



# NORTHEAST-10 CONFERENCE

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### Northeast-10 Indoor Track & Field Report through January 29, 2006



#### Northeast-10 Men's Track Athlete of the Week

**David Metzger, Stonehill** (So., Ellington, CT) - Provisionally qualified for the NCAA indoor championships in the mile at 5,000 meters at Boston University Invitational with time of 14.43.94 in event.



#### Northeast-10 Women's Track Athlete of the Week

**Nicole Plante, UMass Lowell** (Jr., North Adams, MA) - Shattered her own school record and automatically qualified for the NCAAs as she placed eighth in the 5,000 meters (first among collegiate runners) at the Boston University Terrier Classic. Ran the course in 16:52.26, shaving more than 18 seconds off her previous record of 17:10.86.



#### Northeast-10 Men's Track Freshman of the Week

**Andrew Grange, UMass Lowell** (Fr., Methuen, MA) - Provisionally qualified for the NCAA Championship in the 400 meter dash and helped the UML 4X400 meter relay team enhance its qualification for the NCAAs at the Boston University Terrier Classic. Top Division II-III finisher in the 400 meter dash (eighth overall) with a time of 48.70 seconds. Anchored the 4X400 meter relay team to second place (first among college teams) with a 47.2-second split and a time of 3:13.31.



#### Northeast-10 Women's Track Freshman of the Week

**Christina DaLomba, UMass Lowell** (Fr., Marstons Mills, MA) - Placed 14th overall and tops among Division II-III runners in the 1,000 meters at the Boston University Terrier Classic. Ran the course in 3:03.62.



#### Northeast-10 Men's Field Athlete of the Week

**Rob Coates, Southern Connecticut** (So., East Haven, CT) - Won the pole vault with a height of 15 feet, six inches at the Reebok Boston Indoor Games at Northeastern, helping Southern Connecticut take the team title in the 11-team field. Also finished fifth in the 55-meter hurdles with a time of 7.9 seconds.



#### Northeast-10 Women's Field Athlete of the Week

**Stacey Egbert, Southern Connecticut** ( Jr. , Danbury, CT ) - At the Reebok Boston Indoor Games, won the triple jump (39-7) and finished second to teammate Thatcha DaCosta in the long jump. Both Egbert and DaCosta registered leaps of 18 feet, 1.75 inches as the owls finished third in the team competition.

#### Northeast-10 Men's and Women's Freshman Field Athlete of the Week

There were no nominations

## Northeast-10 Weekly Honor Roll:

### MEN:

**Kevin Chan, Bentley** (So., Newton, MA) - At the BU Terrier Classic, finished 17th of 43 in the shot put with a throw of 46 feet, 1.5 inches.

**Hafiz Greigre, Bryant** (So., Attleboro, MA) - Set a new school record in the men's 400 meters in a time of 49.10 at the Wesleyan Cardinal Invitational Saturday in Connecticut. Placed first in the event. Also placed fourth in the finals of the 55 meter dash in 6.57 seconds. Posted the fourth-best time in the prelims of 6.59 seconds.

**Nate Potter, UMass Lowell** (Sr., Wyoming, RI) - Placed 11th overall and tops among Division II-III throwers in the hammer at the Boston University Terrier Classic. Threw for a distance of 49' 7.0".

**Robert Keizer, Southern Connecticut** (Jr., Great Neck, NY) - Won the triple jump at the Reebok Boston Indoor Games with a leap of 48 feet and three-quarters inches, leading a 1-2-3-4 Southern Connecticut sweep in the event. Also placed eighth in the long jump (21-1.5) as Southern won the team title in the 11-team field.

**Ramon Laboy, Southern Connecticut** (Gr., Danbury, CT) - Broke Southern Connecticut's record with a time of 8:12.54 in the 3,000-meter run at Boston University's Terrier Classic. Finished 13th among 95 runners in the 3,000 field at the meet.

**Vinnie Williams, Stonehill** (Jr., Springfield, MA) - Set school record in 200 meters for Skyhawks at Boston University Invitational with time of 22.03 in event.

