



# INDOOR TRACK & FIELD WEEKLY REPORT

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February 2, 2010 Week 6

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## NORTHEAST-10 MEN'S TRACK ATHLETE OF THE WEEK



**Donte Brown, UMass Lowell** (Jr., Raynham, Mass.) - Provisionally qualified for the NCAA Championship in both the 400 meter dash and the 4X400 meter relay at the Boston University Terrier Invitational. Placed fourth overall (first among Division II-III sprinters) in the 400 in 47.94 seconds. Also ran a 49.03-second leg on the 4X400 meter relay team, which placed second overall and tops among collegiate teams in 3:15.64, currently No. 2 on the Division II list.

## NORTHEAST-10 WOMEN'S TRACK ATHLETE OF THE WEEK



**Haley Catarius, UMass Lowell** (Sr., Marshfield, Mass.) - Provisionally qualified for the NCAA Championship in both the 800 meters and the 4X400 meter relay at the Boston University Terrier Invitational. Placed fifth overall and second among collegiate runners in the 800 meters with a time of 2:13.35, currently the second-fastest time in the country. Also ran a 57.2-second split on the 4X400 relay team which placed fourth (first among Division II-III foursomes) in 3:54.75, currently eighth on the Division II list.

## NORTHEAST-10 MEN'S TRACK FRESHMAN OF THE WEEK



**Evan White, UMass Lowell** (Fr., Tewksbury, Mass.) - Defeated all collegiate runners, eclipsed the school record and placed third overall in the 200 meter dash at the Boston University Terrier Invitational with a time of 21.63 seconds. Virtually solidified his place at the NCAA Championship with the third-fastest time in the country.

## NORTHEAST-10 WOMEN'S TRACK FRESHMAN OF THE WEEK



**Erin Carmone, Stonehill** (Fr., Riverside, R.I.) - Led Stonehill at Friday's Reebok Boston Collegiate Indoor Games with a fifth-place finish out of 50 competitors in the 3000-meter run with a time of 10:12.95.

## NORTHEAST-10 MEN'S FIELD ATHLETE AND FRESHMAN OF THE WEEK



**Corey Thomas, Stonehill** (Fr., Brookline, Mass.) - Highlighted Stonehill's sixth-place finish (out of 18 teams) at Friday's Reebok Boston Indoor Collegiate Games by winning the high jump with a program-record and NCAA Division II Championship automatic qualifying jump of 7'1" (2.16m) - the highest leap in all of Division II so far this season. The jump bettered his previous school record (6'9") set the previous weekend at the Wheaton Invitational. Thomas also bettered his school-record and NCAA Championship provisional qualifying time in the 55-meter high hurdles with a run of 7.66-seconds in the preliminaries. He would later finish third in the final with a time of 7.74. Thomas was also a part of Stonehill's 4x400-meter relay team that finished ninth with a time of 3:33.34

## NORTHEAST-10 WOMEN'S FIELD ATHLETE OF THE WEEK



**Jacqui Barrett, UMass Lowell** (Sr., Woburn, Mass.) - Placed second in the shot put and eclipsed her personal-best throw for the fourth time this season with a distance of 47 feet, 5.75 inches. The effort currently ranks fourth on the NCAA Division II list this season.

## NORTHEAST-10 WOMEN'S FIELD FRESHMAN OF THE WEEK



**Ashley Aupont, American International** (Fr., Endicott, N.Y.) - Aupont was 12th in the high jump at 1.57 meters at Boston University's Terrier Invitational. She also finished 17th in the 55-meter hurdles with a time of 8.96 seconds.

