NEC Men’s Indoor Track & Field
(December 14, 2004)

Team-By-Team Notes

Central Connecticut State was at the Harvard Invitational on Dec. 11. Sophomore Jordan Kennedy (East Hampton, CT) placed fourth in the 800-meters and was a member of the fifth-place 4x400-meter relay team. Freshman Adam Paquin (Branford, CT) was fifth in the long jump. Craig McKenna finished eighth in the 200-meter dash, 10th in the 400-meters and was a member of the 4x400-relay. Markio Williams finished second in the 200-meter dash. Perry Cornelio took ninth in the weight throw, while Gregory Goggins placed eighth in the 60-meter hurdles. The Blue Devils next compete at the University of Rhode Island Invitational on Jan. 21.

Fairleigh Dickinson next competes at the Fordham Invitational on Jan. 7.

Long Island participated in the Seton Hall Games last Saturday. Junior Bryan Steele (Gaithersburg, MD) enjoyed a solid performance, finishing first in the 60-meter hurdles (8.32) and helping the 4x400-meter relay win (3:22.95). He also grabbed second place in the 600-meter run (1:23.75). The relay also included senior Antonio Thomas (Baltimore, MD), sophomore David Crichlow (Lakewood, NJ) and freshman Chad Miller (Silver Spring, MD). Floyd Mayne (Uniondale, NY) was first in the 5,000-meter run (15:30.28). LIU next competes at the Fordham Invitational in the New York Armory on Jan. 7.

Monmouth participated at the Seton Hall Games last week. Guy Jackson (North Brunswick, NJ) won the high jump (6’9”) qualifying for the IC4A Championships. Nick Williams (Adamstown, MD) won the shot put (46-6.75”) and finished in third place in the weight throw (41-5.25”). Monmouth returns to action on Jan. 7 as the Hawks participate in the University of Delaware Invitational.

Mount St. Mary’s next competes at the Bucknell Golden Relays on Jan. 8.

Quinnipiac next competes at the New York City Collegiate Opener on Jan. 14.

Robert Morris competed at the Kent State Golden Flash Gala on Dec. 11. A pair of sophomores came through for the Colonials in the jumping events, as Jeff Witmyer (West Lawn, PA) finished second in the high jump (6’6”) and Marques Dexter (Philadelphia, PA) finished fourth in the triple jump (47.5’). Sophomore Jared Wasser (Gaithersburg, MD) placed fourth-place in the shot put (51-6.50”). Wasser was one of two Colonials to finish in the top 10 in the event, as senior Garrett Fearon (Hyattsville, MD) came in ninth-place (48’6.25”). Fearon also finished fifth in the weight throw (49’7”). In the track events, freshman Cole Legge (Roversford, PA) finished sixth in the 1,000-meter run (2:34-96), while freshman C.J. Ecalono (Monrovia, MD) registered a ninth-place finish in the 400-meter dash (50.19). Junior Josh Dluhos (Pittsburgh, PA) finished eighth in the 5,000-meter run (9:13.10), while senior Jared Zerbini (Saltsburg, PA) finished ninth in the 60-meter hurdles (9.03). Junior Greg Carter (Frederick, MD) also registered a fifth-place finish, this time in the 600-meter dash (1:15.6). RMU next competes at the Naval Academy scored meet on Jan. 11.

Sacred Heart’s Gregg Garley (East Wareham, MA) was scheduled to compete in the men’s heptathlon at Rhode Island, but it was cancelled because not enough athletes signed up. SHU next competes at the Dartmouth Relays starting Jan. 7.

St. Francis (NY) competed at the Seton Hall Games on Dec. 11. Top finishers on the men’s side included a third place finish from Luis Garcia (Dominican Republic) in the 3,000-meter run (9:03.87), a third place finish by Rafael Paredes (New York, NY) in the one mile run (4:33.31) and a third place finish in the men’s shot put from Matthew Dzorek (Queens, NY) (13.82 m). SFC will be idle until January 15th when they compete at the Yale Invitational.

St. Francis (PA) competed at the Kent State Golden Flash Gala last weekend. Andrew Maloney (Toronto, ONT) won the 800-meters (1:51.72), qualifying for the IC4As and helped his team place second in the 4x400-meter relay, starting Jan. 7.

