

## Lyons Record Fifth Place Finish At National Championship Meet

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Eight Wheaton student-athletes named to 2003 NEWMAC All-Academic team ([more](#))

Lyons striving for third consecutive outdoor national championship and eighth overall; Olson successfully defends high jump title ([more](#))

Olson looks to defend national high jump title at the NCAA Division III Championship ([more](#))

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## Meet the Coach

### Paul Souza

#### Head Coach

#### [Contact information](#)

Entering his ninth year as Wheaton's head men's and women's track-and-field coach, Paul Souza has established his team's reputation as the leading national power in Division III track and field. Over a five-year span, his women's squad has won six national championships, finished second three times and finished third once. On the men's side, Souza led his indoor team to a fourth place finish and the outdoor squad to a fifth place standing in the 2002 season.



In his eight years at Wheaton, Souza has produced 49 national champions, 160 All-Americans and 188 NCAA national meet qualifiers. He has been selected by the United States Track Coaches Association (USTCA) as the 2002 NCAA National Indoor Coach of the Year, Northeast Regional Coach of the Year on six occasions, as well as the conference coach of the year six times. A USATF Level I and II certified coach and the national high jump chair for men's development, Souza has attracted some of the nation's most talented athletes to Wheaton.

Souza traveled to England and Scotland in the summer of 2001 as an assistant coach of the U.S. World Junior team. He also was chosen to be an assistant coach for the 1995 U.S. Olympic Sports Festival east team. Recently, Souza was nominated for coaching positions on other upcoming U.S. national and international teams, including the U.S. Olympic team.

In 1987 Souza founded the Elite Track and Field Series, which has become one of the premier track-and-field clinics in the country, attracting such high profile clinicians as Loren Seagrave, Kevin O'Donnell, Norm Tate and Dwight Stones. Currently, he is the personal coach of the 1999 USATF national indoor high jump champion, Henry Patterson (7' 7 3/4"). Souza's expertise in the jumps has made him one of the most sought after clinicians in the track and field world.

An Olympic trials qualifier as well as an NCAA and USA-TFA All-American, Souza earned a bachelor of arts degree in communications from Penn State University in 1983 and a master's degree from Eastern Nazarene College in 1985. A native of Mansfield, Massachusetts, he still holds the Penn State high jump record at 7' 4 1/2" and Mansfield High School mark at 6' 10".

### Paul Carr

#### Assistant Coach

#### [Contact information](#)

Paul Carr began his coaching tenure at Wheaton in 1999, bringing a wealth of experience and success with him from the high school ranks.

In only his fourth season at Wheaton, Carr's coaching expertise has had a dramatic impact on the success of the



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men's and women's cross country programs. With predominantly freshmen and sophomore runners, both squads posted the best conference championship results in the college's history. The women were second and the men finished fifth, with most runners establishing personal bests between forty-five seconds and two minutes faster than their previous best times.

With a talented group of first-year students joining his returning runners, the 2002 season holds great promise and Carr is looking forward to guiding the men's and women's teams to their first NCAA Division III Championship appearances.

As the former head cross country coach at Oliver Ames High School in Easton, Massachusetts, Carr produced state championship boys teams in 1997 and 1998. A USATF Level I certified coach, Carr nurtured the talent of the top high school distance runner in the country, Andy Powell. Powell ran 4:02 in the mile and 8:50 in the two mile in high school. Both times were the best in the nation for those events. His second runner, Chris Johnson ran a 4:14 mile while under Carr's tutelage. Carr was recognized as the 1998 Boston Globe Cross Country Coach of the Year for Division II.

Carr graduated from the University of Massachusetts-Amherst in 1990 with a degree in Sports Management. He was a three-year cross-country letter winner with the Minutemen.

Last updated on 6/9/03.

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- Olson looks to defend national high jump title at the NCAA Division III Championship [\(more\)](#)
- Wheaton women capture ECAC Division III track and field crown; Men finish 12th overall [\(more\)](#)
- Lyons post five NCAA automatic qualifiers at All-New England Championships; Women take fifth overall while men finish 11th [\(more\)](#)
- 2003 NEWMAC MEN'S AND WOMEN'S TRACK & FIELD CHAMPIONSHIP - Wheaton women capture fifth consecutive championship; Men finish fifth overall [\(more\)](#)
- Six athletes post NCAA qualifying marks at Solomon Husky Invitational [\(more\)](#)
- Benson and Olson garner ECAC track and field accolades [\(more\)](#)
- Four Wheaton track athletes pick up victories at Brown Invitational [\(more\)](#)
- Tracksters compete in Florida State Relays; Olson takes top honors in the high jump [\(more\)](#)
- Lyons mark best finish ever at NCAA Division III Outdoor Track and Field National Championship [\(more\)](#)
- Wheaton women in position to defend national championship; Donoghue, Teamey carry Lyons while Greenridge leads men [\(more\)](#)
- Lyons vying for second straight national championship and sixth overall; Men look to better seventh place finish [\(more\)](#)
- Wheaton tracksters among best at ECAC Division III Championships; Women capture team title and men place third overall [\(more\)](#)
- James leads Lyons to best finish at All-New England Championship; Women take the bronze while Wheaton men place 12th overall [\(more\)](#)
- Eight event winners and four meet record-setting performances lead Lyons to second place finish at NCAA Division III New England Championship; Benson and Olson pace Wheaton men with fifth place showing [\(more\)](#)
- Wheaton women capture fourth straight NEWMAC title with 12 event championships; Men place fourth overall [\(more\)](#)
- Olson captures high jump title at prestigious Penn Relays; Teamey places third overall in the pole vault [\(more\)](#)
- Women capture five individual titles at Solomon Husky Invitational; Olson and Pyle lead Men [\(more\)](#)
- Wheaton track & field teams combine to record nine wins at Central Connecticut State Invitational [\(more\)](#)



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- Wheaton male tracksters sweep ECAC Athlete-of-the-Week awards [\(more\)](#)
- Benson leads men with two top finishes at Penn Invitational [\(more\)](#)
- Wheaton throwers compete at Husky Spring Open [\(more\)](#)
- Wheaton track & field teams open outdoor seasons at 49ers Classic; Nine Lyons post national qualifying marks [\(more\)](#)
- Women capture NEWMAC first place honors for third straight time; men finish fourth, as teams combine to shatter eight conference records [\(more\)](#)

Last updated on 12/19/01.