### MEN'S TRACK ATHLETE OF THE WEEK

Dec. 8..... Kevin Downing - UNH  
Dec. 15 ..... Dominic Smith - AIC  
Jan. 12 ..... Kevin Durant - ADE  
Jan. 19 ..... Kevin Jackson - STR  
Jan. 26 ..... Dan Darcy - BEN  
Feb. 2..... Donte Brown - UML

### WOMEN'S TRACK ATHLETE OF THE WEEK

Dec. 8..... Shannon Gagne - UNH  
Dec. 15 ..... Amy Varsell - BEN  
Jan. 12 ..... Danielle Lyons - ADE  
Jan. 19 ..... Haley Catarius - UML  
Jan. 26 ..... Ashley Zielinski - UML  
Feb. 2..... Haley Catarius - UML

### MEN'S TRACK FRESHMAN OF THE WEEK

Dec. 8..... Corey Thomas - STO  
Dec. 15 ..... Evan White - UML  
Jan. 12 ..... Craig Bennett - UML  
Jan. 19 ..... Evan White - UML  
Jan. 26 ..... Corey Thomas - STO  
Feb. 2..... Evan White - UML

### WOMEN'S TRACK FRESHMAN OF THE WEEK

Dec. 8..... Sarah Hill - SCS  
Dec. 15 ..... Amy Varsell - BEN  
Jan. 12 ..... Amy Varsell - BEN  
Jan. 19 ..... No Nominations  
Jan. 26 ..... Jessica Jarrard - STO  
Feb. 2..... Erin Carmone - STO

### MEN'S FIELD ATHLETE OF THE WEEK

Dec. 8..... Maurice Calenda - AIC  
Dec. 15 ..... Maurice Calenda - AIC  
Jan. 12 ..... Maurice Calenda - AIC  
Jan. 19 ..... William Nguidjoi - UML  
Jan. 26 ..... Diwani Augustine - SCS  
Feb. 2..... Corey Thomas - STO

### WOMEN'S FIELD ATHLETE OF THE WEEK

Dec. 8..... Jacqui Barrett - UML  
Dec. 15 ..... Olivia Thibou - AIC  
Jan. 12 ..... Jacqui Barrett - UML  
Jan. 19 ..... Chrissy Silvar - UML  
Shannon Gagne - UNH  
Jan. 26 ..... Olivia Thibou - AIC  
Feb. 2..... Jacqui Barrett - UML

### MEN'S FIELD FRESHMAN OF THE WEEK

Dec. 8..... Noel James - AIC  
Dec. 15 ..... Noel James - AIC  
Jan. 12 ..... Dylan Moore - AIC  
Jan. 19 ..... No Nominations  
Jan. 26 ..... Noel James - AIC  
Feb. 2..... Corey Thomas - STO

### WOMEN'S FIELD FRESHMAN OF THE WEEK

Dec. 8..... Kimberly Johnson - SCS  
Dec. 15 ..... Kimberly Johnson - SCS  
Jan. 12 ..... Teresa Parker - SCS  
Jan. 19 ..... Briana Del Bene - STR  
Jan. 26 ..... Ashley Aupont - AIC  
Feb. 2..... Ashley Aupont - AIC

### HONOR ROLL WEEK 6

**MEN:** Emile Barnett, American International (Jr., Huntington, N.Y.), Maurice Calenda, American International (Jr., Bloomfield, Conn.), Bernard Scott, Assumption (Sr., St. Petersburg, Fla.), Steven Long, Bentley (So., Allston, Mass.), Mike Vatti, Bentley (So., Easton, Pa.), Jeremy Chapline, Saint Rose (Sr., Queensbury, N.Y.), Kevin Jackson, Saint Rose (Sr., Schenectady, N.Y.) and Daniel Pilz, Stonehill (Jr., Newington, Conn.)

**WOMEN:** Bidemi Balogun, American International (So., Providence, R.I.) and Molly Kessler, Assumption (Fr., Hopkinton, Mass.)

### NCAA DIVISION II POLL

#### USTFCCCA Division II Poll Final 2008-2009 Men

##### School

1. Adams State
2. Ashland University
3. Univ. of Central Missouri
4. Abilene Christian Univ.
5. Grand Valley State
6. Western State College of Colorado
7. Minnesota - Mankato
8. Pittsburg State
9. Shippensburg
10. Emporia State
11. Nebraska - Kearney
12. East Stroudsburg
13. Tiffin University
14. Missouri Univ. of Science & Technology
15. Lock Haven
16. Colorado School of Mines
17. Lewis University
18. Fort Hays State
19. Minnesota - Duluth
20. St. Cloud State
21. UMass Lowell
22. Northern State University
23. Wayne State (Neb.)
24. Hillsdale College
25. Slippery Rock

