



Track and CC News

Newsletter for the Friends of MIT Track and Cross Country

Number 78 - October 2018

Men and Women Capture New England Division III Outdoor Championship



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ANNOUNCEMENTS

Editors Note:

MIT Cross Country and Track & Field has closed out another successful season, and I hope that this newsletter will give you at least a bit of a picture of what our teams accomplished in 2017–2018. If there's anything you'd like to see in future newsletters, please let me know at psullivan@alum.mit.edu. We're always open to new ideas and articles from any of our fellow fans of MIT CC and T&F.

Thanks,
Pat Sullivan '71

Alumni/ae–Varsity Indoor Track & Field Meet

On Saturday, December 15, 2018, the “Has Beens” will once again take on the varsity in the 46th annual Alumni/ae Meet. All you alums out there that are in shape, or would like to be, try to find the time to hit the roads, track, or weight room and then come by on December 15 to show the varsity how it's done!

Social Media

In 2017, we expanded our social media presence in order to bring the program more in-line with our peers in collegiate athletics, while providing a behind the scenes look at what makes MIT Track and Cross Country unique. Our goal this past year was to increase our visibility among prospective student-athletes, alumni, family, and friends of the program, while experimenting to see which different types of media, including graphics, videos, and live feeds, played the best with our intended audiences. We also dug deep into what it means to be an MIT Engineer. Among the themes that came to mind, it was our Team First commitment to success that most clearly defined our program.

We plan to make this Team First theme the cornerstone of our various social media platforms, showcasing our tradition of team driven excellence. In order to help us weave this theme throughout our various social media accounts, we need your help! We invite you to interact with our accounts, which can be found @MITTFXC on Twitter, Facebook, and Instagram, by using #MiTeamFirst whenever you correspond with us on these sites.

Of course, there are some restrictions with social media. **We ask, per our compliance department, that neither current student-athletes, alumni, nor others associated with our family, interact with prospective student-athletes by following, liking, re-tweeting, reposting, or sharing any of their posts or replies to us on these sites. If you are worried about who may be a prospective student-athlete, simply interact directly with our accounts and avoid liking or reposting responses from anybody that you may not know. If you are unsure of the rules, please ask first.**

Also new for this year, we will be test driving more video content on Youtube. You can follow our channel MITTFXC, or look for links to videos in our other accounts throughout the year!

Derek Rousseau
Assistant Coach

MIT Track & Field and Cross Country Wiki Page

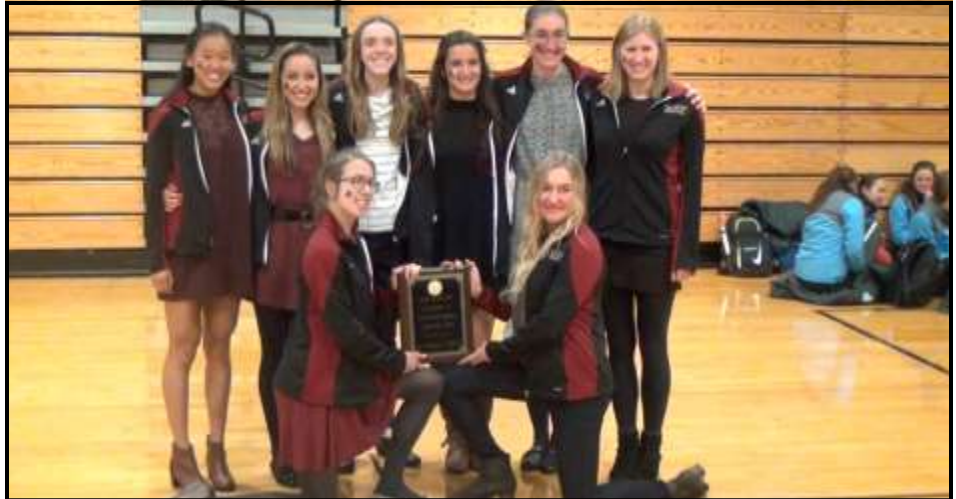
We encourage alumni to visit and update the Track & Field and Cross Country Wiki. The goal is to establish an archive of rosters, contacts, pictures, articles and other pieces of interest. Just upload articles and pictures to your individual page, and then link them back to the roster page. If you don't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

CROSS COUNTRY MEN AND WOMEN REPEAT AS NEW ENGLAND REGION DIVISION III CHAMPIONS

by Halston W. Taylor

I had no idea what to expect entering the 2017 Cross Country season. We had accomplished a lot in 2016, so externally expectations were high. The women had won NEWMAC for the 10th time in a row, won the NCAA Division III New England Championship, and placed fifth at Nationals. The men won the NEWMAC Championship for the 19th time, won the NCAA Division III New England Championship, and placed seventh at Nationals, their highest finish ever. Megan McCandless '20 was All-American for the women and Matt Deyo 'G and Dennis Maloney '19 were All-American for the men.

Things looked pretty good moving forward until news from the summer started trickling in. Josh Derrick '20 and Steven Goldy '20 both sustained season-ending non-running related injuries. Combine that with Matt Deyo and Rory Beyer graduating, and we



The MIT women defended their New England Division III Regional Championship, topping the 56 team field with 58 points to runner up Tufts' 92, and third place Williams' 106.

were down four experienced championship runners and had only one with top five experience, Dennis Maloney. For the women, we graduated Maryann Gong and Christina Wicker, Megan was coming off an injury that kept her from getting in any mileage until the

end of the summer, and Jenny Xu '19, the number six runner the year before, did not participate in track in 2017, thus missing a lot of running and racing. The only top five experienced runners coming in healthy were Mary Eccles '18 and Leandra Zimmermann '19. Suddenly things did not look so great.

The one constant in my time at MIT is that people always step up, whether incoming freshmen or rising underclassmen, MIT student-athletes are ready to fill the void. Last year's freshman class for the women was pretty phenomenal and one that had the potential to be the top freshman class in the country. In addition to Megan's All-America honor in Cross Country, Jenna Melanson '20 earned All-America honors in the Steeplechase outdoors and both Katie Bacher '20 and Marissa McPhillips '20 were All-American in the Distance Medley Relay indoors. They would have to become cross country runners and be aided by the addition of freshmen Katie Collins, Lindsey McAllister and Emily Niu.



The men also repeated as New England Division III Regional Champions, taking the victory in a closely fought battle with Amherst, with MIT scoring 81 points to Amherst's 91.

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INDOOR TRACK AND FIELD

BOTH TEAMS FOLLOW UNDEFEATED REGULAR MEET SEASONS WITH CLOSE SECONDS IN THE NE REG DIV III CHAMPIONSHIP

by Halston W. Taylor

After 36 years of coaching at MIT you would think I would be better at predicting what could go wrong and how best to prevent those things. If I only had that crystal ball I keep hearing about. With great upper-class leadership, a strong group of freshmen, two new coaches full of passion and enthusiasm—what could possibly go wrong?

Before the season even started two key members of the women's Cross Country team would decide for different reasons that they would forego participating in Track & Field, leaving the distance group woefully thin. Who would know that two weeks before the New England Division III Championship, one All-American would decide to go full-time into his startup and abandon school, another would have an error in financial aid payment, making him ineligible for NED3, that our key second-seeded hurdler would suffer food poisoning three days prior to the meet, that our top sprinter would get very sick with an upper respiratory infection, and that a relay leg would race poorly due to the beginning stages of pneumonia.

Back to the eternal optimism of November. Once I found out that

both Leandra Zimmermann '19 and Katie Collins '21 would not be participating in Track & Field, I did some calculating and realized I would have to depend even more on our strong group of middle-distance runners and hope our newly acquired freshman jumpers would not need the normal time it takes to adjust to a new coach and program.

Regardless, enthusiasm was high all-around and for very good reason. Conditioning was going very well. We returned to some of our old ways of doing things and everyone seemed to like it. The support for each other was phenomenal and injuries were much reduced.

In addition to providing specific mentorship training to those new mentors, I started meeting weekly with those who were injured and unable to practice at full volume. While the injured were always expected to be at practice once they did their rehab exercises and drills, they often felt detached since they were not competing. Meeting with them separately each week and using their unique view of things proved helpful to both them and the program.



Bob Williamson '59 leaving the blocks in the 60 Meter Dash at the Alumni/ae Meet.

Another change for this year was to move the Alumni/ae Meet back to before the Holidays, where it was prior to 2004. This allowed me to give the team two full weeks home after exams, which keeps them much happier than bringing them back immediately after the New Year. Both the Intrasquad Meet and Alumni/ae Meet were very successful even though I did not allow the top seven from Cross Country to compete in either meet—an additional attempt to prevent injuries.

62 MIT Track & Field Alums (affectionately called Has-Beens) showed up to compete and support in an effort to take down as many of the current varsity team as possible in the annual [Alumni/ae Track & Field meet](#). On the men's side the alumni had the entries necessary to pull off the upset, but that would require near perfection. For the alumnae there simply were not enough entries outside the throws, jumps, pole vault and the Mile.

Those claiming victories for the



Alum Louise van den Huevel '14 dominates the Mile Run from the beginning in the Alumni/ae Meet, posting the winning time of 5:02.29.

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OUTDOOR TRACK AND FIELD

BOTH TEAMS EXTEND NE DIV III CHAMPIONSHIP STREAK WOMEN WITH SIX AND MEN FIVE CONSECUTIVE WINS

by Halston W. Taylor

We knew entering the outdoor season that our field event strength would be the backbone of our team. We also knew we had real stars in the 400IH and 3,000 Steeplechase. However, the lack of sprint depth combined with the fact there are three less middle-distance events (600, 1,000, DMR) outdoors would be a favorable factor for our men, but damaging to our women.

The first meet on our schedule, the Bridgewater State Invitational was cancelled due to snow. This is a great opportunity for us to get any 10K NCAA Qualifying performances done as the weather is usually ideal. Fortunately the rule of using a qualifying 5K performance to race in the 10K in the New England Division III Championship was passed by both the men's and women's associations.

The annual Spring Break Trip is still reserved for the top 16 technical athletes on both the men's and women's teams. This year we went back to what we had done in years past, training at Claremont-Mudd-Scripps and racing at the [UCSD Collegiate Open](#). It is always a challenge for our student-athletes to be ready for competition without having the full team present for support and after a long layoff from competing. However, acquiring outstanding performances is a small part of the trip's goals. The more important objectives are to get in some great training (warm weather, a lot more practice time) as well as some serious team bonding. This is also an opportunity for the assistant coaches to run the team, including preparing the team mentally for competition. Alec Reduker '20 led



Dana Balek '18 won the Javelin Throw at the Bates/RPI/Tufts Quad Meet with a toss of 123' 2".

the way in performances, clearing 6-10 $\frac{3}{4}$ to win the High Jump for a new personal best and easily a national qualifying performance. Billy Ruschel '18 won the Triple Jump, jumping 46-11 $\frac{1}{2}$. He had earlier jumped a PR 21-11 in the Long Jump. Hannah Chen '18 added her name to the national 400IH field by running 62.31.



Tufts/Bates/RPI Ryan Prinster sets up for the second phase in the Triple Jump.

Ariela Slutsky '18 led the women's team by winning the Hammer with a throw of 163-3. Jasmine Jin '20 added a 37-8 $\frac{1}{2}$ performance in the Triple Jump. Overall the team was unable to take advantage of the competitive opportunity, but the training would benefit the team down the road.

It was Tufts University's turn to host our annual quad meet with [Bates](#), [RPI](#) and [Tufts](#). They followed the NCAA rule for team scoring that most of us choose not to follow, which limits the number of scoring individuals per team to two for each event. So, with eight people scoring per event, as long as each team has two entries then each team will score in every event. Our women are well balanced and dominated with 212 points to Tufts 186, Bates 132.5 and RPI's 122.5. That was not the case for the men who lost a close one to RPI with 175 points, Tufts with 172, us with 170 and Bates with 142. The weather was not conducive to great performances with the temperature never getting above 45 degrees and the wind remaining reasonably strong most of the day. The women won 12 of the 19 events with

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... OUTDOOR TRACK AND FIELD

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Michelle Menkiti '20 (100, 200) and Ariela (Discus, Hammer) both winning two events. The men were without the services of quite a few of their teammates. Alec injured his back somehow and would be out for a while. Billy was out for precautionary reasons. Both Alex Knoedler '18 and Alex Knapp '19 had ROTC commitments. We were also missing all of our top 800 runners due to injury. Finally, we came to the mutual agreement that Tre Albritten '18 should not remain on the team due to his academic commitments. Nevertheless we competed well in the field events, hurdles and sprints. Yorai Shaoul '21 won both the Long Jump (22-1 ½) and Triple Jump (48-4). Chris Sweeney '18 won the 400IH in 54.74 and placed second in the 110HH in 15.03. We were absolutely awful in the 800-5K, scoring only 22 points out of a possible 76. We knew we had to do better.

Onto Williams for the third annual [Dick Farley / Gordon Kelly dual meet](#). Both MIT and Williams had injuries and left student-athletes out of the competition. However, both teams would compete at their best with what they had. The two programs, generally thought of as the best in New England, have a mutual respect for how each other competes. Although the score of the men's meet was 104 to 93 in Williams favor, what it really came down to was a matter of .11 seconds. With the relays scoring 5-0 and the Engineers not expected to win any of the three relays, they knew if they could win one or two, it would be as much as a 20 point swing and likely enough to win the meet. In the 4x100 relay, the quartet of Benton Wilson '21, Chris Washington '20, Steven Speck '20 and Ryan Prinster '18 had near perfect handoffs to come within .04 of winning the event 43.47 to 43.51. In the next to last event, the



Aidan Gilson and Ben Freed lead early in the Steeplechase in the Williams College dual meet.

fatigued and unlikely foursome of Chris Sweeney, Ken Acquah '20, Kent Slaney '21 and Benton came within .07 of winning, running respective splits of 49.9, 52.3, 52.1 and 48.3 for a 3:22.70 for MIT to 3:22.63 for Williams. We won every field event except the Javelin with Cody Bratten '18 winning both the Discus (152-10) and Shot (46-11 ½). In addition to the relays, Benton won the 100 (10.83) and 200 (21.82) and Chris took both hurdle events in 15.11 and 55.47. We did better in the middle-distance and distance events than the week before. We did not win any of the events, but earned second in the 1500, Steeplechase and 5K. Dylan Doblar '21 ran 4:02.68 in a strategic race. Aidan Gilson '19 ran a 9:36.53 in the Steeple, getting walked down in the final lap. Alex Knoedler made up for not racing the week before, running 15:16.19 in the 5K for second place. The women remained undefeated, winning 107 to 92. The domination was pretty complete in all event areas except the 5K and that is because I moved Mary Eccles '18 to the 1500 since she would be racing in the 10K six days later. Ariela led the throwers with three wins, throwing the hammer 169-2 and discus 143-9. Michelle again won both the 100 (12.57) and 200 (25.37). We

were able to scratch the 4x400 as we would have had to reach pretty deep to be competitive, but ran the 4x800, winning in 9:19.38 with Katie Bacher '20 (2:19.3), Katie Williams '21 (2:18.9), Margaret Trautner '20 (2:21.0) and Bailey Tregoning '19 (2:20.0).

Now that the scoring meets were behind us it was time to get the team ready for the championship season. The one and only invitational weekend was next and we split our squad to try and get the most competitive situation for all. I took seven student-athletes to the [Larry Ellis Invitational](#) at Princeton University for their Friday night distance festival. The star for MIT was undoubtedly Mary, who went to the lead in the 10K at the gun, ran 5:40 miles the entire way by herself, lapped the field and ran a 39-second personal best of 35:27.11, number two on the all-time MIT list and number seven on the current NCAA list. Jenna Melanson '20 was trying to find her groove again in the Steeplechase after placing fifth at Nationals last year. She continues to have problems racing in crowded fields if she is

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... OUTDOOR TRACK AND FIELD

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not winning and this race was no different. With that said, she is getting better, running 10:54.33. While the cold and wind suited the 10K runners just fine, not so much for the 1500 and 800 runners. Katie Bacher and Marissa McPhillips '20 raced well, although the times did not indicate it, running the 1500 in 4:38.23 and 4:38.85 respectively. Earlier that evening Marissa had run 2:16.50 in the 800, trailing teammate Katie Williams's 2:15.00. The men were not able to do what was expected as Josh Rosenkranz '19 ran the 5K in 14:51.99 and Aidan ran 9:35.62 in the Steeplechase.

At MIT the next day we hosted the [Sean Collier Invitational](#). Ariela definitely led the way for us, particularly in the Hammer Throw where she threw PR after PR, finishing with a new MIT record of 182-4. In fact, our throwers owned the day. Folusho Jebutu '20 also had a personal best in the Hammer at 136-1. Cody led the way for the men with two personal best and a season best. In the Discus Cody had a season best of 158-0, and in



Kristen Frombach '19 on her way to a 2nd place finish in the 400 Meters at the Sean Collier Invitational.

the Hammer threw a PR of 148-1, second only to teammate Jon Fakkema's '19 160-7. In the Shot Put Cody won in a PR of 49-1 $\frac{3}{4}$. Fakkema also had a PR in the Discus, throwing 141-2. On the track the 800 was the hot spot for MIT. Ellery Rajagopal '21 ran a big PR of 1:57.42. Katie Williams ran a 64 first quarter to set up Bailey and Margaret as they ran 2:14.17 and 2:15.30 respectively. Scott Cameron '19 won the Pole Vault at 15-5 and Kari Stromhaug '19 won the women's vault at 12-1 $\frac{1}{2}$.

Springfield College was the host of the [NEWMAC Championship](#). The men have lost only once in the history of the conference championship and that was in 2000, and the women have not lost since 2008. Each year WPI has gained in depth and in quality and other teams have not stepped up to take some of the points we are unable to win in events where we lack depth, particularly on the women's side, making the teams closer than in past years. The men won for the 18th consecutive time, this time by 53 over second place WPI and the women by 72.5 over WPI, I pulled most of the 5K runners and the men's 4x400 team to save as much as we could for next week's New England Division III Championship. The men came ready to compete, winning 12 events. We started the meet off with a 1-2-3-5 10K performance, led by the victory by Nicholas Waltman '18 in 32:36.22 and never looked back. Yorai won both of his events, the Long Jump and Triple Jump in 23-0 and 48-4. Chris Sweeney did the same in the 110HH and 400IH in 14.88 and 54.02, Benton won both sprints in 10.83 and 21.69 and Cody both the Shot Put (50-0 $\frac{3}{4}$) and Discus (160-8). The other four winners were Chris Washington '20 in the High Jump at 6-6, Jon Fakkema in the Hammer with a throw of 161-1, Aidan in the Steeplechase in



Ariela Slutsky '18 set a new MIT record of 182' 4-1/2" to win the Hammer Throw in the Sean Collier Invitational.

9:26.65 and David Walter taking the 5K in 15:31.13. We also claimed seven second place finishes, so the depth was there as well. Yorai won the NEWMAC Field Event Athlete of the Meet for his performances. The only double winner for the women was Ariela, who took both the Hammer (172-6) and the Discus (143-0). Nneoma Okonkwo '18 won the Long Jump with a leap of 18-6 to win the only other field event for us. Hannah won the 400IH in 62.47. Jenna took first place honors in the Steeplechase in 10:48.36. Mary took a very strategic 5K in 18:19.99 and the 4x400 of Kristen Frombach '19, Hannah, Bailey and Katie Williams won in 3:56.80. The scary part for us is that the seniors scored 195.5 points; 99.5 for the men and 96 for the women. That will be difficult to replace next year.

The focus for many teams in New England has changed since many of our alums competed for us.

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... OUTDOOR TRACK AND FIELD

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Most teams now focus on their conference meet and Nationals and that is it. Very few teams, and even then only if they think they can win, go for the [New England Division III Championship](#) any longer, even though there is three weeks between that meet and Nationals. Another plus for us is that we do not have to enter our top distance runners in the 10K for the NEWMAC meet, or double and triple our middle-distance runners in order to win – at least not yet. The NESAC schools, which tend to be our main competition, beat each other up pretty well in their conference meet. Last year Williams College really went for it as did Bates College and a few others. This year we were not sure what we would get from our opposition, but we were planning on bringing everything we had. We had no decathletes, so we knew we would be giving up points there, but we countered that event quite well. On day one, which had the 10K, Long Jump and Discus Throw, the men totaled 52 points. Josh and Alex Knoedler worked very well together in the 10K despite the 90 degree temperature, the first really hot day in New England this Spring.

The pair ran 5:05 pace and hoped that would knock everyone else out as both hoped to score in the 5K the next day. By 4,000 meters, the two were alone and cruised home in 31:52.46 and 31:52.59 respectively with Alex bowing out at the finish in respect of all the work done by Josh during the race. Nicholas did battle for third place, winning out with a 70-second final lap to finish in 32:39.77. That was 24 huge points. Earlier that day Yorai and Billy both jumped 23-2, nice personal bests for both, to go 1-2 with Yorai winning out based on a better second jump. Cody threw 164 to get second in the Discus and Jon threw a big PR of 156-7 to place fifth. It was a huge first day for the men. The women also did quite well on day one. Mary was expected to win the 10K very easily. What we hoped for was that she could help our other runners to score. One opponent took off at the gun, Mary reacted and that pretty much ended the opportunity of her helping. Bailee Margolis '19 put herself in a position to score and then lost her shoe. She stayed in the top chase group until after three miles when she stopped briefly to put her shoe back on. She worked her way back to third and then moved into



David Walter '19 pulls away for the 5K victory in the NEWMAC Championship meet.

second in the final mile in 39:14.66 – a truly inspirational race. Mary pulled away early and just maintained a very casual pace, winning in 38:59.04, more than three minutes slower than her best. Ariela won the Discus with an excellent throw of 148-7 ¼ and Folusho surprised us all by placing seventh in 124-9 ½. Nneoma and Haley placed fourth and fifth respectively in the Long Jump to earn nine more points, giving us 39 for day one.

Day two was cooler at 80 degrees, but very sunny with decent wind. The men busted out of the gates, destroying the competition early. Aidan led Ben Freed '18 and Brian Bates '20 to a two-three-four finish in the Steeplechase for 19 big points. All three ran season bests and were starting to come around. Yorai (49-5), Billy (48-4 ½), Ryan Prinster '18 (46-6), and Jason Villanueva '18 (45-7 ¼) dropped a 21 point bomb on the competition in the Triple Jump. After five events we had 92 points and the meet well in hand. Scott Cameron '19 returned to his old-self, winning the Pole Vault at 15-9. Chris Sweeney had a strong day, winning the



Chris Sweeney '18 enroute to a 1st place finish in the 110 Hurdles at the NEWMAC Championships.