Rhode Island, but it was cancelled because not enough athletes signed up. SHU next competes at the Dartmouth Relays on Jan. 7. Rhod’s next competes at the Seton Hall Games last weekend. The all-star junior won the 60-meter high hurdles (8.32) and was part of the 4x400 winning relay team (3:22.95). He also placed second in the 60-meter dash (7.05). His times in the hurdles and dash are the best marks in the NEC this season.

Field Athlete of the Week
Guy Jackson, Monmouth
So., North Brunswick, NJ/North Brunswick
Jackson cleared 6’9”, the top height in the NEC this season, to win the high jump and qualify for the IC4A Championships at the Seton Hall Games last weekend.

Rookie of the Week
Adam Paquin, Central Connecticut State
Fr., Branford, CT/North Kingstown
Paquin showed his best performance of his collegiate career, posting a fifth-place finish and a personal best in the long jump (6.24m) at the Harvard Invitational last Saturday.

NEC Men’s Indoor Track & Field Championships
February 12-13, 2005
Prince George’s Sports & Learning Complex
Landover, MD (www.northeastconference.org for complete results)

2004 Men’s Champion: St. Francis (PA)

NEC Track Athlete of the Week
Dec. 7 Johnny Batista, Fairleigh Dickinson
Dec. 14 Bryan Steele, Long Island

NEC Field Athlete of the Week
Dec. 7 Evan Lasher, Sacred Heart
Dec. 14 Guy Jackson, Monmouth

NEC Rookie of the Week
Dec. 7 Tavon Moss, St. Francis (PA)
**NEC Women’s Indoor Track & Field**  
(December 14, 2004)

### Team-By-Team Notes

#### Central Connecticut State
Competed at the Harvard Invitational last weekend. Erika Goodwine had three top-10 finishes, including second place in the 60-meter dash, third in the 200-meter dash and a member of the 4x100 relay team that finished in second place. Nicole Dampum placed third in the 400-meters, seventh in the 200-meters and was also a member of the 4x400 relay team. Jessica Kelly, as well as being a member of the 4x400 relay team, finished 11th in the 60-meter dash and ninth in the 200-meters. Sophomore Kara Sullivan finished fifth in the 60-meter hurdles and eighth in the long jump. Robyn Hudak finished 11th in the mile run and 10th in the 800-meters. Stephanie Groeger was the fourth member of the 4x400 squad and Corey Lindley placed 11th in the high jump. The Blue Devils next compete at the University of Rhode Island Invitational on Jan. 21.

#### Fairleigh Dickinson
Next competes at the Fordham Invitational on Jan. 7.

#### Long Island
Participated in the Seton Hall Games last Saturday. Aisha Thomas (Jefferson City, MO) paced LIU by closing second in the 400-meter dash (1:00.06) and helped the 4x400-meter relay team finish second as well (3:01.51). The relay team consisted of junior Eva Terry (Germantown, MD), freshman Crystal Strachan (Freeport, Grand Bahamas) and freshman Crista Strachan (Freeport, Grand Bahamas). LIU next competes at the Fordham Invitational in the NYC Armory on Jan. 7.

#### Monmouth
Participated at the Seton Hall Games last week. Katie Pachuta (Middletown, NJ) was victorious in the weight throw (46-2 1/4) and finished second in the shot put (38-4 3/4). Katina Alexander (Pleasantville, NJ) heaved 46-2 1/4 in the shot and 54-4 3/4 in the weight. The sophomore qualified for the ECACs in the events with a throw of 46-5 1/4 in the shot and 54-4 3/4 in the weight.

