more than any program in this sport. Leadership training and mentorship training led by our coaches, the team concept, which takes a lot more effort than letting things take their natural course, and the recruiting at a college that does not have slots, yet a lot of prospective student-athletes have interest, means a lot of time recruiting for a very small yield.

In addition, the student-athletes are extremely driven. They love the team and what that gives them and they are very dedicated so missing practice is generally not an option they explore even when they violate the sleep rules, or are coming down with an injury they do not want to accept. And the sleep—while all of our athletes do incredibly well academically, I cannot say they get the sleep they should. We as coaches have to read this on their faces and bodies and send them home or cut back on what we

normally ask of them when we recognize they are expecting more of themselves than we think they can handle.

All of our coaches are incredibly committed to the team concept and making certain everyone understands the benefits. Technically our staff is as strong and competent as any program in the country. They do a great job coaching their groups and integrating those groups into the overall team.

**Patrick Barragan '08**, is quite possibly the best Pole Vault coach in the country. Once again he took his vaulters to unexpected heights. Indoors, the women scored 22 points at the New England Division III Championship and at Nationals they placed 6th and 7th. For the men, Scott Cameron '19 won the New England Division III Pole Vault, both indoor and outdoor. Outdoor the women scored 17.5 points at the New England Division III Championship in the Pole Vault to clinch the team victory and again had an All America winner with Kari Stromhaug '19 placing eighth at 12-7 ½.

**Nickolas Davis** was only at MIT four years, but he brought significant and positive change to not only the jumps group, but the team in general. Taking a key role in the leadership and mentor training and fostering the support and team concept at the highest level raised the performance level of the jumps group and the entire team. The jumpers, when healthy totally dominated the horizontal jumps. Nneoma Okonkwo '18 became the first MIT track and field athlete in my memory to win an event at the NEICAAA Championship indoors and outdoors. Nickolas was offered the Head Women's Coach of Track & Field at the University of Wisconsin LaCrosse, which allowed he and his wife to be back with family and an opportunity to have much more time with his young children.

**Todd Linder** continued to improve the throws group as well as each individual within the group. The women scored 16 points in the throws at the New England Division III Indoor Championship and added 38 points in the outdoor championship to lead the way to

*(Continued on page 33)*

## ... COACHING AT MIT

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

the team title. Outdoors both Jackie Vahey '17 (Hammer) and Ariela Slutsky (Discus) were All American. The men also stepped up this year, scoring 16 points at the New England Division III Outdoor Championship.

**Peter McNaughton** did an excellent job and that particularly showed up in the outdoor season where every healthy runner ran personal bests in the sprint and hurdle events. In the New England Division III Outdoor Championship the women accounted for 39 points in the 100, 200, 400, 110HH, 400IH and the 4x100 and 4x400 relays. Peter will be moving to Maryland with his significant other. I am very thankful for the assistance Peter provided over the years, which allowed me to get away from coaching all of those events, providing those athletes with more one on one attention and to allow me to focus on the 800-10K runners.

**Peter Sampson** has been a valuable assistant for us over the past eight years. He was a big help working with the injured distance athletes, helping time workouts, and added a personal touch to the recruitment of the middle-distance and distance runners. Pete will not be returning to the program due to the fact we had to combine our part-time positions to get a department shared full-time person in order to get more administrative help and a much more robust and thorough recruiting model.

A special thanks to our volunteer coaches – Cimmy Viridi, Elaine McVay and Louise van den Heuvel made a big difference this year. For this upcoming year, all five will return along with Sarah Quinn, Maryann Gong, Natalie Alper, and Matt Deyo.



*Peter McNaughton  
Assistant Coach - Sprints, Hurdles*



*Peter Sampson  
Assistant Coach - Cross Country*

## Welcome Coach Derek Rousseau and Coach Selwyn Maxwell Jr.



*Derek Rousseau comes to us after being the Head Coach of Track & Field at SUNY Oswego since 2013. Derek is USTFCCA certified as a jumps and sprints/hurdles specialist as well as a strength and conditioning specialist. Derek will be primarily responsible for social media and the jumps for the men and women.*



*Selwyn Maxwell Jr. joins our program as the Track & Field intern. He was an assistant coach this past year at Amherst College and prior to that a four year star hurdler for UConn. Selwyn will be responsible for the sprints/hurdles for the men and women, the primary recruiting coordinator and will help a bit with Cross Country.*



## IT TAKES MORE THAN COACHES AND ATHLETES TO WIN A CHAMPIONSHIP

by Halston W. Taylor

Always true, but perhaps more so this year than usual, it was clear that it took an entire community for us to accomplish what we have this year, which was pretty amazing when you think about it. With the six teams we won all four NEWMAC Championships, five of six New England Division III Championships, and had two fifth place and one seventh place NCAA Division III Championship team finishes. All this while we as coaches failed miserably with preventing injuries.

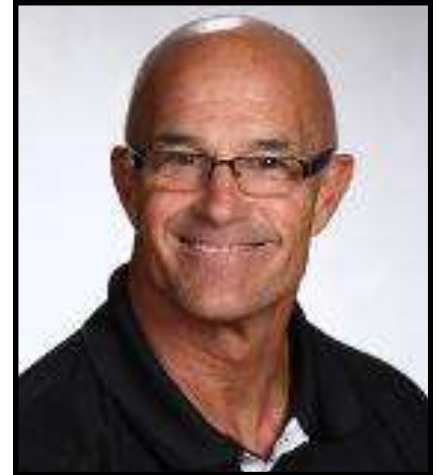
I want to start with the coaching staff, because in reality, the base of the work for the next year starts as soon as the outdoor season comes to a close, and this is with the recruiting. Actually some of the recruiting is going on a year or two in advance with phone calls and emails, but once May comes around we identify the next year's top prospects and begin narrowing down that field by getting a sense of fit, not only academically and athletically, but also checking out attitude and competitiveness. This means between 100-200 phone calls per month as well as hundreds of emails to prospects, and letters to high school coaches. In addition to the recruiting, the coaches are responsible for teaching our very complex leadership and mentor training, which I believe is the single biggest difference in our program over the past five years. Finally, the coaches spend an immense amount of time meeting one on one with the athletes in their event group, outside of practice, to get to know them and help them with the motivational and competitive side of the equation. The many administrative tasks such as budget, travel logistics, compliance and keeping up with all of the forms are always part of the job. The physical side of coaching has become a very small part of the actual job, although still the most important part.

I never really mention the athletes themselves in this article, but they play a very significant part, well

beyond the obvious performances on the track and in the field. We as coaches charge them with taking care of themselves and preparing themselves mentally. Taking care of themselves, in addition to planning well in order to eat well and sleep enough, means listening to their body and often spending a few extra hours seeing the athletic trainers for muscle work or rehab, seeing outside medical help, foam rolling, yoga, icing and an assortment of additional exercises. The mental part, particularly in the distance events where pain becomes an additional obstacle, can be practiced anytime, but to be effective requires hours every week. Add the morning efforts, and usual Sunday long run for the middle-distance and distance runners and you easily have 20-30+ hours per week, particularly for those who are fighting injuries. That is a significant commitment and one I truly appreciate.

This year in particular I want to thank our administration, especially our Department Head and Director of Athletics, Julie Soriero. Once it was determined we were in desperate need of a track replacement, Julie went all out encouraging many of you to contribute to the \$2.2 million project. Thanks to you we were successful and very much enjoyed the benefits of a fantastic new facility. Julie is a tremendous asset in so many ways, nearly always finding a way to help us fund our needs and making what seems impossible, a reality. The same goes for John Benedick, Barb Bolich, and Dan Martin as everyone in our administration helps us get the job done every day.

Ken Johnson and his staff in Communications, Tom Cronan and his staff in Sports Medicine, Erica Scoppettuolo and the equipment desk staff as well as the facilities group and compliance folks, all help us with our needs and to stay on task. If I forget to get something done in a timely manner, and at my age that happens a bit more



*In 2016-17, Coach Taylor was selected by NEWMAC as Coach of the Year for Men's and Women's Cross Country and Women's Track and Field, while USTFCCA awarded him New England Regional Coach of the Year honors for Men's and Women's Cross Country and Women's Indoor Track and Field.*

frequently than in the past, I know these folks will keep me in line.

Those who most may not see as being necessary to the success of the program, are indeed incredibly invaluable at helping our program to stay a stride in front of all others. Scheduling pool time for pool running, scheduling space for yoga, helping with the complex job of getting the right officials to run meets and the communication necessary to run a seamless meet cannot be taken for granted. Our staff are always accommodating and helpful. In particular Steve Vaitones as Head of USATF New England and my referee for all home meets, and Justin Kuo, our Finish Lynx timer and manager of all our electronic equipment makes our hosting situation for all home meets seem a lot easier than it actually is.

Thanks to everyone for making my job a lot easier and our success a lot more possible.

# HOW TO SOLVE THE INJURY PROBLEM

by Halston W. Taylor

Regardless what precautions we take it seems we sustain more injuries each year. If we could identify the root cause of the injuries we could certainly do a lot to avoid them. Of course, some cannot really be prevented. Like Arinze's broken fibula or breaking a toe from stubbing it, or getting a concussion from a drama class. However, I believe there has got to be an answer out there to this problem.

I believe there are some reasons that are obvious and we have to address even more than we currently do. All involve recovery. The first is sleep. You all have experience with most MIT students not getting adequate sleep on a consistent basis. We have some very disciplined people on the team, who plan out their schedule very well, including mapping out how long each problem set will take and sticking to the plan. However, most individuals do not get adequate sleep and research shows this may be the biggest contributor to incurring injuries. Another reason is proper nutrition. Even though MIT has improved dining halls and meal plans, it is still not easy for the student-athletes to eat as they should. They have to make a conscious and dedicated effort. Finally, these are very different times. Since the mid-90's the bombardment from electronic devices has done nothing but increase. Regardless of the cortisol stimulation, the fact remains that we are being constantly stimulated by emails and messages. Even when we sleep many of us have some form of blue or white light in the room. Finding a totally dark, cool environment is difficult for most college students.

I also think that adolescents today specialize far too early. If you are a soccer player you are at least moving in every direction, using all of your lower body and core muscles. If you are a runner, you pretty much do one movement, in

one direction, over and over. By the time many runners get to college they have been isolated in the sport for many years.

I subscribe to the theory that overuse injuries start developing on day one. Many high school athletes do not do anything to counter this overuse, such as foam rolling, stretching, hip mobility exercises, strength training and core development. By the time they get to us they are an injury waiting to happen.

The challenge for us is to prepare them to compete at a national level and keeping them healthy at the same time. The top distance runners in the country for the men generally put in more than 100 mpw for much of the year. For the women it tends to be over 70 mpw. Generally, 80-85 mpw is the maximum any male at MIT has the time to put in, and for the women we have had a couple able to maintain 70. For the most part our men put in 65-80 and are women 45-60. Mileage is decided based on experience, injury history, mechanics and event in track. If someone does 45 mpw their freshman year and stays uninjured then we may agree to move to 50 the following year, depending on what they are comfortable with.

Addressing the pure running aspect of the training we only do two hard days per week; Tuesday workout, and Saturday race or tempo effort. Thursday is a non-impact cross-training day. This year we are going to add a day off for anyone who prefers that to a cross-training day, or wants it in addition to the non-impact day. The point is getting them to listen to their body and not be so mileage conscious.

I also focus on recovery by having them chart their lowest resting HR daily, which I check each morning. If their HR is up 10% I have them cross-train and if up 20% I have them take the day off. I have been doing this for many years. It also

serves to show if someone might have a cold but the symptoms have not appeared as yet.