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NEICAAA Jacqueline Ahrens '21 clearing 11' 7- 3/4" to take 6th place in the NEICAAA Championship Meet.

110HH in 14.80 and a second place in the 400IH in 53.43, a personal best. Everyone competed well. Cody threw a PR of 50-9 $\frac{3}{4}$ to earn third place in the Shot Put. Benton placed fourth in the 100 (10.87) and fifth in the 200 (21.91). Chris Washington jumped 6-7 to place third in the HJ, and just missed 6-9. While we did not need the points, Josh wanted to come back in the 5K and placed third in 14:53.04 after leading for most of the way. Jenna got things started for the women, running 10:49.00 to defend her Steeplechase title. Jasmine (38-1 $\frac{1}{4}$) and Elizabeth Weeks '21 (37-8) claimed third and sixth respectively in the Triple Jump. Jasmine jumped a PR while Elizabeth set the freshman record. As has come to be expected, the vaulters added 19 points led by Kari's second place at 12-3 $\frac{1}{2}$. Jacqueline placed fourth (11-7 $\frac{3}{4}$), Makenzie Patarino '19 fifth (11-1 $\frac{3}{4}$) and Lila Wine '21 seventh (11-1 $\frac{3}{4}$). Another strong event for the women was the 800. Bailey ran 2:11.18 for second in the 800 just .55 out of first. Margaret claimed sixth with a 2:14.33 and Katie Williams was eighth in 2:14.58. Both Margaret and Katie scored out of the fourth of five sections. Hannah had a pretty big day. She placed fourth in the 100HH in 14.62 after running a PR

of 14.42 the day before. She followed that up with a season best 61.14 for second place in the 400IH. Finally she led her team (Kristen Frombach '19, Katie Williams, Bailey) to victory with a 57.4 second leg in the 4x400 (3:56.01). The final victory was earned in the 4x800 Relay. Marissa, Skylar Brooks '20, Katie Bacher and Margaret ran 9:20.69. The men totaled 167.5 points, 92.5 better than runner-up Bates. The women won with 161 points, 92 more than runner-up Williams, who certainly could have challenged us for the victory had they decided that was a priority. This was the sixth straight NED3 championship title for the women and the fifth for the men.

The past two weeks certainly took their toll on our team and the coaches. We were now going to focus on the NCAA Division III Championship, ending the season for those with no chance at Nationals. The [NEICAAA Championship](#) was being hosted by Dartmouth College. We rested many of our athletes who already had a lock on Nationals, so we only competed 10 men and 17 women. Cody had a tremendous throw in the Discus to win that event in 169-2. Chris Sweeney ran a PR of 53.20 in the 400IH trials, and managed a fourth in 54.06 in the finals. Aidan ran an interesting Steeplechase, giving up in the middle and then hammering the final 400 to run 9:09.62 to earn second place. Ben placed eighth with an impressive 9:13.48. Jenna also gave up in the second half of her steeplechase, but still managed a third place in 10:43.76. Katie Bacher ran an excellent 1500, kicking over the final 800 meters to run a personal best 4:31.71 for fifth place. Marissa lost it in the final 50, placing eighth in 4:34.09. Although we only scored one point in the 800, it was pretty impressive in that Bailey placed eighth in 2:11.88 and both Margaret and Katie Williams were out of the money despite running 2:13.39 and 2:13.44 respectively.

We once again hosted the [NCAA](#)

[Final Qualifier](#) for the New England region. We had a few personal bests, but only two national qualifiers on an excellent day of 75 degrees, cloudy skies and no wind. We set pretty high qualifying standards (top 100 in the country) so we will have a pretty quick meet, generally lasting less than three hours. Katie paced Marissa through the first 800 of the 1500, running an even split 2:24. Marissa took over, running another 72 and then falling off a little with a 55 final 300 for a personal best of 4:31.09. In the 800, Bailey again ran 2:11.80, but Margaret lowered her time to 2:12.65, which was enough to get her into Nationals. Jason Villanueva jumped a personal best 46-0 $\frac{1}{2}$. Jon Fakkema threw a season best in the Hammer, throwing 166-11. Ariela improved her Discus with a season best 149-3. Nneoma jumped a season best 18-8, just missing qualifying for Nationals.

We took 10 women and six men to the [NCAA Division III Track & Field Championship](#), but were not expected to score many points. Hannah was the highest seed at fifth in the 400IH. We had three sixth place seeds; Yorai in the Triple Jump, Marissa in the 1500 and Ariela in the Hammer. Three more were seeded to score, seeded eighth were; Alec in the High Jump, Katie Bacher in the 1500 and Jenna in the Steeplechase. While we were not expected to place very high as a team, we thought we could do better than our seeds in most cases.

Mary started things off for us in the 10K, which was moved up to 8:45 a.m. due to the extreme heat index. Mary looked great for the first two miles, but was unable to finish at that level,

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Kari Stromhaug '19 with a big clearance in the Pole Vault at the NCAA Championships. She took third place in the competition with a height of 12' 3-1/2".

fading to 17th in 38:16.03. The Pole Vault was next for the women. Both Kari and Jacqueline cleared 12-3 ½, their third height of the competition, Kari on her first attempt and Jacqueline on her third attempt. Neither cleared the next height, but they earned third and a tie for sixth respectively, giving us eight points. Ariela was throwing the discus at the same time as the pole vault was ending. She placed way higher than her 14th seed, moving up to ninth and making finals, but was unable to score. In the women's 1500 trials, Marissa and Katie were in the same heat. Both withstood a slow early pace of 2:30 at the 800 mark and did enough to make finals. Hannah ran an awful 400IH trial for her, but still won her heat in 62.33 to advance to finals. Jenna also qualified for finals, running a well-controlled personal best of 10:41.37. For the men, Cody was unable to make finals in the Discus, finishing 12th with a throw of 156-7. Chris Sweeny also failed to make finals in the 400IH, running 54.22 in the trials, finishing in 14th overall. Aidan was the final male competitor for us on day one. He put himself in great position early and was cruising along. He eventually grew too comfortable with his position,

forgetting it was a race and barely made finals, but he did with a 9:24.05.

Day two was an easy one for us, although not too successful. Alec's high seed was based on the first meet of the season when he had a healthy back. Alec cleared 6-4 and 6-6, but was unable to clear 6-8, finishing in a tie for 15th. Later in the evening, after a three hour lightning delay. Bailey was in the first heat of the 800, which went out very fast. She was in great position but lost focus early in the second lap, just enough to keep her from making finals even though she ran 2:11.88. Margaret was in the third section and could not keep up with the leaders, running 2:14.19 to finish 20th overall.

The final day saw a lot of action for our team and it was hot with the temperature over 90 degrees. Aidan was up first. The early pace was slow and tailor made for Aidan. However, when the pace picked up after the first mile, he did not respond. He faded from second to eighth, but then fought hard for that final All-America spot, finishing in eighth in 9:16.04. It was now Jenna's turn. The women's race went out fast and Jenna put herself two seconds behind the leaders.

She was in limbo, behind the front two and in front of the foursome in the chase pack. She was caught by all four and another, but like Aidan, fought for eighth place. She was successful, placing eighth in another personal best of 10:41.30. The 1500 was next. Both Marissa and Katie were in good position and the pace was quick for the temperature. They hit splits of 72, 2:25 and then 3:38 for Marissa and 3:41 for Katie. Marissa finished well in 4:33.58 for seventh, but Katie finished in ninth with a strong 4:34.24. Hannah ran a much better race in the final. Although she ran a weak backstretch, she brought it home with authority, placing seventh in 61.25. Ariela was unable to make finals in the Hammer, throwing 169-11 when it took 174-6 to make finals. The final event was the best one for MIT—the Triple Jump. Billy was in the first flight. Unfortunately he fouled his first and third jumps, both of which were at least 48'. His one fair jump was only a 45-0 ½ effort, far from enough to make finals. Onto the second flight and Yorai's first attempt, which was a 50-10 ¾ jump, blowing away the MIT record and putting him in second place. On his next attempt he jumped 51-8 ½, putting him only 5 ¼" out of first. He jumped twice more over 51', but remained in second, duplicating his indoor national place performance. The men finished with nine points and two All-Americans, tied for 38th place. The women scored 13.5 points for 17th place.

Cody Bratten swept the outdoor awards, winning MVP, most improved and the McKenzie Award. Ariela was awarded the MVP honor for the season. Mary took home Most Improved and the Lynn Snyder Award was shared by Hannah Chen, Mary Eccles and Haley Strouf.

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MIT "Has Beens" had their second year in a row of great weather (sunny, 70 degrees) as they gathered at Franklin Park for the annual Alumni/ae Cross Country Meet. Both men and women alums avoided the dual sweep by the varsity they experienced last year, with Matt Deyo '16 placing 1st and Christina Wicker '17 taking 4th.

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On the men's side we had a much bigger problem, the 8K. Very few high school runners come in and do much to contribute to the top five due to the overwhelming mental part of racing an 8K compared to their high school 5K. I was unsure who would be able to step up.

In our annual 4800 meter time trial at the end of our first week of practice, the women showed that their summer work paid off. Katie Bacher crushed, running an amazing 16:27 going away. Marissa ran 16:55, Jenna 16:56, Mary 17:00 and Megan 17:03. We had three freshmen pretty close behind led by Katie Collins. As outstanding as that looked, the men were even better. Dennis won in 14:05, but Kent Slaney, a freshman was second in 14:23 and seven others ran sub 15:00. I thought we might just be okay.

Alumni/ae Meet

Going into the [Alumni/ae Meet](#), where both men and women were racing 5K, I knew this would be far different from the 8K they would

eventually run, but it would still provide a glimpse of what we might see later in the season when everyone's mental game should be at its best.

Even though the alums brought a full contingent of runners, they were no match for the varsity teams, although Matt Deyo '16 outkicked Dennis at the line in 15:31. The women won the meet 18 to 41 with Marissa winning in 18:30. Katie was just behind in 18:33 after leading for the first three miles and Mary was third in 18:37, as Christina Wicker '17 took fourth in 18:57 and Brooke Johnson '13 was sixth in 19:08. Jenna was fifth and Katie Collins seventh. The men swept after Deyo crossed the line, winning 20 to 43. After Dennis, Aidan Gilson '19 was third, Billy Woltz '20 was fourth and Nate Foss '20 and Josh Rosenkranz '19 were fifth and sixth. The men had a 26 second delta through five runners and 36 seconds through seven runners.

Closing out the scoring for the alumnae were Louise van den Heuvel '14 in ninth in 19:26, Alina Gatowski '11, placing 10th in 19:52, and Alexandra Taylor '14

placing 15th in 20:41. Other alums racing were Elaine McVay '15, Claire O'Connell '14, Maggie Lloyd '12 and Stephanie Marzen '15. Scoring for the alumni were Justin Bullock '14, placing 12th in 16:32, Colin Godwin '17, placing 13th in 16:35, Roy Wedge '14, placing 15th in 16:59 and Allen Leung '15, placing 19th in 17:32. Others who ran were Logan Trimble '13, Jared Forman '13, Eric Khatchadourian '06, Joe Roy-Mayhew '08, Terry McNatt '87, Bob Collins '82, Gihan Amarasiriwardena '11 and Peter Mulligan '08. Supporting alums were Ethan Crain '96, Tom Hansen '74 and Sarah Quinn '17.

Purple Valley Classic

After three weeks of excellent training we were ready for the trip to Williamstown at Mt. Greylock High School, the location of the [Purple Valley Classic](#). Our men were ranked eighth nationally and there were eight other top 24 teams in the field. Dennis did not race due to an ear infection, but I figured that would provide the opportunity for someone else to shine.

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As it turned out the 85 degree heat seemed to take a lot out of the field. The overall pace was pretty pedestrian at 5:12 for the first mile. This served us well since we were dealing with so many who were either freshmen or moving up from the middle-distance arena. Going into the fourth mile we were in solid shape with five runners between 13th and 20th. Josh moved up throughout the race, finishing 10th. Kent Slaney showed his time trial was no fluke as he only lost three places in the last two miles, placing 17th, only 12 seconds behind Josh. Seven seconds later Billy placed 19th, but that was the end of the good news. Aidan lost 22 places in the last two miles and Nate had issues, seemingly with the heat, but possibly also with his focus and competitiveness. He lost 216 places. Ben Freed '18 stepped up to place 56th as our fifth man. We placed sixth overall, losing to Geneseo, RPI, Amherst, Middlebury and Williams. Substituting Dennis in for Ben, assuming a top five finish, we would have placed third, just behind RPI.

The women, ranked third in the country, were racing against #4 Williams, #5 Geneseo, #7 Ithaca, #8 Middlebury, #12 RPI, #16 Dickenson, #17 St. Lawrence, #26 Tufts and #35 Rochester, among others. Only leaving out Megan due to an unusual pain in her foot, we employed a group mentality, sacrificing the competition against the front runners. I employed this strategy due to our youth and lack of confidence individually. It is difficult to say if this made us stronger as a team, or limited our individual potential at the end of the season.

Katie, Mary and Marissa pulled away from the main pack, with Katie moving up to the top three, finishing fourth in 22:17. Mary fell back a bit, finishing ninth in 22:47. Marissa was right with Katie until



Josh Rosenkranz '19 finishes 10th overall and first for MIT at the Purple Valley Classic.

the final 800 where she revisited her collapsing issue she has had since high school. She lost :30, finishing 10th in 22:48. Leandra, running her first race, closed well to finish 14th in 22:57 and Katie Collins was 18th in 23:08. They won easily with 55, with McGill University from Canada finishing second with 91, Geneseo third with 131 and Williams fourth with 146.

NEICAAA Championship

Two weeks later we were ready to bring the show back to Franklin Park in the [NEICAAA Championship](#) to see how we would fair against Division I and II competition, since most of the top Division III teams were not in attendance. Of course the temperatures were again in the mid-80's as well as humid and sunny.

With the competitiveness of this race dropping over the years it is somewhat difficult to come up with a race plan. We needed to practice running together in groups and also being aggressive in the second mile of the race, so that was the focus.

The way the Franklin Park course is laid out, the second mile is about 15 seconds slower than the first. The large majority of runners have more like a 25 second deviation

between the two, so for us having a slightly more conservative first mile and a solid second mile we should be in a favorable position at the halfway point in the race, and less likely to implode from going out too fast. Well so much for theory...what actually happened is the men went out too fast and were already slowing down by the time they reached the mile mark.

However, the men ran tough and by the two-mile mark Dennis was in third and Josh, Aidan and Kent were in the top 30. Billy and Nate were clearly not mentally prepared as they were staying well back and not challenging their teammates. Billy moved up as the race progressed while Kent slipped back. In the final stages of the race Dennis was caught by the chase pack but still finished in 6th. Josh finished 14th, Aiden 17th, Billy 34th and Nate 53rd. The :56 second spread of 25:30 to 26:26 was far too much given I did not feel Dennis had a strong race, running alone and disengaged for most of the 8K. Outside of Dennis and Josh we had a lot of very talented runners whose doubt in their own abilities was usually stronger than their desire to get the job done. On the plus side, the men finished second place, just five points out of first, the

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highest team finish in over half a century. Also, Alex Knoedler '18 finished sixth in the sub-varsity race with a 26:30, his first race of the season.

The women were without #1 runner, Katie Bacher, but still deep enough to get the job done. The plan was the same as for the men, back off the first mile just a bit, but keep the foot on the accelerator through the second mile. Leandra did this the best, running 5:43 and 5:56 to position herself in 10th at the two-mile mark. Mary was in 23rd, Marissa 25th, Katie C in 33rd and Megan, running in flats, in 45th.

They ran tough the remainder of the race, finishing third with 131 points, just behind UNH and Boston College. Leandra held on to 13th place in 18:34 with Marissa moving up to 18th in 18:30 while Mary finished 23rd in 18:37. Katie C finished 24th in 18:39, a spectacular performance for a freshman. Megan, not yet race ready faded to 53rd in 19:08. With Katie B in the race, it is likely MIT would have made up the 30 point difference to win the meet.

Pre-Nationals

[Pre-Nationals](#) was going to serve three purposes. One of the key factors in determining NCAA Division III Championship at-large births is how a team competes against out of region teams, earning automatic births by placing among the top two teams in each of the eight regional championships. With six top 10 teams in the men's race, as well as the 11th ranked team, our 12th ranked team needed to find out how they would compete against the best in the country. The final goal was to get familiar with the course.

Once again, we were besieged by high temperatures (92 degrees) and high humidity. In addition, the very hilly course was pretty soft



Katie Collins '21 on her way to a seventh place finish in the Pre-National meet at Principia College in Elsau, IL. Katie was the first MIT finisher and the first freshmen finisher in the entire 38 team field.

due to the high grass, which had grown significantly that week with the three days of rain earlier in the week.

The plan for the men was to close down the delta and challenge each other. The first mile was set up well as the pace was pretty conservative. Dennis was with the leaders in eighth place or so, but the pace was only 5:04. Given the slow pace we should have been closer together. Although our top five were only eight seconds apart, but about 50 places separated the rest of them from Dennis.

By the three mile mark the delta was :37 and 70 places. I was not optimistic at this point because the fourth mile, like the first mile was largely uphill and Aidan believes he does not do as well on hills. While this was indeed how the race unfolded, Nicholas Waltman '18 moved up well in the final two miles to finish 76th in 26:22. Dennis was sixth in 25:08 and Josh was 20th in 25:35. Alex ran an excellent race to finish third for us in 26:08 for 55th place. Billy held onto 66th in 26:16.

While we defeated the 9th and 10th ranked teams in the country, we continued to lose focus on our objectives during the race and kept thinking about what we could not accomplish. It looked as though

Alex was there to stay, so could we get two other runners between Josh and Alex. If so, we would be a top five team. The physical ability was clearly there, but the mental ability may not be.

The women, ranked third in the country, would be up against the top two teams as well as four other top 10 teams and many other top 20 teams. Despite the high temperatures and course difficulty, one thing was for certain, the race would go out hard. Both Taryn Cordani '18 and the entire Johns Hopkins team only know one way to race, take it out hard and make everyone else give up.

By the mile mark it was clear it would be a matter of whether Johns Hopkins could hold on and we could catch up. At the mile mark Hopkins had places fifth, sixth, eighth, ninth and 10th. Meanwhile we were 14th, 18th, 19th, 23rd and 24th and there was a lot of time between them and us as this was not a deep field up front. We did move up, or rather they fell back, over the next two miles.

Coming into the final .73 of the 6K it looked as though we might pull it off. One of Hopkins top three

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collapsed and was unable to finish. However, Marissa also fell a few times in the final 800 meters, but she eventually did make it to the finish line, losing 14 places in that final 800. Nevertheless we ran a solid race. Katie C. finished in seventh in 21:43, the top freshman in the field. Katie B. was right behind her in eighth in 21:44. Leandra was 15th in 21:58 and Mary 18th in 22:04. Marissa finished in 28th as our fifth runner in 22:40, but we were two points short of beating Johns Hopkins, losing 74 to 76. We did totally thrash the rest of the competition, with the next closest team 65 points behind.

The women were going to have to get out quicker, perhaps a bit out of their comfort zone, if they hoped to defeat Johns Hopkins at Nationals.

NEWMAC Championship

After having a weekend off from racing, the teams were geared up for the [NEWMAC Championship](#) and looking forward to extending their conference championship winning streak. The men had won 19 straight, the women 10 in a row.

The men's strategy was to go out with an aggressive pace despite the course being a little soft. I wanted them to get a little more comfortable with discomfort when there was no real risk of losing the meet. Dennis took it out in 4:50 and five of our runners were three seconds behind as well as two runners from Babson College and two from WPI.

By the two mile mark Dennis had a six second lead over the Babson runner at 9:58, but the next seven runners were all MIT and were all within 13 seconds of one another and within 20 seconds of Dennis. In the final three miles Dennis continued to pull away, winning in 25:03 to take Runner of the Year honors, 29 seconds ahead of Josh in second place and 45 seconds



Dennis Maloney '19 finishing in 1st place at the NEWMAC Championship. MIT men extended their streak to 20 consecutive wins, and the women picked up their 11th consecutive title.

ahead of Alex in third place. We did not quite earn the sweep because Nicholas was fifth in 25:52 and Aidan was seventh in 26:06. A pleasant surprise was the fact that Brian Bates '20 finished eighth in 26:06 and Alex Knapp '19, running his first race of the year, placed ninth in 26:07. Joining the top seven as All-Conference were Billy in 10th in 26:09 and David Walter '18 in 11th place in 26:13. We won the meet with 18 points over second place WPI with 71 points. Earning Rookie of the Year honors was Jake Oeding '20, finishing 17th in 26:35.

The women, for the first time in years, had to contend with an individual who was likely to win and not from MIT. Kaitlyn Mooney '21 from USCGA had dominated New England all year. Our women were planning on going out just a bit behind her and then try and put pressure on her in the third mile if they could move up to her in the second mile.

The first mile did not quite follow the plan as Mooney led the way in 5:32, but Marissa, Katie B, Katie C, Leandra and Mary were all about two to three seconds back, probably a bit too fast.

This showed in the second mile as Mooney opened up the lead to 10 seconds, although the top five for us were all within four seconds of one another. In the end, Mary was our top finisher, giving us a different lead runner in all five races. If they could only all have their best day on the same day. Mary was only 17 seconds behind Mooney in an impressive 18:09. Leandra and Katie C. were close, both finishing in 18:11. Katie B. fell back to 18:31, suffering from a cold and Marissa was sixth overall in 18:32 after again collapsing in the final 400 meters.

Mooney won both Runner of the Year and Rookie of the Year honors, while MIT won with 20 to 62 for second place WPI. Joining our top five for All-Conference honors were Megan, Tessa Weiss '20, Jenna and Emily.

NCAA Division III New England Region Championship

The goal was simple—defend both the men's and women's [NCAA Division III New England Region](#) titles from last year. The men, ranked 12th in the NCAA

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had been ranked second in the region all year long to favored Amherst College. The plan was to hope our second and third runners would compete with Amherst's second and third runners while our fourth and fifth runners would be ahead of Amherst's fourth and fifth runners. While we thought this would be a dual meet of sorts if we ran well, we also knew that actually finding the Amherst runners would be a challenge. The backup plan was to challenge each other and keep pushing.

The Gorham Country Club course is a rolling course with a sizable hill finishing the fourth mile. Respecting the course early was pretty key. It was pretty cold and windy, finally a nice cross country day. Dennis was out well with the leaders at the mile mark in a very slow 5:05. Thankfully, both Josh and Aidan were paying attention to the effort and not the place as they were right with Dennis in the top 15. Also running together were Billy, Alex and Brian at 5:11 in 60th-70th place.