#### USTFCCCA Division II Poll Final 2008-2009 Women

##### School

1. Minnesota - Mankato
2. Grand Valley State
3. Ashland University
4. Minnesota - Duluth
5. Univ. of Central Missouri
6. Adams State
7. Western State College of Colorado
8. Shippensburg
9. Hillsdale College
10. Nebraska - Kearney
11. Slippery Rock
12. St. Cloud State
13. Lewis University
14. Cal State - LA
15. Winona State
16. Northwest Nazarene Univ.
17. Lock Haven
18. Pittsburg State
19. Northern Michigan Univ.
20. Kutztown
21. East Stroudsburg
22. Northern State University
23. Abilene Christian University
24. Fort Hays State
25. UMass Lowell

### NCAA DIVISION II REGION RANKINGS

USTFCCCA Men's East Region  
Final 2008-2009

1. UMass Lowell
2. Saint Rose
3. Stonehill
4. Adelphi

### NCAA DIVISION II REGION RANKINGS

USTFCCCA Women's East Region  
Final 2008-2009

1. UMass Lowell
2. Saint Rose
3. So. Connecticut
4. Adelphi

### NE-10 CHAMPIONSHIP

February 18  
Venue: Reggie Lewis Center

Hosted By: Bentley, UMass Lowell and  
Stonehill

More Details to Follow.

### NCAA DIVISION II CHAMPIONSHIP

March 12-13



Albuquerque Convention  
Center

Host: Adams State College



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## 2009-2010 NORTHEAST-10 INDOOR TRACK & FIELD WEEKLY INFORMATION



**ADELPHI:** The Adelphi University track and field team had the weekend off, but will return to competition at the New Balance Collegiate Invitational on Friday and Saturday, February 5 and 6 at the Armory Track and Field Center.



**AMERICAN INTERNATIONAL: MEN:** Junior Emile Barnett provisionally qualified for the NCAA Championships and set school records in the 800-meter run and as a member of the distance medley relay team at Boston University's Terrier Invitational Saturday. Barnett placed 11th in the 800 with a school record time of 1:53.47 and placed third as a member of the distance medley relay team, along with junior Maurice Calenda, sophomore Victor Kemboi and freshman Julien Devanne, with school record time of 10:04.21. Freshman Emmanuel Jean placed ninth in the 400-meter dash with a school-record and NCAA provisional qualifying time of 48.63 seconds and finished 16th in the 200-meter dash with a time of 22.40 seconds, while classmate Noel James won the high jump with an NCAA provisional qualifying mark of 2.07 meters. Calenda was the runner-up in the long jump with a leap of 6.86 meters and placed fourth in the triple jump with a mark of 13.71 meters. Freshman Terrance Worlds finished 14th in the 200-meter dash with a time of 22.21 seconds and junior Jared Torres finished 13th in the 500-meter dash with a time of 1:07.13. Junior Justin Roberts (Sutton, Mass.) placed 14th at Harvard University's Multi Meet, which also featured two-time Olympic medalist Brian Clay, scoring 4,014 points in the heptathlon. Freshman Anthony Hatwood also competed at Harvard. Roberts' height of 3.65 meters in the pole vault tied his own school record. Hatwood was the runner-up in the high jump after clearing 1.97 meters, with Clay's mark of 2.00 meters being the enough for first and finished sixth in the long jump at 6.56 meters. **WOMEN:** Sophomore Bidemi Balogun placed fourth in the weight throw with a provisional qualifying mark of 16.77 meters as the American International College women's track & field team competed at Boston University's Terrier Invitational Saturday. Freshman Starr Nathan topped her own school records in the 200- and 400-meter dash. She placed 13th in the 200 with a time of 25.82 seconds and was 16th in the 400 after clocking in at 59.01 seconds. Freshman Ashley Aupont finished 17th in the 55-meter hurdles with a time of 8.96 seconds and was 12th in the high jump at 1.57 meters. Sophomore Julie Collignon finished 55th in the mile run with a time of 5:26.21, while junior Sarah Beaudoin finished 61st with a time of 5:30.95. Senior Olivia Thibou finished sixth in the triple jump with a leap of 11.29 meters, while freshman Darsel Springer finished 20th with a mark of 9.58 meters. Freshman Sanya Foster finished 20th in the shot put with a throw of 11.12 meters.