We train by heart rate, meaning individuals optimize their training run for that day by hitting a target HR within the aerobic training window that is prescribed for that day. This avoids the trend where the slower runners on the team train with the faster runners on the easy run days, making their run not so easy.

We do strength training twice per week, working on core balance during the workout as well as isolated core work at the end of each practice.

We do an hour of yoga once per week as well as stretch daily, and work on hip mobility once to twice per week (we may have gone overboard with this last year). We also do hurdle mobility once per week. They are supposed to foam roll and use sticks and balls daily to get at difficult muscle and fascia areas.

They are encouraged to drink low-fat chocolate milk within 20 minutes of each hard workout and we even have a refrigerator in place for them to store the chocolate milk. For those of you who do not know, low-fat chocolate milk is considered the perfect recovery fuel due to the ratio of carbohydrates to protein.

This year we will be backing off every four weeks or so to guarantee recovery mid and late season.

I am also going to promote soft surface running more than in the past, urging the runners to use the trail along the Charles River or do loops in grassy parks. Due to the frozen ground in the winter I may reduce mileage during that part of the season.

I think getting them to listen to their body and stay disciplined at getting enough sleep and recovery will be the biggest keys to success.



# THANK YOU FRIENDS OF MIT CROSS COUNTRY / TRACK & FIELD

by Halston W. Taylor

I am so fortunate to work at MIT. There are many reasons I am thankful to have been hired in the Spring of 1982, but for the sake of this article I will focus on alumni giving. When I arrived Gordon Kelly and I talked about getting our alumni to give back to their sports. At the time the Alumni Office did not really support this and to some degree discouraged it in favor of the general fund. Gordon did the groundwork and we were able to go on our first Spring Trip with what I think was ~ \$1,500, which allowed us to take two vans down to Duke University.

After a few years the Alumni Office realized that those who give to their sports will give earlier than if they did not, and they will eventually give more overall to MIT. Once we received their support, we had to make sure the generous donations actually made it to our accounts. There were misplaced donations, but after a few years of pointing out errors everything was under control and we were able to expand our Spring Trip to more individuals and actually fly down to Florida and then eventually California.

The point is not so much a history lesson, but more pointing out the fact that MIT allows us to raise funds where most colleges do not allow individual athletic programs to



*Before the NEWMAC Championship meet at MIT, Don and Sherie Morrison dedicated the newly renovated Track and Field facility made possible by their generous donation and those from other alumni that followed their lead.*

do so. My gratitude also goes to Julie Soriero as many athletic directors prefer to have a general fund and to use the donations at their discretion.

Finally, I am thankful to be at such a remarkable university that educates and graduates such amazing individuals who are thankful for the educational and other opportunities they experience at MIT, and want to give back to those areas that made their time at MIT a special time in their lives. As I have said many times, we could not do the things we do without your very generous donations. This includes the remarkable

success we have been so fortunate to experience over the years.

This year was the most successful year in our history for non-capital giving. Your gifts totaled \$231,320 from 158 individual donors. Minus the track renovation gifts totaling \$117,178, the gifts to our other accounts equaled an amazing \$114,142. What this provides me is the ability to support our athletes and assistant coaches with all of the things needed to give them the opportunity to reach their potential—things most programs are unable to purchase. Thank you again for your support and continued giving. You make the difference.

Fund	Amount Given
2641800 Men's Cross Country	\$17,425
2648100 Men's Track & Field	\$51,479
2641900 Women's Cross Country	\$4,850
2648900 Women's Track & Field	\$21,525
2739705 Track & Field Award's	\$750
3155810 Sherie and Don Morrison Track & Field	\$18,063
3720765 Track Renovation	\$117,178
3652825 Leaver and Morrison Track & Field Endowment	\$50
3218550 Varsity Track & Field Assistant Coach	\$0

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*(Continued on page 40)*

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# MARYANN GONG AND AIDAN GILSON NCAA ELITE 90 AWARD WINNERS



*Maryann Gong '17 and Aidan Gilson '19 were selected as 2017 NCAA Division III Outdoor Track and Field Elite 90 award winners.*

Maryann Gong '17 and Aidan Gilson '19 earned NCAA Division III Outdoor Track and Field Elite 90 awards for 2017.

Maryann is the first member of the women's outdoor track and field team to receive the Elite 90 award, while Gilson is the third men's student-athlete to pick up the honor.

The Elite 90, an award founded by the NCAA, recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. The Elite 90

is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's 90 championships.

Gong, a 15-time All-American who boasts a perfect 5.0 grade point average, is currently pursuing her Masters of Engineering in artificial intelligence after having earned her Bachelor's degree in computer science and electrical engineering. She holds five MIT Varsity school records and one rookie record, was the 2015 NCAA Division III National Indoor Champion in the 3000m, and is the most decorated female athlete in MIT track and field history. She has also been named as a Top 30

honoree for the 2017 NCAA Woman of the Year Award, with the winner to be chosen later this fall. Gong is just the third student-athlete in MIT history to be honored as a Top 30 selection.

Aidan is a bioengineering major who also holds a perfect 5.0 GPA. Gilson has won the NEWMAC steeplechase championship in each of his first two seasons and also claimed the 2017 New England Division III steeplechase crown. He was All-New England in both the mile and 1,000 meters this season and was an All-NEICAAA performer in the mile with a personal-best performance of 4:13.33

In August 2015, between graduating from Northampton High School and entering MIT, Aidan entered and won the prestigious Tommy Cochary High School Mile sponsored by New Balance as part of the Falmouth Road Race Weekend.

Aidan and Maryann added to their Elite 90 awards by being selected as winners of the accompanying Fan Favorite Contest. Maryann was first with 41.4% of the votes and Aidan a close second with 40.1%. Both were far ahead of the rest of the 10 finalists, with the third place finisher receiving only 2.2%.



*Aidan competing in the 2017 NCAA Division III Championship 3000m Steeplechase.*



*Maryann at the 2016 NCAA Division III National Indoor Championship meet where she was national champion in the 3000m and also took 3rd in the Mile.*

# 2016 -- 2017 ACADEMIC AWARDS



*Ken Johnson Jr.*

MIT student-athletes are recognized annually for outstanding achievement both academically and athletically and this is particularly significant with the success reached by our cross country and track and field programs. The organizations that recognize this excellence include 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 United States Track and Field and Cross Country Coaches Association (USTFCCCA).

The NEWMAC is an association of 11 selective academic institutions that competes on the Division III level and was formed in 1998. Each year, the conference selects an Academic All-Conference Team for each of their respective sports to recognize the top student-athletes across the league. In order to earn this honor, an individual must have a minimum cumulative grade point average of 3.50/4.0 or 4.35/5.0 scale, achieved second-year academic status and been a member of a varsity team for the entire season.

The NCAA is the principal governing body of all collegiate sports that was founded in 1910 and is made up of nearly 1,300 institutions, conferences, organizations and individuals that compete at the Division I, II and III levels and colleges and universities in the United States



*Maryann Gong '17 was named as the overall Division III Academic All-American of the Year for the second straight season. She is the first Division III student-athlete ever to win this award in consecutive years.*

and Canada. Each year, the NCAA awards the prestigious Elite 90 Award, formerly the Elite 89, to the student-athlete with the highest GPA at the national championship site in each respective sport. The NCAA also awards the NCAA Woman of the Year, which is the highest honor given annually to a female student-athlete. This honor recognizes the highest level of achievement in athletics, academics, service and leadership.

CoSIDA, is a 2,700-member national organization that was founded in 1957 and is comprised of strategic communications professionals throughout all levels of collegiate athletics in the United States and



*Arinze Okeke '17 was honored as the men's track and field Academic All-American of the Year.*

Canada. CoSIDA established the "Academic All-America" program, which is unquestionably regarded as the premier awards program in intercollegiate athletics to recognize combined academic and athletic excellence. Those named to the Academic All-America program must maintain a minimum cumulative GPA of 3.30/4.0 scale, have participated in at least 50 percent of the team's competition during the season and attained a second year of eligibility.

The USTFCCCA is a non-profit organization represents men's and women's cross country and track and field coaches at all three collegiate levels. This membership includes over 8,000 coaching members throughout the country, incorporating 94 percent of all

*(Continued on page 43)*



## ... ACADEMIC AWARDS



*Matthew Deyo '16 earned six academic awards this year to cap off an extremely successful MIT career.*

*(Continued from page 42)*

NCAA Division I, II and III track and field programs. In order to achieve USTFCCA All-Academic individual honors, a student-athlete must have a minimum cumulative GPA of 3.30/4.0 scale and qualified for the NCAA Indoor or Outdoor National Championship or finish the season ranked among the top 50 in an individual event or top 35 in a relay.

The 2016-17 season was a record-setting one in the classroom for the MIT cross country and track and field programs as the team was recognized within the conference, the region and nationally. MIT student-athletes overall rank among the top nationally on a regular basis and the cross country and track and field teams certainly proved that yet again with their achievements. Overall, the programs had 57 NEWMAC Academic All-Conference honorees, 36 USTFCCA All-Academic performers, 10 CoSIDA Academic All-District selections and eight CoSIDA Academic All-Americans. Arinze Okeke and Maryann Gong were honored as the men's and women's track and field Academic All-Americans of the Year, while Gong was named

as the overall Division III Academic All-American of the Year for the second straight season. She is the first Division III student-athlete to ever win this award in consecutive years and just the second overall at all divisions. In addition, the men's and women's cross country and track and field programs all earned USTFCCA Team Academic Honors for posting an overall team GPA of 3.1 or higher on a 4.0 scale.

Being named as an Academic All-American is one of the highest honors that a student-athlete can achieve. Led by the 10 selections from the cross country and track and field programs, MIT finished 2016-17 with an incredible 21 Academic All-Americans. This total eclipses the Institute record of 17 from 2015-16 and is now the all-time single-season mark covering all divisions of intercollegiate athletics. In addition to Gong and Okeke, other Academic All-Americans included Matthew Deyo '16, Colin Godwin '17, Rory Beyer '17, Hannah Chen '18, Nneoma Okonkwo '18 and Leandra Zimmermann '19. Overall, Gong is now a three-time First Team selection, while Okeke earned First

Team honors for a second time in his career. Godwin was named to the First Team for the first time (Third Team in 2015-16), while Deyo was named to the First Team in his final semester of competition. Chen and Okonkwo were both Second Team choices for the first time, while Zimmermann and Beyer were both Third Team honorees. These eight individuals, along with William Ruschel '18 and Natalie Alper '17, also earned CoSIDA Academic All-District honors as well.

Gong and Aidan Gilson '19 were honored at the NCAA Outdoor Track and Field Championship banquet in Geneva, Ohio in the spring as the recipients of the men's and women's NCAA Elite 90 Awards. MIT now has 12 all-time Elite 90 awards, which ranks first among Division III and third overall nationally at all divisions. This also now gives the cross country and track and field programs eight overall Elite 90 awards since the inception of the honor. Gong is also one of the NEWMAC candidates put forward for the prestigious NCAA Woman of the Year Award as she is

*(Continued on page 44)*



*Colin Goodwin '17 repeated as an Academic All-American, following last year's Third Team selection with a First Team honor this year.*



*Rory Beyer '17 joined fellow Cross Country captain Matthew Deyo as one of this year's Academic All-American Award recipients.*



## ... ACADEMIC AWARDS



*Underclassmen Hannah Chen '18, Nneoma Okonkwo '18, and Leandra Zimmermann '19 join their five senior teammates as Academic All-American Award winners this year.*

*(Continued from page 43)*

one of 53 Division III student-athletes put forward by their respective conferences. The final 30 will be announced in early September, with the eventual winner being honored in Indianapolis in October.