Through the next two miles both Aidan and Billy were getting the job done. All five, Dennis to Billy were within 13 seconds of one another. In the fourth mile Dennis went for the win as he opened up a decent lead, but did not push the final mile, getting caught, but finishing third in 25:31. Amherst had runners finish in fifth and eighth, and Aidan claimed 12th and Josh was 16th in 25:45 and 25:51 respectively. Amherst's third man was 18th. Amherst fourth beat Billy, our fourth, making the score Amherst 52 and MIT 53 with one runner to finish. Alex claimed 28th in 26:07 to Amherst's number five in 39th, giving MIT the victory 81 to 91.

The women clearly had the best team, but also a lot of things that could go wrong. Katie B. tends to be affected by asthma, especially in the cold, Marissa had been



Marissa McPhillips placing first for MIT and 7th overall with a time of 21:04 at the New England Division III Regional Championship.

struggling in every 6K so far, collapsing in every one of them, and Katie C. has a tendency to get very anxious in championship situations that really matter. All I could do is have the best attitude possible and only think positive. The plan was to lock onto the chase pack behind Mooney and all six of our top runners to work together.

The plan fell apart at the start when Katie C. did not get out well and started panicking when she could not find her teammates. Megan was wearing transition glasses and the bright sunshine meant when she got in the shade she could not see. To top that off, none of our runners went out with the chase pack, which was right with Mooney. Katie B., Leandra, Mary and Marissa were all in the top 15 at the mile mark in 5:44. Katie C. and Megan were moving up in the second mile so that they were all running between 5:42 and 5:48 for the second mile.

Mile three is where things changed. Katie B. started to fall off due to her asthma, and Katie C. also fell off, but the total delta, one through six was only :35 at the three mile mark. In the final .73 Marissa held on well, finishing in

7th in 21:04. Leandra was right behind in eighth in 21:12 with Mary claiming 10th in 21:14. Katie B. lost a lot of time, but not too many places, taking 16th in 21:39. Megan had her best race to date, claiming 17th in 21:40. Even Katie C. rallied nicely, finishing in 22nd place in 21:47. We won easily with 58 points in the 56 team field. Tufts upset Williams for second 92 to 106.

We had 11 all-region athletes, five for the men and six for the women, our most ever. They were: Dennis Maloney, Aidan Gilson, Josh Rosenkranz, Billy Woltz, Alex Knoedler, Marissa McPhillips, Leandra Zimmermann, Mary Eccles, Katie Bacher, Megan McCandless and Katie Collins.

NCAA Division III Championship

We took all the mental preparation precautions going into the [NCAA Division III Cross Country Championship](#) hosted by Principia College. We went through the same mental preparation as the week before and appeared to be in the right mindset early in the week.

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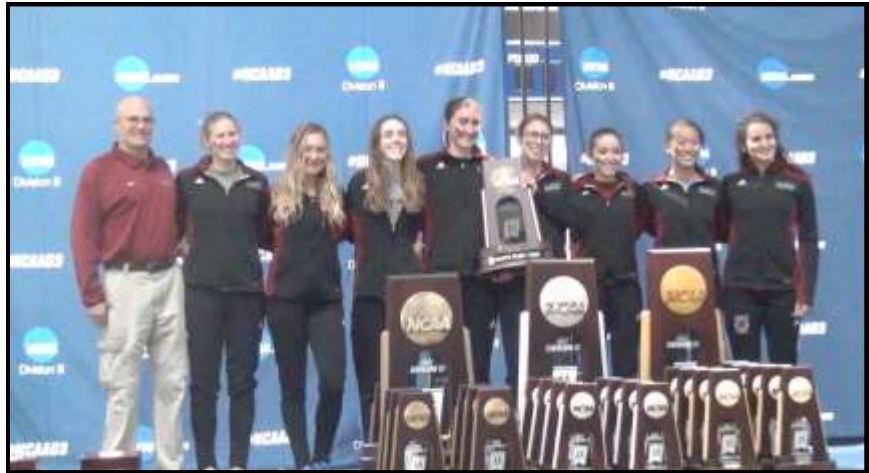
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However, on the starting line for the men and women, the mood seemed much less “let’s go get this done” and more “what are we doing here”.

The temperature, which started at 64 degrees during the warmup, was dropping fast and the wind was blowing in 30+ mph gusts. At the start of the men’s race Maloney went out with the leaders and Rosenkranz and Gilson were in 94th and 95th place at the mile mark, which was fine, but the remainder of the team (Knoedler, Bates, Woltz and Waltman) was between 212th and 231st.

Maloney, Rosenkranz, Gilson and Knoedler moved up in the second mile, but then in the third and fourth mile, Gilson stopped competing, losing 44 places. Rosenkranz was up to 34th and Knoedler to 117th going into the final mile. In the final mile everyone on the team lost ground. Maloney fell back to 19th, earning his second straight All-America honor. Rosenkranz just missed All-America (top 40), finishing 47th. Knoedler fell all the way back to 154th, finishing 1:04 behind Maloney, his largest delta of the season. Gilson was 157th and Bates 196th, giving the team 16th place overall out of the 32 teams.

By the time the women started their race the temperature had dropped to 39 degrees, rain had begun to fall and the wind was absolutely howling. Normally this adversity would bode well for our runners, but there were a few issues that were working against us, and these conditions only exacerbated it. Katie B. was still not able to fix her asthma issues, Katie C’s anxiety tends to get worse in such weather conditions and Marissa was not at all confident her collapsing would not rear its ugly head in this race. With this being Emily’s first real championship experience we were not counting on her for anything



The MIT Women on the podium accepting the trophy for their 4th place finish in the NCAA Division III Championship.

but a safety situation. This meant if things went wrong we were pinning our hopes on three runners; Leandra, Mary and Megan.

To be clear, I did not expect anything to go wrong, but there was no question the individuals mentioned above had expressed concerns going into the race and the attitude at the starting line seemed more anxious than confident. No one looked as though they were having fun.

The women failed to follow the plan, did not get out well and never seemed interested in going after pre-race favorite Johns Hopkins. At the one mile mark Hopkins had six in the top 40 and we had zero. Marissa was our first runner at 47th and only Katie B. was close at 49th. Leandra was next at 82nd. Katie C. was experiencing the worst-case scenario back in 238th and would not finish the race.

We had a solid second mile except for Katie B, and were in second place, moving up on Hopkins. In the third mile Katie B. lost 50 places even though Marissa, Mary and Megan continued to move up. Even with Katie falling back we were still in second place. However, in the final .73 Marissa did indeed experience her

collapsing, losing 41 places. Leandra finished strong to finish in 30th and earn her first All-America honor. Mary moved up to 53rd and Megan 58th. Johns Hopkins won with 96 points. UW Eau Claire was second with 191, Wash U third with 202 and MIT fourth with 210. The fourth-place finish was not at all satisfying despite being a podium finish.

Mary Eccles and Leandra Zimmermann were co-MVP’s for the women and Dennis Maloney was the MVP for the men. Captains for 2018 will be Darby LaPlant and Megan McCandless for the women and Steven Goldy and Josh Rosenkranz for the men.

We graduate Mary from the top seven for the women and Alex Knoedler and Nicholas Waltman from the men’s squad. While the men’s team will be senior heavy the incoming freshman class should be truly outstanding. The women will still have a young team with probably only one senior in the top seven. With a bit more experience perhaps both teams will have a little more confidence at the national level next year.

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Alums were Matt Deyo '16, claiming a double victory in winning both the Mile Run (4:23.45) and the 5K (15:23.42) and Sam Parker '15, who defended his 800 title in 1:56.14. Second place winners were Nick Diamantoni '15 placing second in the 400 in 52.88, Justin Bullock '14 running 15:25.84 in the 5K, Michael Kaba '16 running 8.83 in the 60HH and Arinze Okeke '17 jumping 44-7 ½ in the Triple Jump. Placing third in the 60 was Tyler Singer-Clark '14 in 7.35. Danny Newman '17 added a third in the 200 in 23.67 and Logan Trimble '13 did the same in the Mile in 4:33.47.

Those competing but not placing were Adrian Samsel '16, Jordan Mizerak '14, Derek Barnes '16, Kyle Hannon '13, Bob Williamson '59, Henry Tareque '17, Fivos Constantinou '06, Benji Xie '15, Roy Wedge '14, Matt Jordan '15, Rory Beyer '17, Brian Gilligan '17, Dan Kwon '02, Marshall Wentworth '16, Nate Sharpe '09, Ben Schreck '15 and Patrick Barragan '08

The final score was Varsity 92, Alumni 30. The women's meet, predicted to be a runaway by the varsity, was much less so than the



Scott Cameron '19 demonstrates nice inversion in taking the Pole Vault victory in the Bates/Colby Meet.



Margaret Trautner '20 takes the lead in the 600 at the Bowdoin Invitational, running 1:40.72 for 10th on the all-time MIT list.

men with the final score varsity 78, alumnae 33.

One of the meet highlights was the return of Cimmy Viridi '16 (also a volunteer assistant for the varsity) to Pole Vault competition. The four time national champion cleared 12-5 ½ for an easy victory. Other victories by the alums were earned by Natalie Alper '17, another volunteer assistant for the team, winning the High Jump at 5-3 ¾ and Louise van den Heuvel '14, yet another volunteer assistant, in the Mile Run in 5:02.29. Second place points were earned by Preethi Vaidyanathan '15 in the High Jump (5-3 ¾), Jackie Vahey '17 in both the Weight Throw (46-2 ½) and the Shot Put (38-1), Christina Wicker '17 in the Mile Run (5:09.59) and Alexandra Taylor '14 in the 400 (63.99). Those earning one point for the Has-Beens were Alper in the Long Jump (15-10 ½), Ellen Liverpool '15 in the Weight Throw (45-0 ½), and Ashley Wheeler '15 in the Shot Put (30-9 ¼).

Others competing but not scoring were Jen Tylock '17, Leah Schmitz '16, Emily Cole '09, Joanna Chen '15, Caroline Figgatt '11, Veronica Szklarzewski '15 and Julia Sharpe '09

Those in attendance giving their

support were Marissa Engle '15, Maryann Gong '17, Michelle Johnson '15, Abby Klein '14, Sarah Quinn '16, Sherry Wan '16 and Nicole Zeinstra '16.

After a much needed break from exams and the pre-season, the team came back rejuvenated on January 8. Our first meet back was on January 13 against [Bates and Colby Colleges](#) up at Bates. One thing was clear this year, we were not very deep on the men's team in running events below the distances and the women had very few athletes in the short and long sprints. We had quality and depth in some areas on both teams, but not the all-around depth we are accustomed to having. It appeared we might be a little less dominating than in past years.

At Bates both the men and women won, but it was not pretty. The men scored 100 points to 62 for Bates and 19 for Colby. The women scored 106 to 53.5 for Bates and 28.5 for Colby. The next week at [Bowdoin](#) the men struggled as we had neither Tre Albritten '18, nor Yorai Shaoul '21. We did win, but not until we pulled out a lot of points in the 3K, 5K and relays. MIT 174.5, Tufts 132, Bowdoin 100, Merrimack 88 and Southern Maine 61.5. The women

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dominated from the beginning, winning almost everything en route to an easy victory without running the 4x400 Relay. MIT 212, Tufts 127, Bowdoin 102, Southern Maine 78 and Merrimack 59. The highlight for the men in these two scoring meets was the success and depth in the field events compared to our peers. For the women it was the amazing strength and depth in the middle-distance group, which indoors counts for so much with the 600, 800, 1000, Mile, 4x800 Relay and DMR.

Now that we were done with the scoring meets part of our schedule we could now focus on getting individuals their best competitive opportunities so they could qualify for the respective championships. With three weeks of competition remaining going into the New England Division III Championship it was time to start getting the runners to the performance level needed to get them into the fast sections in the championships since only the 60 and 60HH had trials.

The first week we split the squad between the [Boston University John Thomas Terrier Classic](#) and the



Michelle Menkiti '20 on her way to victory in the 200 Meter Dash at the Tufts Cupid Challenge Meet.



Jacqueline Ahrens '21 sets an MIT freshman record of 12' 3 1-2" at the NEICAAA Championship meet, placing 4th in the competition.

[Branwyn Smith-King Invitational](#)

at Tufts. We take the oval runners to Boston University despite the time penalty incurred on any banked or oversized track (longer than 200 meters) and most of the others to Tufts because it is one of the fastest flat tracks in the New England area, at least on the oval.

The highlight at BU, which is a Friday and Saturday meet, was Katie Williams '21 starting her assault on the freshman middle-distance records and adding a varsity record for kicks. She ran the 1000 Meter race, pacing through a 2:21 800 and then going after the leaders. She nearly caught them all, finishing in 2:54.97 for a varsity and freshman record. We had solid performances for the rest of the women and men, but nothing special until the men's 3K at the end of Saturday. Dennis Maloney '19 and Aidan Gilson '19 performed very well. Through the 1600, Aidan was 4:23 with Dennis right behind in 4:24. Aidan fell off a bit in the later laps but finished strong to run 8:17.03. Dennis stayed the same distance behind, finishing in 8:18.44.

Over at Tufts on Saturday we were having quite a bit of success. Chris Washington '20 got things rolling by clearing 6-8 in the High Jump. The field event athletes continued to perform well. Scott Cameron '19 cleared 14-11 and freshman Liam Ackerman cleared 14-5 ¼. Jon Fakkema '19 threw the Weight 56-4 ½ and the Shot Put 47-0 ¾. Yorai put a finishing touch on it by winning the Triple Jump with a 48-1 ¾ performance. The women's field events were not quite as spectacular, but very solid nevertheless. Jacqueline Ahrens '21 earned the Pole Vault collegiate victory by clearing 11-11 ¾. Haley Strouf '18 had an excellent jump of 18-3 ¼ to win the Long Jump. Ariela Slutsky '18 threw the Weight 54-1 to win that event by three feet.

The next weekend we again split our team. Some went to the [All New Englands \(NEICAAA\)](#) at Reggie Lewis while everyone else was back at Tufts for their [Cupid Challenge meet](#). The pole vaulters were at Reggie and did very well. Ahrens and Kari Stromhaug '19 both cleared 12-3 ½ to place fourth and fifth

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respectively. Makenzie Patarino '19 did not place but did jump a personal best 11-7 $\frac{3}{4}$. Strouf continued to improve, jumping 18-5 in the Long Jump. Billy Ruschel '18 placed sixth in the Triple Jump with a national qualifying jump of 48-0 $\frac{3}{4}$ and both Alec Reduker '20 and Chris Washington cleared 6-8 $\frac{1}{4}$.

Over at Tufts the best event for MIT was the men's Mile. Aidan ran a spectacular race, running a 4:11.03 to win against a strong field. This flat track performance would be a solid qualifying mark for Nationals. In the 3K, Billy Woltz '20 ran a solid 8:39.73 to place seventh in another stacked field and freshman Dylan Dobar showed some of his potential with an 8:47.56. Ariela continued to push her Weight performance in the right direction, throwing 55-5 $\frac{3}{4}$. Nneoma Okonkwo '18 returned to competition, jumping 18-4 $\frac{1}{2}$. Both Hannah Chen '18 and Michelle Menkiti '20 returned to what they are expected to do. Hannah ran 9.09 in the 60HH final and Michelle ran 8.02 in the 60 final and then winning the 200 in 26.19. Marissa

won the Mile by nine seconds in 4:58.72.

The following weekend, the final opportunity to qualify for the New England Division III Championship, we split our squad between the [David Hemery Valentine Invitational](#) at BU and our own [Gordon Kelly Invitational](#). The women were at BU on Friday along with the men's DMR. Marissa continued to shine, running an outstanding 2:12.90 in the 800. Margaret Trautner '20 lit it up in the 1,000 with a 2:57.87, tying her for third on the all-time MIT list. At the end of the competition on Friday, Simon Alford '20, Benton Wilson '21, Nathan Munet '19 and Aidan were going to see if they had what it would take to qualify for Nationals in the DMR. Typically it has taken a lower 9:50 performance to get in. Simon did not have the luxury of a quick pace being set by the leaders and all the contact and lack of experience had him falling off at the end of his 1200 leg, running 3:04.0, which was a bit off what we needed. Benton

delivered okay with a 49.8, but his over excitement in the first 200 (22.5) prevented him from making up the ground we needed for him to do. By this point we were about three seconds down from what we needed. Nathan made the same error, going out way too fast to get back in the race. The end product was a 1:54.8. I for one was not optimistic. Then Aidan got the baton. He opened with a 58.6, causing me to figure this was going to be really ugly. The pace of the leaders slowed, allowing Aidan to catch up and still recover with a 3:06 1200. He put the burners on, running a 59 final quarter for a 4:05.4 1600 anchor and a cumulative time of 9:54.23. It might hold up.

Day two had the women starting off with their DMR. Katie Bacher '20, having run a 5:00.19 mile the night before, would open up with the 1200 leg. Hannah would run the 400 leg after racing 57.77 and 26.09 the day before. Bailey Tregoning '19, would double back from her 2:15.75 the day before and Marissa would anchor. Katie got caught up in a slow paced race after an initial fast start, causing her to weave in and out of runners as time was more critical for us than pace. She lost a lot of energy passing wide and changing speeds, putting her behind the goal with her 3:37.2. Hannah ran much too conservatively the first 200 (28.3), but finished in 57.9 to hand off in fifth. Although Bailey promised not to go out too fast, that is exactly what she did with a 31.0 first 200. The junior ran great until tripping in the final 100, which doomed her tired legs, finishing in 2:16.2. Marissa settled in with the



Kent Slaney '21 on his way to winning his heat in the Mile Run at Boston University's David Hemery Valentine Invitational.

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chase group after a bumpy start, running 2:27.6 through 800. She stayed with that group through the next 400 and then dropped a 69.3 on the field to finish in 4:52.0 and 11:43.54 cumulatively, guaranteeing a trip to Nationals. Aidan set a new MIT record in the 1,000, running 2:26.19 to show a bit more speed. Kent Slaney '21 showed a small bit of his potential as he ran a 4:19.39 mile, kicking a 59 final 400. Chris Sweeney '18 delivered in the 400, running 49.76, opening up the possibility of a strong 4x400 along with Tre, Benton and Tyndale Hannan '20.

At the Gordon Kelly Invite, Jacqueline earned high praise as she set the freshman pole vault record of 12-8 ¼. Kari Stromhaug '19 also vaulted well, clearing 12- 6 ¼. Both of these marks are strong enough to make Nationals. Ariela threw another personal best, this one 56-8 ¼ in the Weight Throw. Jasmine Jin '20 jumped a PR of 37-6 ¾ in the Triple Jump. Not to be outdone, Ryan Prinster '18 jumped 46-11 ½ for a personal best.

The men lost the [New England Division III](#) Championship last year, finishing third for the first time since 2008, after having won four consecutive years. The women had a streak going of three straight wins and hoped to make it four. This year the



Hannah Chen '18 in the 60 Meter Hurdles at the New England Division III Championship.

men were seeded to win and the women were seeded second to Williams, but had a shot. However, before the meet even started things turned south for the men. We lost two number two seeds in Chris Sweeney '18 (60HH) and Tre Albritten '18 (60, 200) due to illness, which pretty much wiped out the 4x400. All together this was a 30+ swing in points from what we lost and Tufts gained. In addition to already losing Dennis Maloney '19 for academic reasons and Alec Reduker '20 due to a financial aid error, the team had

taken a big blow from their potential scoring ability.

The men did not lose their heart or competitiveness, fighting all the way. In a back and forth battle we lost a close one to Tufts 110 to 97. The team fell down in some areas and stepped up in others, but they never gave up. Victories were earned by Yorai in the Triple Jump (48-7 ¼) and Simon in the 1000 (2:30.20). The triple jump was the most dominant event for us as Billy contributed a second place (47-7) and Ryan a fourth (46-3 ½). Four more second places were earned by Benton Wilson '21 in the 200 (22.33), Mac Gregg '21 in the Long Jump (21-9 ½), Aidan in the Mile (4:14.80) and Josh Rosenkranz '19 in the 5K (15:06.28).

The [women's meet](#) came down to the next to last relay before Williams secured the victory. Williams earned 46 points between the Heptathlon and the High Jump while we only secured four points in those events. We countered by earning unexpected points in Long Jump, going 1-2 with Haley (18-61/2) and Nneoma



Mary Eccles '18 about to take the lead and go on to win the 5000 Meter Run at the New England Division III Championship.

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(18-5 $\frac{3}{4}$) and doing the expected domination in the Pole Vault with 21 points from Jacqueline (12-11 $\frac{1}{2}$), Kari (12-9 $\frac{1}{2}$) and Makenzie (11-7 $\frac{3}{4}$). Jacqueline's victory tied the meet record and set yet another MIT freshman record. We also did surprisingly well in the Triple Jump when Jasmine placed second with a 37-5 performance and Elizabeth Weeks '21 jumped 36-10 $\frac{1}{4}$ for fifth. We were unable to maximize our points in the middle distance and distance events due to poor race strategy supplied by me in the 1,000 and a lack of confidence by runners in the 600, 800 and 5K. Katie Bacher won the 1,000 in 2:59.04 and Marissa placed fourth in 3:00.57 after earning second in the Mile in 4:55.42, but we gave up a lot of points otherwise. Other key victories were earned by Mary Eccles '18 in the 5K (17:02.63) and the quartet of Margaret Trautner, Hannah, Bailey and Katie Bacher in the DMR (12:05.40). Mary's performance was a thing of beauty as she weathered a very quick pace by the lead runner and then blew the race open when the leader slowed after 2,000 meters. Mary's time was a personal best and qualified her for Nationals. We lost by 22, although we did not race the final event, the 4x800, which we would have almost certainly won.

In the article following the meet <http://scripts.mit.edu/~hwtaylor/itf/17-18/nd3.art.php> I described how both teams allowed fear of failure to get to them, preventing them from reaching their potential on that day. While this was true, it is not unusual in any area of athletics, but is more prevalent in areas where pain plays a role in the event or sport. It happens more often than not that athletes focus on what they cannot do rather than what they can. I chose to harp on it after that meet because I wanted to make the distinction between teams that lose due to giving up (not us) and those who lose because they cannot stay focused on the goal, allowing thoughts of how they are doing to become the



Ariela Slutsky '18 throws an MIT record of 57' 9 1/2" to take 1st place in the Weight Throw at the Tufts Final Qualifier.

obstacle that shuts down the adrenaline that can allow for amazing performances.

While we knew we needed to make some changes in order to win the Outdoor New England Division III meet, for now the focus was on Nationals and how we could maximize our chances in that meet by getting more qualifiers in the next two meets.