#### Mount St. Mary’s
Next competes at the Bucknell Golden Relays on Jan. 8.

#### Quinnipiac
Next participates at the New York City Collegiate Opener on Jan. 14.

#### Robert Morris
Competition at the Kent State Golden Flash Gala on Dec. 11. Junior Ericka Frazee (Pittsburgh, PA) tied for fourth place in the high jump (5’2.25”), equalling the same jump from Ashland’s Kristal Dowdy. In other jumping events, sophomore Brittany Humphress (Beaver, PA) finished sixth in the triple jump (36’5”), while junior Suzanne Montecalvo (Washington, PA) finished 15th in the long jump (16’1.50′) ... In the throwing events, senior Nicole Downing (New Castle, PA) notched a third-place finish in the weight throw (60’2.50”), while also finishing eighth in the shot put (43’8.50”). Junior Katie Fisher (Reading, PA) finished 10th in the weight throw (50’8”) and also finished 19th in the shot put (40’5.50”) ... In the track events, senior Kerry McKinney (Gibsonia, PA) finished fourth in the mile run for the Colonials with a time of 5:28.76, while senior Nancy Bernecky (Clarion, PA / North Clarion) registered a 10th-place finish in the 3,000-meter run by crossing the finish line in a time of 12:05.68. RMU next competes at the Naval Academy scored meet on Jan. 11.

#### Sacred Heart
Brianne Hudak (Corinth, NY) was the only athlete to compete at the Rhode Island Pentathlon. Hudak finished fourth in 10 events with a total of 2779 points, five points out of third place, and only 30 points out of second place. Her score is the second-best pentathlon score in school history. Hudak won the pentathlon with a score of 2779. She tied for first in the high jump (5’1”) and finished second in the 60-meter hurdles (9.8). SHU next competes at the Dartmouth Relays, starting Jan. 7.

#### St. Francis
Competition at the Seton Hall Games on Dec. 11. Cristin Mullen (Rockaway, NY) placed first for the second-straight week in the women’s 3,000-meter run with a time of 10:51.44. Mullen’s closest competitor was her own teammate, who trailed her by more than 30 seconds.

### NEC Women’s Indoor Track & Field Championships

#### February 12-13, 2005
Prince George’s Sports & Learning Complex
Landover, MD (www.northeastconference.org for complete results)

2004 Women’s Champion: Monmouth

#### NEC Track Athlete of the Week
Dec. 7 Ashley Huffman, Monmouth
Dec. 14 Cristin Mullen, St. Francis (NY)

#### NEC Field Athlete of the Week
Dec. 7 Nicole Downing, Robert Morris
Dec. 14 Diane Gmiter, St. Francis (PA)

#### NEC Rookie of the Week
Dec. 7 Melissa Kostan, Sacred Heart
Dec. 14 Aisha Thomas, Long Island

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Other top finishers for the Terriers included a one-two finish in the 3,000 from Mullen, and Kate Stewart (Staten Island, NY) (11:21.96). Jill Zita (Maspeth, NY) led all SFC finishers in the 800-meter run (2:38.32), placing her sixth at the meet. Andreen Francis (Brooklyn, NY) earned a second-place finish in the triple jump (11.51m). SFC will be idle until January 15th when they compete at the Yale Invitational.

St. Francis (PA) competed at the Kent State Golden Flash Gala last weekend. Sophomore Whitney Schnarr (Waterloo, ONT) won the 1,000-meters with a personal best time (2:59.48), which ranks second best all-time at SFU. Sophomore Diane Gmiter (Uniontown, PA) broke the school record and qualified for the ECACs (46’3.25”) in the shot put. She placed third in the event at Kent State. Gmiter also turned in an ECAC-qualifying and PB mark (54’4.75”) in the weight throw, finishing eighth. Freshman Meghan Sommers (Hollidaysburg, PA) moved into sixth place on SFU’s all-time performance list in both the shot put (40’9.5”) and weight throw (45’4.25”). SFPA next competes at Penn State on Jan. 15.

Wagner participated at the Fordham Christmas Classic last weekend. Senior Ed Mackel (Marion, MA) threw for a new school record in the weighted throw (46’4.25”), beating the old record by five inches. Sophomore Brian Pagliuca (Ronkonkoma, NY) finished second in the high jump (6’6”), and third in the triple jump (41’9.75”). Freshman Mouhamed Halwani (Staten Island, NY) ran a 4:28.3 mile and sophomore Kyle Sulzer (Archbald, PA) ran 4:40.8 a mile to finish for the Seahawks. WC next competes at the Bucknell Golden Relays on Jan. 8.