**ASSUMPTION:** Freshman Molly Kessler (Hopkinton, MA/Hopkinton), set the team indoor mark in the 800-meter event (2:22.69). Senior sprinter Bernard Scott (St. Petersburg, FL/Farragut) was the men's individual standout for the Hounds at the Terrier Classic Saturday. The premier sprinter in Hounds history, was third in the event with 6.49 time just 0.2 seconds off his team-record time set two years ago at the Smith Invitational (2/9/08). The Greyhounds are next in action at the Smith Invitational Saturday



**BENTLEY:** Sophomore Mike Vatti (Easton, Pa.) accounted for 13 of Bentley's 16 points during the Reebok Boston Indoor Games (collegiate division) with a victory in the 400 meters and a sixth-place finish in the 200. During the weekend, Bentley's best performances of the season were recorded in the 800 (Dan Fava, 1:59.17), the 5000 (Rob Dextradeur, 15:13.35), the 55 meter hurdles (Tim Walant, 8.36) and the shot put (Steven Long, 45'10.75") on the men's side, and the 500 (Amy Varsell, 1:18.98), the 1000 (Caitlin Fahey, 3:02.34), the 3000 (Evelyn Marrero, 10:57.22) and the triple jump (Keisha Johnson, 34'10.5") on the women's. Of those eight, all but Walant are either freshmen or sophomores. During the Boston Indoor Games, Varsell moved to number three on Bentley's all-time list in the 500, Fahey went to number six in school history in the 1000, and Long bettered his PR in the shot by over two feet. Dextradeur improved on his PR in the 5000 by 19 seconds while competing in the BU Terrier Invitational Saturday.



**UMASS LOWELL:** Six UMass Lowell athletes and two relay teams provisionally qualified or bettered their standing for the NCAA Championship Saturday at the Boston University Terrier Invitational. Five athletes and the men's 4X400 meter relay team currently rank among the top four results in the country thus far: Haley Catarius (800 meters, 2nd/2:13.35), Angus MacDonald (mile, 2nd/4:07.92), Evan White (200 meters, 2nd/21.63), Jacqui Barrett (shot put, 4th/47' 5.75"), Donte Brown (400 meters, 3rd/47.94) and the men's 4X400 (2nd/3:15.64), made up of Brown, Jeff Wundt, Craig Bennett and Robert Liekweg. UMass Lowell's women's 4X400 team currently ranks eighth in the country (3:54.75) while shotputter Cory Murray ranks 15th (53' 9.0").



**SAINT ROSE:** The Saint Rose men's track and field team finished tied for second among 17 competing schools and women's squad wound up 12th in a field of 16 teams at the Class of '32 Invitational that was hosted by Colgate University Saturday. Saint Rose bettered four school standards throughout the day. Seniors Kevin Jackson (Schenectady, NY/Schenectady), Tyler Gantz (Rosendale, NY/Rondout Valley), and Jeremy Chapline (Queensbury, NY/Queensbury) all had record setting performances as did sophomore Ryan Saunders (Cambridge, NY/Cambridge). Jackson broke the tape in a school record 22.64 in the 200 meter dash. Saunders was second in the 60m dash with a school record time of 7.15. Gantz snapped a 16-year-old standard with a third place clocking of 2:31.91 in the 1,000m run, while Chapline took seventh in both the shot put and the 35 pound weight throw. He heaved the latter a school record 13.78m to snap a 14-year-old mark.