The men's and women's cross country and track and field teams each received USTFCCA Team Academic honors yet again as the squads again posted tremendous team GPA's. As individuals, the cross country teams combined for nine All-Academic honorees as the men had six runners honored and the women placed three on the squad. On the track, the women's team was second in the country with 18 individuals honored, while the men's team had nine student-athletes on the team.

MIT was again the class of the NEWMAC with a remarkable 57 individuals earning Academic All-Conference accolades overall. On the men's side, MIT led the conference with 24 track and field student-athletes earning academic honors, while the cross country squad also led the NEWMAC with 11 individuals on the team. For the women's teams, MIT cross country tied for third in the league with six runners earning Academic All-Conference honors. On the track, the Engineers landed 16 student-athletes on the Academic All-

Conference team, which tied for the most in the conference. All 57 of the student-athletes honored earned at least a 4.35/5.0 GPA, which is made even more impressive by the outstanding athletic achievements by the cross country and track and field programs in 2016-17.

MIT also had a pair of student-athletes, Matthew Deyo and Maryann Gong, earn six academic awards this year to cap off their amazing MIT careers. Both were named as CoSIDA Academic All-Americans, Academic All-District honorees, cross country and track and field USTFCCA All-Academic honors and cross country/track and field NEWMAC

Academic All-Conference. As a group overall, MIT cross country and track and field student-athletes earned an incredible 117 academic awards in 2016-17.

Each of these student-athletes should be extremely proud of all that they accomplished in the classroom and on the track over the 2016-17 season. This dedication level is evident with the conference and regional championships earned, along with the dozens of student-athletes who participated in NCAA Championships over the last season. Achieving this type of excellence does not come easy and just shows the overall dedication and hard work put forward by our teams on a daily basis all year long.

*(Continued on page 45)*



*Natalie Alper '17, and William Ruschel '18 earned Academic All-District honors for the 2016-2017 season.*

*(Continued from page 44)***... ACADEMIC AWARDS****WOMEN****NCAA Woman of the Year Top 30 Nominee**

Maryann Gong

**NCAA Elite 90**

Maryann Gong

**CoSIDA Division III National Academic All-American of the Year**

Maryann Gong

**CoSIDA Cross Country/Track and Field Academic All-American of the Year**

Maryann Gong

**CoSIDA Cross Country/Track and Field Academic All-American**

Hannah Chen, Maryann Gong, Nneoma Okonkwo, Leandra Zimmermann

**CoSIDA Cross Country/Track and Field Academic All-District**Natalie Alper, Hannah Chen, Maryann Gong, Nneoma Okonkwo,  
Leandra Zimmermann**USTFCCCA Cross Country All-Academic Honorees**

Mary Eccles, Maryann Gong, Leandra Zimmermann

**USTFCCCA Track and Field All-Academic Honorees**Natalie Alper, Katie Bacher, Kathleen Brandes, Hannah Chen, Mary Eccles  
Maryann Gong, Megan McCandless, Marissa McPhillips, Jenna Melanson  
Michelle Menkiti, Clementine Mitchell, Nneoma Okonkwo, Jane Reed  
Ariela Slutsky, Kari Stromhaug, Haley Strouf, Jennifer Tylock, Jackie Vahey**NEWMAC Cross Country Academic All-Conference**Mary Eccles, Maryann Gong, Clementine Mitchell, Sarah Quinn, Jenny Xu,  
Leandra Zimmermann**NEWMAC Track & Field Academic All-Conference**Natalie Alper, Dana Balek, Kathleen Brandes, Hannah Chen, Mary Eccles  
Kristen Frombach, Maryann Gong, Clementine Mitchell, Nneoma Okonkwo  
Kari Stromhaug, Haley Strouf, Camila Thanos, Jennifer Tylock, Jackie Vahey,  
Madeleine Waller, Leandra Zimmermann*(Continued on page 46)*

[\(Continued from page 45\)](#)**... ACADEMIC AWARDS****MEN****NCAA Elite 90**

Aidan Gilson

**CoSIDA Cross Country/Track and Field Academic All-American of the Year**

Arinze Okeke

**CoSIDA Cross Country/Track and Field Academic All-American**

Rory Beyer, Matthew Deyo, Colin Godwin, Arinze Okeke

**CoSIDA Cross Country/Track and Field Academic All-District**

Rory Beyer, Matthew Deyo, Colin Godwin, Arinze Okeke, William Ruschel

**USTFCCCA Cross Country All-Academic Honorees**

Rory Beyer, Matthew Deyo, Ben Freed, Alex Knoedler, Nicholas Waltman, Daniel Weiss

**USTFCCCA Track and Field All-Academic Honorees**

Scott Cameron, Matthew Deyo, Ben Freed, Aidan Gilson, Colin Godwin, Arinze Okeke, William Ruschel, Chris Sweeney, Bobby Upton

**NEWMAC Cross Country Academic All-Conference**Rory Beyer, Matthew Deyo, Ben Freed, Brian Gilligan, Aidan Gilson  
Colin Godwin, Alex Knoedler, Alex Knapp, Josh Rosenkranz, Cooper Sloan  
Daniel Weiss**NEWMAC Track and Field Academic All-Conference**Derek Michael Amoako, Rory Beyer, Scott Cameron, Brandon Corts  
Matthew Deyo, Sope Eweje, Jon Fakkema, Ben Freed, Tom Frejowski  
Brian Gilligan, Aidan Gilson, Luke Gray, Alex Knapp, Alex Knoedler  
Nathan Munet, Christopher Mutty, Arinze Okeke, Ryan Prinster,  
Josh Rosenkranz, William Ruschel, Cooper Sloan, Caspar Stinn,  
Chris Sweeney, Daniel Weiss



# WHERE ARE THEY NOW - Tania Morimoto



by Tania Morimoto '12

Similar to most in cross country and track, being on the team was a huge part of my time at MIT. Not only did it take up a large portion of my time and energy, but to this day, most of my closest friends are former teammates. During my time at MIT, I remember a distinct shift in the mentality of the women's cross country team. At the beginning (2008), we all wanted to be good and to make it to Nationals. And we all sort of thought we could do it. By the end (2012), we were convinced that our team was great, and competing well and racing at Nationals had become more of an expectation. It was amazing to be a part of this, and since then, to watch the team continue to outperform itself year after year.

*Editors Note: Tania grew up in the San Francisco Bay Area where she graduated from Mountain View High School as class valedictorian.*

*At MIT she was on the Indoor and Outdoor Track teams and captain of the Cross Country team her senior year. She was an NCAA Division III New England All-Region honoree in the 5000m indoors and the 10,000m outdoors, as well as being a NEWMAC All-Conference selection in the 5000m and Academic All-Conference Award winner. She still holds the 7th best MIT performance in the 10,000m with a time of 36:34.11.*

*To find out more about Tania's current activities, visit her web site at:*

<http://taniamorimoto.wixsite.com/home>

Despite my love for running and being part of a team, I remember thinking the summer after I graduated that I was ready to be a recreational runner – only running if I felt like it and no more workouts or racing. That lasted about two months before I was convinced by an old high school teammate to check out a local club team, New Balance Silicon Valley. I started running workouts with them, then racing cross country with them, and before I knew it, I was racing

marathons hoping to qualify for the Olympic Trials. It's now five years later, and I'm still running for the same team (although we're now called Strava Track Club) and the same coach (Dena Evans). I found the marathon to be my favorite distance so far, and I've raced Vancouver, Boston, Chicago, and CIM. More than the actual race itself, I think my favorite part of running marathons is the training. I've been lucky enough to find a group of guys willing to help pace my workouts and be dragged on long runs. And one of my favorite things is going out weekend after weekend for 20+ mile runs. I'll soon be gearing up for the next training cycle with the goal of running under 2:45. After that I'm not sure what my running plans will be.

While I love running, it's still always been my second priority. Since graduating from MIT in 2012, I have been a graduate student at Stanford in Mechanical Engineering, and I just completed my PhD, focused on surgical robotics. I've also become an avid rock climber, traveling as often as possible to various bouldering destinations. It's been great watching the success of the MIT cross country and track teams these past few years, and I hope to make it out to the next Alumni race.

## ALUMNI NOTES



*At a recent lunch reunion, former MIT SID, Ken Cerino (far left) gave MIT the Leroy Nieman original drawing of Paul Neves '84.*

*In the photo: Ken Cerino, Halston Taylor, Julie Sorriero, Gordon Kelly, Ken Johnson, and Mindy Brauer.*



*Sam Parker '15 sent this note: Last night was the first meet of the TrackTown summer series at Stanford. Before the elite races, there were open community events, so Dawit, Gil, Jared, and I got together for a 4x400m and we accidentally ran much faster than expected (3:25.67) and won!*

## SEASON STATISTICS

## WOMEN'S CROSS COUNTRY

## 2016 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	2nd of 23	71
NEICAAA Championships	Franklin Park	5th of 35	159
Border Battle	Rowan College Harkness Park	2nd of 45	134
NEWMAC Championship	Smith College	1st of 11	15
New Eng. Div. III Reg. Champ.	Westfield State Stanley Park	1st of 59	68
NCAA Div. III Championship	Spaulding University Tom Sawyer Park Louisville, KY	5th of 32	234

## 2017 SCHEDULE

9/1	Alumni Meet	Franklin Park
9/23	Purple Valley Classic	Williams College - Williamstown, MA Mt. Greylock H.S.
10/7	NEICAAA Championship	Franklin Park
10/14	Pre-Nationals	Principia College - Elsau, IL
10/29	NEWMAC Championship	Franklin Park
11/11	New Eng. Div. III Reg. Champ.	University of Southern Maine
11/18	NCAA Div. III Championship	Principia College - Elsau, IL

## 2016 TEAM ROSTER

Katie Bacher '20	Skylar Brooks '20	Mary Eccles '18 *
Charlotte Folinus '20	Maryann Gong '17 *	Ciera Gordon '18
Erin Grela '20	Darby Laplant '19	Bailee Margois '19
Megan McCandless '20	Marissa McPhillips '20	Jenna Melanson '20
Maia Mesyngier '20	Clementine Mitchell '18	Sarah Quinn '16
Camila Thanos '19	Margaret Trautner '20	Tessa Weiss '20
Christina Wicker '17	Jenny Xu '19	Leandra Zimmermann '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, DNC-Did Not Compete.