The first of the two weekends had us at the [Boston University Last Chance meet](#), which was held on Sunday, providing for an extra day of rest. Katie Williams added the 800 Freshman record to her resume, running a truly inspiring 2:12.23, the fourth fastest time in Division III at the time. Margaret had a vicious kick to finish in 2:14.08, giving her the 15th fastest time in NCAA Division III. Jacqueline cleared 12-10 in the Pole Vault, but was unable to clear 13'. Makenzie cleared a personal best 11-10, but that will fall short of making the national field. Nneoma added a little distance to her

long jump, landing in the sand at 18-10. Michelle Menkiti '20 ran an indoor best 25.31, but that also will miss the NCAA top 17. Jasmine improved her mark in the Triple Jump to 37-8 $\frac{3}{4}$, but that will also fall a little short.

Billy had the best performance of the day for us, jumping 48-4 to move up on the NCAA list. Chris Washington cleared 6-9, but that will not get him to Nationals. Running indoor personal bests were 800 runners Simon and Nathan. Simon ran a smarter race, waiting until the final 200 to make his move, running 1:53.70. Nathan took it out hard and reacted to too many moves, leaving him gassed at the end. He still ran a best of 1:54.08.

The [Tufts Final Qualifier](#) the next Saturday was truly the final opportunity to qualify for the indoor championship. The Men's DMR had been at the top of the national rankings since they ran their 9:54 in early February. That was no longer the case. The night before they had dropped down from third to eighth on the list and only the

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top 12 relays teams get to go. The field at Tufts was really strong, so if they sat on their time it was very unlikely the mark would stand. The same foursome of Simon, Benton, Nathan and Aidan went for it, but were not really mentally prepared, having decided two days before to sit on their time. Simon got pulled out too fast and ended up with a 3:08, putting the team well out of contention. Benton ran a competitive 49 to move us up one spot and Nathan ran a strong 1:53 to move us up one more position. Aidan moved up quickly, putting us in contention with a 2:03 first 800. However, he then settled, allowing him to think and have to deal with the slower pace. This got to him as he fell off the leaders, finishing with a 4:11. Five teams passed us, putting us 13th on the list, missing Nationals by one spot. Alec Reduker straightened out his financial aid issue and was allowed to compete. He wasted no time in taking advantage of the opportunity, clearing 6-9 ½ to make the field. Unfortunately, Chris Washington was unable to clear 6-9 ½ and was bumped out of the qualifying field. Although not a qualifying mark, Cody Bratten '18 had a huge indoor personal best in the Shot Put, throwing 48-0.

Ariela threw a PR and MIT record in the Weight Throw, throwing 57-9 ½,



Billy Ruschel '18 earned All-American honors with his 5th place in the Triple Jump at the NCAA Division III Championship.

moving up to ninth on the NCAA list. Haley moved up by one centimeter and one place on the national list with her 18-7. Elizabeth jumped a freshman record with her 37-5 in the Triple Jump. Jasmine jumped 37-8 but neither of those marks would get them in NCAA field.

On to the [NCAA Division III Championship](#) held at the Crossplex banked track in Birmingham, Al. We started the weekend with two awards at the coaches' and athletes' banquet. Aidan Gilson was presented with his second Elite 90 Award,

which is given to the male and female athletes with the highest cumulative GPA attending that championship. Aidan holds a 5.0 GPA in Biological Engineering. A student-athlete can only receive the award once in an academic year. Aidan won it last year along with Maryann Gong '17. This is the record ninth Elite 90 Award earned by our program. Also, Coach Derek Rousseau was voted New England Region Men's Assistant Coach of the Indoor season for his excellent job with the jumpers.

Day one began for us with the Pole Vault. Jacqueline and Kari both cleared 12-5 ½ with Jacqueline being clean through every height while Kari had one miss at 12-3 ½ and one at 12-5 ½. Both went out at 12-7 ½, earning sixth and seventh places respectively. Marissa was up next in the Mile trials. She knew she had to make finals, but also save as much energy as possible as she was set to anchor the DMR later in the evening. She got the job done, winning her heat in 4:57.45. Nneoma matched her seed, placing seventh in the Long Jump with an 18-4 ¼ performance. Haley did not make



Alec Reduker just made it onto the podium at the NCAA Division III Championship by clearing 6' 9" to tie for 8th place in the High Jump.

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finals in the Long Jump, nor did Ariela in the Weight Throw. In the women's 800, Katie Williams let the national spotlight get to her, preventing her from running her best and making finals. However, Margaret, seeded 15th, raced as if she belonged in the final. She placed fourth in her heat, the sixth fastest time overall in the trials, earning a spot in the final with a 2:13.64. This was the first time Mary Eccles was seeded to score at Nationals, seeded sixth in the 5K. She ran a conservative race, which served her well as many ran too aggressively and fell back during the race. Mary was moving up on sixth and fifth place but ran out of real estate, placing seventh in 17:04.46, just two seconds out of fifth to earn her first All-America award. The final event for us on day one was the women's DMR. Seeded eighth going into the race, the quartet of Katie Bacher, Hannah, Bailey and Marissa felt they could do much better than that. Katie led off with an outstanding 3:32 to put MIT in second about 10 meters off the lead. Hannah took the lead with an excellent 56.9. Even with repeated talks to not go out too fast that is exactly what Bailey did, splitting 29 and 62. She was still solid through the 600, but then the wheels came off the bus. The entire field closed on her as she ran 2:17.8, handing off to Marissa in second place. Marissa was quickly passed and really had no choice but to go with the leaders. She split 71, 2:23 and 3:37, but could not hold it in the final 50 as one more team passed her. She still ran a remarkable 4:55 for fourth place overall and a total time of 11:43.54. At the end of day one the women had 14 points.

The men's Triple Jump was the first event on day two. Yorai was seeded third and Billy ninth entering the event. Yorai put himself in second place after the trials with a new MIT record of 50-1 ½, just one centimeter out of first place. Billy also jumped a PR, 48-9 to move into third place in the trials. Neither improved in the finals, and Billy was passed by two people, giving us



Yorai Shaoul '21 unleashes a 50' 1-1/4" triple jump to set a new MIT record and take 2nd place, just one centimeter out of 1st, at the NCAA Division III Championship Meet.

second and fifth place for 12 points. Marissa was up in the Mile Run finals. Due to the two races the day before, particularly the fatiguing DMR anchor, Marissa was hoping for a slow pace. After an initial scorcher of 71 seconds for the first 400, the pace for the chase pack slowed, allowing Marissa to recover and gather herself for a final lap. She kicked in with a 70 final 400 to move up to fifth in 4:58.76. In the 800 Margaret suddenly realized where she was. Fortunately only eight make the 800 final, giving her All-America honors even though she fell apart with a 2:17.47. Alec, the final seed in the High Jump, did not pay attention to the seeds, instead taking advantage of the opportunity. He cleared both 6-3 ½ and 6-5 ½ on first attempts. He then cleared 6-7 ½ on his second attempt and 6-9 on the final attempt. This was enough to give him a tie for eighth place and All-American honors in his first national championship. The only event for us remaining was Aidan in the 3K. He chose this over the Mile because he felt his speed at this distance gave him an advantage. However, he did not really believe in himself as the 10th

seed. Through the 1600 he was positioned well in a pedestrian 4:31. The look on his face showed doubt and he fell out the back in the final 600, running 8:29.69. The women finished in a tie for 11th with 19 points and the men earned 18th place with 12.5 points.

Overall this was a very successful year, particularly with the addition of two new coaches. The men graduate 10 points from the New England Division III Championship and with a superb incoming freshman class should be in a great position to improve next year. The women are really hurt by graduation, losing 43 points and not quite having as strong an incoming team as the men. This year's freshmen and sophomores will have to step it up for the women to get back to the victory stand.

The MVP's for the season were Yorai Shaoul and Hannah Chen. Captains for 2018-19 will be Albert Menio '20, Josh Rosenkranz '19, Chris Washington '20 for men and Kristen Frombach '19, Darby LaPlant '19, Marissa McPhillips '20 and Makenzie Patarino '19 for the women.

FRESHMEN ARE MAJOR CONTRIBUTORS TO NEW MIT RECORDS

There were 6 varsity and 14 freshmen records set in the 2017-2018 season, with 12 going to women and 8 to men. The records covered a fairly wide range of events including jumps, throws, sprints, and middle distances. The freshman class accounted for 17 of the 20 records

MIT athletes also earned a total of 21 All-American honors during the year, with Hannah Chen '18, Marissa McPhillips '20, Jacqueline Ahrens '21, Kari Stromhaug '19, and Yorai Shaoul '21 making multiple appearances on the podium.



Yorai Shaoul '21, shown here placing 2nd in the Triple Jump in the NCAA Division III Championship, earned All-American honors in both the indoor and outdoor season as well as setting MIT school records in the Triple Jump both indoors and outdoors, as the freshmen record in the Long Jump outdoors.

All-Americans for 2017-18

Cross Country

Dennis Maloney – 19th
Leandra Zimmermann – 30th

Indoor Track & Field

Katie Bacher – 4th DMR
Hannah Chen – 4th DMR
Mary Eccles – 7th – 5,000
Bailey Tregoning – 4th DMR
Marissa McPhillips – 4th DMR
Marissa McPhillips – 5th Mile
Jacqueline Ahrens – 6th PV
Kari Stromhaug – 7th PV
Nneoma Okonkwo – 7th LJ
Margaret Trautner – 8th 800
Yorai Shaoul – 2nd TJ
Billy Ruschel - 5th TJ
Alec Reduker – 8th tie HJ

Outdoor Track & Field

Kari Stromhaug – 3rd – PV
Jacqueline Ahrens – 6th tie – PV
Marissa McPhillips – 7th 1500
Hannah Chen – 7th 400IH
Jenna Melanson – 8th 3,000 Steeplechase
Yorai Shaoul – 2nd TJ
Aidan Gilson – 8th 3,000 Steeplechase

MIT Records for 2017-18

Indoor Track & Field

Ariela Slutsky – Varsity Weight Throw 57-9 ½
Katie Williams – Varsity 1,000 2:54.97
Jacqueline Ahrens – Freshman Pole Vault 12-11 ½
Margaret Redfield – Freshman High Jump 5-4 ½
Elizabeth Weeks – Freshman Triple Jump 37-05
Katie Williams – Freshman 600 1:38.51
Katie Williams – Freshman 800 2:12.23
Katie Williams – Freshman 1,000 2:54.97
Aidan Gilson – Varsity 1,000 2:26.19
Yorai Shaoul – Varsity Triple Jump 50-1 ¼
Yorai Shaoul – Freshman Triple Jump 50-1 ¼

Outdoor Track & Field

Ariela Slutsky – Varsity Hammer Throw 182-4/½
Jacqueline Ahrens – Freshman Pole Vault 12-5 ½
Margaret Redfield – Freshman High Jump 5-3 ¾
Elizabeth Weeks – Freshman Triple Jump 37-8
Yorai Shaoul – Varsity Triple Jump 51-8 ½
Yorai Shaoul – Freshman Long Jump 23-2
Yorai Shaoul – Freshman Triple Jump 51-8 ½
Benton Wilson – Freshman 100 10.83
Benton Wilson – Freshman 200 21.69

2017-2018 ACADEMIC AWARDS



by 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 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 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



Aidan Gilson '19 was selected as a First Team Academic All-American.



Aidan accepting his second NCAA Elite 90 award. Only two MIT athletes have received the coveted award twice.

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... 2017-2018 ACADEMIC AWARDS



Nneoma Okonkwo '18 is a repeat selection on the Academic All-America Second Team.

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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 NCAA Division I, II and III track and field programs. In order to achieve USTFCCCA 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.



Leandra Zimmermann '19 is also a two time Academic All-American, having made the Third Team in 2017.

The 2017-18 season was yet another successful one 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 59 NEWMAC Academic All-Conference honorees, 40 USTFCCCA All-Academic performers, seven CoSIDA Academic All-District selections and seven CoSIDA Academic All-Americans. In addition, the men's and women's cross country and track and field programs all earned USTFCCCA Team Academic Honors for posting an overall team GPA of 3.1 or higher on a 4.0 scale. For track and field, the Engineers had 31 total USTFCCCA honorees and ranked third in the nation in total selections. In addition, the men's track and field team had the highest GPA in the country, while the women were No. 10. In cross country, the men's and women's teams combined for 23 USTFCCCA selections, while women's track and field had 18 and

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Katie Bacher '20 received her first Academic All-American honor with a perfect 5.0 GPA in Course 6.



Jenna Melanson '20, also a first time Academic All-American with a 5.0 GPA. Her major is Course 20.

... **2017-2018 ACADEMIC AWARDS**

William Ruschel '18, elected to the Academic All-American Second Team, graduated in Course 2 with a 4.9 GPA

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men's track and field led the nation with 13 honorees.

Being named as an Academic All-American is one of the highest honors that a student-athlete can achieve. Led by the seven selections from the cross country and track and field programs, MIT finished 2017-18 with an incredible 24 Academic All-Americans. This total eclipses the Institute record of 21 from 2016-17 and is the all-time single-season record covering all divisions of intercollegiate athletics. MIT now has the two highest single-season totals in the history of the Academic All-America program and boasts a total of 295 all-time, which leads Division III and is second in the nation overall.

There were a number of first-time Academic All-Americans honored in 2017-18, including all three on the men's side with **Aidan Gilson '19**, **Josh Rosenkranz '19** and **William Ruschel '18**. Gilson earned a spot on the First Team, while



Josh Rosenkranz '19 was also selected to the Academic All-America Second Team, with a 5.0 GPA in Course 6.

Rosenkranz and Ruschel were each recognized on the Second Team. For the women, there were two first-time selections and two repeat honorees as four student-athletes earned Second Team Academic All-American accolades. **Katie Bacher '20** and **Jenna Melanson '20** were first-time selections as the two boast perfect 5.0 GPA's, while **Nneoma Okonkwo '18** was named to the Second Team for the second straight year. **Leandra Zimmermam '19** earned Second Team honors after being a Third Team selection as a sophomore.

In addition, Gilson '19 was recognized with his second career NCAA Elite 90 award at the 2018 NCAA Indoor Track and Field Championship. He is the eighth MIT track and field recipient of the Elite 90 award, the fourth indoor winner of the award and the second two-time winner in MIT history. The Engineers now have 13 Elite 90 winners, which is third across all divisions and first among NCAA Division III institutions.

MIT was again the class of the

NEWMAC with a remarkable 59 individuals earning Academic All-Conference accolades overall. On the men's side, MIT led the conference with 18 track and field student-athletes earning academic honors, while the cross country squad also led the NEWMAC with 12 individuals on the team. For the women's teams, MIT cross country led the league with 11 runners earning Academic All-Conference honors and on the track, the Engineers landed a league-best 18 student-athletes on the Academic All-Conference team. All 59 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 2017-18. As a group overall, MIT cross country and track and field student-athletes earned an incredible 113 academic awards in 2017-18.

Each of these student-athletes should be extremely proud of all that they accomplished in the classroom and on the track over the 2017-18 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.

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... 2017-2018 ACADEMIC AWARDS

[\(Continued from page 28\)](#)

MEN

CoSIDA Cross Country/Track and Field Academic All-American

Aidan Gilson, Josh Rosenkranz, William Ruschel

NCAA Elite 90

Aidan Gilson

CoSIDA Cross Country/Track and Field Academic All-District

Aidan Gilson, Josh Rosenkranz, William Ruschel

USTFCCCA Cross Country All-Academic Honorees

Aidan Gilson, Alex Knoedler, Josh Rosenkranz, Billy Woltz

USTFCCCA Track and Field All-Academic Honorees

Liam Ackerman, Simon Alford, Scott Cameron, Jon Fakkema, Ben Freed, Aidan Gilson, Nathan Munet, Ryan Prinster, Josh Rosenkranz, William Ruschel, Yorai Shaoul, Chris Sweeney, Benton Wilson

NEWMAC Cross Country Academic All-Conference

Josh Derrick, Nate Foss, Ben Freed, Brian Gilligan, Aidan Gilson, Alex Knapp, Alex Knoedler, Jake Oeding, Josh Rosenkranz, Cooper Sloan, Daniel Weiss, Billy Woltz

NEWMAC Track and Field Academic All-Conference

Kenneth Acquah, Simon Alford, Scott Cameron, Josh Derrick, Sope Eweje, Jon Fakkema, Ben Freed, Aidan Gilson, Alex Knapp, Alex Knoedler, Nathan Munet, Ryan Prinster, Josh Rosenkranz, William Ruschel, Chris Sweeney, Bobby Upton, Daniel Weiss, Billy Woltz

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... **2017-2018 ACADEMIC AWARDS**

(Continued from page 29)

WOMEN

CoSIDA Cross Country/Track and Field Academic All-American

Katie Bacher, Jenna Melanson, Nneoma Okonkwo, Leandra Zimmermann

CoSIDA Cross Country/Track and Field Academic All-District

Katie Bacher, Jenna Melanson, Nneoma Okonkwo, Leandra Zimmermann

USTFCCA Cross Country All-Academic Honorees

Katie Bacher, Mary Eccles, Megan McCandless, Marissa McPhillips,
Leandra Zimmermann

USTFCCA Track and Field All-Academic Honorees

Jacqueline Ahrens, Katie Bacher, Hannah Chen, Mary Eccles, Jasmine Jin,
Megan McCandless, Marissa McPhillips, Jenna Melanson, Michelle Menkiti,
Nneoma Okonkwo, Margaret Redfield, Ariela Slutsky, Kari Stromhaug,
Haley Strouf, Margaret Trautner, Bailey Tregoning, Elizabeth Weeks,
Katie Williams

NEWMAC Cross Country Academic All-Conference

Katie Bacher, Mary Eccles, Erin Grela, Megan McCandless, Marissa McPhillips,
Jenna Melanson, Maia Mesyngier, Clementine Mitchell, Margaret Trautner,
Jenny Xu, Leandra Zimmermann

NEWMAC Track and Field Academic All-Conference

Katie Bacher, Dana Balek, Hannah Chen, Mary Eccles, Kristen Frombach,
Erin Grela, Folusho Jebutu, Jasmine Jin, Megan McCandless,
Marissa McPhillips, Jenna Melanson, Michelle Menkiti, Maia Mesyngier,
Nneoma Okonkwo, Ariela Slutsky, Kari Stromhaug, Haley Strouf,
Margaret Trautner

2018-2019 PREVIEW

by Halston Taylor

CROSS COUNTRY

Surprisingly, we actually repeated as regional champions for the first time last year. Our runners overcame inexperience, took advantage of excellent leadership and got the job done. I do not feel either team competed well at the NCAA Division III Championship, but everything else was pretty spectacular.

Our schedule is identical to last year, although the Pre-Nationals and NCAA Division III Championship will be held at the Lake Breeze course in Oshkosh, WI. After our time trial and Alumni/ae Meet, which will be at a different location this year due to the hassle of dealing with the Boston Parks and Recreation Department, we focus on training. We have the minimum number of meets allowed by the NCAA. The reason for that is that I believe in order to have a superior mental effort each student-athlete needs mental recovery time from the previous meet and time to mentally prepare for the next meet. In two cases that is not possible as we also want to make certain we get the most competitive meets that will help us achieve our goal at Nationals. Part of what dictates our schedule is that we need to score significant out of region points. By that I mean that after the third week of September, as long as a team competes at least five of their eventual NCAA Regional seven runners, the results against out of region teams that go on to qualify for Nationals affect a team's ability to gain an at-large selection to Nationals in case that team is not one of the top two automatic qualifying teams. As long as our team remains a national contender we are budgeted to go to Pre-Nationals to gain familiarity with that course while we compete against some of the best teams in the country.

MEN

Losing two-time All American Dennis Maloney as he starts his company, and Alex Knoedler and Nicholas Waltman to graduation, will make it pretty difficult to win our third NCAA

Division III New England title in a row, but with improved maturity, an increase in experience from our returners, and a pretty phenomenal freshman class, we should at least be in the argument.

We return #2 Josh Rosenkranz, #3 Aidan Gilson, and #4 Billy Woltz from our top seven. We also should have Josh Derrick, #3 from 2016 and possibly #4 Steven Goldy from that same team. In addition, #8 Alex Knapp, #9 Kent Slaney, and #10 Brian Bates from last year all have the potential to jump into the top five if they can fix their competitiveness.

This is the strongest incoming freshman class in our history. Andrew Mah from Newton, MA leads the way, having won the New Balance National 5K in 14:32.96 in very hot conditions. He also turned around the next day in extreme heat, winning his 2 Mile section, placing fifth overall. His best 2 Mile is 9:11.25. He was 42nd at Nike Cross Nationals. Right with him is Nassim Oufatole from Missouri who ran 3200 in 9:08.65 this year as well as a 4:17.12 Mile. Nassim placed 6th in his state championship. However, getting accustomed to college running, particularly the 8K and MIT at the same time generally takes more than a year.

WOMEN

The women suffer fewer losses than the men, but also do not appear to have the depth. The biggest loss by far is Mary Eccles to graduation. We return all our remaining top runners: #1 Leandra Zimmermann, #3 Katie Bacher, #3 Marissa McPhillips, #5 Katie Collins, #6 Megan McCandless, #7 Jenna Melanson, #8 Lindsey McAllister, #9 Tessa Weiss and #10 Emily Niu. The delta from one through 6 was only :42 last year and 1:13 for 1-10.

We have placed among the top six at Nationals every year since 2009 and I do not see that changing this coming year. We do need 7-10 to mature and step-up this coming year and perhaps a couple of freshmen can add to the mix. Three-peating as regional champs will be more than challenging as Williams is very strong.

TRACK & FIELD

Of course we would like to start finishing among the top 10 at Nationals every year. We have had our moments, and now with Yorai scoring eight big points indoors and outdoors, if we can get up to 20 points we will be finishing pretty high. The women have some national talent in the middle-distances, pole vaulters and jumpers that should be able to keep us among the top 10 for the next few years. The only other failure this past year was losing the Indoor New England Division III Championship. I think we will be an improved men's team this coming year, but losing so many All American women will be too much to make up unless quite a few returners can step-up and make up the difference. We will likely be a better National Championship team than New England Championship team due to a lack of depth in the sprints, hurdles and throws.

The incoming freshmen are really strong. The men's side is pretty much a complete team by themselves—excellent throwers, jumpers, middle-distance and distance and possible developing strength in the sprints and hurdles. Although it is rare, the only event lacking is the Pole Vault. The women's side is really strong in the horizontal jumps and 400/intermediate hurdles. The vault, throws and middle-distance have a lot of developing potential.

