



**2005**

# **MEN'S CROSS COUNTRY**

## **News & Notes**

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*Central Connecticut State • Fairleigh Dickinson • Long Island • Monmouth • Mount St. Mary's  
Quinnipiac • Robert Morris • Sacred Heart • St. Francis (NY) • St. Francis (PA) • Wagner*

### **NEC Men's Cross Country**

(Week 1 - September 7, 2005)

#### **Athlete of the Week**

**Matt Caporaso, Monmouth  
So., Matawan, NJ/Old Bridge**

Caporaso earns Athlete of the Week honors after setting a course record at the Monmouth Cross Country Kickoff. Caporaso covered the 6K circuit in a time of 18:59.1 to win top honors. It marked his first-ever career victory.

#### **Rookie of the Week**

**Ted Varga, Central Connecticut  
Fr., Danbury, CT/Pomperaug**

Varga was named Rookie of the Week after leading CCSU to a first-place finish in its first competition of the season. Varga navigated the 8K course in 28:24 and finished just 15 seconds behind the winner.

#### **Top Seven Times List**

<p><b>Central Connecticut State</b> 9/3 - Blue Devil Invitational (1st out of 4 - 33 points) 8,000 meters Ted Varga 28:24 David Hunt 28:32 Kyle Langlis 28:38 Matthew Whalen 28:39 Charles Ngetich 28:42 Kevin Becroft 30:05 Thomas Agostino 31:41</p>	<p><b>Monmouth</b> 9/3 - Monmouth Kickoff 6,000 meters Matt Caporaso 18:59.1 Larry Schau 19:13.7 Randy Hadzor 19:36.6 Ryan Madrid 19:41.9 Steve Chennells 20:03.2 Dustin Coleman 20:09.7 Jeff Cody 20:46.2</p>	<p><b>Robert Morris</b> Did not compete this week.</p> <p><b>Sacred Heart</b> Did not compete this week.</p> <p><b>St. Francis (NY)</b> Did not compete this week.</p>
<p><b>Fairleigh Dickinson</b> 9/3 - Monmouth Kickoff 6,000 meters Rudy Urena 19:50.7 Edwin Rotich 20:15.3 Matthew Morgan 22:00.4 Michael Morgan 22:34.7 Johnny Batista 24:14.7 Rashaad Guy 28:01.0</p>	<p><b>Mount St. Mary's</b> 9/2 - Mount St. Mary's Duals 5,000 meters Zach Emerson 15:52.02 Matthew Logie 16:07.25 Dustin Bauer 16:24.80 Morgan Sowell 16:29.88 Michael Evans 16:41.17 Nicholai Dalidowitz 16:51.62 Kelly Grisier 17:00.05</p>	<p><b>St. Francis (PA)</b> 9/2 - Bison Open 3,000 meters Josh Fritz 16:27 Caleb Fritz 16:40 Pat Isgan 16:51 Ryan Bair 16:53 Jon Gibson 17:40 Tom O'Brien 19:00</p>
<p><b>Long Island</b> 9/2 - Stony Brook Invitational 5,000 meters Steven McElligott 18:05.69 Gerardo Calixto 18:16.96 Igdalias Mendez 19:06.40 Edwin Martinez 19:38.26</p>	<p><b>Quinnipiac</b> 9/2 - Stony Brook Invitational (2nd out of 10 - 61 points) 5,000 meters Jacob Gurzler 16:28.73 Matt Warren 16:45.02 Phil Roach 16:58.06 Greg Brink 17:05.59 Terence Moriarty 17:13.26 Richard Heffron III 17:21.63 Sam Wood 17:30.64</p>	<p><b>Wagner</b> 9/3 - Monmouth Kickoff (3rd of 4 - 132 points) 6,000 meters Mouhamed Halwani 19:33.1 Andrew Casas 19:59.2 Kyle Sultzer 20:16.7 Andrew Keating 20:46.2 Allen Koehler 21:19.5 Brian Halling 21:39.1</p>

#### **NEC Men's Cross Country Championships**

October 29, 2005  
Hosted by St. Francis (PA)



#### **NEC Athlete of the Week**

Sept. 7 Matt Caporaso, Monmouth

#### **NEC Rookie of the Week**

Sept. 7 Ted Varga, Central Connecticut