## Times

NAME	# OF RACES	ALUMNI 9/2	PRPL. VAL. 9/24	NEICAAA 10/8	BRDR BTL 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19
Katie Bacher	6	19:12	23:04	19:10	21:50	19:14	22:32	22:39
Skylar Brooks	4	20:40	24:43	20:03	DNR	20:12	DNC	DNC
Mary Eccles	6	19:06	22:47	19:00	22:23	18:41	22:05	22:05
Charlotte Folinus	4	20:13	24:00	19:51	DNR	19:51	DNC	DNC
Maryann Gong	4	INJ	INJ	18:51	21:20	18:42	21:40	21:43
Ciera Gordon	4	20:27	24:46	20:06	DNR	20:38	DNC	DNC
Erin Grela	0	INJ	INJ	INJ	INJ	INJ	DNC	DNC
Darby LaPlant	4	20:27	24:06	19:44	DNR	19:34	DNC	DNC
Bailee Margolis	3	19:53	24:36	19:30	DNR	DNR	DNC	DNC
M. McCandless	6	18:10	21:58	17:57	20:44	18:17	21:14	21:04
M. McPhillips	4	19:18	DNF	DNF	DNR	19:19	DNC	DNC
Jenna Melanson	5	19:00	22:39	18:33	22:10	19:17	DNC	DNC
Maia Mesyngier	0	INJ	INJ	INJ	INJ	INJ	DNC	DNC
C. Mitchell	5	20:53	23:35	19:17	23:05	19:30	DNC	DNC
Sarah Quinn	0	INJ	INJ	INJ	INJ	INJ	DNC	DNC
Camila Thanos	2	20:05	INJ	20:20	DNR	DNR	DNC	DNC
Mararet Trautner	0	INJ	INJ	INJ	INJ	INJ	DNC	DNC
Tessa Weiss	4	INJ	23:40	19:28	22:22	19:39	DNC	DNC
Christina Wicker	4	INJ	INJ	19:14	22:00	18:46	21:52	21:46
Jenny Xu	6	19:12	23:30	18:33	21:58	19:04	23:56	22:35
L. Zimmermann	6	19:00	22:35	18:39	21:54	18:54	21:38	21:58

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



## ... Individual Performances

*(Continued from page 49)*

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, DNC-Did Not Compete.

### Places

NAME	ALUMNI 9/2	PRPL. VAL. 9/24	NEICAAA 10/8	BRD BTL 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19	AVG	RNK
Katie Bacher	5	5	7	3	7	6	7	5.72	8
Skylar Brooks	13	12	14	DNR	14	DNC	DNC	13.2	16
Mary Eccles	4	4	6	9	2	5	5	5	5
Charlotte Folinus	10	9	13	DNR	13	DNC	DNC	11.2	14
Maryann Gong	INJ	INJ	5	2	3	3	2	3	2
Ciera Gordon	12	13	15	DNR	15	DNC	DNC	13.7	17
Erin Grela	INJ	INJ	INJ	INJ	INJ	DNC	DNC	0	
Darby LaPlant	11	10	12	DNR	11	DNC	DNC	11	13
Bailee Margolis	8	11	11	DNR	DNR	DNC	DNC	10	11
M. McCandless	1	1	1	1	1	1	1	1	1
M. McPhillips	7	DNF	DNF	DNR	9	DNC	DNC	8	9
Jenna Melanson	2	3	2	7	8	DNC	DNC	4.4	4
Maia Mesyngier	INJ	INJ	INJ	INJ	INJ	DNC	DNC	0	
C. Mitchell	14	7	9	10	10	DNC	DNC	10	11
Sarah Quinn	INJ	INJ	INJ	INJ	INJ	DNC	DNC	0	
Camila Thanos	9	INJ	16	DNR	DNR	DNC	DNC	12.5	15
Mararet Trautner	INJ	INJ	INJ	INJ	INJ	DNC	DNC	0	
Tessa Weiss	INJ	8	10	8	12	DNC	DNC	9.5	10
Christina Wicker	INJ	INJ	8	6	4	4	3	5	5
Jenny Xu	6	6	3	5	6	7	6	5.57	7
L. Zimmermann	3	2	4	4	5	2	4	3.42	3

*(Continued on page 51)*

## ... Individual Performances

*(Continued from page 50)*

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, DNC-Did Not Compete.

### Deltas

NAME	ALUMNI 9/2	PRPL. VAL. 9/24	NEICAAA 10/8	BRD BTL 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19	AVG	RNK
Katie Bacher	1:02	1:06	1:13	1:06	:57	1:18	1:35	1:12	9
Skylar Brooks	2:30	2:45	2:06	DNR	1:55	DNC	DNC	2:19	16
Mary Eccles	:56	:49	1:03	1:39	:24	:51	1:01	:57	6
Charlotte Folinus	2:08	2:03	1:54	DNR	1:34	DNC	DNC	1:54	13
Maryann Gong	INJ	INJ	:54	:36	:25	:26	:39	:36	2
Ciera Gordon	2:17	2:48	2:09	DNR	2:21	DNC	DNC	2:23	17
Erin Grela	INJ	INJ	INJ	INJ	INJ	DNC	DNC		
Darby LaPlant	2:17	2:08	1:47	DNR	1:17	DNC	DNC	1:52	12
Bailee Margolis	1:43	2:38	1:32	DNR	DNR	DNC	DNC	1:57	14
M. McCandless	:00	:00	:00	:00	:00	:00	:00	:00	1
M. McPhillips	1:08	DNF	DNF	DNR	1:02	DNC	DNC	1:05	7
Jenna Melanson	:50	:41	:36	1:26	1:00	DNC	DNC	:54	5
Maia Mesyngier	INJ	INJ	INJ	INJ	INJ	DNC	DNC		
C. Mitchell	2:43	1:37	1:20	2:21	1:13	DNC	DNC	1:50	11
Sarah Quinn	INJ	INJ	INJ	INJ	INJ	DNC	DNC		
Camila Thanos	1:55	INJ	2:23	DNR	DNR	DNC	DNC	2:09	15
Mararet Trautner	INJ	INJ	INJ	INJ	INJ	DNC	DNC		
Tessa Weiss	INJ	1:42	1:31	1:38	1:22	DNC	DNC	1:33	10
Christina Wicker	INJ	INJ	1:17	1:16	:29	:38	:42	:52	4
Jenny Xu	1:02	1:32	:36	1:14	:47	2:42 - INJ	1:31	1:08	8
L. Zimmermann	:50	:37	:42	1:10	:37	:24	:54	:44	3

*(Continued on page 52)*

## ... Individual Performances

*(Continued from page 51)*

The chart below is a consolidation of the rankings from the Delta and Place charts. Those two ranks are summed to produce a combined score for each athlete. The scores are then ordered to produce an overall rank which takes into account both the Delta and Place performances for the athlete.

### Ranking

NAME	DELTA	RANK	PLACE	RANK	SCORE	RANK
Katie Bacher	1:12	9	5.7	8	17	8
Skylar Brooks	2:19	16	13.25	16	32	16
Mary Eccles	:57	6	5	5	11	6
Charlotte Folinus	1:54	13	11.25	14	27	14
Maryann Gong	:36	2	3	2	4	2
Ciera Gordon	2:23	17	13.75	17	34	17
Erin Grela						
Darby LaPlant	1:52	12	11	13	25	12
Bailee Margolis	1:57	14	10	11	25	12
Megan McCandless	:00	1	1	1	2	1
Marissa McPhillips	1:05	8	8	9	17	8
Jenna Melanson	:54	5	4.4	4	9	4
Maia Mesyngier						
Clementine Mitchell	1:50	11	10	11	22	11
Sarah Quinn						
Camila Thanos	2:09	15	12.5	15	30	15
Mararet Trautner						
Tessa Weiss	1:33	10	9.5	10	20	10
Christina Wicker	:52	4	5	5	9	4
Jenny Xu	1:02	7	5.5	7	14	7
Leandra Zimmermann	:44	3	3.4	3	6	3



**MEN'S CROSS COUNTRY**

## 2016 RESULTS

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st	15
Purple Valley Classic	Purple Valley Classic Williams College Mt. Greylock HS Williamstown, MA	3rd of 23	89
NEICAAA Championships	Franklin Park	3rd of 34	133
Border Battle	Rowan College	2nd of 43	127
NEWMAC Championship	Smith College	1st of 8	19
New Eng. Div. III Reg. Champ.	Westfield State College Stanley Park	1st of 56	110
NCAA Div. III Championship	Spalding University Tom Sawyer Park Louisville, KY	7th of 32	301

## 2017 SCHEDULE

9/1	Alumni Meet	Franklin Park
9/23	Purple Valley Classic	Williams College - Williamstown, MA Mt. Greylock H.S.
10/7	NEICAAA Championship	Franklin Park
10/14	Pre-Nationals	Principia College - Elsay, IL
10/29	NEWMAC Championship	Franklin Park
11/11	New Eng. Div. III Reg. Champ.	University of Southern Maine
11/18	NCAA Div. III Championship	Principia College - Elsay, IL

## 2016 ROSTER

Brian Bates 20	Rory Beyer* 17	Josh Derrick 20
Matthew Deyo* G	Joe Faraguna 20	Nate Foss 20
Ben Freed 18	Brian Gilligan* 17	Aidan Gilson 19
Colin Godwin 17	Steve Goldy 20	Alex Knapp 19
Alex Knoedler 18	Dennis Maloney 19	Charlie Nodus 20
Josh Rosenkranz 19	Cooper Sloan 18	David Walter 18
Nicholas Waltman 18	Daniel Weiss 19	Billy Woltz 20

\* 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, DNC-Did Not Compete.

## Times

NAME	# OF RACES	ALUMNI 9/2	PRPL. VAL. 9/24	NEICAAA 10/8	BRDR BTL 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19
Brian Bates	3	16:39	27:51	28:40	DNR	27:06	DNC	DNC
Rory Beyer	3	INJ	INJ	INJ	INJ	26:07	25:03	25:02
Josh Derrick	4	15:49	25:43	25:21	24:24	25:32	INJ	INJ
Matt Deyo	6	15:47	25:58	25:08	23:42	25:26	24:28	24:28
Joe Faraguna	0	INJ	INJ	INJ	INJ	INJ	DNC	DNC
Nate Foss	1	16:19	26:53	INJ	INJ	INJ	DNC	DNC
Ben Freed	4	15:54	INJ	27:21	DNR	26:11	25:36	25:48
Brian Gilligan	4	16:54	27:05	26:25	24:47	26:28	DNC	DNC
Aidan Gilson	4	16:31	27:12	26:37	24:55	26:19	DNC	DNC
Colin Godwin	1	16:18	26:00	INJ	INJ	INJ	INJ	INJ
Steven Goldy	2	16:01	26:14	25:38	INJ	INJ	INJ	INJ
Alex Knapp	4	16:21	26:27	26:50	25:21	26:25	DNC	DNC
Alex Knoedler	6	16:13	27:15	26:22	24:36	26:05	25:56	26:02
D. Maloney	6	15:45	26:06	25:21	23:43	25:29	24:33	24:39
Charlie Nodus	0	INJ	INJ	INJ	INJ	INJ	DNC	DNC
J. Rosenkranz	3	INJ	27:27	26:10	24:43	INJ	INJ	INJ
Cooper Sloan	3	16:48	27:47	26:44	DNR	27:07	DNC	DNC
David Walter	3	16:16	28:02	26:59	DNR	26:51	DNC	DNC
N. Waltman	6	16:36	27:18	26:13	24:42	26:21	25:44	26:12
Daniel Weiss	6	16:27	26:25	25:38	24:21	26:15	25:42	26:33
Billy Woltz	3	16:43	27:35	27:10	DNR	26:56	DNC	DNC

*(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, DNC-Did Not Compete.