## 2009-2010 NORTHEAST-10 INDOOR TRACK & FIELD WEEKLY INFORMATION



**STONEHILL: MEN:** Stonehill placed 6th out of 18 teams at Friday's Reebok Boston Indoor Collegiate Games. Freshman Corey Thomas (Brookline, Mass.) highlighted the event once again for Stonehill as he won the high jump with a program-record and NCAA Division II Championship automatic qualifying jump of 7'1" (2.16m) - the highest leap in all of Division II so far this season. The jump bettered his previous school record set of 6'9.48". Senior Joseph D'Agostino (Canton, Mass.) placed second right behind Thomas at 6'8" (2.03m) - just .01 shy of provisionally qualifying for the NCAA Championships - as the Skyhawk duo were the only two high jumpers at the event to clear 2.0-meters. Thomas bettered his school-record and NCAA Championship provisional qualifying time in the 55-meter high hurdles with his time of 7.66-seconds in the preliminaries. Junior Daniel Pilz (Newington, Conn.) placed second out of 31 runners in the 1000-meter run with a time of 2:29.49. He was also part of Stonehill's Distance Medley relay team that finished fourth in 10:27.46. Freshman Sean Hanlon (Georgetown, Mass.) also finished fourth in the 1000-meters with a time of 2:31.54. Sophomore Stephen Polito (Worcester, Mass.) placed ninth out of 52 runners in the 5000-meter run in 15:15.94. **WOMEN:** The Stonehill women placed 14th at Friday's Reebok Boston Indoor Collegiate Games. Freshman Erin Carmone (Riverside, R.I.), an All-American in cross country in her first collegiate season, placed fifth out of 50 competitors in the 3000-meter run with a time of 10:12.95. Junior Lindsey Pinkham (Skowhegan, Maine) took tenth out of 45 runners in the 800-meters with a time of 2:20.88. The Stonehill men and women are back in action on Saturday at the Tufts Stampede.

## 2009-2010 NE-10 TOP FIVE MEN'S PERFORMANCES

### 55 Meters

Name	School	Time	Date
Kevin Durant	Adelphi	6.35	01/22/10
Kevin Downing	New Haven	6.39	12/11/09
Nana Ocran	So. Connecticut	6.41	12/11/09
Diwani Augustine	So. Connecticut	6.45	12/11/09
Bernard Scott	Assumption	6.49	01/23/10

### 200 Meters

Name	School	Time	Date
Evan White	UMass Lowell	21.63	01/29/10
Kevin Downing	New Haven	21.89	12/05/09
Dominic Smith	American Int'l	22.05	12/05/09
Carlton Wildman	American Int'l	22.06	12/05/09
Kevin Durant	Adelphi	22.11	01/08/10

### 400 Meters

Name	School	Time	Date
Donte Brown	UMass Lowell	47.94	01/29/10
Mychael Fabio	Adelphi	48.27	01/22/10
Emmanuel Jean	American Int'l	48.63	01/29/10
Dominic Smith	American Int'l	48.95	12/05/09
Carlton Wildman	American Int'l	49.08	12/12/09

### 500 Meters

Name	School	Time	Date
Donte Brown	UMass Lowell	1:03.75	12/12/09
Mychael Fabio	Adelphi	1:05.34	01/08/10
Scott Facey	Adelphi	1:05.73	01/08/10
Justin Oliver	UMass Lowell	1:06.04	01/29/10
Emile Barnett	American Int'l	1:06.37	01/23/10

### 800 Meters

Name	School	Time	Date
Selasi Lumax	So. Connecticut	1:53.17	01/29/10
Emile Barnett	American Int'l	1:53.47	01/29/10
Adam McLean	So. Connecticut	1:53.56	01/29/10
Brian Robbins	So. Connecticut	1:53.99	01/29/10
Richard Jackson	So. Connecticut	1:55.37	12/05/09

### 1,000 Meters

Name	School	Time	Date
Daniel Pilz	Stonehill	2:29.49	01/29/10
Sean Hanlon	Stonehill	2:31.54	01/29/10
Angus MacDonald	UMass Lowell	2:31.63	01/23/10
Selasi Lumax	So. Connecticut	2:32.55	12/11/09
Brian Robbins	So. Connecticut	2:33.15	01/23/10

### One Mile

Name	School	Time	Date
Angus MacDonald	UMass Lowell	4:07.92	01/29/10
Dan Darcy	Bentley	4:10.63	01/24/10
Victor Kemboi	American Int'l	4:15.65	01/09/10
Daniel Pilz	Stonehill	4:17.27	01/23/10
Matthew Dunham	New Haven	4:17.59	01/29/10