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## Roster

### [Team Photo](#)

Name	Class	Hometown	High School	Event(s)
Erik Benson*	04	Southbury, CT	Pomperaug	Sprints, Multi
Peter Cahalane*	04	North Andover, MA	St. John's Prep	Distance
Joe Chadwick	05	Shelburne Falls, MA	Mowhawk Trail Regional	Distance
Dante Deliso	04	Sutton, MA	Worcester Academy	Sprints
Ryan English	06	New Hartford, CT	Northwestern	Hurdles, Sprints
Patrick Freytag*	05	Pittsford, NY	McQuaid Jesuit	Sprints
Justin Jin	06	Seoul, South Korea	Newton South	Jumps, Sprints
Ross Kahill	06	South Portland, ME	South Portland	Distance
Matt Lucerto	04	Reading, MA	St. John's	Sprints
Tyrone McClain	04	New Haven, CT	Hillhouse	Sprints, Jumps
Dan Olson	05	Voorheesville, NY	Albany Academy	Jumps
Terry Panetta	04	Hicksville, NY	St. Anthony's	Distance
Jamaal Rawls-Payton	05	Stoughton, MA	Stoughton	Hurdles
Eric Richardson	06	Walpole, MA	Bishop Feehan	Distance
Chris Scotti	03	Walpole, MA	Xavierian Brothers	Distance
Ajay Sisodia	06	Andover, MA	Andover	Sprints
Lance Wagner*	04	Beverly, MA	Beverly	Sprints
Adam Walker	05	Westfield, NJ	Westfield	Sprints
Chris Wilbur	05	Weymouth, MA	Weymouth	Throws

Head Coach: Paul Souza (9th Year)

Assistant Coaches: Richard Curry (4rd Year), Paul Carr (4th Year), Tasha Downing (4th Year), Al Bashian (4th Year), Jeff Robbins (4th Year), Amy Saari (1st Year)

Athletic Trainers: Greg Steele L.A.T.C., Kristin Raffa L.A.T.C., Adam Eastwood L.A.T.C.

\* Denotes Captain



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Date	Day	Meet	Site	Start Time	Score	Number of Teams
23-Mar	Sun	<a href="#">Florida State Relays</a>	(Florida State University) Tallahassee, FL	TBA	No Team Score	
12-Apr	Sat	<a href="#">Brown Invitational</a>	(Brown University) Providence, RI	TBA	9th Place (22 Points)	9 Teams
19-Apr	Sat	<a href="#">Solomon Husky Invitational</a>	(Solomon Track) Dedham, MA	10:00am	No Team Score	
24-26-Apr	Thu-Sat	<a href="#">Penn Relays</a>	(University of Pennsylvania) Philadelphia, PA	TBA	No Team Score	
27-Apr	Sun	<a href="#">NEWMAC Championship</a>	(Smith College) Northampton, MA	12:00pm	5th Place (62 Points)	6 Teams
2-3-May	Fri-Sat	<a href="#">Delaware Invitational</a>	(Delaware University) Newark, DE	TBA	No Team Score	
9-10-May	Fri-Sat	<a href="#">All-New England Championship</a>	(University of New Hampshire) Durham, NH	TBA	T-11th Place (27 Points)	38 Teams
15-16-May	Thu-Fri	<a href="#">ECAC Division III Championship</a>	(MIT) Cambridge, MA	TBA	12th Place (22 Points)	49 Teams
22-24-May	Thu-Sat	<a href="#">NCAA Division III Outdoor Championship</a>	(St. Lawrence University) Canton, NY	TBA	T-30th Place (10 Points)	71 Teams
20-22-June	Fri-Sun	USATF Outdoor Championship	(Stanford University) Palo Alto, CA	TBA		



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Event	Athlete(s)	Result	Date
100 Meter	Lance Wagner	10.72	2001
100 High Hurdles	Luke Marsters	14.94	1999
200 Meter	Sekou Dilday	21.78	1997
400 Meter	Sekou Dilday	47.44	1997
400 Hurdles	Jeremy Nichols	55.46	1996
800 Meter	Kevin Bullock	1:50.85	1998
1500 Meter	Frank Elms	3:57.96	1995
5000 Meter	Stan Pyle	14:59.63	2002
10,000 Meter	Keith Neal	33:58.06	1994
4 X 100 Meter Relay	Rahiem Greenridge, Rob Tyson, Dante Deliso, Lance Wagner	41.39	2001
4 X 400 Meter Relay	I. Lowell, Sekou Dilday, Kevin Bullock, Zhanu Bowden	3:17.12	1997
High Jump	Eric Taylor-Perry	7' 4 1/2"	1997
Long Jump	Rob Tyson	25' 5 1/2"	2000
Triple Jump	Rahiem Greenridge	51' 11 3/4"	2001
Pole Vault	Ben Vik	15' 3"	2001
Hammer	Andy Ferree	137' 2"	1999
Javelin	Nash Oven	173' 7"	2000
Shot Put	Andy Ferree	47' 4 1/2"	1999
Discus	Andy Ferree	147' 8"	1999

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## Past Seasons

Archives of past seasons are available in Acrobat (pdf) format:

[Spring 2002](#)[Spring 2001](#)[Spring 2000](#)

Last updated on 6/9/03.

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## Eight Wheaton student-athletes named to 2003 NEWMAC All-Academic team

May 28, 2003

NORTON, MA- Eight Wheaton College student-athletes have been named to the New England Women's and Men's Athletic Conference (NEWMAC) All-Academic team for the spring of 2003. Out of the ten schools, there were 147 student-athletes to receive this honor.

Honorees must follow a certain criteria to qualify, including having a minimum cumulative grade point average of 3.5 or better upon completion of the 2002 fall semester, attaining at least a sophomore standing and participating on a varsity team for the entire season.

The women's track and field team led the way with three recipients in juniors Kim Spence (Barrington, NH/Dover) and Christina Zerbini (Wethersfield, CT/Wethersfield) and sophomore Tessa Donoghue (Springfield, MA/Cathedral). Women's lacrosse placed two athletes on the squad, including junior Lauren Maynes (Woodstock, VT/Woodstock Union) and sophomore Kyla Graves (North Sutton, NH/Kearsarge Regional).

Rounding out the list was men's tennis junior Jonah Cool (Palo Alto, CA/Henry B. Gunn), softball sophomore Sarah Malloy (Cumberland, RI/Cumberland) and men's track and field sophomore Christopher Wilbur (Weymouth, MA/Weymouth).

Donoghue and Spence helped lead the women's track and field squad to its third consecutive NCAA Division III Championship. Donoghue, who was a National Champion in the 4x400-meter relay and an All-America in the triple jump, earned NEWMAC All-Conference laurels in the 4x400-meter relay, long jump, triple jump and high jump events, while Spence picked up conference accolades in the 400-meter intermediate hurdles and 4x100-meter relay. Moved to distance this season, Zerbini ran in the 1,500-meter run and 3,000-meter steeplechase.

Maynes and Graves helped lead Wheaton to its first NCAA Tournament appearance in 17 years. Maynes was named NEWMAC Player of the Year for the second consecutive season and NEWMAC All-Conference for the third straight year in addition to holding a national ranking in goals per game. Starting in 15 games, she posted a team-high 58 goals with seven assists on the season. Playing in all 15 games with seven starts, Graves recorded 11 goals and 22 ground balls.