**Dickie Gerry, Stonehill** (So., Bow, NH) - Provisionally qualified for NCAA indoor championships in mile for Skyhawks at Boston University Invitational with time of 4:14.67.

### WOMEN:

**Caitlyn Clark, Assumption** (Sr., Worcester, MA) - Finished first in the mile (5:20.19) and first in the 1,000 meter (3:10.53) at the Wesleyan Indoor Invitational.

**Natasha Stevenson, Bryant** (Jr., Haverhill, MA) - Set two Bryant school records at the Wesleyan Cardinal Invitational in Connecticut, including a third-place finish in the 55 meter dash in a time of 7.51 seconds. Followed with a second-place finish in the 400 meters, crossing the line in a school-record time of 59.93 seconds.

**Enjoli Edwards, UMass Lowell** (Sr., Philadelphia, PA) - Placed third overall and tops among Division II-III throwers in the shot put at the Boston University Terrier Classic. Threw for a distance of 43' 9.75".

**Keisha Regular, Southern Connecticut** (So., Westport, CT) - In helping Southern Connecticut finish third in the Reebok Boston Indoor Games, finished second in the 55-meter hurdles with a time of 8.63 seconds.

**Dana DeIngenis, Stonehill** (Jr., Cranston, RI) - Qualified for the all-New England Championships in the mile at Boston University Invitational with a time of 5:06, the second fastest mark in school history.

**Erin Smith, Stonehill** (Sr., Brockton, MA) - Provisionally qualified for NCAA indoor championships in 5,000 meters at the Boston University Invitational with time of 17:49.39, also qualifying for the all-New England Championships in the event.

### **Northeast-10 Weekly Notes:**

**BENTLEY:** At the BU Terrier Classic, freshman Melissa Nash (Marshfield, Mass.) moved to third on Bentley's all-time list in the 5,000 meters (18:22.71). It was the fifth straight meet in which she's set a personal best... **BRYANT:** Idle for more than a month, the Bryant men's and women's indoor track teams returned to action at the Wesleyan Cardinal Invitational and set three new school records in the process. Hafiz Greigre (Attleboro, MA) captured first-place in the 400 in a school record time of 49.10 seconds. The mark by Greigre is also an NCAA provisional time as well. On the women's side, Natasha Stevenson set a pair of records for the Bulldogs. The Haverhill, MA native set a school record in the 55 meter prelims, finishing third overall in 7.56 seconds. In the finals, the sophomore improved on the mark a little more as she took third in 7.51 seconds. Stevenson wasn't through, however, setting a new school record later in the meet in the 400 meters in 59.93 seconds for second place in the event. Junior Jessica Cegarra (Danville, NH) captured first place in the women's shot put with a mark of 40 feet, 3.5 inches while teammate Amber Torrey (Plainfield, NH) was fifth at 36-2.25. Torrey also added third place finish in the women's weight throw with a throw of 45-8.5... **UMASS LOWELL:** UMass Lowell's NCAA qualification list grew significantly this weekend as four individuals and a relay team qualified while the men's 4X400 relay team enhanced its qualification at the Boston University Terrier Invitational. The River Hawk men's 4X400 meter relay team placed second overall and tops among college teams with a time of 3:13.31, improving on its previous qualification time of 3:18.34. Members of the 4X400 team include seniors Diego Pinheiro (Ashland, MA) and John Drinkwater (Tewksbury, MA), junior Clint Cooper (Raynham, MA) and freshman Andrew Grange (Methuen, MA). Grange also qualified individually as he placed eighth overall and first among Division II-III runners in the 400 meter dash with a time of 48.7 seconds. Also provisionally qualifying was freshman Patrick Molloy (Methuen, MA), who posted the third-fastest time in Division II in the 800 meters this season (1:53.03) while placing tops among Division II-III runners and fifth in a field of 59 at the Terrier Invite. Sophomore Joey DeWitt (Ellsworth, ME) became the second UML runner to provisionally qualify for the NCAAs in the mile as he placed 14th overall (second among Division II-III runners) in 4:14.59. DeWitt joins junior Steve Plouffe (Methuen, MA), who qualified last week at the Greater Boston Track Club Invitational with a time of 4:11.95... On the women's side, junior Nicole Plante (North Adams, MA) qualified in the 5,000 meters with the second-fastest time in Division II this season and a school record 16:52.26, her second school record in as many weeks. Plante broke the school mark in the 3,000 meters at the GBTC Invitational last week with a time of 10:06.74. Additionally, the women's 4X400 meter relay team provisionally qualified for the NCAAs as it posted a time of 3:54.32. Leading the way were juniors Toni-Marie Henry (Springfield, MA) and Ashley Moulton (Haverhill, MA) along with sophomore Erin Doherty (Lawrence, MA) and senior Julie Handy (Yopriba Linda, CA)...