### 3,000 Meters

Name	School	Time	Date
Jeff Veiga	UMass Lowell	8:28.20	01/29/10
Greg Wilson	UMass Lowell	8:34.27	01/29/10
Angus MacDonald	UMass Lowell	8:34.39	01/10/10
Julien Devanne	American Int'l	8:45.28	12/05/09
Rob Dextradeur	Bentley	8:46.56	01/24/10

### 5,000 Meters

Name	School	Time	Date
Glarius Rop	American Int'l	14:08.83	12/05/09
Victor Kemboi	American Int'l	14:36.45	12/05/09
Tim Guerin	UMass Lowell	15:07.70	12/05/09
Rob Dextradeur	Bentley	15:13.35	01/29/10
Brian Mulwo	American Int'l	15:14.27	01/29/10

### 55 Meter Hurdles

Name	School	Time	Date
Casey Canada	So. Connecticut	7.61	01/29/10
Corey Thomas	Stonehill	7.66	01/29/10
Kevin Jackson	Saint Rose	7.79	01/16/10
Anthony Hatwood	American Int'l	7.94	01/09/10
Ryan Saunders	Saint Rose	8.00	01/23/10

### 4X400 Relay

Name	School	Time	Date
UML	UMass Lowell	3:15.64	01/29/10
AIC	American Int'l	3:17.80	12/12/09
SCS	So. Connecticut	3:21.07	01/29/10
ADE	Adelphi	3:22.27	01/15/10
STR	Saint Rose	3:23.92	01/09/10

### 4X800 Relay

Name	School	Time	Date
UML	UMass Lowell	7:59.63	01/23/10
SCS	So. Connecticut	8:07.86	12/11/09
STR	Saint Rose	8:10.30	01/09/10
ADE	Adelphi	8:24.01	01/08/10
UNH	New Haven	8:32.18	12/05/09

### Distance Medley

Name	School	Time	Date
AIC	American Int'l	10:04.21	01/29/10
STO	Stonehill	10:27.46	01/29/10
ADE	Adelphi	10:31.67	01/15/10
SCS	So. Connecticut	10:31.72	01/09/10
STR	Saint Rose	10:41.43	01/23/10

### High Jump

Name	School	Distance	Date
Corey Thomas	Stonehill	7' 1.00"	01/29/10
Noel James	American Int'l	7' 0.25"	01/23/10
Dylan Moore	American Int'l	6' 10.25"	01/23/10
Joe D'Agostino	Stonehill	6' 8.00"	01/29/10
Jared Dixon	So. Connecticut	6' 6.25"	12/05/09

### Pole Vault

Name	School	Distance	Date
Ryan Whitehead	So. Connecticut	16' 6.75"	12/11/09
Patrick Waszczak	So. Connecticut	15' 9.00"	01/29/10
Kevin Gibeault	So. Connecticut	14' 6.00"	12/05/09
Jonathan Galli	So. Connecticut	13' 9.25"	01/29/10
Justin Escaravage	So. Connecticut	13' 6.25"	12/05/09

### Long Jump

Name	School	Distance	Date
Diwani Augustine	So. Connecticut	23' 10.25"	12/05/09
Akeem Elliot	So. Connecticut	23' 4.75"	12/11/09
Maurice Calenda	American Int'l	23' 3.50"	12/12/09
Alex Joseph	American Int'l	22' 10.00"	01/23/10
Russell Fallo	So. Connecticut	22' 0.75"	01/29/10

### Triple Jump

Name	School	Distance	Date
Diwani Augustine	So. Connecticut	48' 9.50"	12/11/09
Maurice Calenda	American Int'l	46' 11.50"	12/12/09
William Nguidjoi	UMass Lowell	44' 2.50"	01/16/10
Akeem Elliott	So. Connecticut	44' 1.25"	01/23/10
Dave Kusmin	Bentley	43' 1.50"	12/05/09

