Team-By-Team Notes

Central Connecticut State opens up its season at the Wagner Invitational on April 2nd.

Fairleigh Dickinson competed at the Monmouth Season Opener in West Long Branch, NJ on Saturday afternoon. Freshman Cortez Adams finished third in the 400 meter dash with a time of 49.56. Freshman Derrick Morton ran the 110 meter hurdles in 15.88 for seventh place. Freshman Alfonso Brown placed eighth in the 400 meter hurdles (56.77) and freshman Eric Sheppard placed 1st in 11.11.

Long Island participated in the Raleigh Relays last weekend. The Blackbirds' 4x100 relay team of seniors David Chinwui (Lakehedge, NJ), Shaun Johnson (Ontario, Canada) and Jeremy Bascom (Brookyn, NY), and junior Mike Hillian spun to a third place finish (41.47). The 4x400 relay squad of Hillian, senior Bryan Strele (Gaithersburg, MD), graduate student Ricardo Ordain (Costa Rica) and junior Jabiashi Burton (Baltimore, MD) also closed third, clocking in at 3:13.69.

Mount St. Mary's competed at the UNC-Wilmington Cape Fear Classic last weekend, finishing second out of nine teams. Graduate student Mohamed Halwani, Wagner

NEC Men's Outdoor Track & Field

(March 29, 2005)

Track Athlete of the Week
Ryan Sheehan, St. Francis (PA)
Sr., Pittsburgh, PA/Baldwin
Sheehan automatically qualified for the NCAA Outdoor Championship in the 10,000 meter run for the second straight season, breaking his own school record with a time of 28:49.89 in the event at the Stanford Invitational. Sheehan placed twelfth in the 10K at Stanford, with 5k split times of 14:31 and 14:38. His time is also a B-qualifying time for the USA Track and Field Championships in June.

Field Athlete of the Week
Jeff Witmyer, Robert Morris
Jr., West Lawn, PA/Albright College
Witmyer topped the West Lawn, PA/Albright College

Rookie of the Week
Thomas Merring, Monmouth
Fr., Middletown, DE/Charter
Merring led the Hawks' hurdles crews at the Monmouth University Season Opener with a second place finish in the 110 meter hurdles in 15.40. Merring also finished fourth in the 400 meter hurdles, clocking in at 56.67. The Hawks finished first out of ten teams in the meet.

NEC Men's Outdoor Track & Field Championships

May 7-8, 2005
Mount St. Mary's University
Emmitsburg, MD

2004 Men's Champion: Monmouth

NEC Track Athlete of the Week
Mar. 22 Zach Emerson, Mount St. Mary's
Mar. 29 Ryan Sheehan, St. Francis (PA)

NEC Field Athlete of the Week
Mar. 22 Ryan Martin, Mount St. Mary's
Mar. 29 Jeff Witmyer, Robert Morris

NEC Rookie of the Week
Mar. 22 Mouhamed Halwani, Wagner
Mar. 29 Thomas Merring, Monmouth
Adam Woodford (Downington, PA) placed second in the triple jump with a leap of 44’11.5”. Freshman Mike Booth (West Millfin, PA) came through in the distance events, finishing third in the 800-meter run (1:56.50) and fourth in the 1,500-meter run (4:00.72). In the hurdles, senior Jared Zerbini (Salsbury, PA) finished fourth in both the 110-meter hurdles (15.88) and the 400-meter hurdles (58.06). Robert Morris continues its 2005 outdoor season on Saturday, April 2, at the Western Pennsylvania Intercollegiate Championships, hosted by Carnegie Mellon.

Sacred Heart kicked off their spring campaign at the Monmouth Season Opener last weekend with four individual first place finishes. Freshman Arman Dixon (Beacon, NY) won the 200 meters (22.00) and finished fourth in the long jump (6.47m). Sophomore Alonzo Meek (Wayne, NJ) finished first in the 110 meter hurdles (15.24) and junior Tyler Arnett (Clinton Corners, NY) took home gold in the 3,000 meter steeplechase (9:53.72). The 1,650 meter medley quartet of freshmen Scott Giordano (Hamden, CT), Dixon, senior Todd Brownell (Hudson Falls, NY) and freshman Stephen Zito (Guilford, CT) finished first in a time of 3:37.02. In field events, freshman Jared Maher (Norway, ME) led the way with a first place finish in the triple jump (13.28m), while junior Evan Lasher (Pleasant Valley, NY) finished third in the hammer throw (47.83m) and sixth in the javelin (50.32m). Freshman Ian Saugarott (Hackensack, NJ) vaulted to a third place finish in the pole vault (15.65m). The Pioneers are back in action on Saturday, April 2, at the SCSU Invitational, competing against Boston College, Dartmouth, Fordham, Holy Cross and Massachusetts in New Haven, CT.