Cool, who was victorious at third doubles in an early season match, played exhibition throughout the year. Malloy, named to the NEWMAC All-Conference second team, was the team leader in home runs and was tied for third in doubles. Earning 43 starts, Malloy was among the conference leaders in home runs and runs scored. Competing on Wheaton's track squad for the first year, Wilbur saw action in the javelin.

Spring sports sponsored by the NEWMAC include: baseball, women's crew, women's lacrosse, softball, men's tennis and men's and women's track & field.

Last updated on 5/29/03.

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## Lyons striving for third consecutive outdoor national championship and eighth overall; Olson successfully defends high jump title

May 22, 2003

CANTON, NY- The two-time defending national champion Wheaton College women's track and field team began its quest for a third straight sweep of an indoor and outdoor national title today at St. Lawrence University's Merrick-Pinkard Track and Field Complex. Striving for a third consecutive outdoor national championship, the Lyons put themselves in great position in the opening day of the three-day meet. On the men's side, sophomore Dan Olson (Voorheesville, NY/Albany Academy) successfully defended his high jump national championship by winning the event this afternoon.

Junior Vernick Smith (Camden, NJ/Woodrow Wilson) highlighted the day for the women with an impressive performance in the trials of the 400-meter hurdle event, shattering the Wheaton all-time record with a time of 60.95. Smith's time bettered the old Merrick-Pinkard Track mark and in the process broke a two-year old school record, which was set by Wheaton standout Tenille Johnson '01. Smith also holds the Wheaton record in the 100M, as she sped to an 11.75 finish at last week's Eastern College Athletic Conference (ECAC) Division III Championship.

In addition to Smith, a pair of Wheaton athletes had their sights set on defending individual national crowns in the 200-meter dash and long jump events. Junior Amber James (Woodbury, MN/Woodbury) fared well in the 200M trials, advancing to Saturday's finals with a time of 25.43. One year ago, James captured top honors with a school-record time of 23.73, a finish that was a mere one one-hundredth of a second short of the NCAA meet mark. Sophomore Tessa Donoghue (Springfield, MA/Cathedral), who entered the meet as the defending national champion in the long jump with a distance of 19' 4", did not qualify for this afternoon's finals. Donoghue placed seventh in her flight with a mark of 18' 1".

In the relay events, both the 4x100M and 4x400M teams advanced to Saturday's finals with a pair of impressive races. In the 4x100M, the team of Smith, Amber James, sophomore Jessica Allegra (East Hampton, CT/East Hampton) and first-year Aspen James (Woodbury, MN/Woodbury) finished second in their heat with a time of 47.10. Entering the 4x400M with the second fastest time at the Division III level this year and as the defending national champions in the event, the team of Amber James, Donoghue, senior Jana Bromell (Spencer, MA/David Prouty) and freshman Oly Wirtz (Fitchburg, MA/Fitchburg) posted the top time in the second heat, finishing in 3:48.76. Both relay teams bettered the old Merrick-Pinkard Track record.

In other events on the afternoon, first-year Noelle Battista (Warwick, RI/Toll Gate) made her first national meet appearance a memorable one, finishing 11th in the pole vault with a height of 11' 7". Other Wheaton athletes that competed but did not advance past the preliminaries included junior Kim Spence (Barrington, NH/Dover) in the 400-meter hurdles and Aspen James in the 200-meter dash. Spence and James each placed fifth in their respective heats.

For the men, Olson defended his high jump title by tying the NCAA Division III season-best height of 7' 1", which he set earlier this spring at the Brown University Invitational. Setting a new Merrick-Pinkard Track record, Olson finishes the 2003 indoor and outdoor seasons by finishing as the top collegiate competitor in an impressive 19 of the 20 competitions he entered this year.

The Wheaton women had a program-high tying 13 athletes qualify for the



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national competition, while Olson was the sole representative for the men. On Friday, competition begins at 10:30 a.m. with the women's hammer throw.

Last updated on 5/23/03.

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## Olson looks to defend national high jump title at the NCAA Division III Championship

May 20, 2003

NORTON, MA- The two-time defending national champion Wheaton College women's outdoor track and field team will attempt to become the only Division III women's program to complete a third straight sweep of an indoor and outdoor national title this weekend at St. Lawrence University's Merrick-Pinkard Track and Field Complex in Canton, New York. The Lyons are in search of their third consecutive outdoor crown to go along with five straight indoor national prizes. At the indoor national meet, as the Lyons tied Louisiana State University for the second-longest winning streak in NCAA women's indoor track and field history.

This weekend the Blue and White look to cap their storied year in becoming the third NCAA Division III track program to capture three successive outdoor national championships, which was also accomplished by Christopher Newport University from 1987-89 and the University of Wisconsin at Oshkosh from 1995-97. "When we started this program, my dream was to win a national championship," said head coach Paul Souza. "To win five in a row and seven overall is just beyond my wildest dreams. I have been so impressed with our athletes. They just continue to find ways to win."

Winning eight national championships over a span of five years is nothing short of spectacular, as the Lyons would tie Wisconsin-Oshkosh for the second most combined track and field national titles at the Division III level. Christopher Newport is tops all-time with 12 national crowns, including six indoor and six outdoor titles. If Wheaton's last two weeks of competition are any indication of the future, then the Lyons may very well maintain their status as the nation's greatest current track and field dynasty. On Saturday, May 10, Wheaton posted a fifth place finish among 33 Division I, II and III institutions at the All-New England Championship at the University of New Hampshire. The Lyons then captured the Eastern College Athletic Conference (ECAC) crown on Friday, May 16 at MIT.

Leading Wheaton's 13-member squad this weekend will be seniors Jana Bromell (Spencer, MA/David Prouty), Kristen Cullen (Stoneham, MA/Stoneham) and Noreen Kordzeil (Chittenango, NY/Chittenango). Bromell, who ran a leg on the indoor champion 4x400-meter relay team, will look to help the Lyons defend their national outdoor title in the 4x400M event in addition to competing in the 400-meter dash. Cullen and Kordzeil, who gained All-American status in the outdoor hurdles a year ago, will attempt to do the same in the 100-meter hurdles event this weekend.

The Lyons also will send juniors Amber James (Woodbury, MN/Woodbury), Vernick Smith (Camden, NJ/Woodrow Wilson) and Kim Spence (Dover, NH/Dover). James and Smith had major contributions to the 2003 indoor national title, as the tandem not only ran a leg on the winning 4x400M event but also posted a one-two finish in the 400M race, as James notched her third consecutive national championship.