### Shot Put

Name	School	Distance	Date
Cory Murray	UMass Lowell	53' 9.00"	01/29/10
Shawneil Thompson	So. Connecticut	47' 2.25"	01/23/10
Stephen Cappello	So. Connecticut	46' 6.75"	01/23/10
Steven Long	Bentley	45' 10.75"	01/29/10
Dan Newton	Stonehill	44' 2.75"	01/29/10

### Weight Throw

Name	School	Distance	Date
Frank Gambardello	So. Connecticut	55' 10.50"	01/24/10
Shawneil Thompson	So. Connecticut	52' 10.75"	12/11/09
Nicholas Fedor	So. Connecticut	50' 10.75"	01/29/10
Jason Moon	So. Connecticut	47' 10.50"	12/05/09
Robert Creighton	So. Connecticut	46' 2.00"	01/29/10

*Last Updated 02/02/10*

**2009-2010 NE-10 TOP FIVE WOMEN'S PERFORMANCES**

**55 Meters**

Name	School	Time	Date
Shannon Gagne	New Haven	7.14	12/11/09
Sahniqie Castella	So. Connecticut	7.28	12/11/09
Courtnei Walker	So. Connecticut	7.31	12/11/09
Ashley Bell	So. Connecticut	7.37	12/11/09
Sharikka Finley-Moise	UMass Lowell	7.50	01/16/10

**200 Meters**

Name	School	Time	Date
Shannon Gagne	New Haven	24.64	01/29/10
Starr Nathan	American Int'l	25.82	01/29/10
Nicole Giaquinto	UMass Lowell	25.99	12/05/09
Ashley Bell	So. Connecticut	26.06	01/29/10
Shannon Cunningham	UMass Lowell	26.06	12/05/09

**400 Meters**

Name	School	Time	Date
Shannon Gagne	New Haven	58.95	01/09/10
Amy Delgado	UMass Lowell	59.01	12/05/09
Starr Nathan	American Int'l	59.01	01/29/10
Shannon Cunningham	UMass Lowell	59.12	12/12/09
Danielle Moore	So. Connecticut	59.17	01/09/10

**500 Meters**

Name	School	Time	Date
Danielle Moore	So. Connecticut	1:16.82	01/22/10
Amy Varsell	Bentley	1:18.98	01/29/10
Danielle Lyons	Adelphi	1:20.03	01/08/10
Kathryn O'Leary	Stonehill	1:20.11	01/29/10
Christen Carrier	Stonehill	1:20.63	01/29/10

**800 Meters**

Name	School	Time	Date
Haley Catarius	UMass Lowell	2:13.35	01/29/10
Danielle Moore	So. Connecticut	2:14.32	01/29/10
Danielle Lyons	Adelphi	2:17.85	01/22/10
Lindsay Pinkham	Stonehill	2:20.88	01/29/10
Susan O'Connell	Stonehill	2:21.24	12/05/09

**1,000 Meters**

Name	School	Time	Date
Caitlin Fahey	Bentley	3:02.34	01/29/10
Danielle Moore	So. Connecticut	3:03.43	12/05/09
Lyra Clark	UMass Lowell	3:04.02	01/16/10
Elise Maniguet	Adelphi	3:06.78	01/15/10
Alasia Griebel	So. Connecticut	3:07.66	12/11/09

**One Mile**

Name	School	Time	Date
Lyra Clark	UMass Lowell	5:05.32	01/29/10
Gina DellaRose	So. Connecticut	5:12.51	01/22/10
Jill Alves	Stonehill	5:13.64	01/29/10
Danielle Lyons	Adelphi	5:13.73	01/22/10
Alasia Griebel	So. Connecticut	5:15.51	12/05/09

**3,000 Meters**

Name	School	Time	Date
Laura Brustolon	So. Connecticut	10:09.62	01/09/10
Erin Carmone	Stonehill	10:12.95	01/29/10
Alasia Griebel	So. Connecticut	10:21.17	01/09/10
Jess Jarrard	Stonehill	10:36.20	01/29/10
Lynley Joynt	Stonehill	10:36.92	01/29/10

**5,000 Meters**

Name	School	Time	Date
Laura Brustolon	So. Connecticut	17:13.28	01/29/10
Jess Jarrard	Stonehill	18:14.02	01/23/10
Lynley Joynt	Stonehill	18:35.68	01/23/10
Sarah Bonomo	UMass Lowell	18:37.93	01/29/10
Kelsey Proctor	So. Connecticut	18:40.85	01/22/10