St. Francis (NY) competed in the Monmouth Season Opener last weekend. The Terriers’ sprint medley relay team of juniors Lynson Willis (Brooklyn, NY), Liam Crowley (Brooklyn, NY), Corey Thomas (Brooklyn, NY) and sophomore Rafael Paredes (New York, NY) ran to a third place finish (3:40.31). Willis also posted a seventh place finish in the long jump with a leap of 6.23m. The Terriers will compete in the Wagner Invitational on Saturday, April 2.

St. Francis (PA)’s Ryan Sheehan (Pittsburgh, PA) automatically qualified for the NCAA Outdoor Championship in the 10,000 meter run for the second straight season, breaking his own school record with a time of 28:49:89 in that event at the Stanford International. Sheehan placed 12th in the 10K at Stanford with a time of 35:21 and First with a time of 28:49:89. His time was also a B-standard qualifying time for the NCAA Outdoor Track & Field Championship in the 10,000 meter run for the second straight season, breaking his own school record with a time of 28:49:89 in that event at the Stanford International. He placed third in the hammer throw (47.83m) and sixth in the javelin (50.32m). Freshman Greg Giordano (Staten Island, NY) took home gold in the 3,000 meter steeplechase (9:53.72). The 1,650 sprint medley quartet of freshmen Scott Giordano (Hamden, CT), Dixon, senior Todd Brownell (Hudson Falls, NY) and freshman Stephen Zito (Guilford, CT) finished first in a time of 3:37.02. In field events, freshman Jared Maher (Norway, ME) led the way with a first place finish in the triple jump (13.28m), while junior Evan Lasher (Pleasant Valley, NY) finished third in the hammer throw (47.83m) and sixth in the javelin (50.32m). Freshman Ian Saugarott (Hackensack, NJ) vaulted to a third place finish in the pole vault (15.65m). The Pioneers are back in action on Saturday, April 2, at the SCSU Invitational, competing against Boston College, Dartmouth, Fordham, Holy Cross and Massachusetts in New Haven, CT.

Sacred Heart kicked off their spring campaign at the Monmouth Season Opener last weekend, earning two first place and two third place finishes. Sophomore Kathleen Duffy (Monroe, CT) finished first in the 3,000 meter steeplechase, setting a new meet record, and freshman Marsha Locke (Danbury, CT) earned gold in the shot put (12.50 m). Junior Jenna Pisani (Vernon, NJ) finished third in the javelin (50.32m) and ninth in the 1,500 meters (5:00.58), while senior Katie Stewart (Staten Island, NY) finished fourth in the 5,000 meters (19:06.02). The Terriers will compete in the Wagner Invitational on Saturday, April 2.

Wagner competed in the Monmouth Season Opener this past weekend. The Seahawks got a first place finish out of sophomore Brian Pagliuca (Ronkonkoma, NY), who took home gold in the high jump with a leap of 6.02m (20’01”). Pagliuca also placed sixth in the long jump with a distance of 6.22m. Junior Matt Betti (Old Bridge, NJ) took home 6th place in the shot put with a toss of 13.97m (45’10”). Freshman Mohamed Habwan finished fourth in the 1,500 m (4:06.40). The men’s 4x400m relay squad of junior Greg Giordano (Staten Island, NY), and sophomores Andrew Casas (Staten Island, NY), Andrew Keating (Riverside, RI) and Gregory Morse (Endenwell, NY) put up a time of 3:59.95 to earn 6th place in the meet. The Seahawks are back in action on Saturday, April 2, hosting the Wagner Invitational.