### Places

NAME	ALUMNI 9/2	PRPL. VAL. 9/24	NEICAAA 10/8	BRD BTL 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19	AVG	RNK
Brian Bates	14	16	16	DNR	14	DNC	DNC	15	19
Rory Beyer	INJ	INJ	INJ	INJ	5	3	3	3.66	4
Josh Derrick	3	1	2	4	3	INJ	INJ	2.6	3
Matt Deyo	2	2	1	1	1	1	1	1.28	1
Joe Faraguna	INJ	INJ	INJ	INJ	INJ	DNC	DNC	0	
Nate Foss	9	8	INJ	INJ	INJ	DNC	DNC	8.5	11
Ben Freed	4	INJ	15	DNR	6	4	4	6.6	9
Brian Gilligan	17	9	9	8	11	DNC	DNC	10.8	15
Aidan Gilson	12	10	10	9	8	DNC	DNC	9.8	13
Colin Godwin	8	3	INJ	INJ	INJ	INJ	INJ	5.5	6
Steven Goldy	5	5	5	INJ	INJ	INJ	INJ	5	5
Alex Knapp	10	7	12	10	10	DNC	DNC	9.8	13
Alex Knoedler	6	11	8	5	4	7	5	6.57	8
D. Maloney	1	4	3	2	2	2	2	2.28	2
Charlie Nodus	INJ	INJ	INJ	INJ	INJ	DNC	DNC	0	
J. Rosenkranz	INJ	13	6	7	INJ	INJ	INJ	8.67	12
Cooper Sloan	16	15	11	DNR	15	DNC	DNC	14.2 5	18
David Walter	7	17	13	DNR	12	DNC	DNC	12.2 5	16
N. Waltman	13	12	7	6	9	6	6	8.43	10
Daniel Weiss	11	6	4	3	7	5	7	6.14	7
Billy Woltz	15	14	14	DNR	13	DNC	DNC	14	17

*(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, DNC-Did Not Compete

### Deltas

NAME	ALUMNI 9/2	PRPL. VAL. 9/24	NEICAAA 10/8	BRD BTL 10/15	NEWMAC 10/29	NE DIV 3 11/12	NCAA 11/19	AVG	RNK
Brian Bates	:54	2:08	4:27	DNR	1:40	DNC	DNC	3:05	19
Rory Beyer	INJ	INJ	INJ	INJ	:41	:35	:34	:36	6
Josh Derrick	:04	:00	:13	:42	:06	INJ	INJ	:15	3
Matt Deyo	:02	:15	:00	:00	:00	:00	:00	:02	1
Joe Faraguna	INJ	INJ	INJ	INJ	INJ	DNC	DNC		
Nate Foss	:34	1:10	INJ	INJ	INJ	DNC	DNC	<b>1:10</b>	8
Ben Freed	:09	INJ	2:13	DNR	:45	1:08	1:20	1:21	15
Brian Gilligan	1:09	1:22	1:17	1:05	1:02	DNC	DNC	1:11	9
Aidan Gilson	:46	1:29	1:29	1:13	:53	DNC	DNC	1:16	13
Colin Godwin	:33	:17	INJ	INJ	INJ	INJ	INJ	:17	4
Steven Goldy	:16	:31	:30	INJ	INJ	INJ	INJ	:30	5
Alex Knapp	:36	:44	1:42	1:39	:59	DNC	DNC	1:16	13
Alex Knoedler	:28	1:32	1:14	:54	:39	1:28	1:34	1:13	10
D. Maloney	:00	:23	:13	:01	:03	:05	:11	:09	2
Charlie Nodus	INJ	INJ	INJ	INJ	INJ	DNC	DNC		
J. Rosenkranz	INJ	1:44	1:02	1:01	INJ	INJ	INJ	1:15	11
Cooper Sloan	1:03	2:04	1:36	DNR	1:41	DNC	DNC	1:49	17
David Walter	:31	2:19	1:51	DNR	1:25	DNC	DNC	1:51	18
N. Waltman	:51	1:35	1:05	1:00	:55	1:16	1:44	1:15	11
Daniel Weiss	:42	:42	:30	:39	:49	1:14	2:05	:59	7
Billy Woltz	:58	1:52	2:02	DNR	1:30	DNC	DNC	1:48	16

*(Continued on page 57)*

## ... Individual Performances

*(Continued from page 56)*

The chart below is a consolidation of the rankings from the Delta and Place charts. Those two ranks are summed to produce a combined score for each athlete. The scores are then ordered to produce an overall rank which takes into account both the Delta and Place performances for the athlete.

### Ranking

NAME	DELTA	RANK	PLACE	RANK	SCORE	RANK
Brian Bates	3:05	19	15	19	38	19
Rory Beyer	:36	6	3.6	4	10	4
Josh Derrick	:15	3	2.6	3	6	3
Matt Deyo	:02	1	1.2	1	2	1
Joe Faraguna						
Nate Foss	1:10	8	8.5	11	19	9
Ben Freed	1:21	15	6.6	9	24	12
Brian Gilligan	1:11	9	10.8	15	24	12
Aidan Gilson	1:16	13	9.8	13	26	14
Colin Godwin	:17	4	5.5	6	10	4
Steven Goldy	:30	5	5	5	10	4
Alex Knapp	1:16	13	9.8	13	26	14
Alex Knoedler	1:13	10	6.5	8	18	8
Dennis Maloney	:09	2	2.3	2	4	2
Charlie Nodus						
Josh Rosenkranz	1:15	11	8.6	12	23	11
Cooper Sloan	1:49	17	14.2	18	35	18
David Walter	1:51	18	12.2	16	34	17
Nicholas Waltman	1:15	11	8.4	10	21	10
Daniel Weiss	:59	7	6.1	7	14	7
Billy Woltz	1:48	16	14	17	33	16

**WOMEN'S TRACK AND FIELD****INDOOR****2016-17 RESULTS****VARSIITY**

Won 7, Lost 0

**MIT**88  
160.5  
239**OPPONENT**Alumnae 38  
Bates 135, Colby 74.5  
USM 113, Tufts 101, Bowdoin 76, Merrimack 43**2017-18 SCHEDULE**

12/2	Boston University Season Opener	Boston University
12/16	Alumni/ae Meet	Home
1/13	Bates, Colby	Home
1/20	Bowdoin Invitational	Bowdoin
1/26-1/27	John Thomas Terrier Classic	Boston University
1/27	Branwen Smith-King Invitational	Tufts
1/27	Art Farnham Invitational	Home
2/2	Tufts Cupid Multi	Tufts
2/3	Tufts Cupid Challenge	Tufts
2/2-2/3	NEICAAA Championship	Reggie Lewis Track and Athletic Center
2/9-2/10	David Hemery Valentine Invitational	Boston University
2/10	Gordon Kelly Invitational	Home
2/16-2/17	New England Div.III Championship	Springfield College
2/25	Boston University Final Qualifier	Boston University
3/3	Tufts Final Qualifier	Tufts University
3/9-3/10	NCAA Division III Championship	Birmingham, AL

**VARSIITY SCORING & ROSTER**

Ariela Slutsky '18	42	Jennifer Tylock '17	13.5	Kathleen Brandes '19	2.5
Nneoma Okonkwo '18	33	Michelle Menkiti '20	13.25	Charlotte Folinus '20	2
Marissa McPhillips '20	32.75	Skylar Brooks '20	12.25	Kristen Frombach '19	2
Hannah Chen* '18	32.5	Bailee Margolis '19	12	Madeleine Waller '17	0.5
Maryann Gong* '17	31.5	L. Zimmermann '19	12	Alexis Dalessandro '20	
Bailey Tregoning '19	25.75	Folusho Jebutu '20	11	Ciera Gordon '18	
Jasmine Jin '20	24	Megan McCandless '20	8	Erin Grela '20	
Gabriella Zak '20	22.75	Kari Stromhaug '19	8	Shea Landeene '20	
Natalie Alper* '17	20.25	Jenna Melanson '20	7.25	Elise McCormack '20	
Haley Strouf '18	18	Katherine Mohr '20	6.5	Maia Mesyngier '20	
Katie Bacher '20	16.75	Makenzie Patarino '19	6.5	Camila Thanos '19	
Jane Reed '20	16.5	Darby LaPlant '19	6	Margaret Trautner '20	
Jackie Vahey '17	16	Clementine Mitchell '18	5	Tessa Weiss '20	
Mary Eccles '18	15	Kaitlyn Sparks '20	4.5		

\* Captain



CHAMPIONSHIPS**New England Division III (NE Div. III)** (1<sup>st</sup>) 149 points

Maryann Gong	3000	9:55.99 (1 <sup>st</sup> )
McPhillips, Bacher, Gong, Tregoning	4x800	9:20.67 (1 <sup>st</sup> )
Mitchell, Reed, Tregoning, Bacher	DMR	12:11.48 (1 <sup>st</sup> )
Nneoma Okonkwo	Long Jump	18-08 (1 <sup>st</sup> )
Bailey Tregoning	800	2:14.36 (1 <sup>st</sup> )
Katie Bacher	1000	2:57.22 (2 <sup>nd</sup> )
Maryann Gong	Mile	4:59.40 (2 <sup>nd</sup> )
Nneoma Okonkwo	60	7.79 (2 <sup>nd</sup> )
Kaitlyn Sparks	Pole Vault	12-01 ½ (2 <sup>nd</sup> )
Ariela Slutsky	Weight Throw	55-07 ¼ (3 <sup>rd</sup> )
Chen, Reed, Alper, Zak	4x400	4:02.77 (4 <sup>th</sup> )
Mary Eccles	5000	17:53.03 (4 <sup>th</sup> )
Ariela Slutsky	Shot Put	40-03 (4 <sup>th</sup> )
Kari Stromhaug	Pole Vault	11-07 ¾ (4 <sup>th</sup> )
Haley Strouf	Long Jump	18-02 ¼ (4 <sup>th</sup> )
Jackie Vahey	Weight Throw	52-01 ½ (4 <sup>th</sup> )
Natalie Alper	Pentathlon	3142 (5 <sup>th</sup> )
Kathleen Brandes	Pole Vault	11-07 ¾ (5 <sup>th</sup> )
Hannah Chen	400	59.59 (5 <sup>th</sup> )
Michelle Menkiti	60	7.96 (5 <sup>th</sup> )
Makenzie Patarino	Pole Vault	11-01 ¾ (T-6 <sup>th</sup> )
Jennifer Tylock	Pole Vault	11-01 ¾ (T-6 <sup>th</sup> )
Hannah Chen	60 HH	9.31 (7 <sup>th</sup> )
Jasmine Jin	Triple Jump	36-04 ¾ (7 <sup>th</sup> )
Marissa McPhillips	Mile	5:12.87 (7 <sup>th</sup> )
Gabriella Zak	600	1:39.56 (7 <sup>th</sup> )
Leandra Zimmermann	5000	18:12.64 (8 <sup>th</sup> )

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (5<sup>th</sup>) 41.5 points

Nneoma Okonkwo	Long Jump	19-01 ¼ (1 <sup>st</sup> )
Kaitlyn Sparks	Pole Vault	11-11 ¾ (T-3 <sup>rd</sup> )
Haley Strouf	Long Jump	18-06 ½ (3 <sup>rd</sup> )
Kari Stromhaug	Pole Vault	11-07 ¾ (T-4 <sup>th</sup> )
Katie Bacher	Mile	4:59.46 (5 <sup>th</sup> )
Jennifer Tylock	Pole Vault	11-01 ¾ (6 <sup>th</sup> )
Marissa McPhillips	800	2:15.72 (7 <sup>th</sup> )
Clementine Mitchell	Mile	5:01.01 (7 <sup>th</sup> )
Ariela Slutsky	Weight Throw	52-05 ¼ (7 <sup>th</sup> )
Bailey Tregoning	500	1:17.32 (7 <sup>th</sup> )

**National Collegiate Athletic Association (NCAA Division III)** (5<sup>th</sup>) 26 points

McPhillips, Chen, Bacher, Gong	DMR	11:50.15 (2 <sup>nd</sup> )
Maryann Gong	3000	9:44.93 (3 <sup>rd</sup> )
Nneoma Okonkwo	Long Jump	18-09 ½ (5 <sup>th</sup> )
Maryann Gong	Mile	4:55.70 (6 <sup>th</sup> )
Kaitlyn Sparks	Pole Vault	12-03 ½ (6 <sup>th</sup> )
Kari Stromhaug	Pole Vault	12-03 ½ (7 <sup>th</sup> )