**55 Meter Hurdles**

Name	School	Time	Date
Letecia Taylor	So. Connecticut	8.16	12/11/09
Lauren Raimondi	UMass Lowell	8.50	12/05/09
Ashley Zielinski	UMass Lowell	8.57	12/12/09
Ashley Battle	So. Connecticut	8.64	12/11/09
Ashley Aupont	American Int'l	8.78	01/23/10

**4X400 Relay**

Name	School	Time	Date
UML	UMass Lowell	3:54.75	01/29/10
SCS	So. Connecticut	3:56.25	01/29/10
STO	Stonehill	4:12.80	01/23/10
ADE	Adelphi	4:15.02	01/22/10
BEN	Bentley	4:19.02	01/24/10

**4X800 Relay**

Name	School	Time	Date
SCS	So. Connecticut	9:44.43	01/29/10
ADE	Adelphi	9:58.59	01/15/10
UNH	New Haven	10:29.41	01/09/10
UML	UMass Lowell	10:29.83	01/16/10
STR	Saint Rose	10:32.54	01/09/10

**Distance Medley**

Name	School	Time	Date
ADE	Adelphi	12:57.01	01/08/10
STO	Stonehill	12:58.12	01/29/10
STR	Saint Rose	13:31.45	01/23/10
UNH	New Haven	13:53.36	01/09/10

**High Jump**

Name	School	Distance	Date
Ashley Aupont	American Int'l	5' 3.75"	12/05/09
Lauren Raimondi	UMass Lowell	5' 1.75"	01/29/10
Ciara Chaly	So. Connecticut	5' 1.00"	12/05/09
Calista Hutchinson	New Haven	5' 1.00"	12/05/09
Kimberly Johnson	So. Connecticut	4' 11.00"	12/05/09

**Pole Vault**

Name	School	Distance	Date
Chrissy Silvar	UMass Lowell	11' 1.00"	01/16/10
Kimberly Johnson	So. Connecticut	10' 11.75"	12/11/09
Teresa Parker	So. Connecticut	10' 6.00"	01/29/10
Alicia Gray	So. Connecticut	10' 00.00"	01/29/10
Meghan Nicolletta	So. Connecticut	9' 0.25"	12/11/09

**Long Jump**

Name	School	Distance	Date
Courtnei Walker	So. Connecticut	17' 6.25"	01/29/10
Shannon Gagne	New Haven	17' 5.25"	01/15/10
Cachet Chesson	UMass Lowell	17' 3.25"	12/12/09
Star Nathan	American Int'l	17' 3.25"	12/12/09
Sasha Saylor	So. Connecticut	16' 8.75"	12/05/09

**Triple Jump**

Name	School	Distance	Date
Olivia Thibou	American Int'l	37' 5.00"	01/23/10
Sasha Saylor	So. Connecticut	36' 7.00"	01/29/10
Keisha Johnson	Bentley	34' 10.50"	01/29/10
Alissa Howell	New Haven	33' 11.50"	01/15/10
Heather McCarthy	UMass Lowell	33' 4.75"	01/16/10

**Shot Put**

Name	School	Distance	Date
Jacqui Barrett	UMass Lowell	47' 5.75"	01/29/10
Robyn Ciriello	UMass Lowell	38' 8.25"	01/16/10
Bethany Staiti	UMass Lowell	38' 7.75"	12/12/09
Shraya Manick	New Haven	38' 5.50"	12/05/09
Sanya Foster	American Int'l	38' 2.75"	01/23/10

**Weight Throw**

Name	School	Distance	Date
Bidemi Balogun	American Int'l	55' 0.25"	01/29/10
Shraya Manick	New Haven	49' 7.75"	01/09/10
Samantha Spindel	So. Connecticut	46' 4.00"	01/22/10
Jullianna Williamson	So. Connecticut	39' 9.25"	01/29/10
Meghan Rocha	Stonehill	39' 3.75"	01/23/10

*Last Updated 02/02/10*