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... **2018-2019** PREVIEW[\(Continued from page 31\)](#)

INCOMING FRESHMEN – 2018 CROSS COUNTRY

MEN

Zach	Johnson	3.0xc 14:45, 3200 9:29, 1600 4:24 (Clovis 15:38)
Matthew	Kearney	5Kxc 15:07, 3200 9:23, 1600 4:14
Tim	Magoun	5Kxc 16:01, 3200 9:39, 1600 4:20
Andrew	Mah	5Kxc 15:06, 5K 14:33, 3200 9:10, Mile 4:19
Nicky	Medearis	5Kxc 16:19, 3200 9:21, 1600 4:25
Alec	Nguyen	800 1:57.93, 1600 4:30.96
Nassim	Oufattole	5Kxc 15:33, 3200 9:08, Mile 4:17, 800 1:56
Ryan	Wilson	800 1:54.92, 1600 4:17.07, 5Kxc 15:57

WOMEN

Alana	Chandler	18:16 3.0xc, 3200 11:23, 1600 5:19
Einat	Gavish	5Kxc 18:22, 800 2:22, Mile 5:08, 2 Mile 11:31.53
Izzi	Gengaro	5Kxc 19:02, 3200 11:09, 1600 5:01, 800 2:17
Abby	Mauermann	5Kxc 19:00, 3200 11:22, 1600 5:11
Nicole	Toft	800 2:17, 1500 4:55

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

... 2018-2019 PREVIEW

INCOMING FRESHMEN – 2018-2019 TRACK AND FIELD

(Continued from page 32)

Elena	Andree	LJ 18-0, TJ 36-10, 100 13.16	CA
Rikita	Bansal	LJ 18-2, TJ 37-11 100 13.13	WA
Nathan	Basinger	DT 145-3, SP 49-10	OH
Kira	Buttrey	5Kxc 18:45, 1600 5:05, 1000 2:58, 800 2:16, 400 61.95	VA
Emily	Caragay	PV 11-10	MI
Alana	Chandler	18:16 3.0xc, 3200 11:23, 1600 5:19	IL
Cooper	Driscoll	JT 171, SP 46-9	PA
Nick	Duchatellier	400 50.11, 600 1:23.65, 300 35.85	NY
Diego	Escobedo	60 7.52, 200 23.78, 300IH 42.27	CA
Reed	Foster	5Kxc 15:59, Mile 4:21.46, 800 1:54.09, 400 51.72	CA
Aidan	Foucault Etheridge	800 1:58, 600 1:21.15, 400 50.48	MA
Einat	Gavish	5Kxc 18:22, 800 2:22, 1000 3:02, Mile 5:08, 2 Mile 11:31.53	MA
Izzi	Gengaro	5Kxc 19:02, 3200 11:09, 1600 5:07, 800 2:17	NJ
Caleb	Harris	HJ 6-6	TN
Zach	Johnson	3.0xc 14:45, 3200 9:29, 1600 4:24 (Clovis 15:38)	CA
Matthew	Kearney	5Kxc 15:07, 3200 9:23, 1600 4:14	TX
Joanna	Kennedy	LJ 18-1, 200 26.64, 400 58.24, 57.4 split	MA
Anna	Landler	800 2:17, 400 61.70, 300IH 46.51, LJ 17-4	CT
Tim	Magoun	5Kxc 16:01, 3200 9:39, 1600 4:20	NJ
Andrew	Mah	5Kxc 15:06, 5K 14:33, 2 Mile 9:11, Mile 4:19	MA
Anais	Marenco	PV 11-6	GA
Abby	Mauermann	5Kxc 19:00, 3200 11:22, 1600 5:11	WI
Nicky	Medearis	5Kxc 16:19, 3200 9:21, 1600 4:25	CA
Claire	Melvin	400IH 65.75, 46.52, 1:38.83 800 2:15.45	NY
Ryan	Nall	SP 55-2, DT 154-2	CA
Alec	Nguyen	800 1:57.93, 1600 4:30.96	CA
Nassim	Oufattole	5Kxc 15:33, 3200 9:08, Mile 4:17, 800 1:56	MO
Lilly	Papalia	SP 36-0, DT 96-8	KY
Matt	Schofield	800 2:02.22	IL
Andrew	Shao	400IH 55.77, 400 50.85, 300IH 38.58, 200 22.52, 100 11.21	CA
Mayowa	Songonuga	100 12.68, 200 25.09 - 25.98 indoor flat	PA
George	Stultz	LJ 22-6, TJ 45-11, PV 15-0, HJ 6-3, 200 23.58	MD
Megan	Su	LJ 17-6 1/2, 55 7.77 – Pent 2331	NY
Nicole	Toft	800 2:17, 1500 4:55	London
Ryan	Wilson	800 1:54.92, 1600 4:17.07, 5Kxc 15:57	CA
William	Woltmann	SP 58-08 1/2, DT 138-4	NJ
Yilinn	Yang	LJ 17-7.75 TJ 37-7	NY

(Continued on page 34)

... 2018-2019 PREVIEW

MEN

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

Top Two Returning Athletes By Event

60HH	Joa Kennedy 8.86
110HH	Joa Kennedy 16.32
60	Benton Wilson 7.21, Ryan Prinster 7.27
100	Benton Wilson 10.82, Steven Speck 11.46
200	Benton Wilson 21.69, Ken Acquah 23.14
400	Benton Wilson 50.24, Ken Acquah 51.64
400IH	Aidan Gilson 58.37, Joa Kennedy 59.77
600	Tyndale Hannan 1:22.66, Nathan Munet 1:24.08
800	Simon Alford 1:53.70, Nathan Munet 1:54.08
1000	Aidan Gilson 2:26.19, Simon Alford 2:28.77
1500	Aidan Gilson 3:58.42, Josh Rosenkranz 3:59.46
Mile	Aidan Gilson 4:11.03, Josh Derrick 4:17.96
3000	Aidan Gilson 8:17.03, Billy Woltz 8:39.73
3000SC	Aidan Gilson 9:05.61, Brian Bates 9:30.92
5000	Josh Rosenekranz 14:44.45, David Walter 15:02.46
10K	Daniel Weiss 31:46.73, Josh Rosenkranz 31:52.46
LJ	Yorai Shaoul 23-02, Mac Gregg 22-10
TJ	Yorai Shaoul 51-08 $\frac{1}{2}$, Ryan Prinster 46-11 $\frac{1}{2}$
HJ	Alec Reduker 6-10 $\frac{3}{4}$, Chris Washington 6-09
PV	Bobby Upton 15-09 $\frac{3}{4}$, Scott Cameron 15-09 $\frac{1}{4}$
Wt. Throw	Jonathan Fakkema 56-04 $\frac{1}{2}$, Albert Menio 50-00 $\frac{3}{4}$
Shot Put	Jonathan Fakkema 47-02 $\frac{1}{4}$, Albert Menio 41-06 $\frac{1}{4}$
Hammer	Jonathan Fakkema 171-11 $\frac{1}{4}$, Albert Menio 137-01
Discus	Jonathan Fakkema 156-07, Albert Menio 142-11

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... 2018-2019 PREVIEW

WOMEN

(Continued from page 34)

Top Two Returning Athletes By Event

60HH	Lucy Lee 9.64
100HH	Lucy Lee 16.75
60	Michelle Menkiti 8.02, Tema Nwana 8.43
100	Michelle Menkiti 12.11, Kathryn Mohr 14.02
200	Michelle Menkiti 24.81, Kristen Frombach 27.40
400	Kristen Frombach 60.92, Bailey Tregoning 63.52
400IH	Jenna Melanson 69.61, Lucy Lee 71.92
600	Bailey Tregoning 1:36.37, Katie Williams 1:38.51
800	Bailey Tregoning 2:10.84, Katie Williams 2:12.23
1000	Katie Williams 2:54.97, Katie Bacher 2:55.01
1500	Marissa McPhillips 4:31.09, Katie Bacher 4:31.71
Mile	Marissa McPhillips 4:55.42, Katie Bacher 4:59.46
3000	Marissa McPhillips 9:51.25, Katie Bacher 9:57.69
3000SC	Jenna Melanson 10:41.30, Megan McCandless 11:20.64
5000	Megan McCandless 17:37.90, Jenna Melanson 17:48.82
10K	Bailee Margolis 38:24.95, Darby LaPlant 38:28.99
LJ	Tema Nwana 17-03 ½, Jasmine Jin 16-10 ½
TJ	Jasmine Jin 38-01 ¼, Elizabeth Weeks 37-08
HJ	Margaret Redfield 5-04 ½, Liana Reilly 5-02 ½
PV	Jacqueline Ahrens 12-11 ½, Kari Stromhaug 12-09 ½
Wt. Throw	Folusho Jebutu 48-08 ½, Elise McCormack-Kuhman 43-00 ¾
Shot Put	Folusho Jebutu 35-06 ¼
Hammer	Folusho Jebutu 145-02, Elise McCormack-Kuhman 135-07
Discus	Folusho Jebutu 124-09 ½
Javelin	Elise McCormack 93-11 ¾

ASSISTANT COACHES – SAYING GOODBYE TO COACH BARRAGAN

by *Halston W. Taylor*

I certainly could not do this job, nor would we have so much success without the amazing assistant coaches we are fortunate to have on our staff. This past year we entered the year having replaced 40% of our coaches. Nickolas Davis went on to become the Head Coach of Women's Track & Field at the University of Wisconsin La Crosse and Peter McNaughton did not apply for the new position of sprints/hurdles/recruiting intern.

Todd Linder, who has been with us for 10 years, had remarkable success with our throwers the past few years, consistently producing national qualifiers.

Derek Rousseau was hired as our jumps coach and did a phenomenal job of producing four All Americans, six freshman records and two varsity records. He was awarded the NCAA New England Region Men's Assistant Coach of the Year for the Indoor season. Derek has also done a great job with our social media.

Selwyn Maxwell was hired as our sprints and hurdles coach and recruiting coordinator. He did an excellent job, producing one All American. With minimum depth his athletes were a major factor in the sprints and hurdles.

Patrick Barragan had to leave our program this year. Back in 2008, as a senior on the team, Patrick was asked to take over coaching duties in the Pole Vault when Nate Ball could not make the trip to Nationals to coach Omari Stephens and Greg Tao. Omari finished in a tie for eighth and Patrick agreed to coach the vault while in graduate school ever since. Even after completing his PhD Patrick continued to coach until this year. Along the way the Pole Vault became our highest scoring event, particularly on the women's side and could always be counted on in the championships. Including that first season Patrick coached his student-athletes to four NCAA titles and a total of 25 All-America honors. This is



Todd Linder - Asst. Head Coach T&F



Derek Rousseau - Asst. Coach Jumps



Selwyn Maxwell - Asst. Coach Sprints



Patrick Barrigan - Leaving Pole Vault



Cimmy Viridi - Asst. Coach Pole Vault



Connor Hall - Asst. Coach Pole Vault

more success than any other event in our history and when considering this was over a 10 year period it is truly remarkable.

Cimmy Viridi, our former four time national champion, filled in for us as the Pole Vault coach for the indoor and outdoor seasons. She was aided by former team members and alums, Marshall Wentworth and Nate Sharpe when she was not available. The success continued throughout the year, producing four more All-America honors.

VOLUNTEER ASSISTANTS

Each year we depend on our volunteer assistants to help

supervise our student-athletes in practices and meets. In addition to our pole vault coaches mentioned above, the following individuals filled that role. Danaka Porter was a tremendous help in the sprint and hurdles. Natalie Alper assisted in the jumps, Robert Fiedler in the throws and Louise van den Heuvel in the middle-distance, distance events.

NEW HIRE

We just hired Connor Hall as our new pole vault coach. Connor graduated from Duke with a BS in Environmental Science. He was a co-captain of the track & field team where he had a personal best of 17 -6 1/2 in the pole vault.

IT TAKES MORE THAN COACHES AND ATHLETES TO WIN A CHAMPIONSHIP

by *Halston W. Taylor*

Championships are won months, if not years prior to the actual event. And we certainly enjoyed a lot of success in the various championship seasons. With the six teams we won all four NEWMAC Championships, four of six New England Division III Championships, and had one fourth place and four more top 18 NCAA Division III Championship team finishes.

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. As we have more success, more and more prospects contact us—about 1,000 per year, and the quality of those prospects continues to go up. Of course, that means our recruiting strategies must change as a higher percentage of our recruits are also being recruited by Division I programs. Those programs as well as the elite Division III programs can make early guarantees for admission with commitment from the student-athlete, which we are unable to do. If we cannot convince these individuals to wait we lose them early in the Fall.

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.

For the first time, last year I mentioned the athletes themselves in this article, as they play a very significant part, well beyond the obvious performances on the track and in the field. We as coaches charge them with being responsible for their health and preparing themselves mentally. Taking care of themselves, in addition to planning well in order to eat healthy 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. 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



Coach Taylor was named the USTFCCA Men's Cross Country New England Region Coach of the Year for 2017 and NEWMAC Women's Track and Field Coach of the Year for 2018.

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 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 most 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, especially Sandy Lett for scheduling spaces. 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. The assistance of Flora Keumurian and Caspar Stinn provided additional assistance with meet management.

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

STRESS AT MIT – COMMITMENT TO THE PROGRAM

by *Halston W. Taylor*

In the ongoing pursuit of injury and illness reduction and the acceptance that a major culprit is a lack of recovery, I set out this year to try and identify all those things preventing the student-athletes from being ready day to day. Knowing that sleep is the primary factor in recovery, I wanted to see if the academic load by my athletes was at a reasonable level. What I found was very interesting. Quite a few were taking over 60 units and a couple over 70. Of course there was a very high correlation between those who were doing this and those who were getting sick, injured and having problems with the mental side of competition.

After I addressed this with the captains and then the team, some seemed to listen, but others seemed to need more convincing. I started working on identifying the stresses in the student-athletes lives while also defining what commitment means to those who want our support with admissions. Over a three month period working with the captains and injured athletes we eventually came up with a finished product that everyone felt comfortable with.

Commitment to the program: *Commitment goes beyond being a team member for four years. It goes beyond just showing up for practice and meets. It means that while understanding that academics are first, putting yourself in position to be the best you can be for yourself and the team is certainly second.*

By joining this team, you hold yourself to a higher standard for your personal health. When you are at practice and meets we expect you will be able to focus on the task at hand, as well as adequately prepare mentally for those practices and meets. This may mean that your practices and competitions may be limiting your MIT and collegiate experiences so that you are guaranteeing eight or more hours of sleep per night.

The team's expectation is that you'll be able to take the required classes to graduate with good standing, do undergraduate research, and be committed to the team. Athletes can achieve this without becoming overwhelmed or sacrificing their health. Negative effects associated with MIT culture (i.e. drinking from the firehouse) only occur when you take on additional and excessive commitments.

You will not be sacrificing your work ethic towards your academic goals by this dedication to the team, but your commitment to a higher standard of personal health may mean you will not be able to do every activity, or join every club you would have otherwise liked to.

For the stress matrix I wanted each member of the team to do each Monday we identified 17 categories: Sleep, Exams, Schoolwork (all academics and research other than exams), Injury, Health, Relationships (intimate, roommates, teammates), Family Factors, Depression (not clinical), Fear of Poor Performance, Championship Season, Difficult Workout, Eating Behavior, Deadlines, Social (personal, organizations, living groups), Financial, Future (career, graduate school), Other. We then created four levels for each category. While each cell block may not exactly fit someone's situation, it was close enough that each individual could make notes clarifying their particular stress. Also, what is a stressor for one person may not be one for another. The outcome from all this brought about two big positives. First, I was finding out things about my student-athletes that I was not getting out of one on one conversations, and that was allowing me to offer more help and understanding. Second, the student-athletes themselves were becoming more self-aware of their cumulative stress, and that what is normal at MIT, may still require some attention to managing that stress.

We will continue to fine tune the product, as well as educate the team on how to minimize the stress and increase recovery by eating better, enhancing their sleep and recovery by turning off electronics, particularly before bedtime. Of course, we will also do our part as coaches by paying attention to the signs of fatigue and listen to the student-athletes.

Thank You Friends of MIT Cross Country / Track & Field

by Halston W. Taylor

As I have said in many of these articles, I am very fortunate to work at such an amazing place of higher learning as MIT. When I interview candidates for jobs, or speak with colleagues about their programs, nowhere have I found any institution with the amount of alumni support combined with the discretion I have to fund what we need to make the program run successfully. Thanks to Julie Soriero, our Department Head and Director of Athletics, as well as the Alumni Association, and Candace Crabtree from the Office of Development, we are in such a place.

A sample of the small items we have funded this year include: yoga once per week for the academic year, one nutrition seminar with additional information each year, equipment for our weight room, partial funding of assistant coach certifications and continued development, partial funding of part-time assistant coach stipend, meet laptop computer, championship banners, t-shirts and various other awards, record board and All America board additions/changes, and a soon to come upgraded web page. None of this would be possible without your generosity.

For ongoing projects we are looking at upgrading the outdoor scoreboard to a nice videoboard similar to what exists in our

aquatics center. We also hope to fully endow our various accounts [Spring Trip account (3155810) , Assistant Coach account (3218550). My fear is that when Julie leaves – no idea when that will happen, but it will happen sooner or later, a new Department Head, could take away our Spring Trip and reduce our full-time assistant coach positions if they are not endowed.

Finally, I am thankful to be at such a remarkable university that educates and graduates such amazing individuals who are thankful for the education 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 by far the best ever for non-capital giving. Your gifts totaled \$210,610.88 from 192 individual donors with only \$15,034 of that going to capital giving. 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 and keep the championships coming.

Total Donations = \$210,610.88

2641800 Men's Cross Country = \$27,431.31

2648100 Men's Track & Field = \$95,922.22

2641900 Women's Cross Country = \$12,113.80

2648900 Women's Track & Field = \$54,409.87

2739705 Track & Field Award's = \$1,949.00

3155810 Sherie and Don Morrison Track & Field = \$3,425.00

3720765 Track Renovation = \$15,034.68

3652825 Leaver and Morrison 1961 Spring Training Trip Fund = \$75

2738046 Track & Field Equipment = \$250.00

3218550 Varsity Track & Field Assistant Coach = \$0

2017-2018 CENTURY LIST

\$1000 or more in gifts

Mr Christopher H. Bateman
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 Christopher M Bruce
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 Javit A. Drake, PhD

(Continued on page 41)

... **2017-2018 CENTURY LIST***(Continued from page 40)*

Mrs Margaret E. Eccles	Mr Michael C Lyons	Kenneth K Rosche
Col Thomas G. Eccles, III	Mr John G Maier	Dr Donald B Rosenfield
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Margaret C Leibovic	Richard F Rajter	
Allen K Leung	Alan Richard Raphael	
Mr John J B Light	Mr Carlos A Renjifo	
Dr Issel Anne L. Lim	Mrs Donna K. Repetski	
Jeffrey C Lukas MD	Dr John E. Repetski	
Ms Christine C Lyons	Mr Edwin S Rich Jr	
	Kelly M. Roper	

WHERE ARE THEY NOW – SEAN GARRETT



Sean Garrett '88 with his wife Catherine, daughters Marigold and Isabella, and son Sawyer.

by Sean Garrett '88

When Coach Taylor asked if I would write an update for the Newsletter I realized that a lot has happened to this cowboy from Wyoming since heading east. It didn't take long in 1984 for me to discover MIT was not like high school. To make it tougher on myself, I had an Appendectomy that summer. I planned on playing soccer and running track, but those first soccer practices told me I had not recovered from that surgery yet. Coach Kelly invited me to his office in September to talk about my plans for track and I told him I wasn't so sure I could run. He said the first two weeks in November were 'Camp Kelly' and he'd help me work myself back into shape. I guess it worked since I stuck around.

Coach Kelly and MIT Track were huge parts of my MIT experience. I have so many memories of my teammates, practices, meets, bus rides, and seemingly endless hamstring tears. While I never was healthy enough to run at Nationals, I remember Coaches Kelly and Taylor telling me that I was running with the big boys when I won the indoor Greater Boston Championships in '87. But I am the proudest of all the dual meets I was a part of. Running in the Bowdoin cage with its right angle turns and diagonal sprint lanes, in the tunnel at Tufts, and Coach Norcross at WPI trying to get Patrice Parris to answer a call back in the coach's office. Everyone competing to get the

win. I don't remember us ever dropping a dual meet...except against Northeastern!

When Coach Kelly retired, Coach Taylor asked me to help out with the sprints and hurdles. I did that for three years. I enjoyed learning from him and the other assistants, including Paul Slovenski from Bates. He was one of the guys that Coach Kelly always had to have a strategy for in the dual meets since he did any and all events. My wife (Catherine Rocchio '89) was the head MIT gymnastics coach in her spare time and she needed some of my spare time to help. So I stepped down. I came back in 1999 when the women's

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... WHERE ARE THEY NOW – SEAN GARRETT



Among Sean's accomplishments is a victory in the 1987 Indoor Greater Boston Championships at Harvard University.

(Continued from page 42)

varsity team kicked off, coaching the women sprinters and hurdlers for three more years.

I've worked at Bose Corporation since 1989. I've had roles in Research, Design, Manufacturing, Product Development, and Business Management. One early highlight was developing speakers for the C4 and C5 Corvettes. I spent fourteen years running the headphone business, growing it from three products in 2001 to a full suite of offerings today. As a part of that role, I helped develop the Bose/NFL relationship. In 2012 the NFL asked us to provide our Military noise canceling headsets to coaches to improve communication. While we

thought that it would probably work, we knew it was a different application with unique demands. So we actually turned them down. They weren't expecting that! But we worked out an agreement to give us the time needed to do it right. The headsets that have been used by the NFL for the past four seasons were entirely designed and manufactured by Bose. They withstand heat/cold, rain/snow, spiking (we spread out turf in the parking lot and used a launcher to slam headsets into it), and...Gatorade. And I even got to meet a few people along the way, like having brunch with Clay Matthews and the Manning brothers. Eli and Clay didn't say much to each other.

On the family side, I have been married to Catherine for 26 years (even though many of the

women who I coached thought I was making her up) and we have three kids. Marigold and Isabella are 15 and Sawyer is 14. All three are far better athletes than I ever was and are pushing me in the smarts department too. The girls are accomplished gymnasts who have taught me just what it means to be dedicated to a sport. Thirty hours a week of training and lots of long distance travel for competitions, including Level 10 nationals for the past few years. Sawyer also does gymnastics along with baseball, lacrosse, and soccer. Alas, none of them are aspiring future MIT'ers. The girls are looking at Division I gymnastics (Stanford is a possibility) and Sawyer is looking for a little less engineering (Harvard is his choice at this point...sigh).

Most of my weekends are spent at kid sporting events, but I try to find time for biking (mountain and road) and working on my cars. I still have the '73 Corvette I restored with my dad in high school and I am working on a Factory Five 818 with all three kids now.