**SOUTHERN CONNECTICUT:** Graduate student Ramon Laboy (Danbury, Conn.) broke a 22-year old Southern Connecticut record with a time of 8:12.54 in the 3,000-meter run at Boston University's Terrier Classic. Laboy finished 13th among 95 runners in the 3,000 field at the meet, which featured some of the leading runners in the nation. The previous Southern record was 8:13.85, set by Chris Chisholm in 1984. Southern won the 11-team Reebok Boston Indoor Games at the Reggie Lewis Center as one of three non-Division I teams in the 11-team competition. Junior Robert Keizer (Great Neck, N.Y.) won the triple jump with a leap of 48 feet and three-quarters inches, leading a 1-2-3-4 Southern Connecticut sweep in the event. He also placed eighth in the long jump (21-1.5) as Southern won the team title in the 11-team field. Senior Ivan Schmidt (Bridgeport, Conn.) kept his win streak going in the high jump, winning with a height of six feet, 10 inches. Sophomore Rob Coates (East Haven, Conn.) had an outstanding meet, placing first in the pole vault with a height of 15 feet, six inches, a provisional qualifying standard

for the NCAA Division II championships. He also placed fifth in the 55-meter hurdles at 7.9 seconds. Freshman Tyrone Joseph (Norwalk, Conn.) was second in the 55-meter dash at 6.5 seconds and junior Mike Cebula (White Plains, N.Y.) was second in the 1,000 with a time of 2:32.86. Women: Coach Jim Barber's jumping tandem of juniors Stacey Egbert (Danbury, Conn.) and Thatcha DaCosta (Englewood, N.J.) continue to stand out at the Reebok Boston Indoor Games. Egbert won the triple jump (39-7) and finished second to DaCosta in the long jump as both had leaps of 18 feet, 1.75 inches. DaCosta was third in the triple jump as the Owls finished third in the 12-team field. Sophomore Keisha Regular (Westport, Conn.) was second in the 55-meter hurdles at 8.63 seconds, just finishing in front of junior teammate Stefanie Tremblay (Troy, N.Y.), who had a time of 8.64 seconds... **STONEHILL:** Three Skyhawks provisionally qualified for the upcoming NCAA Division II Indoor Championships that will be hosted on March 10th and 11th by Stonehill and the Reggie Lewis Center, as sophomores David Metzger (Ellington, Conn.) and Dickie Gerry (Bow, N.H.) qualified in the men's 5,000 and mile, respectively, while senior Erin Smith (Brockton, Mass.) qualified in the women's 5,000 at the Boston University Invitational...Juniors Vinnie Williams (Springfield, Mass.) and Derek Hebert (Rockland, Mass.) set Stonehill school records in the men's 200 and 400 meters, respectively, at the Boston University Invitational, while the Skyhawk men's 4 X 400 relay team comprised of Hebert, senior Paul Viggiano (Trumbull, Conn.), junior Brandon Beloin (Danielson, Conn.) and sophomore Thomas Woods (Medfield, Mass.) also set a school record in that event...Smith and junior Dana DeIngenis (Cranston, R.I.) qualified for the women's all-New England Championships in the 5,000 and mile, respectively, with DeIngenis posting the second fastest indoor mile time in Stonehill history at the Boston University Invitational.