Expected to compete in the 200M, 400M, 4x100M and 4x400M events this weekend, James hopes to defend her outdoor titles in the 200M, 400M and 4x400M. Earning the prestigious Honda Award for Division III track and field in 2002 and Wheaton's Outstanding Female Athlete Award in 2003, James has picked up top national honors in the 400-meter dash and 4x400-meter relay an astounding 10 times in 10 chances. In her tenure with the Lyons, she has been a part of an astounding 11 event national championships. On an individual level, James has posted six national crowns, including five top marks in the 400M. Smith, who has been clocked with the fastest Division III time in the country in the 100-meter dash, is



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expected to compete in the 400-meter hurdles event and 4x100-meter relay in addition to the 100M. Spence will join Smith in the 400M hurdles race.

Other key athletes to watch will be sophomores Tessa Donoghue (Springfield, MA/Cathedral), Kirsten Larsen (Hampden, MA/Minnechaug Regional), Kathrine Wallace (Glenmoore, PA/The Hill School) and Jessica Allegra (East Hampton, CT/East Hampton) and freshmen Aspen James (Woodbury, MN/Woodbury), Noelle Battista (Warwick, RI/Toll Gate) and Oly Wirtz (Fitchburg, MA/Fitchburg).

A three-time indoor and outdoor national champion in the long jump and 4x400-meter relay, Donoghue will compete in an impressive four events, including the 400-meter dash, 4x400M, long jump and triple jump. Donoghue captured last year's long jump title with a leap of 19' 4". Larsen, who made an immediate impact as a freshman, earned All-America status in the javelin last May with a solid fourth place finish. Wallace, who qualified for her first national competition in the winter, met the mark once again in the high jump this season with a leap of 5' 6". Allegra will run a leg on the 4x100-meter relay team.

Aspen James, who saw her first national competition in the 55-meter dash in March, will look to score in the 100M, 200M and 4x100M relay events this weekend. Battista, who vaulted a career-best 11' 7 3/4" last weekend at the ECAC Championship, will compete in her first national competition. Qualifying for the indoor national event but not competing in the 4x400-meter relay, Wirtz is scheduled to run a leg in this weekend's 4x400M race.

Sophomore Dan Olson (Voorheesville, NY/Albany Academy) will represent the men, as he looks to defend his outdoor national championship in the high jump. Olson, who cleared 7' 1" a year ago at this meet, leads this year's field with a Division III season-best jump of 7' 1". With a victory this weekend, Olson can lay claim to winning three of the possible four high jump national titles in his career.

Last updated on 5/20/03.

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## Wheaton women capture ECAC Division III track and field crown; Men finish 12th overall

May 16, 2003

CAMBRIDGE, MA- The Wheaton College women's track and field squad took a positive step in defending its NCAA Division III National Championship next weekend by capturing the 2003 Eastern College Athletic Conference (ECAC) Division III Championship at MIT's Steinbrenner Track Friday afternoon. In scoring 113 points, the Lyons outpaced 47 other teams to capture the title. On the men's side, the Blue and White posted 22 points, finishing in 12th place out of 49 teams.

Five Wheaton athletes and two relay teams posted NCAA Division III national meet qualifying marks in the two-day meet, led by junior Vernick Smith (Camden, NJ/Woodrow Wilson). Smith, who won the 100-meter dash with the fastest Division III time of the year, posted a school record time of 11.75. She also finished second in the 200-meter dash in a provisional time of 24.83 and was a member of the automatic qualifying 4x100-meter relay team, which won the event in 47.68.

Also posting automatic qualifying times were senior co-captains Noreen Kordzeil (Chittenango, NY/Chittenango) and Kristen Cullen (Stoneham, MA/Stoneham). Kordzeil and Cullen finished first and second in the 100-meter hurdles in 14.41 and 14.42, respectively and junior Amber James (Woodbury, MN/Woodbury) placed first in the 200-meter dash in an automatic time of 24.48. In the relay events, Smith, James, sophomore Jessica Allegra (East Hampton, CT/East Hampton) and first-year Aspen James (Woodbury, MN/Woodbury) won the 4x100M, while Amber James, senior Jana Bromell (Spencer, MA/David Prouty), sophomore Tessa Donoghue (Springfield, MA/Cathedral) and freshman Oly Wirtz (Fitchburg, MA/Fitchburg) were victorious in the 4x400M event with an automatic qualifying standard of 3:47.50.

Seven women in addition to Smith posted provisional qualifying times, led by Donoghue, who was second in the long jump (18' 3") and 400-meter dash (57.54). Sophomore Kirsten Larsen (Hampden, MA/Minnechaug Regional) posted a second place finish in the javelin (133' 9"), while freshman Noelle Battista (Warwick, RI/Toll Gate) and senior Kerry Teamey (Klamath Falls, OR/Henley) finished fourth and tied for fifth, respectively in the pole vault. Battista had a collegiate career-high vault of 11' 7 3/4". Junior Kim Spence (Barrington, NH/Dover) and Aspen James rounded out the provisional performances in the meet, as Spence finished fourth in the 400-meter hurdles (1:03.86) and James fifth in the 100-meter dash (12.24).

On the men's side, sophomore Dan Olson (Voorheesville, NY/Albany Academy) once again won the high jump with a leap of 6' 11 1/2", giving the men their only automatic qualification of the day. In addition to the 4x400-meter relay team, two other men scored points on the day. Junior Tyrone McClain (New Haven, CT/Hillhouse) finished third in the 100-meter dash (10.92), while classmate Erik Benson (Southbury, CT/Pomperaug) was seventh in the 200-meter dash (22.20). The 4x400-meter relay team, consisting of McClain, Benson, sophomore Adam Walker (Westfield, NJ/Westfield) and freshman Ajay Sisodia (Andover, MA/Andover), posted a fifth place finish in 3:20.11.

The men and women will next travel to Saint Lawrence University in Canton, New York for the 2003 NCAA Division III Championship this Thursday, May 22 through Saturday, May 24. The two-time defending national champion women look to capture their third consecutive outdoor national title.



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## Lyons post five NCAA automatic qualifiers at All-New England Championships; Women take fifth overall while men finish 11th

May 10, 2003

DURHAM, NH- The Wheaton College men's and women's track and field teams posted strong finishes at the All-New England Championships held at the University of New Hampshire on Friday and Saturday. The women finished fifth overall among 33 scoring teams with 58.33 points, while the men tied for 11th place in the 38-team pool with 27 points.

All told, five athletes posted NCAA Division III national meet automatic qualifying marks and two shattered their own school marks. Senior Noreen Kordzeil (Chittenango, NY/Chittenango), juniors Amber James (Woodbury, MN/Woodbury) and Vernick Smith (Camden, NJ/Woodrow Wilson), and sophomores Kirsten Larsen (Hampden, MA/Minnechaug Regional) and Dan Olson (Voorheesville, NY/Albany Academy) all earned automatic qualifiers at the meet.