I'll close this out with a thanks to my past teammates and the runners I had the privilege to coach. All of you had an impact on who I am. Thanks to Coach Taylor for giving me a chance to do some coaching (and pushing me to do the 4x400 relay a few times), and a special thanks to Coach Kelly for not only being a coach but also a friend.

WHERE ARE THEY NOW – THAN BOGAN

by Nathaniel (Than) Bogan '93

I just wanted to take a minute to share that, after a 20+ year hiatus, I have returned to the Field of jumping. This outdoor season, I have been the high jump and pole vault coach at Natick High School.

It was a long time ago, but you might be thinking "Wait, didn't Than do the high jump and triple jump?" Yep! When the coaches approached me, they drew me in talking about coaching the high jump, which I had always wanted to do, and even more so after my daughter took it up. But then they sprung it on me that they had a triple jump coach, but really needed a pole vault coach.

I initially intended to decline. I would not be comfortable to coach anything I had never actually learned myself. But then they told me about Patriot Pole Vault in Westboro/Shrewsbury. I sent PPV an email asking if they'd teach a 46 year old how to pole vault, firmly expecting back the email equivalent of a hearty laugh. Within 15 minutes, the reply came back "Sure! Come on down any time!"



Than's coaching efforts at Natick High have already had a very positive impact on performances in both the Pole Vault and High Jump.



Than demonstrates the pole vault at Memorial Field in Natick, MA. A High Jumper and Triple Jumper in his days at MIT, he took up the Pole Vault at age 46 to fulfill Natick High's need for a Pole Vault coach.

And so back in January, my adventure began. On about my third day there, I was doing some newb drill and feeling like a total idiot, and one of the coaches who was familiar with my story shouted out "Oh yeah - You can coach this!" All I could think was, "WOW are they desperate for pole vault coaches..."

But I've somewhat caught onto it, and it has turned into an absolute blast, both coaching it and continuing to work on it myself when I can. I now truly believe I'm going to go 12' before I'm done with it. But anyhow, here's an old dude clearing 9' at a recent practice:

<https://youtu.be/qIOxWJzu3wk>

I apologize for the 1/4 speed; youtube doesn't seem to have an option to set the recorded frame rate. It was taken with Hudl Technique (and man am I jealous that didn't exist when I was competing!). Ironically, earlier this week I finally made some progress on the invert & turn, but then yesterday when I went back to a 4-left approach, none of that translated and my in-air work was completely horrible. So much to learn! But it's exciting to have my personal best lie in the future.

I've also taken a few random high jumps, with my Old Man Best being 5'3". But I haven't tried anything above that and I haven't gotten real shoes or a real mark yet. My sense is I can probably get 5'6" or maybe 5'8", but that may prove laughably optimistic. Anyhow, some of the freshman thought seeing an old guy clear 5'3" was about the most amazing thing they'd ever seen. Made it fun.

The start of my coaching career has felt pretty successful. I greatly advanced a fledgling vault program, including qualifying two seniors into the Divisional round. And I brought almost everybody to a new PB in the high jump, most notably senior Annie Gee, who has (so far) added 4" to her personal best and cleared the important psychological milestone of 5'. My only real "problem" this season was having so many athletes who wanted to do vertical jumps!!

I clearly do not have time to do this, but I think I'm going to do it again next year anyhow. It's just too fun.

WHERE ARE THEY NOW – TERRY SUTTON



Editors Note:

In addition to her MIT degree in Mechanical Engineering, Terry holds a master's degree in business administration from Harvard University. She lives in Maine where her record of entrepreneurial accomplishment includes helping guide Maine-based technology and E-commerce startups through periods of dynamic growth and acquisition. She worked for over 20 years as an executive, manager, and senior vice-president at L.L. Bean and has also held executive positions at Portland-area employers WEX Inc., CashStar, and DAVO Technologies. This past summer she was selected as CEO for the newly formed University of Maine graduate center, Maine Center Ventures, which was created to foster ties between the center and outside interests, particularly in fostering curriculum and programs tailored to benefit Maine's workforce needs.

by Terry Sutton '83

Women's Cross Country at MIT - the early years

Running (X-C and Indoor/Outdoor Track) was an important part of my life when I was in High School. When I came to MIT in 1979 for the admitted student tour one of my urgent questions was "Do you have a Women's X-C or Track team"? I really wanted a team to keep me

training. I worried I would slack off, get out of shape and never be the athlete that I had been. Competition was a great motivator.

The admissions office misled me slightly. "Yes, we have a running club. It's not varsity but there are women who run and a grad student who coaches them". Well, that was partially true. When I arrived on campus I found one female grad student who ran and I think her boyfriend was the coach. Or maybe he was just looking to hang out with women. There was no organized team or way to compete. Luckily I met a fellow freshman who was a runner and we decided to "train" together. The Athletic department let us use dept. issue shorts and t-shirts (all cotton and terribly ill-fitting) but hey, we didn't have to wash them. They also issued us freakishly large sweatsuits, all cotton again. I was happy to have them and proud that they were printed with MITAA on them. I felt "official". The two of us ran every day and eventually another male grad student decided to take us on. He was an accomplished runner who knew how to create workouts. I began trying to recruit more women by putting up notices with my phone number on tear away strips "Want to run X-country? Call Terry".

I can't recall if we ever got more than the two of us that year but we managed to elicit sympathy from the Men's X-C assistant coach who allowed us to travel to meets with the Men's team and he helped us get entered in the Women's races which of course we couldn't score in since there were only 2 or 3 of us. But it didn't matter to us, we were in meets and we got a ride to them! No uniforms of course. I think we just used logoed shirts from the Coop.

I can still recall training year round in those heavy sweats, through rainstorms and snowstorms, must have added 10 pounds of soaked

cotton weight to a run. While nylon was certainly in use at some levels back then I was too poor to consider actually buying any gear.

Over the next two years I was successful in recruiting (in some cases just begging) more women to join and the Men's coach took us on as a side project. We had more than 5 women then and could actually score. And we started to attract women who had running experience! We all improved as runners and began to get competitive. By the end of 1981 we had demonstrated enough commitment to the Athletic Dept. that they agreed to make us varsity the following year and our generous Men's coach became a full-fledged Women's coach. We were able to get some red nylon singlets with what looked like iron-on letters for MIT and paired them with gray Bill Rodgers nylon running shorts. I still have that singlet.

My memory of that first varsity season is a little sparse but I do recall that part of my captain's duties included (at least for one meet) driving the rented station wagon to Franklin Park.

In the fall of 1982 we embarked on our second varsity season and with the help of what must have been the most creative scheduling effort ever, we emerged undefeated with an 11-0 record. Of course we were competing against some pretty small schools but we were quite proud of that accomplishment.

We did try to pull off an outdoor track season that year but we only managed one meet and could barely cover the events, even with each of us doing four events. That would have to wait for more critical mass, which occurred some time after I graduated.

I did manage to motivate myself to run year round with or without a team. Back in those days the Boston Marathon recruited volunteers for the

(Continued on page 46)

... TERRY SUTTON



At L. L. Bean, Terry enhanced her understanding of her customers by trying the sports and sporting equipment that they shop for. At one company event, she was spotted baiting a fly-fishing rod.

(Continued from page 45)

finish line from local college teams. The process would seem prehistoric now, with no electronic timing and manual chutes manned by student volunteers. It was inspiring to work that event, and it motivated me to train and run that marathon my senior year. Of course I didn't know how to train for that distance and didn't have the time required. My longest training run was 13 miles. I started in the back with the other "bandits" and that year (1983) I think the entire field was maybe 7,000 runners. I was lucky and managed to finish in about 3:40 with no major mishap. Of course I could barely walk for 2 weeks after, but it was worth it! And as I crossed the finish line my cross country teammates were there working the chutes and cheering me on.

I came back for a few alumni meets over the years and am amazed at the size and quality of the team - what a great program you have now. Running was an important part of my MIT experience - I'm confident it is the same for you. Keep up the great momentum!

HOOD TO COAST

by Sam Parker '15

Editor's Note:

The Hood To Coast Relay is an overnight, long-distance relay race held in Oregon, traditionally run on the Friday and Saturday before the Labor Day weekend. It is one of the longest and largest relays in the world, with over 1000 twelve-person teams competing in the race. The 199 mile course consists of 36 legs; each team member runs three in rotation. The legs vary in length from 3.4 mi to 7.8 mi; some legs are virtually flat, and others descend and/or ascend steep hills. Consequently, a runner may total between 13.6 mi and 19.7 mi, with roughly 7 hours recovery time between legs. The teams compete in one of 18 separate divisions. Six divisions contain teams consisting of only men, six have all-women teams, and six have teams that are mixed men and women. A mixed team must contain a minimum of six women.

Sam's team, named Roll Tech, was a mixed team made up entirely of MIT

alums, competing in the Mixed Open Division. He ran legs consisting of 6 miles of rolling hills at 6:30pm, 5.7 miles with 900 feet of climbing at 1:30am, and then 4 miles of mostly flat country roads at 8:30am. Here's how he described the race in an email to Halston:

This morning the twelve of us completed the [Hood to Coast Relay](#) in Portland, finishing the 199-mile course from Mount Hood to Seaside, OR in 21 hours and 22 minutes. Competing against some very experienced teams, we also came out on top in the Mixed Open division, beating our closest challenger by a razor-thin 1 minute and 16 seconds.

It was certainly a competition to remember for a very long time. Overall, we finished 15th out of 1,116 teams to complete the race, and are hoping to better that next year!



The Hood To Coast Relay Team, from left to right: Sam Parker '15, Nicole Zeinstra '16, Benji Xie '15, Spencer Wenck '15, Rory Beyer '17, Alan Leung '07, Harrison Hunter '15, Elaine McVay '15, Maryann Gong '17, Christina Wicker '17, Maggie Lloyd '12, and Nadia Lucas '17.

SEASON STATISTICS

WOMEN'S CROSS COUNTRY

2017 RESULTS

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st of 2	18
Purple Valley Classic	Williams College, Mt. Greylock HS	1st of 26	55
NEICAAA Championships	Franklin Park	3rd of 28	131
Pre-Nationals	Principia College, Elsah, IL	2nd of 36	76
NEWMAC Championship	Franklin Park	1st of 8	20
New Eng. Div. III Reg. Champ.	Univ. of Southern Maine, Gorham Country Club	1st of 56	58
NCAA Div. III Championship	Principia College, Elsah, IL	4th of 32	210

2018 SCHEDULE

09/01	Alumni Meet	Larz Anderson, Brookline, MA
09/22	Purple Valley Classic	Williams College - Mt. Greylock H.S.
10/06	NEICAAA Championship	Franklin Park
10/13	Pre-Nationals	UW Oshkosh - Lake Breeze Golf Course
10/27	NEWMAC Championship	Smith College
11/10	New Eng. Div. III Reg. Champ.	Bowdoin College
11/17	NCAA Div. III Championship	UW Oshkosh - Lake Breeze Golf Course

2017 TEAM ROSTER

Katie Bacher '20	Katie Collins '21	Mary Eccles* '18
Gabrielle Enns '21	Emily Freel '21	Ciera Gordon '18
Erin Grela '20	Dhamanpreet Kaur '21	Darby LaPlant* '19
Bailee Margolis '19	Lindsey McAllister '21	Megan McCandless '20
Marissa McPhillips '20	Jenna Melanson '20	Maia Mesyngier '20
Clementine Mitchell '18	Emily Niu '21	Margaret Trautner '20
Tessa Weiss '20	Katie Williams '21	Jenny Xu '19
Leandra Zimmerman '19		

*Captain

Individual Performances

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

INJ-Injured, DNR-Did Not Run, DNF-Did Not Finish, SICK-Out for Illness, FP-Fresh Pond.

Times

NAME	# OF RACES	ALUMNI 9/2	PRPL. VAL. 9/23	NEICAAA 10/7	PRE-NATS 10/14	NEWMAC 10/29	NE DIV 3 11/11	NCAA 11/18
Katie Bacher	5	18: 33	22: 17	I NJ	21: 44	18: 31	21: 39	22: 16
Katie Collins	7	19: 19	23: 08	18: 39	21: 43	18: 11	21: 47	DNR
Mary Eccles	7	18: 37	22: 47	18: 37	22: 04	18: 09	21: 14	21: 49
Gabrielle Enns	4	20: 12	25: 11	20: 34	FP	19: 43	DNR	DNR
Emily Freel	2	I NJ	26: 40	SICK	FP	20: 30	DNR	DNR
Ciera Gordon	4	20: 57	25: 39	20: 54	FP	20: 43	DNR	DNR
Erin Grela	0	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ
Dhamanpreet Kaur	1	19: 53	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ
Darby LaPlant	4	21: 11	25: 21	20: 25	DNR	19: 56	DNR	DNR
Bailee Margolis	3	20: 09	25: 48	20: 00	DNR	DNR	DNR	DNR
Lindsey Mcallister	3	19: 21	23: 39	19: 21	I NJ	I NJ	I NJ	I NJ
Megan McCandless	5	DNR	DNR	19: 08	22: 49	18: 52	21: 40	21: 53
Marissa McPhillips	7	18: 30	22: 48	18: 30	22: 40	18: 32	21: 04	21: 59
Jenna Melanson	5	19: 05	23: 53	19: 11	23: 05	19: 10	I NJ	I NJ
Maia Mesyngier	0	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ
Clementine Mitchell	0	DNR	DNR	DNR	DNR	DNR	DNR	DNR
Emily Niu	4	I NJ	I NJ	19: 39	23: 16	19: 12	DNR	22: 31
Mararet Trautner	4	20: 41	26: 08	19: 49	FP	19: 29	DNR	DNR
Tessa Weiss	6	20: 04	23: 29	19: 31	23: 25	19: 02	23: 20	DNR
Katie Williams	2	DNF	I NJ	I NJ	FP	DNF	DNR	DNR
Jenny Xu	3	I NJ	24: 17	DNR	23: 42	19: 19	DNR	DNR
L. Zimmermann	6	DNR	22: 57	18: 24	21: 58	18: 11	21: 12	21: 28

(Continued on page 49)

... Individual Performances

(Continued from page 48)

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

INJ-injured, DNR-Did Not Run, DNF-Did Not Finish, FP-Fresh Pond.

Places

NAME	ALUMNI 9/2	PRPL VAL 9/23	NEICAAA 10/7	PRE-NAT 10/14	NEWMAC 10/29	NE DIV 3 11/11	NCAA 11/18	AVG	RNK
Katie Bacher	2	1	I NJ	2	4	4	5	3	3
Katie Collins	5	5	4	1	2	6	DNF	3.8	5
Mary Eccles	3	2	3	4	1	3	3	2.7	2
Gabrielle Enns	10	10	13	FP	12	DNR	DNR	11.2	14
Emily Freel	I NJ	15	DNR	FP	14	DNR	DNR	14.5	18
Ciera Gordon	12	12	14	FP	15	DNR	DNR	13.3	17
Erin Grela	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ		
D. Kaur	7	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	7	9
Darby LaPlant	13	11	12	DNR	13	DNR	DNR	12.3	16
Bailee Margolis	9	13	11	DNR	DNR	DNR	DNR	11	13
L. Mcallister	6	7	7	I NJ	I NJ	I NJ	I NJ	6.7	8
M. McCandless	DNR	DNR	5	6	6	5	3	5	6
M. McPhillips	1	3	2	5	5	1	4	3	3
Jenna Melanson	4	8	6	7	8	I NJ	I NJ	6.6	7
Maia Mesyngier	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ		
C. Mitchell	DNR	DNR	DNR	DNR	DNR	DNR	DNR		
Emily Niu	I NJ	I NJ	9	8	9	DNR	6	8	11
Mararet Trautner	11	14	10	FP	11	DNR	DNR	11.5	15
Tessa Weiss	8	6	8	9	7	7	DNR	7.5	10
Katie Williams	DNF	I NJ	I NJ	FP	DNF	DNR	DNR		
Jenny Xu	I NJ	9	DNR	10	10	DNR	DNR	9.7	12
L. Zimmermann	DNR	4	1	3	3	2	1	2.3	1

(Continued on page 50)

... Individual Performances

(Continued from page 49)

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

INJ-injured, DNR-Did Not Run, DNF-Did Not Finish, FP-Fresh Pond.

Deltas

NAME	ALUMNI 9/2	PRPL VAL 9/23	NEICAAA 10/7	PRE_NAT 10/14	NEWMAC 10/29	NE DIV 3 11/11	NCAA 11/18	AVG	RNK
Katie Bacher	: 03	: 00	I NJ	: 01	: 22	: 35	: 48	: 18	3
Katie Collins	: 49	: 51	: 15	: 00	: 02	: 43	DNF	: 26	5
Mary Eccles	: 07	: 30	: 13	: 21	: 00	: 10	: 21	: 14	2
Gabrielle Enns	1: 42	2: 54	2: 10	FP	1: 34	DNR	DNR	2: 05	12
Emily Freel	I NJ	4: 23	DNR	FP	2: 21	DNR	DNR	3: 22	17
Ciera Gordon	2: 27	3: 22	2: 30	FP	2: 34	DNR	DNR	2: 43	16
Erin Grela	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ		
D. Kaur	1: 23	I NJ	I NJ	I NJ	I NJ	DNR	DNR	1: 23	
Darby LaPlant	2: 41	3: 04	2: 01	DNR	1: 47	DNR	DNR	2: 23	15
Bailee Margolis	1: 39	3: 31	1: 36	DNR	DNR	DNR	DNR	2: 15	14
L. Mcallister	: 51	1: 22	: 57	I NJ	I NJ	I NJ	I NJ	1: 03	7
M. McCandless	DNR	DNR	: 44	1: 06	: 43	: 36	: 25	: 42	6
M. McPhillips	: 00	: 31	: 06	: 57	: 23	: 00	: 31	: 21	4
Jenna Melanson	: 35	1: 36	: 47	1: 22	1: 01	I NJ	I NJ	1: 04	8
Maia Mesyngier	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ		
C. Mitchell	DNR	DNR	DNR	DNR	DNR	DNR	DNR		
Emily Niu	I NJ	I NJ	1: 15	1: 33	1: 03	DNR	1: 03	1: 13	9
Mararet Trautner	2: 11	3: 51	1: 25	FP	1: 20	DNR	DNR	2: 11	13
Tessa Weiss	1: 34	1: 12	1: 07	1: 42	: 53	2: 16	DNR	1: 27	10
Katie Williams	DNF	I NJ	I NJ	FP	DNF	DNR	DNR		
Jenny Xu	I NJ	2: 00	DNR	1: 59	1: 10	DNR	DNR	1: 43	11
L. Zimmermann	DNR	: 40	: 00	: 15	: 02	: 08	: 00	: 10	1

(Continued on page 51)

... Individual Performances

(Continued from page 50)

The chart below is a consolidation of the rankings from the Delta and Place charts, combined with the number of races run. Those three ranks are summed to produce a combined score for each athlete. The scores are then ordered to produce an overall performance ranking.

Ranking

NAME	# RACES	RANK	DELTA	RANK	PLACE	RANK	SCORE	RANK
Katie Bacher	6	2	: 18	3	3	3	8	3
Katie Collins	7	1	: 26	5	3. 9	5	11	5
Mary Eccles	7	1	: 14	2	2. 8	2	5	2
Gabrielle Enns	4	4	2: 05	13	11. 2	14	31	13
Emily Freel	2	6	3: 22	18	14. 5	18	42	18
Ciera Gordon	4	4	2: 43	17	13. 2	17	38	17
Erin Grela								
Dhamanpreet Kaur	1	7	1: 23	10	7	9	26	11
Darby LaPlant	4	4	2: 23	16	12. 2	16	36	16
Bailee Margolis	3	5	2: 15	15	11	13	33	14
Lindsey Mcallister	3	5	1: 03	7	6. 7	8	20	8
Megan McCandless	5	3	: 42	6	5	6	15	6
Marissa McPhillips	7	1	: 21	4	3	3	8	3
Jenna Melanson	5	3	1: 04	8	6. 6	7	18	7
Maia Mesyngier								
Clementine Mitchell								
Emily Niu	4	4	1: 13	9	8	11	24	10
Mararet Trautner	4	4	2: 11	14	11. 5	15	33	14
Tessa Weiss	6	2	1: 27	11	7. 5	10	23	9
Katie Williams								
Jenny Xu	3	5	1: 43	12	9. 7	12	29	12
L. Zimmermann	6	2	: 10	1	2. 3	1	4	1

MEN'S CROSS COUNTRY

2017 RESULTS

<u>MEET</u>	<u>LOCATION</u>	<u>PLACE</u>	<u>SCORE</u>
Alumni Meet	Franklin Park	1st of 2	20
Purple Valley Classic	Williams College, Mt. Greylock HS	6th of 26	144
NEICAAA Championships	Franklin Park	2nd of 27	124
Pre-Nationals	Principia College, Elsah, IL	6th of 38	214
NEWMAC Championship	Franklin Park	1st of 8	18
New Eng. Div. III Reg. Champ.	Univ. of Southern Maine, Gorham Country Club	1st of 55	81
NCAA Div. III Championship	Principia College, Elsah, IL	16th of 32	419

2018 SCHEDULE

09/01	Alumni Meet	Larz Anderson, Brookline, MA
09/22	Purple Valley Classic	Williams College - Mt. Greylock H.S.
10/06	NEICAAA Championship	Franklin Park
10/13	Pre-Nationals	UW Oshkosh - Lake Breeze Golf Course
10/27	NEWMAC Championship	Smith College
11/10	New Eng. Div. III Reg. Champ.	Bowdoin College
11/17	NCAA Div. III Championship	UW Oshkosh - Lake Breeze Golf Course

2017 TEAM ROSTER

Brian Bates	'20	Josh Derrick	'20	Dylan Doblar	'21
Joe Faraguna	'20	Nate Foss	'20	BenFreed	'18
Brian Gilligan*	'17	Aidan Gilson	'19	Steven Goldy	'20
Finn Jacobsen-Schulte	'21	Jake Jorgensen	'21	Alex Knapp	'19
Alex Knoedler	'18	Dennis Maloney	'19	Jake Oeding	'20
Josh Rosenkranz*	'19	Kent Slaney	'21	Cooper Sloan	'18
David Walter	'18	Nicholas Waltman	'18	Daniel Weiss	'19
Billy Woltz	'20	Noah Zamzow-Schmidt	'21		
*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, MDL-Medical Leave, QUIT-Left the team, SICK-Out for Illness, FP-Fresh Pond.