Wagner competed in the Monmouth University Season Opener this past weekend. Senior Kristen Risch (Clifton Park, NY) took home first place in the triple jump with a season high jump of 11.02m. Sophomore Maris Reutzel (Meadville, PA) took sixth place in the 5,000 meter run with a time of 19:19.50. Three Seahawks finished in the top ten in the 400m hurdles: sophomore Noemie Wilson (Windsor, CO) took fifth with a time of 1:08.15, freshman Samantha Snukis (St. Clair, PA) took seventh with a time of 1:10.69 and freshman Jessica Ford (Clifton Park, NY) took nineth with a time of 1:10.99. The Seahawks had three relay teams (one in the 100m and two in the 4x100m) finish in the top six places. The team of seniors Kati McCain (Miami, FL) and Kristen Risch (Clifton Park, NY), and sophomores Renee Darmstadt (Kingston, NY) and Wilson finished fifth in the 4x100 meter relay with a time of 48.77. The team of Risch, Darmstadt and freshmen Jessica and Jocelyn Ford (Neptune, NJ) took fourth in the 4x100m relay with a time of 49.71, while the squad of junior Megan Melvin (Staten Island, NY), Reutzel, Wilson, and Snukis finished sixth in the 4x400m.
Fairleigh Dickinson finished third place in the long jump (17'9 ¾" - 5.43m). Senior Akojie (Largo, MD) was right behind her in second with a time of 12.56. Junior Melissa Cheré (Elmsford, NY) finished fourth in the 200 meter dash with a time of 26.45 and second in the 400 meter event (58.15). Hamilton placed second in the long jump with a mark of 5.55 meters, while senior Ebony Ramos (Hackensack, NJ) took fifth place (4.86 meters) in the event. Sophomore Brinae Carmichael (Elk River, MN) had a throw of 12.36 meters in the shot put for second place and placed sixth in the hammer throw (4.60m). The 4x100 meter relay team of Cheryl McPherson, Ebony Cressey, and Hamilton won with a time of 49.20. The Knights are back in action on April 8 at the Sam Howell Invitational in Princeton, NJ.

Monmouth posted a 9-0 mark in dual meet action at the 10th Annual Monmouth University Season Opener on Saturday afternoon at Kessler Field, posting wins over Delaware, Fairleigh Dickinson, Hofstra, Rider, Sacred Heart, St. Francis (NY), St. Peter's, Stony Brook and Wagner. Sophomore Ashley Huffman (S. Setauket, NY) continued her prolific Monmouth career with a pair of wins on Saturday finishing first in both the 100 meter hurdles (15.41) and the long jump (18'3 ¾" - 5.58m). Freshman Latoya Morton (Silver Spring, MD) finished third in the 100 meter hurdles (15.43). Sophomore Nicole Downing (New Castle, PA) placed second in the event with a toss of 139'11" as both throwers qualified for the ECAC Championships.

Latasha Dickson (Aberdeen, NJ) finished in fifth place (4:58.49). The Hawks swept the top three spots in 400 meter hurdles. Sophomore Deanna Paulson (Sewell, NJ) ran a 1:06.00 in the event. She just missed a meet record as she recorded a time of 1:05.11 to claim the title. The Hawks were also winners in the 4x100 as freshman Tiffany Hahn, Monmouth leads the way with a win in the javelin, just missing a meet record with a throw of 130’7” (39.80m).

Renay McPherson (New York, NY) won the 1500 meter circuit in a time of 4:21.11 to claim the title. The Hawks were also winners in the 4x400 as freshman Tiffany Hahn, Monmouth leads the way with a win in the javelin, just missing a meet record with a throw of 130’7” (39.80m).

NEC Women's Outdoor Track & Field Championships

May 7-8, 2005 Mount St. Mary's University Emmitsburg, MD

2004 Women's Champion: Monmouth

NEC Track Athlete of the Week

Mar. 22 Renay McPherson, Fairleigh Dickinson

Mar. 29 Ashley Huffman, Monmouth

NEC Field Athlete of the Week

Mar. 22 Mandy Jenkins, Mount St. Mary's

Mar. 29 Courtney Lenart, Robert Morris

NEC Rookie of the Week

Mar. 22 Gwendolyn Moore, Wagner

Mar. 29 Tiffany Hahn, Monmouth