Kordzeil finished first in the 100-meter hurdles with a time of 14.36, while James captured the 400-meter dash crown in 55.89. Olson was the other top competitor in his event, winning the men's high jump with an automatic qualifying leap of 6' 11". Rounding out the automatic qualifying marks was Larsen's school-record toss of 137' 11" in the javelin, breaking her old mark of 135' 5" from last season, and Smith's time of 55.80 in the 400-meter qualifying heat.

The women were bolstered by several scoring finishes. Sophomore Tessa Donoghue (Springfield, MA/Cathedral) posted a provisional mark with a second place finish in the 400-meter dash (56.95), as did senior Jana Bromell (Spencer, MA/David Prouty) in 57.18. Smith and junior Kim Spence (Barrington, NH/Dover) recorded provisional times of 1:02.59 and 1:03.30, respectively in the 400M hurdles. Senior co-captain Kristen Cullen (Stoneham, MA/Stoneham) finished seventh in the 100-meter hurdles, but not before she scored a provisional time of 14.80 in the preliminary heat.

First-year Aspen James (Woodbury, MN/Woodbury) finished seventh and eighth in the 100 and 200-meter dashes and qualified provisionally in the prelims, while freshman Christina Langevin (Wilbraham, MA/Minnechaug Regional) posted a school record in the 10,000-meter run with a time of 38:56.82. Sophomore Kathrine Wallace (Glenmoore, PA/The Hill School) and freshman Noelle Battista (Warwick, RI/Toll Gate) rounded out the provisional qualifiers in the high jump and pole vault. Wallace placed second at 5' 5" in the high, while Battista vaulted 10' 10".

The men were paced by Olson's top mark in the high jump and junior Tyrone McClain (New Haven, CT/Hillhouse), who finished fifth in the 100 and 200-meter dashes. Also scoring was junior Erik Benson (Southbury, CT/Pomperaug), who placed fourth in the 400-meter dash with a time of 48.95. The 4x400-meter relay finished fifth in a time of 3:19.68.

The men and women next travel to Springfield College in Springfield, Massachusetts to compete in the Eastern College Athletic Conference (ECAC) Division III Championships. The meet begins on Friday, May 16 and finishes up on Saturday, May 17.

Last updated on 5/12/03.

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## 2003 NEWMAC MEN'S AND WOMEN'S TRACK & FIELD CHAMPIONSHIP - Wheaton women capture fifth consecutive championship; Men finish fifth overall

April 27, 2003

NORTHAMPTON, MA- The Wheaton College women's track and field squad posted 181.50 points Sunday afternoon en route to its fifth consecutive New England Women's and Men's Athletic Conference (NEWMAC) Championship. The Lyon women have now won six straight conference crowns and seven of the last eight titles dating back to the New England Women's 8 Conference (NEW- 8). The men posted 62 points and finished in fifth place overall.

The women posted 16 all-conference (first and second place finishes) performances on the day, with nine NCAA Division III national meet provisional qualifying standards and three NEWMAC records. Leading the way was sophomore Tessa Donoghue (Springfield, MA/Cathedral) and first-year Aspen James (Woodbury, MN/Woodbury), who won three events each. Donoghue placed first in the long jump and triple jump by posting jumps of 5.45m and 11.57m, respectively. Her triple jump mark was good enough to exceed the provisional distance. Donoghue also was a part of the winning 4x400-meter relay in addition to finishing second in the high jump. James had provisional times in the 100 (12.25) and 200-meter dashes (24.89) in addition to running a leg in the victorious 4x100M relay.

In the hurdle events, senior Noreen Kordzeil (Chittenango, NY/Chittenango) took the 100-meter hurdles title in a provisional and conference record time of 14.61 while placing second in the 400M hurdles in 1:04.99. Winning the 400-meter hurdles was junior Kim Spence (Barrington, NH/Dover), who posted a provisional time of 1:04.26. Also recording victories on the afternoon was junior Amber James (Woodbury, MN/Woodbury), who registered a provisional time of 56.52 in the 400-meter dash, sophomores Kathrine Wallace (Glenmoore, PA/The Hill School) in the high jump (1.63m) and Kirsten Larsen (Hampden, MA/Minnechaug Regional) in the javelin with a provisional and NEWMAC record throw of 40.83M. Rounding out the all-conference performances was senior Kristen Cullen (Stoneham, MA/Stoneham), who finished second in the 100M hurdle event with a provisional time of 14.62 and freshman Noelle Battista (Warwick, RI/Toll Gate), who came in second in the pole vault with a provisional vault of 3.36M.

In the relay events, both the 4x100 and 4x400-meter squads posted top finishes. The 4x100M team, consisting of Spence, Aspen James, senior Jana Bromell (Spencer, MA/David Prouty) and freshman Oly Wirtz (Fitchburg, MA/Fitchburg) posted a time of 49.63, while the 4x400M team of Bromell, Kordzeil, Donoghue and Wirtz finished in a conference record time of 3:58.34.

On the men's side, five individuals and the 4x400-meter relay team all earned all-conference accolades on the afternoon, led by junior Tyrone McClain (New Haven, CT/Hillhouse), who captured first place in the 100 and 200-meter dashes. Classmate Eric Benson (Southbury, CT/Pomperaug) won the 400-meter dash in a NEWMAC record of 48.57 and finished second to McClain in the 200M. Sophomore Dan Olson (Voorheesville, NY/Albany Academy) won the high jump with a provisional jump of 2.06m. Rounding out the all-conference selections was the 4x400-meter relay team, consisting of McClain, Benson, sophomore Adam Walker (Westfield, NJ/Westfield) and freshman Ajay Sisodia (Andover, MA/Andover), capturing the title in 3:21.33.



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## Six athletes post NCAA qualifying marks at Solomon Husky Invitational

April 19, 2003

DEDHAM, MA- The Wheaton College men's and women's track and field teams posted six NCAA Division III national meet qualifying standards at the Solomon Husky Invitational hosted by Northeastern University Saturday afternoon at the Solomon Track in Dedham. No team scores were kept during the meet.

Five women recorded NCAA qualifying marks in the meet. On the women's side, junior Vernick Smith (Camden, NJ/Woodrow Wilson) scored an NCAA Division III national meet automatic qualifying time in the 400-meter hurdles with a first place finish in 1:02.12. Sophomore Tessa Donoghue (Springfield, MA/Cathedral) posted three NCAA provisional marks on the afternoon, finishing first in the long jump (5.50m) and triple jump (11.56m) and second in the 400-meter dash (57.38). Also posting a provisional time in the 400M was senior Jana Bromell (Spencer, MA/David Prouty), who finished third in that event in 57.51. Junior Kim Spence (Barrington, NH/Dover) and sophomore Kirsten Larsen (Hampden, MA/Minnechaug Regional) also recorded provisional results in the 400-meter hurdles and javelin, respectively. Spence finished second overall, while Larsen won the javelin.