Times

NAME	# OF RACES	ALUMNI 9/2	PRPL VAL 9/23	NEICAAA 10/7	PRE-NAT 10/14	NEWMAC 10/29	NE DIV 3 11/11	NCAA 11/18
Brian Bates	6	17: 18	28: 46	26: 59	FP	26: 06	26: 17	26: 04
Josh Derrick	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ
Dylan Doblár	3	16: 20	28: 20	27: 20	INJ	INJ	INJ	INJ
Joe Faraguna	0	INJ	INJ	INJ	QUIT	QUIT	QUIT	QUIT
Nate Foss	5	15: 56	29: 52	26: 26	26: 41	26: 27	DNR	DNR
Ben Freed	3	16: 07	27: 41	INJ	DNR	27: 52	DNR	DNR
Brian Gilligan	0	INJ	MDL	MDL	MDL	MDL	DNR	DNR
Aidan Gilson	7	15: 53	27: 25	25: 42	26: 33	26: 06	25: 45	25: 47
Steven Goldy	0	INJ	INJ	INJ	INJ	INJ	INJ	INJ
F. Jacobson-Schulte	4	17: 09	28: 25	27: 42	FP	26: 50	DNR	DNR
Jakob Jorgensen	4	17: 19	29: 03	27: 11	DNR	27: 06	DNR	DNR
Alex Knapp	1	INJ	INJ	INJ	FP	26: 07	DNR	DNR
Alex Knoedler	5	INJ	INJ	26: 30	26: 08	25: 48	26: 07	25: 47
Dennis Maloney	6	15: 31	SICK	25: 30	25: 08	25: 03	25: 31	24: 43
Jake Oeding	4	INJ	28: 11	27: 06	27: 00	26: 35	DNR	DNR
Josh Rosenkranz	7	15: 57	26: 41	25: 40	25: 35	25: 32	25: 51	25: 04
Kent Slaney	5	16: 04	26: 53	26: 54	27: 57	27: 10	DNR	DNR
Cooper Sloan	3	DNR	28: 22	27: 28	DNR	27: 35	DNR	DNR
David Walter	5	16: 19	28: 07	26: 33	26: 47	26: 13	DNR	DNR
Nicholas Waltman	7	16: 46	27: 44	26: 46	26: 22	25: 52	27: 12	26: 22
Daniel Weiss	2	INJ	INJ	28: 13	DNR	27: 05	DNR	DNR
Billy Woltz	7	15: 55	27: 00	26: 05	26: 16	26: 09	26: 00	26: 19
N. Zamzow-Schmidt	3	16: 27	29: 18	29: 06	FP	INJ	DNR	DNR

(Continued on page 54)

... Individual Performances

(Continued from page 53)

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, MDL-Medical Leave, QUIT-Left the team, SICK-Out for Illness, FP-Fresh Pond.

Places

NAME	ALUMNI 9/2	PPL VAL 9/23	NEICAAA 10/7	PRE-NAT 10/14	NEWMAC 10/29	NE DIV 3 11/11	NCAA 11/18	AVG	RNK
Brian Bates	13	12	10	FP	6	6	5	8.7	11
Josh Derrick	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ		
Dylan Doblár	9	9	13	I NJ	I NJ	I NJ	I NJ	10.3	14
Joe Faraguna	I NJ	I NJ	I NJ	QUI T	QUI T	QUI T	QUI T		
Nate Foss	4	15	5	7	10	DNR	DNR	8.2	9
Ben Freed	7	5	I NJ	DNR	17	DNR	DNR	9.7	12
Brian Gilligan	I NJ	I NJ	DNR	MDL	MDL	DNR	DNR		
Aidan Gilson	2	4	3	6	5	2	4	3.7	3
Steven Goldy	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ		
Jacobson-Schulte	12	11	15	FP	12	DNR	DNR	12.5	15
Jakob Jorgensen	14	13	12	DNR	14	DNR	DNR	13.3	16
Alex Knapp	I NJ	I NJ	I NJ	FP	7	DNR	DNR	7	7
Alex Knoedler	I NJ	I NJ	6	3	3	5	3	4	4
Dennis Maloney	1	SICK	1	1	1	1	1	1	1
Jake Oeding	I NJ	8	11	9	11	DNR	DNR	9.8	13
Josh Rosenkranz	5	1	2	2	2	3	2	2.4	2
Kent Slaney	6	2	9	10	15	DNR	DNR	8.4	10
Cooper Sloan	DNR	10	14	DNR	16	DNR	DNR	13.3	17
David Walter	8	7	7	8	9	DNR	DNR	7.8	8
Nicholas Waltman	11	6	8	5	4	7	7	6.9	6
Daniel Weiss	I NJ	I NJ	16	DNR	13	DNR	DNR	14.5	19
Billy Woltz	3	3	4	4	8	4	6	4.6	5
Zamzow-Schmidt	10	14	17	FP	I NJ	DNR	DNR	13.7	18

(Continued on page 55)

... Individual Performances

(Continued from page 54)

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, MDL-Medical Leave, QUIT-Left the team, SICK-Out for Illness, FP-Fresh Pond.

Deltas

NAME	ALUMNI 9/2	PPL VAL 9/23	NEICAAA 10/7	PRE-NAT 10/14	NEWMAC 10/29	NE DIV 3 11/11	NCAA 11/18	AVG	RNK
Brian Bates	1: 47	2: 05	1: 29	FP	1: 03	: 46	1: 21	1: 25	9
Josh Derrick	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ		
Dylan Doblar	: 49	1: 39	1: 50	DNR	I NJ	I NJ	I NJ	1: 26	11
Joe Faraguna	I NJ	I NJ	I NJ	QUI T	QUI T	QUI T	QUI T		
Nate Foss	: 25	3: 11	: 56	1: 33	1: 24	DNR	DNR	1: 29	13
Ben Freed	: 36	1: 00	I NJ	DNR	2: 49	DNR	DNR	1: 28	12
Brian Gilligan	I NJ	I NJ	DNR	MDL	MDL	DNR	DNR		
Aidan Gilson	: 22	: 44	: 12	1: 25	1: 03	: 14	1: 04	: 43	3
Steven Goldy	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ	I NJ		
Jacobson-Schulte	1: 38	1: 44	2: 12	FP	1: 47	DNR	DNR	1: 50	15
Jakob Jorgensen	1: 48	2: 22	1: 41	DNR	2: 03	DNR	DNR	1: 58	16
Alex Knapp	I NJ	I NJ	I NJ	FP	1: 04	DNR	DNR	1: 04	6
Alex Knoedler	I NJ	I NJ	1: 00	1: 00	: 45	: 36	1: 04	: 53	5
Dennis Maloney	: 00	SICK	: 00	: 00	: 00	: 00	: 00	: 00	1
Jake Oeding	I NJ	1: 30	1: 36	1: 52	1: 32	DNR	DNR	1: 37	14
Josh Rosenkranz	: 26	: 00	: 10	: 27	: 29	: 20	: 21	: 15	2
Kent Slaney	: 33	: 12	1: 24	2: 49	2: 07	DNR	DNR	1: 25	9
Cooper Sloan	DNR	1: 41	1: 58	DNR	2: 32	DNR	DNR	2: 03	17
David Walter	: 48	1: 26	1: 03	1: 39	1: 10	DNR	DNR	1: 13	7
Nicholas Waltman	1: 15	1: 03	1: 16	1: 14	: 49	1: 41	1: 39	1: 16	8
Daniel Weiss	I NJ	I NJ	2: 43	DNR	2: 02	DNR	DNR	2: 22	18
Billy Woltz	: 24	: 19	: 35	1: 08	1: 06	: 29	1: 36	: 48	4
Zamzow-Schmidt	: 56	2: 37	3: 36	FP	I NJ	DNR	DNR	2: 23	19

(Continued on page 56)

... Individual Performances

(Continued from page 55)

The chart below is a consolidation of the rankings from the Delta and Place charts, combined with the number of races run. Those three ranks are summed to produce a combined score for each athlete. The scores are then ordered to produce an overall performance ranking.

Ranking

NAME	# RACES	RANK	DELTA	RANK	PLACE	RANK	SCORE	RANK
Brian Bates	6	2	1: 25	9	8. 7	13	24	10
Josh Derrick								
Dylan Doblár	3	5	1: 26	11	10. 3	14	30	13
Nate Foss	5	3	1: 29	13	8. 2	9	25	11
Ben Freed	3	5	1: 28	12	9. 7	11	28	12
Aidan Gilson	7	1	: 43	3	3. 8	3	7	3
Steven Goldy								
F. Jacobson-Schulte	4	4	1: 50	15	12. 5	15	34	15
Jakob Jorgensen	4	4	1: 58	16	13. 2	16	36	16
Alex Knapp	1	7	1: 04	6	7	7	20	8
Alex Knoedler	5	3	: 53	5	4	4	12	5
Dennis Maloney	6	2	: 00	1	1	1	4	1
Jake Oeding	4	4	1: 37	14	9. 7	12	30	13
Josh Rosenkranz	7	1	: 15	2	2. 5	2	5	2
Kent Slaney	5	3	1: 25	9	8. 4	10	22	9
Cooper Sloan	3	5	2: 03	17	13. 3	17	39	17
David Walter	5	3	1: 13	7	7. 8	8	18	7
Nicholas Waltman	7	1	1: 16	8	6. 9	6	15	6
Daniel Weiss	2	6	2: 22	18	14. 5	19	43	19
Billy Woltz	7	1	: 48	4	4. 6	5	10	4
N. Zamzow-Schmidt	3	5	2: 23	19	13. 7	18	42	18

WOMEN'S TRACK AND FIELD**INDOOR****2017-18 RESULTS****VARSITY**

Won 7, Lost 0

MIT79
106
212**OPPONENT**Alumni 33
Bates 53.5, Colby 28.5
Tufts, 127, Bowdoin 102, Southern Maine 78, Merrimack 59**2018-19 SCHEDULE**

12/1	Boston University Season Opener	Boston University - Boston, MA
12/15	Alumni Meet	MIT - Cambridge, MA
1/12	Bates, Colby	MIT - Cambridge, MA
1/19	Bowdoin Invitational	Bowdoin College - Brunswick, ME
1/25-26	Terrier Classic	Boston University - Boston, MA
1/26	Branwen Smith-King Invitational	Tufts University - Medford, MA
2/1-2/2	NEICAAA Championship	Reggie Lewis Center - Boston, MA
2/2	Tufts Cupid Challenge	Tufts University - Medford, MA
2/8-2/9	David Hemery Valentine Invitational	Boston University - Boston, MA
2/9	Gordon Kelly Invitational	MIT - Cambridge, MA
2/16	Springfield College Invitational	Springfield College - Springfield, MA
2/22-23	New England Div. III Champ.	Bowdoin College - Brunswick, ME
2/24	Boston University Final Qualifier	Boston University - Boston, MA
3/2	Tufts Final Qualifier	Tufts University - Medford, MA
3/8-9	NCAA Div. III Championship	Reggie Lewis Center - Boston, MA

VARSITY SCORING & ROSTER

Hannah Chen	'18	48	Lucy Lee	'21	8.75	Lila Wine	'21	0.5
Ari Slutsky*	'18	34	Bailee Margolis	'20	7	Madeleine Waller	GS	0.5
Michelle Menkiti	'20	32	Katharine Bacher	'20	6.25	Kathleen Brandes	'19	
Haley Strouf*	'18	21	Liana Reilly	'21	6	Gabrielle Enns	'21	
Jasmine Jin	'20	20.5	Emily Niu	'21	6	Erin Grela	'20	
Jacqueline Ahrens	'21	18	Jenna Melanson	'20	6	Sarah Ishamuddin	'21	
Elizabeth Weeks	'21	17	Ciera Gordon	'18	5	Dhamanpreet Kaur	'21	
Katherine Williams	'21	16.25	Kailyn Bryk	'21	3	Maia Mesyngier	'20	
Marissa McPhillips	'20	15.25	Tema Nwana	'21	3	Nneoma Okonkwo	'18	
Mary Eccles*	'18	15	Kari Stromhaug	'19	3	Tessa Weiss	'20	
Kristen Frombach	'20	14.5	Darby LaPlant	'19	3			
Margaret Redfield	'21	13	Kathryn Mohr	'20	3			
M. McCandless	'20	12.75	Lindsey McAllister	'21	2.5			
Skyler Brooks	'20	11.75	Emily Freel	'21	2			
M. Jebutu	'20	11	McCormack-Kumin	'20	2			
Margaret Trautner	'20	10.5	Bailey Tregoning	'19	1.25			
M. Patarino	'19	9	Clemmie Mitchell	'18	0.75			

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (2nd) 127 points

Katie Bacher	1,000	2:59.04 (1 st)
Mary Eccles	5,000	17:02.63 (1 st)
Trautner, Frombach, Tregoning, Bacher	DMR	12:05.40 (1 st)
Jacqueline Ahrens	Pole Vault	12'11.5" (1 st)
Haley Strouf	Long Jump	18'6.5" (1 st)
Marissa McPhillips	Mile	4:55.42 (2 nd)
Kari Stromhaug	Pole Vault	12'9.5" (2 nd)
Nneoma Okonkwo	Long Jump	18'5.75" (2 nd)
Jasmine Jin	Triple Jump	37'5" (2 nd)
Ari Slutsky	Weight Throw	54'10.75" (3 rd)
Bailey Tregoning	800	2:18.89 (4 th)
Marissa McPhillips	1,000	3:00.57 (4 th)
Mary Eccles	3,000	10:14.40 (4 th)
Katie Williams	600	1:38.51 (4 th)
Margaret Redfield	High Jump	5'3" (5 th)
Elizabeth Weeks	Triple Jump	36'10.25" (5 th)
Hannah Chen	400	58.68 (5 th)
Jenna Melanson	3,000	10:29.45 (6 th)
Mackenzie Patarino	Pole Vault	11'7.75" (6 th)
Michelle Menkiti	200	26.28 (6 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (T-20th) 9 points

Jacqueline Ahrens	Pole Vault	12'3.5" (4 th)
Kari Stromhaug	Pole Vault	12'3.5" (5 th)

National Collegiate Athletic Association (NCAA Division III) (11th) 19 points

Bacher, Chen, Tregoning, McPhillips	DMR	11:43.54 (4 th)
Marissa McPhillips	Mile	4:58.75 (5 th)
Jacqueline Ahrens	Pole Vault	12'5.5" (6 th)
Kari Stromhaug	Pole Vault	12'5.5" (7 th)
Mary Eccles	5,000	17:04.46 (7 th)
Nneoma Okonkwo	Long Jump	18'4.25" (7 th)
Margaret Trautner	800	2:17.47 (8 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
60	Nneoma Okonkwo	7.90
	Michelle Menkiti	8.02
200	Michelle Menkiti	25.31
	Hannah Chen	26.09
400	Hannah Chen	57.39
	Kristen Frombach	1:02.14
600	Katie Williams	1:38.51 *
	Margaret Trautner	1:40.72
800	Katie Williams	2:12.23 *
	Marissa McPhillips	2:12.90
1000	Katie Williams	2:54.97 ***
	Margaret Trautner	2:55.87
Mile	Marissa McPhillips	4:55.42
	Katie Bacher	5:00.16
3000	Marissa McPhillips	9:51.25
	Katie Bacher	9:57.69
5000	Mary Eccles	17:02.63
	Megan McCandless	17:37.90
60 H	Hannah Chen	9.09
	Lucy Lee	9.64
4x400	Chen, Frombach, Brooks, Tregoning	4:06.19
4x800	Bacher, McAllister, Brooks, McPhillips	9:48.73
DMR	Bacher, Chen, Tregoning, McPhillips	11:43.54
High Jump	Margaret Redfield	5'4.5" *
	Liana Reilly	5'1"
Pole Vault	Jacqueline Ahrens	12'11.5" *
	Kari Stromhaug	12'9.5"
Long Jump	Nneoma Okonkwo	18'10"
	Haley Strouf	18'7"
Triple Jump	Jasmine Jin	37'8.75"
	Elizabeth Weeks	37'5" *
Shot Put	Ari Slutsky	38'6.25"
	Mofolusho Jebutu	32'9/5"
Weight Throw	Ari Slutsky	57'9.5" **
	Mofolusho Jebutu	48'8.25"

Freshman & Varsity Record ***

Varsity Record **

Freshman Record *

OUTDOOR

2018 RESULTS**VARSITY**

Won 4, Lost 0

MIT212
107**OPPONENT**Tufts 186, Bates 132.5, RPI 122.5
Williams 92**2019 SCHEDULE**

3/23	Bridgewater State Invitational	Bridgewater State
3/27	CMS Invitational	CMS
3/30	UCSD Invitational	UCSD
4/5	Sam Howell Invitational	Princeton
4/6	Bates, MIT, RPI, Tufts	MIT - Cambridge, MA
4/13	Williams Dual	MIT - Cambridge, MA
4/17-18	Holy Cross Multi-Event	Holy Cross
4/19	Larry Ellis Invitational	Princeton
4/20	Sean Collier Invitational	MIT - Cambridge, MA
4/27	NEWMAC Championship	Mt. Holyoke
5/2-4	New England Division III Champ.	Williams College
5/9-11	NEICAAA Championship	Southern Connecticut State University
5/16	MIT Final Qualifier	MIT - Cambridge, MA
5/23-25	NCAA Division III Championship	Spire Institute, Geneva, OH

VARSITY SCORING & ROSTER

Ariela Slutsky*	'18	39	Liana Reilly	'21	11	Katherine Mohr	'20	1
Michelle Menkiti	'20	30.5	Marissa McPhillips	'20	10.5	Kathleen Brandes	'19	
Hannah Chen*	'18	28.5	Katie Bacher	'20	10.25	Skylar Brooks	'20	
Margaret Trautner	'20	21.75	Mary Eccles*	'18	10	Gabrielle Enns	'21	
Nneoma Okonkwo	'18	15	Dhamanpreet Kaur	'21	10	Emily Freel	'21	
Elizabeth Weeks	'21	18	Kristen Frombach	'19	9	Erin Grela	'20	
Katie Williams	'21	15.75	Mackenzie Patarino	'19	9	Sarah Ishamuddin	'21	
Haley Strouf*	'18	15.5	Lucy Lee	'21	9	Darby LaPlant	'19	
Bailey Tregoning	'19	15.5	Margaret Redfield	'21	8	Bailee Margolis	'19	
Kari Stromhaug	'19	15	McCormack-Kuhman	'20	8	Alexandra Marsh	'21	
Jasmine Jin	'20	14	Jacqueline Ahrens	'21	8	M. McCandless	'20	
Folusho Jebutu	'20	14	Kailyn Bryk	'21	6	Maia Mesyngier	'20	
Dana Balek	'18	13	Lila Wine	'21	4	Emily Niu	'21	
Jenna Melanson	'20	11.25	Lindsey McAllister	'21	2	Tema Nwana	'21	

* Captain

CHAMPIONSHIPS**NEWMAC (1st Place) 213 points**

Mary Eccles	5,000	18:19.99 (1 st)
Hannah Chenn	400 Hurdles	1:02.47 (1 st)
Jenna Melanson	3,000 Steeplechase	10:48.36 (1 st)
Chen, Frombach, Tregoning, Williams	4x400 Relay	3:56.80 (1 st)
Nneoma Okonkwo	Long Jump	18-6 (1 st)
Ariela Slutsky	Discus	143-0 (1 st)
Ariela Slutsky	Hammer	172-6 (1 st)
Hannah Chen	100 Hurdles	14.65 (2 nd)
Bailey Tregoning	800	2:14.98 (2 nd)
Jacqueline Ahrens	Pole Vault	12-5 ½ (2 nd)
Haley Strouf	Long Jump	17-10 ¼ (2 nd)
Jasmine Jin	Triple Jump	37-4 (2 nd)
Ariela Slutsky	Shot Put	38-5 (2 nd)
Nneoma Okonkwo	100	12.47 (3 rd)
Marissa McPhillips	1,500	4:34.91 (3 rd)
Bailee Margolis	10,000	40:17.98 (3 rd)
Kari Stromhaug	Pole Vault	11-7 ¾ (3 rd)
Elizabeth Weeks	Triple Jump	36-11 ½ (3 rd)
Kristen Frombach	400	1:01.21 (4 th)
Katie Williams	800	2:15.69 (4 th)
Katie Bacher	1,500	4:45.00 (4 th)
Dana Balek	Javelin	112-2 (4 th)
Mary Eccles	1,500	4:46.92 (5 th)
Liana Reilly	High Jump	5-2 ½ (5 th)
Makenzie Patarino	Pole Vault	10-8 (5 th)
Folusho Jebutu	Shot Put	33-6 ¾ (5 th)
Folusho Jebutu	Discus	116'1 (5 th)
Marissa McPhillips	800	2:16.17 (6 th)
Jenna Melanson	400 Hurdles	1:09.61 (6 th)
Emily Freel	10,000	40:48.24 (6 th)
Mohr, Strouf, Chen, Okonkwo	4x100 Relay	50.15 (6 th)
Margaret Redfield	High Jump	5-2 ½ (6 th)
Lila Wine	Pole Vault	9-8 (6 th)
Sarah Ishamuddin	Triple Jump	34-2 (7 th)
Folusho Jebutu	Hammer	140-4 (7 th)
Skylar Brooks	800	2:18.45 (8 th)
Dhamanpreet Kaur	10,000	41:43.83 (8 th)
Lucy Lee	Triple Jump	33-8 ¾ (8 th)

New England Division 3 Championships (1st Place) 161 Points

Mary Eccles	10,000	38:59.04 (1 st)
Jenna Melanson	3,000 Steeplechase	10:49.00 (1 st)
Frombach, Chen, Williams, Tregoning	4x400 Relay	3:56.01 (1 st)
Trautner, Brooks, Bacher, McPhillips	4x800 Relay	9:20.69 (1 st)
Ariela Slutsky	Discus	148-7 (1 st)
Baley Tregoning	800	2:11.18 (2 nd)
Katie Bacher	1,500	4:33.98 (2 nd)
Mary Eccles	5,000	17:31.0 (2 nd)

(Continued on page 62)

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Bailee Margolis	10,000	39:14.66 (2 nd)
Hannah Chen	400 Hurdles	1:01.14 (2 nd)
Kari Stromhaug	Pole Vault	12-3 ½ (2 nd)
Ariela Slutksy	Hammer	168-5 (2 nd)
Jasmine Jin	Triple Jump	38-1 ¼ (3 rd)
Michelle Menkiti	200	25.09 (4 th)
Hannah Chen	100 Hurdles	14.62 (4 th)
Jacqueline Ahrens	Pole Vault	11-7 ¾ (4 th)
Nneoma Okonkwo	Long Jump	18-6 ½ (4 th)
Makenzie Patarino	Pole Vault	11-1 ¾ (5 th)
Haley Strouf	Long Jump	18-4 ½ (5 th)
Margaret Trautner	800	2:14.33 (6 th)
Marissa McPhillips	1,500	4:35.91 (6 th)
Margaret Redfield	High Jump	5-3 ¾ (6 th)
Elizabeth Weeks	Triple Jump	37-8 (6 th)
Ariela Slutsky	Shot Put	39-3 (6 th)
Lila Wine	Pole Vault	11-1 ¾ (7 th)
Folusho Jebutu	Discus	124-9 (7 th)
Katie Williams	800	2:14.58 (8 th)
Liana Reilly	High Jump	5-2 ½ (8 th)