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Weight Throw	Ariela Slutsky	56-03 $\frac{3}{4}$
	Jackie Vahey	52-08
Shot Put	Ariela Slutsky	40-03
	Jackie Vahey	37-01 $\frac{1}{2}$
Long Jump	Nneoma Okonkwo	19-04 $\frac{1}{4}$ **
	Haley Strouf	18-06 $\frac{1}{2}$
Triple Jump	Jasmine Jin	36-04 $\frac{3}{4}$
Pole Vault	Kari Stromhaug	12-05 $\frac{1}{4}$
	Kaitlyn Sparks	12-03 $\frac{1}{2}$ *
High Jump	Natalie Alper	5-05 $\frac{1}{4}$
	Gabriella Zak	4-07 $\frac{3}{4}$
Pentathlon	Natalie Alper	3142 pts.
	Gabriella Zak	2702 pts.
60HH	Hannah Chen	9.26
	Gabriella Zak	9.54
60	Nneoma Okonkwo	7.79**
	Michelle Menkiti	7.96*
200	Nneoma Okonkwo	25.74
	Hannah Chen	25.92
400	Hannah Chen	58.16
	Gabriella Zak	59.25
600	Bailey Tregoning	1:36.37
	Gabriella Zak	1:39.34*
800	Bailey Tregoning	2:10.92**
	Marissa McPhillips	2:15.31
1000	Katie Bacher	2:55.01**/*
	Maryann Gong	2:55.87
Mile	Maryann Gong	4:50.52
	Marissa McPhillips	4:58.84
3000	Maryann Gong	9:44.93
	Megan McCandless	10:10.93
5000	Maryann Gong	17:03.51
	Mary Eccles	17:32.41
800R	Chen, Reed, Zak, Menkiti	1:50.12
1600R	Chen, Reed, Zak, Tregoning	4:02.77
3200R	McPhillips, Bacher, Brooks, Gong	9:20.67
DMR	McPhillips, Chen, Tregoning, Gong	11:45.94

Varsity Record\*\*

Freshman Record\*

## OUTDOOR

**2017 RESULTS****VARSITY**

Won 3, Lost 1

**MIT**235  
98.5**OPPONENT**Bates 194, Tufts 154, RPI 97  
Williams 102.5**2018 SCHEDULE**

3/24	Bridgewater State Invite	Bridgewater State University
3/30	Spring Trip - Aztec Invitational	San Diego State University
3/31	Spring Trip - UCSD Collegiate Open	University of California San Diego
4/6	Sam Howell Invitational	Princeton University
4/7	Bates, RPI, Tufts	Tufts
4/14	Williams Invitational	Williams College
4/20	Larry Ellis Invitational	Princeton University
4/21	MIT Sean Collier Invitational	Home
4/28	NEWMAC Champ.	Springfield College
5/3-5	New England DIII Championship	Home
5/10-12	NEICAAA Championship	TBA
5/17	MIT Final Qualifier	Home
5/25-27	NCAA DIII Championship	University of Wisconsin, Lacrosse, WI

**VARSITY SCORING & ROSTER**

Ariela Slutsky '18	38	Kari Stromhaug '19	9	Skylar Brooks '20	
Jackie Vahey* '17	34	Katie Bacher '20	8.5	Charlotte Folinus '20	
Hannah Chen* '18	32.75	Makenzie Patarino '19	8	Maryann Gong* '17	
Nneoma Okonkwo '18	26.5	Haley Strouf '18	8	Erin Grela '20	
Michelle Menkiti '20	24.5	Kaitlyn Sparks '20	7	Shea Landeene '20	
Jane Reed '20	14.25	Folusho Jebutu '20	6	Darby LaPlant '19	
Jenna Melanson '20	14	Gabriella Zak '20	5.25	Bailee Margolis '19	
Marissa McPhillips '20	13.5	Elise McCormack '20	5	Maia Mesyngier '20	
Natalie Alper* '17	11.25	Margaret Trautner '20	4.5	Kathryn Mohr '20	
Kathleen Brandes '19	11	Megan McCandless '20	4	Camila Thanos '19	
Mary Eccles '18	11	Madeleine Waller '17	4	Bailey Tregoning '19	
Dana Balek '18	10	Jennifer Tylock '17	3	Tessa Weiss '20	
Clementine Mitchell '18	10	Cierra Gordon '18	2	L. Zimmermann '19	
Jasmine Jin '20	9	Kristen Frombach '19	1		

\* Captain



CHAMPIONSHIPS**New England Women's & Men's Athletic Conference (NEWMAC)** (1<sup>st</sup>) 270 points

Natalie Alper	High Jump	5-04 ¼ (1 <sup>st</sup> )
Hannah Chen	100HH	14.46 (1 <sup>st</sup> )
Hannah Chen	400IH	1:02.61 (1 <sup>st</sup> )
Chen, Menkiti, Reed, Okonkwo	400R	47.80 (1 <sup>st</sup> )
Maryann Gong	1500	4:36.32 (1 <sup>st</sup> )
Nneoma Okonkwo	Long Jump	18-10 ½ (1 <sup>st</sup> )
Jenna Melanson	3000SC	11:19.26 (1 <sup>st</sup> )
Nneoma Okonkwo	100	12.04 (1 <sup>st</sup> )
Jackie Vahey	Discus	135-03 ½ (1 <sup>st</sup> )
Mary Eccles	5000	18:16.89 (2 <sup>nd</sup> )
Jasmine Jin	Triple Jump	35-08 (2 <sup>nd</sup> )
Darby LaPlant	10000	40:37.94 (2 <sup>nd</sup> )
Marissa McPhillips	1500	4:38.51 (2 <sup>nd</sup> )
Michelle Menkiti	100	12.11 (2 <sup>nd</sup> )
Michelle Menkiti	200	24.85 (2 <sup>nd</sup> )
Ariela Slutsky	Discus	133-09 (2 <sup>nd</sup> )
Kari Stromhaug	Pole Vault	11-10 ½ (T-2 <sup>nd</sup> )
Haley Strouf	Long Jump	17-11 ¾ (2 <sup>nd</sup> )
Jennifer Tylock	Pole Vault	11-10 ½ (T-2 <sup>nd</sup> )
Jackie Vahey	Hammer Throw	170-07 ½ (2 <sup>nd</sup> )
Marissa McPhillips	800	2:15.86 (3 <sup>rd</sup> )
Jane Reed	400	58.70 (3 <sup>rd</sup> )
Ariela Slutsky	Hammer Throw	168-04 ¼ (3 <sup>rd</sup> )
Ariela Slutsky	Shot Put	40-00 ¼ (3 <sup>rd</sup> )
L. Zimmermann	5000	18:44.70 (3 <sup>rd</sup> )
Katie Bacher	800	2:20.25 (4 <sup>th</sup> )
Katie Bacher	1500	4:43.78 (4 <sup>th</sup> )
Dana Balek	Javelin	116-11 (4 <sup>th</sup> )
Makenzie Patarino	Pole Vault	11-04 ½ (4 <sup>th</sup> )
Jackie Vahey	Shot Put	39-06 ¼ (4 <sup>th</sup> )
Kathleen Brandes	Pole Vault	11-04 ½ (5 <sup>th</sup> )
Ciera Gordon	10000	42:04.22 (5 <sup>th</sup> )
Felusho Jebutu	Discus	113-11 ¼ (5 <sup>th</sup> )
Clementine Mitchell	1500	4:56.46 (5 <sup>th</sup> )
Margaret Trautner	800	2:21.04 (5 <sup>th</sup> )
Natalie Alper	Long Jump	16-04 ½ (6 <sup>th</sup> )
Bailee Margolis	10000	42:39.26 (6 <sup>th</sup> )
Gabriella Zak	400	59.99 (6 <sup>th</sup> )
Gabriella Zak	400IH	1:06.46 (6 <sup>th</sup> )
Felusho Jebutu	Hammer Throw	139-06 ¼ (7 <sup>th</sup> )
Felusho Jebutu	Shot Put	35-06 ¼ (7 <sup>th</sup> )
Jane Reed	200	26.21 (7 <sup>th</sup> )

**New England Division III (NE Div. III)** (1<sup>st</sup>) 167 points

Hannah Chen	400IH	1:01.25 (1 <sup>st</sup> )
Mary Eccles	10000	36:07.96 (1 <sup>st</sup> )
Jenna Melanson	3000SC	10:51.98 (1 <sup>st</sup> )
Nneoma Okonkwo	Long Jump	19-03 ¼ (1 <sup>st</sup> )
Ariela Slutsky	Discus	134-07 (1 <sup>st</sup> )
Mitchell, Bacher, Weiss, McPhillips	3200R	9:14.82 (2 <sup>nd</sup> )
Ariela Slutsky	Hammer Throw	169-03 (2 <sup>nd</sup> )
Jennifer Tylock	Pole Vault	12-04 ½ (2 <sup>nd</sup> )
Jackie Vahey	Discus	134-01 (2 <sup>nd</sup> )
Katie Bacher	1500	4:34.50 (3 <sup>rd</sup> )

*(Continued on page 63)*

*(Continued from page 62)*

Michelle Menkiti	100	12.12 (3 <sup>rd</sup> )
Michelle Menkiti	200	24.81 (3 <sup>rd</sup> )
Reed, Zak, Alper, Chen	1600R	3:54.10 (3 <sup>rd</sup> )
Ariela Slutsky	Shot Put	41-05 $\frac{3}{4}$ (3 <sup>rd</sup> )
Haley Strouf	Long Jump	18-07 $\frac{1}{4}$ (3 <sup>rd</sup> )
Jackie Vahey	Hammer Throw	165-06 (3 <sup>rd</sup> )
Natalie Alper	High Jump	5-03 (T-4 <sup>th</sup> )
Maryann Gong	1500	4:34.61 (4 <sup>th</sup> )
Kaitlyn Sparks	Pole Vault	12-04 $\frac{1}{2}$ (4 <sup>th</sup> )
Hannah Chen	100HH	15.09 (5 <sup>th</sup> )
Maryann Gong	5000	17:49.06 (5 <sup>th</sup> )
Bailee Margolis	10000	38:24.95 (5 <sup>th</sup> )
Kari Stromhaug	Pole Vault	12-00 $\frac{1}{2}$ (5 <sup>th</sup> )
Chen, Menkiti, Reed, Okonkwo	400R	48.59 (6 <sup>th</sup> )
Darby LaPlant	10000	38:28.99 (6 <sup>th</sup> )
Marissa McPhillips	1500	4:36.47 (6 <sup>th</sup> )
Mary Eccles	5000	18:05.91 (7 <sup>th</sup> )
Kathleen Brandes	Pole Vault	11-06 $\frac{1}{2}$ (T-8 <sup>th</sup> )
Jane Reed	400	58.11 (8 <sup>th</sup> )