Also posting impressive finishes on the day were senior captains Kristen Cullen (Stoneham, MA/Stoneham) and Noreen Kordzeil (Chittenango, NY/Chittenango). Cullen and Kordzeil finished first and second, respectively in the 100-meter hurdles with Kordzeil also placing fourth in the 400-meter hurdles. Sophomore Kathrine Wallace (Glenmoore, PA/The Hill School) posted a second place finish in the high jump, while freshman Noelle Battista (Warwick, RI/Toll Gate) finished third in the pole vault. Rounding out the top performances were three fourth place finishes by first-year athletes Aspen James (Woodbury, MN/Woodbury) in the 100 and 200-meter dashes and Christina Langevin (Wilbraham, MA/Minnechaug Regional) in the 10,000-meter run. Wheaton's relay teams were also solid, as the Lyons placed first overall in the 4x400-meter relay in 4:02.90 and second in the 4x100M event in 49.56.

On the men's side, sophomore Dan Olson (Voorheesville, NY/Albany Academy) continued to dominate the New England collegiate high jump circuit by posting another victory in the high jump. Olson has won all three high jump events he has entered this spring and including the indoor season, he has been the top collegiate jumper in 14 of the 15 meets he has participated. Olson cleared an NCAA Division III national meet provisional qualifying standard of 6' 10" in the event. Also posting top 10 finishes for the men was junior Tyrone McClain (New Haven, CT/Hillhouse), who finished sixth in the 200-meter dash, and sophomore Jamaal Rawls-Payton (Stoughton, MA/Stoughton), who placed ninth in the 110-meter hurdles.

The Lyons are set to compete this Thursday, April 24 in Philadelphia, Pennsylvania for the prestigious Penn Relays. On Saturday, Wheaton will head to Northampton, Massachusetts for the New England Women's and Men's Athletic Conference (NEWMAC) Championship at Smith College. Meet time is set to begin at 11:00 a.m.

Last updated on 4/21/03.

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## Benson and Olson garner ECAC track and field accolades

April 16, 2003

NORTON, MA- Wheaton College men's outdoor track and field standouts Erik Benson (Southbury, CT/Pomperaug) and Dan Olson (Voorheesville, NY/Albany Academy) garnered Eastern College Athletic Conference (ECAC) Track and Field Athlete-of-the-Week accolades for the week ending on Sunday, April 13. Benson, a Co-Track Athlete-of-the-Week selection and Olson, the Field Athlete of the Week, each won this award twice during the indoor track and field season.

Benson, a junior sprinter for the Lyons, placed in two events at the Brown Invitational held at Brown Stadium on Saturday. He captured the 400-meter dash with an NCAA Division III national meet provisional qualifying time of 48.48. He also placed seventh overall in the 200M event with a time of 22.82. This time qualifies Benson for the ECAC Championship.

Olson, a sophomore jumper with Wheaton, was impressive to say the least at Brown, as he cleared a height of 7' 1" in the high jump event, a mark good enough for an NCAA Division III national meet automatic qualifying standard. Olson took top honors at a meet that featured seven Division I schools and one Division II squad.

As a team, the Lyons placed ninth overall in the nine-team meet with 22 total points. Wheaton will next travel to the Solomon Invitational in Dedham, Massachusetts on Saturday, April 19. Meet time is scheduled to begin at 10:00 a.m.

Last updated on 4/19/03.

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## Four Wheaton track athletes pick up victories at Brown Invitational

April 12, 2003

PROVIDENCE, RI- The Wheaton College men's and women's track and field teams traveled to Providence, RI to compete in the Brown Invitational at Brown Stadium. Competing against seven Division I and one Division II programs, the women finished in seventh place overall with 36.5 points, while the men placed ninth with 22 points.

Four Wheaton athletes picked up victories on the day, with two gaining NCAA Division III national meet automatic qualifying marks. Achieving automatic qualifications was sophomore Dan Olson (Voorheesville, NY/Albany Academy), who leaped 7' 1" in capturing the high jump title on the men's side, and junior Vernick Smith (Camden, NJ/Woodrow Wilson), who posted a time of 55.59 in the 400-meter dash on the women's side.

In addition to Olson and Smith, juniors Eric Benson (Southbury, CT/Pomperaug) and Amber James (Woodbury, MN/Woodbury) captured the 400-meter dash and the 200-meter dash events, respectively. Both gaining provisional qualifying marks, Benson won the 400M in a time of 48.48, while James won the 200M in 24.82.

Four other Lyon women scored points in the meet, with two earning provisional qualifying standards in the process. Senior captain Kristen Cullen (Stoneham, MA/Stoneham) finished third in the 100-meter high hurdles in a provisional time of 14.87, while sophomore Tessa Donoghue (Springfield, MA/Cathedral) jumped 37' 8" in gaining provisional status in the triple jump. Donoghue placed fourth in the event.

Three women posted fifth place finishes on the day, led by senior captain Noreen Kordzeil (Chittenango, NY/Chittenango) in the 100-meter high hurdles (15.14), Donoghue in the long jump (17' 10 3/4") and first-year Aspen James (Woodbury, MN/Woodbury) in the 100-meter dash (12.85). Sophomore Kathrine Wallace (Glenmoore, PA/The Hill School) rounded out the point scorers for the women, placing sixth in the high jump.

One additional athlete scored points on the men's side. Junior Tyrone McClain (New Haven, CT/Hillhouse) posted a sixth place mark in the 200-meter dash, finishing with a time of 22.68.

The Wheaton men and women will return to action this Saturday, April 19, when the Blue and White travel to Dedham, Massachusetts to compete in the Solomon Invitational. Meet time is set to begin at 10:00 a.m.

Last updated on 4/15/03.

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## Tracksters compete in Florida State Relays; Olson takes top honors in the high jump

March 22, 2003

TALLAHASSEE, FL- Coming off its fifth consecutive NCAA Division III National Championship last weekend, the Wheaton College women's track and field team traveled with the men to Tallahassee, Florida to compete in the Florida State Relays. The women posted two NCAA Division III national meet automatic qualifying marks as well as one provisional mark over the weekend, while the men added one automatic qualifying mark. No team scores were kept in the meet.

The lone victory came on the men's side, as sophomore Dan Olson (Voorheesville, NY/Albany Academy) followed up last weekend's national championship performance in the high jump with an automatic qualifying leap of 6' 10 3/4". Outdistancing himself from the Division I dominated field, Olson has now been the top collegiate competitor in 12 of 13 meets he has entered this year.

Also posting an impressive mark for the men was junior Erik Benson (Southbury, CT/Pomperaug), who came in second in the 400-meter dash with a time of 48.83. Freshman Justin Jin (Seoul, South Korea/Newton South [MA]) came in 13th in the long jump with a leap of 19' 8 3/4". The men's 4x100-meter relay team just missed a provisional standard, as Benson was joined by juniors Tyrone McClain (New Haven, CT/Hillhouse) and Lance Wagner (Beverly, MA/Beverly) and freshman Ajay Sisodia (Andover, MA/Andover). The foursome placed sixth overall with a time of 42.39.