NEICAAA (8th Place) 28 Points

Ariela Slutsky	Discus	148-3 (2 nd)
Jenna Melanson	3,000 Steeplechase	10:43.76 (3 rd)
Katie Bacher	1,500	4:31.71 (5 th)
Jacqueline Ahrens	Pole Vault	11-7.75 (6 th)
Nneoma Okonkwo	Long Jump	18-4 ½ (6 th)
Hannah Chen	400 Hurdles	1:02.55 (7 th)
Bailey Tregoning	800	2:11.98 (8 th)
Marissa McPhillips	1,500	4:34.09 (8 th)

NCAA Championships (17th Place) 13.5 Points

Kari Stromhaug	Pole Vault	12-3 ½ (3 rd)
Jacqueline Ahrens	Pole Vault	12-3 ½ (tie 6 th)
Marissa McPhillips	1,500	4:33.58 (7 th)
Hannah Chen	400 Hurdles	1:01.25 (7 th)
Jenna Melanson	3,000 Steeplechase	10:41.30 (8 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
100	Nneoma Okonkwo	12.47
	Michelle Menkiti	12.49
200	Michelle Menkiti	25.09
	Kristen Frombach	27.40
400	Kristen Frombach	1:00.92
800	Bailey Tregoning	2:11.18
	Margaret Trautner	2:12.65
1,500	Marissa McPhillips	4:31.09
	Katie Bacher	4:31.71
5,000	Mary Eccles	17:09.62
	Jenna Melanson	17:48.82
10,000	Mary Eccles	35:27.11
	Bailee Margolis	39:14.66
100 Hurdles	Hannah Chen	14.42
	Lucy Lee	16.92
400 Hurdles	Hannah Chen	1:01.14
	Jenna Melanson	1:09.61
3,000 Steeplechase	Jenna Melanson	10:41.30
	Lindsey McAllister	11:48.04
4x100 Relay	Menkiti, Strouf, Chen, Okonkwo	49.24
4x400 Relay	Chen, Frombach, Williams, Tregoning	3:56.01
4x800 Relay	Bacher, Williams, Trautner, Tregoning	9:19.38
High Jump	Margaret Redfield	5-3 $\frac{3}{4}$ *
	Liana Reilly	5-2 $\frac{1}{2}$
Pole Vault	Jacqueline Ahrens	12-5 $\frac{1}{2}$ *
	Kari Stromhaug	12-4 $\frac{1}{2}$
Long Jump	Nneoma Okonkwo	18-8
	Haley Strouf	18-4 $\frac{1}{2}$
Triple Jump	Jasmine Jin	38-1 $\frac{1}{4}$
	Elizabeth Weeks	37-8 *
Shot Put	Ariela Slutsky	39-3
	Folusho Jebutu	33-6 $\frac{3}{4}$
Discus	Ariela Slutsky	149-3
	Folusho Jebutu	124-9
Hammer	Ariela Slutsky	182-4 **
	Folusho Jebutu	145-2
Javelin	Dana Balek	123-1
	Elise McCormack-Kuhman	93-11

Varsity Record **

Freshman Record *

MEN'S TRACK AND FIELD**INDOOR****2017-2018 RESULTS****VARSITY**

Won 7, Lost 0

MIT

92

100

174.50

OPPONENT

Alumni 30

Bates 62, Colby 19

Tufts, 132, Bowdoin 100, Merrimack 88, Southern Maine 61.50

2018-19 SCHEDULE

12/1	Boston University Season Opener	Boston University - Boston, MA
12/15	Alumni Meet	MIT - Cambridge, MA
1/12	Bates, Colby	MIT - Cambridge, MA
1/19	Bowdoin Invitational	Bowdoin College - Brunswick, ME
1/25-26	Terrier Classic	Boston University - Boston, MA
1/26	Branwen Smith-King Invitational	Tufts University - Medford, MA
2/1-2/2	NEICAAA Championship	Reggie Lewis Center - Boston, MA
2/2	Tufts Cupid Challenge	Tufts University - Medford, MA
2/8-2/9	David Hemery Valentine Invitational	Boston University - Boston, MA
2/9	Gordon Kelly Invitational	MIT - Cambridge, MA
2/16	Springfield College Invitational	Springfield College - Springfield, MA
2/22-23	New England Div. III Champ.	MIT - Cambridge, MA
2/24	Boston University Final Qualifier	Boston University - Boston, MA
3/2	Tufts Final Qualifier	Tufts University - Medford, MA
3/8-9	NCAA Div. III Championship	Reggie Lewis Center - Boston, MA

VARSITY SCORING & ROSTER

Jon Fakkema	'19 32	Tre Albritten	'18 7.25	Billy Woltz	'20 3.25
Billy Ruschel	'18 31	Liam Ackerman	'21 7	Yorai Shaoul	'21 3
Chris Sweeney	'18 25	Raja Rajcic	'20 7	Joachim Kennedy	'21 2.25
Scott Cameron	'19 20	Ken Aquah	'20 7	Jacob Jorgensen	'21 1.25
Alec Reduker	'20 19	Kent Slaney	'21 6	Max Hardy	'21 1
Aidan Gilson	'19 18	Nate Munet	'19 6	Feyisope Eweje	'20 1
Mac Gregg	'21 13.25	A. Knoedler*	'18 6	E. Brandyberry	'21
Chris Washington	'20 13	Jason Villanueava	'18 5	Josh Derrick	'20
Simon Alford	'20 12.5	Ben Freed	'18 5	F. Jacobson-Schulte	'21
Benton Wilson	'21 11.25	Bobby Upton	'20 5	Daniel Weiss	'18
Dennis Maloney	'19 11	Dylan Doblal	'21 4.75	N. Zamzow-Schmidt	'21
Cody Bratten*	'18 11	Alexander Knapp	'19 4.5		
David Walter	'18 9	Brian Bates	'20 4.5		
Ellery Rajagopal	'21 9	Larry Qiu	'21 4.25		
J. Rosenkranz	'19 9	Nicholas Waltman	'18 4		
Tyndale Hannan	'20 8	Ryan Prinster*	'18 4		
Albert Menio	'20 8	Steven Speck	'20 3.5		

* Captain

CHAMPIONSHIPS**New England Division 3 (NE Div. 3)** (2nd) 97 points

Simon Alford	1,000	2:30.20 (1 st)
Yorai Shaoul	Triple Jump	48'7.25" (1 st)
Benton Wilson	200	22.33 (2 nd)
Billy Ruschel	Triple Jump	47'7" (2 nd)
Joshua Rosenkranz	5,000	15:06.28 (2 nd)
Mac Gregg	Long Jump	21'9.5" (2 nd)
Aidan Gilson	Mile	4:14.80 (2 nd)
Liam Ackerman	Pole Vault	15'1" (4 th)
Ryan Prinster	Triple Jump	46'3.5" (4 th)
David Walter	5,000	15:10.10 (4 th)
Yorai Shaoul	Long Jump	21'4.25" (5 th)
Jon Fakkema	Weight Throw	56'4" (5 th)
Doblar, Aquah, Bates, Slaney	DMR	10:31.89 (5 th)
Munet, Rajagopal, Gilson, Alford	4x800	7:59.72 (6 th)
Bobby Upton	Pole Vault	14'9.5" (7 th)
Cody Bratten	Shot Put	46'3.5" (7 th)
Aidan Gilson	3,000	8:41.24 (7 th)
Billy Woltz	3,000	8:42.52 (8 th)

New England Intercollegiate Amateur Athletic Association (NEICAAA) (20th) 9 points

Alec Reduker	High Jump	6'8.25" (6 th)
Billy Ruschel	Triple Jump	48'0.75" (6 th)
Christopher Washington	High Jump	6-08.25" (7 th)

National Collegiate Athletic Association (NCAA Division III) (18th) 12.5 point

Yorai Shaoul	Triple Jump	50'1.25" (2 nd)
Billy Ruschel	Triple Jump	48'9" (5 th)
Alec Reduker	High Jump	6'9" (T-8 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
60HH	Christopher Sweeney	8.37
	Daniel Sun	8.98
60	Benton Wilson	7.21
	Tre Albritten	7.23
200	Tre Albritten	21.92
	Benton Wilson	22.08
400	Chris Sweeney	49.76
	Benton Wilson	50.24
600	Ellery Rajagopal	1:24.94
	Tyndale Hannan	1:26.57
800	Simon Alford	1:53.70
	Nathan Munet	1:54.08
1000	Aidan Gilson	2:26.19 **
	Simon Alford	2:28.77
Mile	Aidan Gilson	4:11.03
	Dylan Doblal	4:19.33
	Kent Slaney	4:19.39
3000	Aidan Gilson	8:17.03
	Dennis Maloney	8:18.44
5000	Josh Rosenkranz	14:44.45
	Dennis Maloney	14:46.86
60 H	Chris Sweeney	8:32
	Joachim Kennedy	8.86
4x400	Albritten, Wilson, Alford, Gregg	3:27.92
4x800	Munet, Rajagopal, Gilson, Alford	7:59.72
DMR	Alford, Benton, Munet, Gilson	9:54.23
High Jump	Alec Reduker	6'9.5"
	Chris Washington	6'9"
Pole Vault	Scott Cameron	15'5"
	Liam Ackerman	15'3"
Long Jump	Mac Gregg	22'10"
	Yorai Shaoul	22'0.25"
Triple Jump	Yorai Shaoul	50'1.25" ***
	Billy Ruschel	48'9"
Shot Put	Cody Bratten	48'0"
	Jon Fakkema	47'2.25"
Weight Throw	Jon Fakkema	56'4.5"
	Albert Menio	50'0.75"

Freshman & Varsity Record ***

Varsity Record **

OUTDOOR

2018 RESULTS**VARSITY**

Won 1, Lost 3

MIT

170

93

OPPONENT

RPI 175, Tufts 172, Bates 142

Williams 104

2019 SCHEDULE

3/23	Bridgewater State Invitational	Bridgewater State
3/27	CMS Invitational	CMS
3/30	UCSD Invitational	UCSD
4/5	Sam Howell Invitational	Princeton
4/6	Bates, MIT, RPI, Tufts	MIT - Cambridge, MA
4/13	Williams Dual	MIT - Cambridge, MA
4/17-18	Holy Cross Multi-Event	Holy Cross
4/19	Larry Ellis Invitational	Princeton
4/20	Sean Collier Invitational	MIT - Cambridge, MA
4/27	NEWMAC Championship	Mt. Holyoke
5/2-4	New England Division III Champ.	Williams College
5/9-11	NEICAAA Championship	Southern Connecticut State University
5/16	MIT Final Qualifier	MIT - Cambridge, MA
5/23-25	NCAA Division III Championship	Spire Institute, Geneva, OH

VARSITY SCORING & ROSTER

Benton Wilson	'21 29.5	J. Rosenkranz	'19 7.25	Simon Alford	'20
Chris Sweeney	'18 28	Feyisope Eweje	'19 7	Brian Bates	'20
Cody Bratten*	'18 26	Billy Woltz	'20 6.25	Everett Brandyberry	'21
Yorai Shaoul	'21 25	Raja Rajcic	'20 5	Joshua Derrick	'20
Chris Washington	'20 24.5	Bobby Upton	'20 4	Mac Gregg	'21
Jon Fakkema	'19 24	Ben Freed	'18 4	Tyndale Hannan	'20
Scott Cameron	'19 15	Dylan Doblal	'21 3	F. Jacobsen-Schulte	'21
Ryan Prinster*	'18 14.5	A. Knoedler*	'18 3	Jacob Jorgensen	'21
Steven Speck	'20 12.5	Ken Acquah	'20 2	Joachim Kennedy	'21
Aidan Gilson	'19 12.25	Kent Slaney	'21 2	Alex Knapp	'19
Nicholas Waltman	'18 10	Ellery Rajagopel	'21 1.25	Nathan Munet	'19
Albert Menio	'20 9	Max Hardy	'21 1	Alec Reduker	'20
Jason Villanueva	'18 8	David Walter	'19 1	William Ruschel	'18
Daniel Weiss	'19 8	Liam Ackerman	'21	N. Zamzow-Schmidt	'21

* Captain

CHAMPIONSHIPS**NEWMAC** (1st Place) 274.5 Points

Benton Wilson	100	10.83 (1 st)
Benton Wilson	200	21.69 (1 st)
Nicholas Waltman	10,000	32:36.22 (1 st)
Chris Sweeney	110 Hurdles	14.88 (1 st)
Chris Sweeney	400 Hurdles	54.02 (1 st)
David Walter	5,000	15:31.13 (1 st)
Aidan Gilson	3,000 Steeplechase	9:26.65 (1 st)
Chris Washington	High Jump	6-6 (1 st)
Yorai Shaoul	Long Jump	23-0 (1 st)
Yorai Shaoul	Triple Jump	48-4 (1 st)
Cody Bratten	Shot Put	50-0 $\frac{3}{4}$ (1 st)
Cody Bratten	Discus	160-8 (1 st)
Jon Fakkema	Hammer	161-1 (1 st)
Alexander Knoedler	10,000	32:42.73 (2 nd)
Alec Reduker	High Jump	6-6 (2 nd)
Scott Cameron	Pole Vault	14-11 (2 nd)
William Ruschel	Triple Jump	45-7 $\frac{3}{4}$ (2 nd)
Jon Fakkema	Shot Put	45-10 $\frac{3}{4}$ (2 nd)
Jon Fakkema	Discus	150-6 (2 nd)
Cody Bratten	Hammer	151-4 (2 nd)
Dan Weiss	10,000	32:47.51 (3 rd)
Ben Freed	3,000 Steeplechase	9:45.39 (3 rd)
Bobby Upton	Pole Vault	14-5 $\frac{1}{4}$ (3 rd)
Everett Brandyberry	Pole Vault	14-5 $\frac{1}{4}$ (3 rd)
William Ruschel	Long Jump	22-0 $\frac{3}{4}$ (3 rd)
Josh Rosenkranz	1,500	3:59.46 (4 th)
Dylan Doblar	1,500	4:00.45 (4 th)
Brian Bates	3,000 Steeplechase	9:50.24 (4 th)
Jason Villanueva	Triple Jump	44-4 $\frac{1}{4}$ (4 th)
Nathan Munet	800	1:56.83 (5 th)
Alex Knapp	10,000	33:09.29 (5 th)
Wilson, Washington, Speck, Prinster	4x100 Relay	43.81 (5 th)
Ryan Prinster	Triple Jump	44-2 $\frac{1}{2}$ (5 th)
Albert Menio	Discus	130-3 (5 th)
Simon Alford	800	1:57.21 (6 th)
Max Hardy	Pole Vault	13-5 $\frac{1}{4}$ (6 th)
Albert Menio	Shot Put	41-1 $\frac{1}{2}$ (6 th)
Albert Menio	Hammer	131-10 (6 th)
Billy Woltz	1,500	4:02.33 (7 th)
Aidan Gilson	400 Hurdles	58.37 (7 th)
Steven Speck	High Jump	6-2 (7 th)
Chris Washington	Long Jump	20-10 (7 th)
Kent Slaney	1,500	4:03.62 (8 th)

(Continued on page 69)

[\(Continued from page 68\)](#)**New England Division 3 Championships** (1st Place) 162.5 Points

Josh Rosenkranz	10,000	31:52.46 (1 st)
Chris Sweeney	110 Hurdles	14.80 (1 st)
Scott Cameron	Pole Vault	15-9 (1 st)
Yorai Shaoul	Triple Jump	49-5 (1 st)
Yorai Shaoul	Long Jump	23-2 (1 st)
Alexander Knoedler	10,000	31:52.59 (2 nd)
Chris Sweeney	400 Hurdles	53.43 (2 nd)
Aidan Gilson	3,000 Steeplechase	9:24.47 (2 nd)
Munet, Doblal, Rajagopal, Alford	4x800 Relay	7:50.66 (2 nd)
William Ruschel	Long Jump	23-2 (2 nd)
William Ruschel	Triple Jump	48-4 ½ (2 nd)
Cody Bratten	Discus	164-0 (2 nd)
Josh Rosenkranz	5,000	14:53.04 (3 rd)
Nicholas Waltman	10,000	32:39.77 (3 rd)
Ben Freed	3,000 Steeplechase	9:29.42 (3 rd)
Cody Bratten	Shot Put	50-9 ½ (3 rd)
Chris Washington	High Jump	6-7 (3 rd)
Benton Wilson	100	10.87 (4 th)
Brian Bates	3,000 Steeplechase	9:31.70 (4 th)
Jon Fakkema	Discus	156-7 (5 th)
Benton Wilson	200	21.91 (5 th)
Billy Woltz	5,000	15:03.63 (6 th)
Sweeney, Gilson, Acquah, Wilson	4x400 Relay	3:21.97 (6 th)
Everett Brandyberry	Pole Vault	14-5 ¼ (6 th)
Alec Reduker	High Jump	6-5 (7 th)

NEICAAA Championships (11th place) 29.5 Points

Cody Bratten	Discus	169-2 (1 st)
Aidan Gilson	3,000 Steeplechase	9:09.62 (2 nd)
Chris Sweeney	400 Hurdles	54.06 (4 th)
Benton Wilson	200	22.07 (6 th)
Chris Washington	High Jump	6-5 (6 th)
Ben Freed	3,000 Steeplechase	9:13.48 (8 th)

NCAA Championships (38th place) 9 Points

Yorai Shaoul	Triple Jump	51-8.5 (2 nd)
Aidan Gilson	3,000 Steeplechase	9:16.04 (8 th)

BEST INDIVIDUAL PERFORMANCES

<u>Event</u>	<u>Name</u>	<u>Performance</u>
100	Benton Wilson	10.83 *
	Ryan Prinster	11.44
200	Benton Wilson	21.69 *
	Ken Acquah	23.14
400	Benton Wilson	50.36
	Ken Acquah	51.64
800	Nathan Munet	1:55.94
	Simon Alford	1:57.21
1,500	Josh Rosenkranz	3:59.46
	Dylan Doblal	4:00.45
5,000	Josh Rosenkranz	14:51.99
	Billy Woltz	15:03.63
10,000	Josh Rosenkranz	31:52.46
	Alexander Knoedler	31:52.59
110 Hurdles	Chris Sweeney	14.73
	Joachim Kennedy	16.32
400 Hurdles	Chris Sweeney	53.20
	Aidan Gilson	58.37
3,000 Steeplechase	Aidan Gilson	9:09.62
	Ben Freed	9:13.48
4x100 Relay	Wilson, Prinster, Washington, Gregg	43.22
4x400 Relay	Wilson, Acquah, Gilson, Sweeney	3:21.97
4x800 Relay	Munet, Doblal, Rajagopal, Alford	7:50.66
High Jump	Alec Reduker	6-10 $\frac{3}{4}$
	Chris Washington	6-7
Pole Vault	Scott Cameron	15-9
	Everett Brandyberry	14-5 $\frac{1}{4}$
	Bobby Upton	14-5 $\frac{1}{4}$
Long Jump	Yorai Shaoul @	23-2 *
	William Ruschel	23-2
Triple Jump	Yorai Shaoul	51-8 $\frac{1}{2}$ ***
	William Ruschel	48-4 $\frac{1}{2}$
Shot Put	Cody Bratten	50-9 $\frac{1}{2}$
	Jon Fakkema	45-10 $\frac{3}{4}$
Discus	Cody Bratten	169-2
	Jon Fakkema	156-7
Hammer	Jon Fakkema	162-0
	Cody Bratten	151-4

Freshman & Varsity Record ***

Freshman Record *

NEWMAC Rookie of the Year @

2018-2019 COMBINED SCHEDULES

CROSS COUNTRY

09/01	Alumni Meet	Larz Anderson, Brookline, MA
09/22	Purple Valley Classic	Williams College - Mt. Greylock H.S.
10/06	NEICAAA Championship	Franklin Park
10/13	Pre-Nationals	UW Oshkosh - Lake Breeze Golf Course
10/27	NEWMAC Championship	Smith College
11/10	New Eng. Div. III Reg. Champ.	Bowdoin College
11/17	NCAA Div. III Championship	UW Oshkosh - Lake Breeze Golf Course

INDOOR TRACK

12/1	Boston University Season Opener	Boston University - Boston, MA
12/15	Alumni Meet	MIT - Cambridge, MA
1/12	Bates, Colby	MIT - Cambridge, MA
1/19	Bowdoin Invitational	Bowdoin College - Brunswick, ME
1/25-26	Terrier Classic	Boston University - Boston, MA
1/26	Branwen Smith-King Invitational	Tufts University - Medford, MA
2/1-2/2	NEICAAA Championship	Reggie Lewis Center - Boston, MA
2/2	Tufts Cupid Challenge	Tufts University - Medford, MA
2/8-2/9	David Hemery Valentine Invitational	Boston University - Boston, MA
2/9	Gordon Kelly Invitational	MIT - Cambridge, MA
2/16	Springfield College Invitational	Springfield College - Springfield, MA
2/22-23	New England Div. III Champ.	Bowdoin College - Brunswick, ME (Women)
2/22-23	New England Div. III Champ.	MIT - Cambridge, MA (Men)
2/24	Boston University Final Qualifier	Boston University - Boston, MA
3/2	Tufts Final Qualifier	Tufts University - Medford, MA
3/8-9	NCAA Div. III Championship	Reggie Lewis Center - Boston, MA

OUTDOOR TRACK

3/23	Bridgewater State Invitational	Bridgewater State
3/27	CMS Invitational	CMS
3/30	UCSD Invitational	UCSD
4/5	Sam Howell Invitational	Princeton
4/6	Bates, MIT, RPI, Tufts	MIT - Cambridge, MA
4/13	Williams Dual	MIT - Cambridge, MA
4/17-18	Holy Cross Multi-Event	Holy Cross
4/19	Larry Ellis Invitational	Princeton
4/20	Sean Collier Invitational	MIT - Cambridge, MA
4/27	NEWMAC Championship	Mt. Holyoke
5/2-4	New England Division III Champ.	Williams College
5/9-11	NEICAAA Championship	Southern Connecticut State University
5/16	MIT Final Qualifier	MIT - Cambridge, MA
5/23-25	NCAA Division III Championship	Spire Institute, Geneva, OH