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (7<sup>th</sup>) 52 points

Nneoma Okonkwo	Long Jump	18-06 $\frac{1}{2}$ (1 <sup>st</sup> )
Hannah Chen	400IH	1:01.72 (2 <sup>nd</sup> )
Ariela Slutsky	Discus	147-08 (2 <sup>nd</sup> )
Jenna Melanson	3000SC	10:43.41 (4 <sup>th</sup> )
Haley Strouf	Long Jump	18-01 $\frac{1}{2}$ (4 <sup>th</sup> )
Kari Stromhaug	Pole Vault	12-01 $\frac{1}{2}$ (4 <sup>th</sup> )
Natalie Alper	High Jump	5-05 (6 <sup>th</sup> )
Kathleen Brandes	Pole Vault	11-07 $\frac{3}{4}$ (7 <sup>th</sup> )
Jackie Vahey	Hammer Throw	170-03 (7 <sup>th</sup> )
Katie Bacher	1500	4:34.70 (8 <sup>th</sup> )
Hannah Chen	100HH	15.08 (8 <sup>th</sup> )
Ariela Slutsky	Hammer Throw	170-00 (8 <sup>th</sup> )
Jackie Vahey	Discus	130-05 (8 <sup>th</sup> )

**National Collegiate Athletic Association (NCAA Division III)** (T-20<sup>th</sup>) 12 points

Jenna Melanson	3000SC	10:44.62 (5 <sup>th</sup> )
Ariela Slutsky	Discus	144-09 (6 <sup>th</sup> )
Hannah Chen	400IH	1:01.46 (7 <sup>th</sup> )
Jackie Vahey	Hammer Throw	181-01 (7 <sup>th</sup> )
Kari Stromhaug	Pole Vault	12-07 $\frac{1}{2}$ (8 <sup>th</sup> )

**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Hammer Throw	Jackie Vahey	181-01 **
	Ariela Slutsky	171-06 ½
Shot Put	Ariela Slutsky	41-05 ¾
	Jackie Vahey	39-06 ¼
Discus	Ariela Slutsky	151-08 ¼
	Jackie Vahey	141-11
Javelin	Dana Balek	123-05
	Elise McCormack	93-11 ¾
Long Jump	Nneoma Okonkwo	19-03 ¼
	Haley Strouf	18-07 ¼
Triple Jump	Jasmine Jin	36-05
Pole Vault	Kari Stromhaug	12-07 ½
	Jennifer Tylock	12-05 ½
	Kaitlyn Sparks	12-04 ½ *
High Jump	Natalie Alper	5-05 ¼ **
100HH	Hannah Chen	14.46
100	Nneoma Okonkwo	12.04
	Michelle Menkiti	12.11*
200	Michelle Menkiti	24.81*
	Hannah Chen	25.59
400	Jane Reed	58.11
	Gabriella Zak	59.99
400IH	Hannah Chen	1:01.19
	Gabriella Zak	1:05.58
800	Marissa McPhillips	2:14.92
	Katie Bacher	2:16.38
1500	Katie Bacher	4:34.50
	Maryann Gong	4:34.61
3000SC	Jenna Melanson	10:43.41*
	Megan McCandless	11:20.64
5000	Maryann Gong	16:52.36
	Mary Eccles	17:41.93
10000	Maryann Gong	35:47.93
	Mary Eccles	36:07.46
400R	Chen, Menkiti, Reed, Okonkwo	47.72
1600R	Reed, Zak, Alper, Chen	3:54.10
3200R	Mitchell, Bacher, Weiss, McPhillips	9:14.82
Varsity Record**		
Freshman Record*		



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

Won 7, Lost 0

**MIT**98  
178  
181**OPPONENT**Alumni 28  
Bates 125, Colby 59  
Bowdoin, 135, Tufts 120, USM 74, Merrimack 42**2017-18 SCHEDULE**

12/2	Boston University Season Opener	Boston University
12/16	Alumni/ae Meet	Home
1/13	Bates, Colby	Home
1/20	Bowdoin Invitational	Bowdoin
1/26-1/27	John Thomas Terrier Classic	Boston University
1/27	Art Farnham Invitational	Home
2/2	Tufts Cupid Multi	Tufts
2/3	Tufts Cupid Challenge	Tufts
2/2-2/3	NEICAAA Championship	Reggie Lewis Track and Athletic Center
2/9-2/10	David Hemery Valentine Invitational	Boston University
2/10	Gordon Kelly Invitational	Home
2/16-2/17	New England Div.III Championship	Middlebury College
2/25	Boston University Final Qualifier	Boston University
3/3	Tufts Final Qualifier	Tufts University
3/9-3/10	NCAA Division III Championship	Birmingham, AL

**VARSITY SCORING & ROSTER**

Tre Albritten	'18 34.25	Henry Tareque*	'17 10.5	Daniel Weiss	'19 04
Billy Ruschel	'18 27	Daniel Sun	'20 9.75	Adam Estes	'20 03
Matthew Deyo*	G 25	Alex Knoedler	'18 09	C, Washington	'20 03
Arinze Okeke	'17 24	Albert Menio	'20 09	Ken Acquah	'20 02
Alec Reduker	'20 22	Danny Newman	'17 09	Feyisope Eweje	'19 02
Aidan Gilson	'19 21.5	Steven Speck	'20 09	Benjamin Freed	'18 02
Tyndale Hannan	'20 21	Nicholas Waltman	'18 08	Brian Gilligan	'17 01
Jon Fakkema	'19 19	Brandon Corts	'17 6.25	Luke Gray	'18 01
Nathan Munet	'19 18.25	Billy Woltz	'20 6.25	Simon Alford	'20
Cody Bratten	'18 16	Rory Beyer	'17 06	Michael Amoako	'19
David Walter	'18 15	Chris Mutty	'19 5.5	Joe Faraguna	'20
Scott Cameron	'19 13	Brian Bates	'20 05	Nate Foss	'20
Bobby Upton	'20 13	Shane Lyons	'20 05	Steven Goldy	'19
Dennis Maloney	'19 12	C. Sweeney	'18 05	Alex Knapp	'19
Joshua Derrick	'20 11	Jason Villanueva	'18 05	Ian McNally	'20
Raja Rajcic	'20 11	Tom Frejowski	'19 04	Adis Ojeda	'19
J. Rosenkranz	'19 10.75	Ryan Prinster*	'18 04	Cooper Sloan	'18

\* Captain

**CHAMPIONSHIPS****New England Division 3 (NE Div. 3)** (3<sup>rd</sup>) 84 points

Scott Cameron	Pole Vault	15-05 (1 <sup>st</sup> )
Dennis Maloney	5000	14:33.73 (1 <sup>st</sup> )
Matthew Deyo	3000	8:22.12 (2 <sup>nd</sup> )
Billy Ruschel	Triple Jump	46-10 (2 <sup>nd</sup> )
Tre Albritten	60	7.02 (3 <sup>rd</sup> )
Munet, Bates, Woltz, Hannan	4x800	7:57.15 (3 <sup>rd</sup> )
Christopher Sweeney	60 HH	8.47 (3 <sup>rd</sup> )
Alford, Acquah, Tareque, Rosenkranz	DMR	10:26.13 (4 <sup>th</sup> )
Aidan Gilson	1000	2:30.93 (4 <sup>th</sup> )
Aidan Gilson	Mile	4:17.19 (4 <sup>th</sup> )
Christopher Washington	High Jump	6-06 (4 <sup>th</sup> )
Tyndale Hannan	600	1:22.79 (5 <sup>th</sup> )
Bobby Upton	Pole Vault	14-11 (6 <sup>th</sup> )
Sweeney, Corts, Frejowski, Newman	4x400	3:25.96 (8 <sup>th</sup> )
Jason Villanueva	Triple Jump	44-04 ¼ (8 <sup>th</sup> )

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (20<sup>th</sup>) 8.7 points

Aidan Gilson	Mile	4:13.33 (5 <sup>th</sup> )
Christopher Washington	High Jump	6-06 ¼ (T-5 <sup>th</sup> )
Bobby Upton	Pole Vault	14-11 (T-7 <sup>th</sup> )
Alec Reduker	High Jump	6-04 ¼ (T-8 <sup>th</sup> )

**National Collegiate Athletic Association (NCAA Division III)** (69<sup>th</sup>) 1 point

Matthew Deyo	5000	14:31.43 (8 <sup>th</sup> )
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**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Weight Throw	Jonathan Fakkema	51-10
	Albert Menio	41-10 1/2
Shot Put	Cody Bratten	45-08 1/2
	Jonathan Fakkema	44-00 1/2
Long Jump	Arinze Okeke	22-05 3/4
	Billy Ruschel	21-06
Triple Jump	Arinze Okeke	48-11
	Billy Ruschel	47-05 3/4
Pole Vault	Scott Cameron	15-09 1/4
	Bobby Upton	15-05*
High Jump	Alec Reduker	6-10 1/4*
	Christopher Washington	6-08
Heptathlon	Luke Gray	4036
60HH	Christopher Sweeney	8.37
	Daniel Sun	8.98
60	Tre Albritten	7.02
	Ryan Prinster	7.30
200	Tre Albritten	21.48**
	Danny Newman	22.74
400	Tom Frejowski	50.33
	Danny Newman	50.65
500	Tyndale Hannan	1:04.81
600	Tyndale Hannan	1:22.66
	Nathan Munet	1:24.08
800	Nathan Munet	1:54.60
	Tyndale Hannan	1:55.07
1000	Aidan Gilson	2:30.93
	Simon Alford	2:32.87
Mile	Aidan Gilson	4:13.33
	Joshua Derrick	4:17.96
3000	Dennis Maloney	8:11.60**
	Matthew Deyo	8:22.12
5000	Matt Deyo	14:26.55**
	Dennis Maloney	14:26.80
800R	Albritten, McNally, Hannan, Gilson	1:35.04
1600R	Frejowski, Albritten, Hannan, Newman	3:21.71
3200R	Munet, Bates, Woltz, Hannan	7:57.15
DMR	Deyo, Acquah, Bates, Maloney	10:20.75
Varsity Record**		
Freshman Record*		



**OUTDOOR****2017 RESULTS****VARSITY**

Won 2, Lost 2

**MIT**

178.5

94

**OPPONENT**

Bates 230, Tufts 169, RPI 97

Williams 100

**2018 SCHEDULE**

3/24	Bridgewater State Invite	Bridgewater State University
3/30	Spring Trip - Aztec Invitational	San Diego State University
3/31	Spring Trip - UCSD Collegiate Open	University of California San Diego
4/6	Sam Howell Invitational	Princeton University
4/7	Bates, RPI, Tufts	Tufts
4/14	Williams Invitational	Williams College
4/20	Larry Ellis Invitational	Princeton University
4/21	MIT Sean Collier Invitational	Home
4/28	NEWMAC Champ.	Springfield College
5/3-5	New England DIII Championship	Home
5/10-12	NEICAAA Championship	TBA
5/17	MIT Final Qualifier	Home
5/25-27	NCAA DIII Championship	University of Wisconsin, Lacrosse, WI

**VARSITY SCORING & ROSTER**

Danny Newman	'17 26.75	C. Sweeney	'18 5	Rory Beyer	'17
Cody Bratten	'18 22	Billy Woltz	'20 5	Adam Estes	'20
Michael Amoako	'19 19.75	Daniel Weiss	'19 4	Feyisope Eweje	'19
Jon Fakkema	'19 18	Brandon Corts	'17 3.25	Brian Gilligan	'17
Jason Villanueva	'18 18	Nathan Munet	'19 3.25	Tyndale Hannan	'20
Chris Washington	'20 17	Joshua Derrick	'20 3	Alex Knapp	'19
Luke Gray	'18 16	Matthew Deyo*	G 3	Alex Knoedler	'18
Ryan Prinster*	'18 13	Steven Speck	'20 3	Chris Muttu	'19
Scott Cameron	'19 12	Nathan Foss	'20 2	Arinze Okeke	'17
Benjamin Freed	'18 12	Ken Acquah	'20 1.5	Alec Reduker	'20
Bobby Upton	'20 12	Tre Albritten	'18 1.25	Josh Rosenkranz	'19
Aidan Gilson	'19 11.25	Ian McNally	'20 1.25	Billy Ruschel	'18
Tom Frejowski	'19 6.25	Henry Tareque*	'17 1.25	Cooper Sloan	'18
Brian Bates	'20 6	Joseph Faraguna	'20 1	Nicholas Waltman	'18
Colin Godwin	'17 6	Steven Goldy	'20 1		
David Walter	'18 6	Albert Menio	'20 1		
Shane Lyons	'20 5	Simon Alford	'20		