For the women, junior Amber James (Woodbury, MN/Woodbury) posted two NCAA Division III national meet automatic qualifying marks in the 200 and 400-meter dashes. James finished second in the 400-meter dash with a time of 54.56, and fifth in the 200M event with a time of 24.51. Registering a sixth place finish in the 800-meter run was junior Kim Spence (Barrington, NH/Dover), who finished the race in 2:18.97.

Setting a provisional qualifying mark in the 4x100-meter relay was the quartet of James, junior Vernick Smith (Camden, NJ/Woodrow Wilson), sophomore Jessica Allegra (East Hampton, CT/East Hampton) and freshman Aspen James (Woodbury, MN/Woodbury). Completing the relay in 48.08, the Wheaton squad finished in seventh place overall.

Both the men and women return to action on Friday, April 4, as they travel to Storrs, Conn. to compete in the Husky Invitational. Meet time is scheduled to begin at 3:30 p.m.

Last updated on 3/24/03.

Send questions about this page to [Scott Dietz](mailto:Scott.Dietz@wheaton.edu) or contact [Wheaton College](http://www.wheaton.edu).



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## Lyons mark best finish ever at NCAA Division III Outdoor Track and Field National Championship

May 25, 2002

SAINT PAUL, MN- The Wheaton College women's outdoor track & field team boasted yet another national crown Saturday afternoon at Macalester College, as the Lyons captured their second consecutive NCAA Division III Championship. Coupled with an astounding four straight indoor titles, the Wheaton women have discovered the nation's top spot to be almost commonplace. The men also turned in outstanding performances, as they posted their highest finish ever at fifth place overall.

Etching their championship name in the record books for the fourth consecutive occasion including both indoor and outdoor national meets and for the sixth time covering a four-year span, the Lyon women became the first program to sweep the indoor and outdoor national prizes in back-to-back seasons since the University of Wisconsin at Oshkosh did so in 1995 and 1996.

Despite a challenging first day of competition, Wheaton still managed to amass an impressive 67 points. Unlike last year where the Lyons won by an aggregate 34.5 points, Wheaton did not clinch the victory until the second to last event of the meet. Following the Lyons was McMurry with 49 points, Williams with 44 points, Wisconsin-La Crosse with 38 points and Christopher Newport with 34 points. On the men's side, Wisconsin-La Crosse earned the team title with 64 points.

"Today's championship was the most satisfying of all, as our athletes took it upon themselves to overcome early adversity," says head coach Paul Souza. "After a tough first day, the team responded and showed why they're champions. Across the board, everyone came back with an answer and everyone contributed equally. Right down the line over the course of the last two days, we had athletes stepping up left and right; from our underclassmen to our gutsy performances, this was a phenomenal victory."

It was no surprise that Minnesota native Amber James (Woodbury, MN) played an integral role in the victory, as she put together a trio of incredible performances to lead Wheaton. James was simply amazing, as she partook in an unprecedented day highlighted by three National Championships in the 200-meter dash, 400-meter dash and 4x400-meter relay events. Over her brief two-year career, James has been a part of an astounding four team national championships and nine event national titles. James not only set a school record in defending her 400M title but also a Macalester Stadium mark with a blistering finish of 53.81 seconds.

Even more impressive was the fact that she then went onto capture her first outdoor 200-meter dash championship with a time of 23.73, which was a mere hundredth of a second off the Division III all-time meet record. Putting on a show for the hometown crowd, James finished her monumental afternoon by anchoring the 4x400M event to a first-place triumph with a time of 3:44.48, which was just short of the Macalester Stadium record. Joining James was senior Niara Woods (Philadelphia, PA), junior Noreen Kordzeil (Chittenango, NY) and first-year Tessa Donoghue (Springfield, MA).

"Amber has always been a clutch performer for us as she is one of the most consistent athletes we have ever had here," comments Souza. "Certainly the huge constituent of family and friends here made an impact, as she wanted to impress the home crowd. Amber had a tremendous year in training and this weekend she put it all together from start to finish. She absolutely lit it up!"

James was backed by an unbelievable supporting cast, which was



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triggered by freshman Kirsten Larsen (Hampden, MA) in the javelin. Entering the competition as the seventh seed, Larsen made the most of her collegiate national championship debut with a fourth-place heave of 133' 2", a mark good enough for an All-American tag. Other All-American performances came from senior Shimera Daniels (Brentwood, NY) and Donoghue in the triple jump and juniors Kordzeil and Kristen Cullen (Stoneham, MA) in the 100-meter hurdles.

Hampered by a hamstring injury that occurred Thursday during the 4x100-meter relay event, Daniels responded with an impressive third-place mark of 40' 5 1/2" in the triple jump. Donoghue, who was victorious in the long jump yesterday, finished fourth with a distance of 39' 10 3/4". Kordzeil and Cullen placed fifth and eighth, respectively in the 100-meter hurdles, with Kordzeil leading the way in a time of 14.58 and Cullen at 14.81. Other strong outings came from Woods in the 800-meter run and junior Jana Bromell (Spencer, MA) in the shot put. Woods posted a ninth-place mark in the finals with a time of 2:17.26, while Bromell finished with a toss of 42' 10 1/4".

Freshman Dan Olson (Voorheesville, NY) added to Wheaton's national championship total with the top finish in the high jump. Earning his first crown at the national event, Olson cleared an impressive 7' 1". Senior Rahiem Greenridge (Wyandanch, NY), who was in search of an eighth event national title over his four-year career, settled for a third place mark at 6' 11". Entering the meet, Greenridge and Olson were the only two athletes in the competition to have cleared 7' 1" on the season. Sophomore Erik Benson (Southbury, CT) capped the men's success with a sixth-place finish in the 400-meter dash, earning All-American status with a time of 48.10.

"Coaches go through their entire lives hoping to get the opportunity to win a national championship," as Souza reflects on the success of Wheaton's track and field programs. "People at times don't understand how difficult it is to get to this point, but once you get here anything can happen. Our athletes don't believe they can lose when they reach the national meet. The feeling is contagious."