\* Captain

**CHAMPIONSHIPS**

<b><u>New England Women's &amp; Men's Athletic Conference (NEWMAC)</u></b> (1 <sup>st</sup> ) 291.5 points		
Cody Bratten	Shot Put	48-02 ¼ (1 <sup>st</sup> )
Cody Bratten	Discus	156-10 ½ (1 <sup>st</sup> )
Scott Cameron	Pole Vault	15-05 (1 <sup>st</sup> )
Jon Fakkema	Hammer Throw	164-03 ¼ (1 <sup>st</sup> )
Aidan Gilson	3000SC	9:39.81 (1 <sup>st</sup> )
Alex Knoedler	10000	32:37.96 (1 <sup>st</sup> )
Danny Newman	200	21.68 (1 <sup>st</sup> )
Arinze Okeke	Triple Jump	46-01 ½ (1 <sup>st</sup> )
Daniel Weiss	5000	15:30.71 (1 <sup>st</sup> )
Matthew Deyo	1500	3:59.62 (2 <sup>nd</sup> )
Jon Fakkema	Shot Put	45-05 ¼ (2 <sup>nd</sup> )
Jon Fakkema	Discus	140-07 (2 <sup>nd</sup> )
Benjamin Freed	3000SC	9:42.81 (2 <sup>nd</sup> )
Tom Frejowski	400	49.26 (2 <sup>nd</sup> )
Brian Gilligan	10000	33:10.80 (2 <sup>nd</sup> )
Danny Newman	100	10.89 (2 <sup>nd</sup> )
Arinze Okeke	Long Jump	21-11 ¾ (2 <sup>nd</sup> )
Christopher Sweeney	400IH	55.25 (2 <sup>nd</sup> )
Jason Villanueva	Triple Jump	44-06 ¾ (2 <sup>nd</sup> )
Matthew Deyo	800	1:56.73 (3 <sup>rd</sup> )
Colin Godwin	1500	3:59.91 (3 <sup>rd</sup> )
Ryan Prinster	Triple Jump	44-06 (3 <sup>rd</sup> )
Newman, Amoako, Acquah, Albritten	400R	43.10 (3 <sup>rd</sup> )
Bobby Upton	Pole Vault	14-11 (3 <sup>rd</sup> )
Chris Washington	High Jump	6-04 (3 <sup>rd</sup> )
Billy Woltz	5000	15:46.37 (3 <sup>rd</sup> )
Amoako, Corts, Munet, Frejowski	1600R	3:26.69 (4 <sup>th</sup> )
Brian Bates	3000SC	9:55.71 (4 <sup>th</sup> )
Adam Estes	Shot Put	40-07 ¾ (4 <sup>th</sup> )
Aidan Gilson	400IH	58.86 (4 <sup>th</sup> )
Dennis Maloney	1500	4:00.76 (4 <sup>th</sup> )
Nathan Munet	800	1:56.86 (4 <sup>th</sup> )
Raja Rajcic	Pole Vault	14-05 ¼ (4 <sup>th</sup> )
Steven Speck	High Jump	6-04 (4 <sup>th</sup> )
David Walter	5000	15:55.69 (4 <sup>th</sup> )
Steven Goldy	5000	15:56.67 (5 <sup>th</sup> )
Henry Tareque	200	22.70 (5 <sup>th</sup> )
Chris Washington	Long Jump	21-00 ¾ (5 <sup>th</sup> )
Ken Acquah	200	22.71 (6 <sup>th</sup> )
Albert Menio	Shot Put	40-02 ½ (6 <sup>th</sup> )
Albert Menio	Discus	131-05 (6 <sup>th</sup> )
Nicholas Waltman	10000	35:29.34 (6 <sup>th</sup> )
Luke Gray	Pole Vault	12-05 ½ (T-7 <sup>th</sup> )
Shane Lyons	Triple Jump	40-08 ¼ (7 <sup>th</sup> )
Shane Lyons	Long Jump	20-04 ½ (7 <sup>th</sup> )
Henry Tareque	400	50.60 (7 <sup>th</sup> )
Cody Bratten	Hammer Throw	131-06 ½ (8 <sup>th</sup> )
Feyisope Eweje	High Jump	6-00 (8 <sup>th</sup> )
Cooper Sloan	10000	35:59.92 (8 <sup>th</sup> )

*(Continued on page 70)*

[\(Continued from page 69\)](#)**New England Division 3 (NE Div. 3)** (1<sup>st</sup>) 123 points

Scott Cameron	Pole Vault	15-01 $\frac{3}{4}$ (1 <sup>st</sup> )
Aidan Gilson	3000SC	9:18.89 (1 <sup>st</sup> )
Dennis Maloney	10000	31:44.43 (1 <sup>st</sup> )
Matthew Deyo	5000	14:36.11 (2 <sup>nd</sup> )
Benjamin Freed	3000SC	9:21.97 (2 <sup>nd</sup> )
Alex Knoedler	10000	31:44.45 (2 <sup>nd</sup> )
Cody Bratten	Discus	155-02 (3 <sup>rd</sup> )
Dennis Maloney	5000	14:37.95 (3 <sup>rd</sup> )
Christopher Sweeney	400IH	53.94 (3 <sup>rd</sup> )
Bobby Upton	Pole Vault	14-08 (3 <sup>rd</sup> )
Matthew Deyo	10000	31:44.65 (4 <sup>th</sup> )
Jon Fakkema	Hammer Throw	165-00 (4 <sup>th</sup> )
Munet, Godwin, Gilson, Tareque	3200R	7:48.77 (4 <sup>th</sup> )
Danny Newman	200	21.84 (4 <sup>th</sup> )
Daniel Weiss	10000	31:46.73 (4 <sup>th</sup> )
Cody Bratten	Shot Put	48-03 $\frac{1}{4}$ (5 <sup>th</sup> )
Arinze Okeke	Triple Jump	46-01 $\frac{1}{2}$ (5 <sup>th</sup> )
Raja Rajcic	Pole Vault	14-02 (5 <sup>th</sup> )
Brian Bates	3000SC	9:38.54 (7 <sup>th</sup> )
Danny Newman	100	10.94 (7 <sup>th</sup> )
Corts, Amoako, Frejowski, Newman	1600R	3:20.92 (8 <sup>th</sup> )
Colin Godwin	1500	3:55.52 (8 <sup>th</sup> )
Albert Menio	Discus	136-05 (8 <sup>th</sup> )

**New England Intercollegiate Amateur Athletic Association (NEICAAA)** (11<sup>th</sup>) 20 points

Aidan Gilson	3000SC	9:05.61 (2 <sup>nd</sup> )
Colin Godwin	1500	3:52.36 (3 <sup>rd</sup> )
Benjamin Freed	3000SC	9:13.78 (4 <sup>th</sup> )
Cody Bratten	Discus	150-07 (8 <sup>th</sup> )

**National Collegiate Athletic Association (NCAA Division III)** (72<sup>nd</sup>) 2 points

Matt Deyo	5000	14:30.80 (7 <sup>th</sup> )
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**BEST INDIVIDUAL PERFORMANCES**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Performance</u></b>
Hammer Throw	Jon Fakkema	171-11 ¼
	Cody Bratten	131-06 ½
Shot Put	Cody Bratten	48-09 ½
	Jon Fakkema	45-08
Discus	Cody Bratten	167-05
	Jon Fakkema	148-08
Javelin	Luke Gray	140-06
Long Jump	Arinze Okeke	21-11 ¾
	Chris Washington	21-01 ½
Triple Jump	Jason Villanueva	46-06
	Arinze Okeke	46-01 ½
Pole Vault	Bobby Upton	15-09 ¾*
	Scott Cameron	15-07 ¾
High Jump	Chris Washington	6-06
	Steven Speck	6-04
110HH	Luke Gray	17.28
100	Danny Newman	10.82
200	Tre Albritten	21.61
	Danny Newman	21.68
400	Tom Frejowski	49.26
	Henry Tareque	49.55
400IH	Christopher Sweeney	53.94
	Aidan Gilson	58.59
800	Nathan Munet	1:56.10
	Tyndale Hannan	1:56.32
1500	Colin Godwin	3:51.60
	Matthew Deyo	3:55.46
3000SC	Aidan Gilson	9:05.61
	Ben Freed	9:13.78
5000	Matthew Deyo	14:21.28**
	Dennis Maloney	14:37.95
10000	Dennis Maloney	30:07.93
	Matthew Deyo	30:51.63
400R	Newman, Kaba, Sweeney, Albritten	43.10
1600R	Corts, Amoako, Frejowski, Newman	3:20.92
3200R	Munet, Godwin, Gilson, Tareque	7:48.77
Varsity Record**		
Freshman Record*		

## 2017--2018 COMBINED SCHEDULES

**CROSS COUNTRY**

9/1	Alumni Meet	Franklin Park
9/23	Purple Valley Classic	Williams College - Williamstown, MA Mt. Greylock H.S.
10/7	NEICAAA Championship	Franklin Park
10/14	Pre-Nationals	Principia College - Elsie, IL
10/29	NEWMAC Championship	Franklin Park
11/11	New Eng. Div. III Reg. Champ.	University of Southern Maine
11/18	NCAA Div. III Championship	Principia College - Elsie, IL

**INDOOR TRACK**

12/2	Boston University Season Opener	Boston University
12/16	Alumni/ae Meet	Home
1/13	Bates, Colby	Bates
1/20	Bowdoin Invitational	Bowdoin
1/26-1/27	John Thomas Terrier Classic	Boston University
1/27	Branwen Smith-King Invitational	Tufts
1/27	Art Farnham Invitational	Home
2/2	Tufts Cupid Multi	Tufts
2/3	Tufts Cupid Challenge	Tufts
2/2-3	NEICAAA Championship	Reggie Lewis Center
2/9-2/10	David Hemery Valentine Invitational	Boston University
2/10	Gordon Kelly Invitational	Home
2/16-2/17	New England Div. III Championship	Women - Springfield, Men - Middlebury
2/25	Boston University Final Qualifier	Boston University
3/3	Tufts Final Qualifier	Tufts University
3/9-3/10	NCAA Division III Championship	Birmingham, AL

**OUTDOOR TRACK**

3/24	Bridgewater State Invitational	Bridgewater State University
3/30	Spring Trip - Aztec Invitational	San Diego State University
3/31	Spring Trip - UCSD Collegiate Open	University of California San Diego
4/6	Sam Howell Invitational	Princeton University
4/7	Bates, Tufts, RPI	Tufts
4/14	Williams Invitational	Williams College
4/20	Larry Ellis Invitational	Princeton University
4/21	Sean Collier Invitational	Home
4/28	NEWMAC Championship	Springfield College
5/3-5	New England DIII Championship	Home
5/10-12	NEICAAA Championship	TBA
5/17	MIT Final Qualifier	Home
5/24-26	NCAA DIII Championship	University of Wisconsin, Lacrosse, WI