#### MEET HIGHLIGHTS:

- \* Wheaton women captured its second consecutive NCAA Division III Outdoor Championship
- \* Wheaton women earned its sixth national championship (indoor and outdoor) in a four-year span
- \* Wheaton women have swept the indoor and outdoor titles the last two years, putting the Lyons in elite company with the University of Wisconsin-Oshkosh (1995-96) and Christopher Newport University (1988-89)
- \* Wheaton men placed fifth overall, which marked their highest finish ever at an outdoor meet
- \* Women posted four event National Champions and 13 All-Americans, Men had two event National Champions and four All-Americans
- \* Amber James Named National Outdoor Track Athlete of the Year, defending her title in the 400-meter dash while capturing the crown in the 200-meter dash and anchoring the winning 4x400-meter relay team
- \* Amber James shattered the Macalester Stadium record in the 200-meter dash, 400-meter dash and 4x400-meter relay. She was a mere hundredth of a second shy of the Division III all-time meet record in the 200-meter dash
- \* Tessa Donoghue captured the national championship in the long jump
- \* Rahiem Greenridge defended his national title and tied the Macalester Stadium mark in the triple
- \* Dan Olson captured the national championship in the high jump

Following is a list of individual and relay events (top eight placements earn All-American status):

## WOMEN

Name Event Result Finish

Jana Bromell Shot Put 42' 10 1/4" ---

Kristen Cullen 100 Meter Hurdles 14.81 8th

Shimera Daniels Long Jump 15' 9" ---

100 Meter Dash Did Not Compete ---

Triple Jump 40' 5 1/2" 3rd

Tessa Donoghue 200 Meter Dash 25.26 ---

Long Jump 19' 4" 1st

Triple Jump 39' 10 3/4" 4th

Kate Getz High Jump No Height ---

Amber James 200 Meter Dash 23.73 1st

400 Meter Dash 53.81 1st

Noreen Kordzeil 100 Meter Hurdles 14.58 5th

400 Meter Hurdles 63.64 ---

Kirsten Larsen Javelin 133' 2" 4th

Erin O'Brien 1,500 Meter Run 4:51.63 ---

Kim Spence 400 Meter Hurdles 64.56 ---

Kerry Teamey Pole Vault 12' 1/2" 3rd

Niara Woods 800 Meter Run 2:17.26 9th

Jessica Allegra, Daniels, 4x100 Meter Relay Did Not Finish ---

Donoghue, James

Donoghue, James, 4x400 Meter Relay 3:44.48 1st

Kordzeil, Woods

## MEN

Name Event Result Finish

Erik Benson 400 Meter Dash 48.10 6th

Rahiem Greenridge Triple Jump 50' 1/4" 1st

High Jump 6' 11" 3rd

Dan Olson High Jump 7' 1" 1st

Ray Smith Long Jump 21' 2 1/2" ---

Last updated on 6/17/02.

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## Wheaton women in position to defend national championship; Donoghue, Teamey carry Lyons while Greenridge leads men

May 24, 2002

SAINT PAUL, MN- The defending national champion Wheaton College women's track & field team put themselves in great position to capture its second consecutive NCAA Division III outdoor title in day two of the three-day meet held at Macalester College. Following suit from the indoor championship meet, the Lyons once again laid claim to a National Champion in the long jump and an All-American in the pole vault. The men also took great strides this evening, securing a National Champion in the triple jump and an All-American in the 400-meter dash.

Junior Kerry Teamey (Klamath Falls, OR) spearheaded the Wheaton women in the early going with an All-American performance in the pole vault, finishing third overall with a height of 12' 1/2". Teamey bettered the old Macalester Stadium mark as well as the previous meet record. Not to be outdone, teammate Tessa Donoghue (Springfield, MA) made the most of her outdoor national championship debut in the long jump event. Donoghue, who entered the meet as the fourth seed, exploded in the finals competition with the top placement and personal-best jump of 19' 4". Donoghue exceeded her trials jump by nearly 14 inches, as she finished second in her flight and fifth overall. Between Teamey and Donoghue, the Lyons tallied 16 points, which trailed only the University of Wisconsin at La Crosse in the team standings.

Following a pair of stellar performances on the field, senior Niara Woods (Philadelphia, PA) kicked things off on the track in the trials of the 800-meter run. Woods posted a school record-breaking time of 2:13.38 and in the process advanced to Saturday's finals. She shattered her own mark of 2:14.03, which was set two weeks ago at the All-New England Championship at Northeastern University. Classmate Shimera Daniels (Brentwood, NY), who suffered a hamstring injury during the 4x100-meter relay yesterday, took one attempt in the long jump to finish ninth in her flight and opted to pass in today's 100-meter dash competition. She will focus her attention to tomorrow morning's triple jump event, where she currently holds the longest distance in Division III at 40' 1 1/4".

The remainder of the day for the Lyons featured a handful of athletes advancing to tomorrow's finals, led by sophomore and hometown product Amber James (Woodbury, MN). James bested the field in the 400-meter dash with time of 54.91. She will defend her crown tomorrow afternoon at 2:30 p.m. Other athletes advancing to the finals included juniors Kristen Cullen (Stoneham, MA) and Noreen Kordzeil (Chittenango, NY) in the 100-meter hurdles. Cullen, who entered the competition seeded 12th overall, took first-place honors in her heat in a time of 14.48, while Kordzeil, who was ranked seventh prior to the meet, finished third in the same heat with a time of 14.59.

On the men's side, senior Rahiem Greenridge (Wyandanch, NY) recorded an outstanding performance in the triple jump, as he successfully defended his outdoor title with a jump of 50' 10 1/4". This distance marked a Division III best for the season and tied the Macalester Stadium record. For Greenridge, this first-place triumph marked an unprecedented seventh national championship (including high jump) over his four-year career. He will look to cap his storied career tomorrow afternoon in the high jump event, where he will do battle with teammate and freshman Dan Olson (Voorheesville, NY). Greenridge and Olson are the only two athletes in the competition to have cleared 7' 1" on the season. Also competing today was sophomore Erik Benson (Southbury, CT) in the 400-meter dash. Qualifying for the finals portion of the meet, Benson finished with a time of 48.19.



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## Lyons vying for second straight national championship and sixth overall; Men look to better seventh place finish

May 23, 2002

SAINT PAUL, MN- The defending national champion Wheaton College women's track & field team is poised to make a run at its second consecutive NCAA Division III outdoor title and sixth national championship in the last four years, as the Lyons began their repeat quest Thursday at Macalester College. Also challenging for a top five placement at the three day meet is the Wheaton men's squad, who will look to better their seventh place finish from a year ago.

Hometown hero Amber James (Woodbury, MN) got things started for the Blue and White, as she shattered the Macalester Stadium record with a blazing time of 24.05 in the 200-meter dash, placing her as the top seed for Saturday's finals. James' astounding time broke a four-year old mark, which was set by Wheaton standout Deshawnda Williams '00. James is the current Wheaton record holder in the 200M, as she raced to a 24.02 finish one week ago at the Eastern College Athletic Conference (ECAC) Division III Championship at Springfield College.

At the completion of day one, James anchored the 4x400-meter relay team to a first-place triumph in a blazing time of 3:48.29. Joining James was senior Niara Woods (Philadelphia, PA), sophomore Kim Spence (Dover, NH) and first-year Tessa Donoghue (Springfield, MA), as the foursome lived up to its billing as the team to beat on Saturday. Donoghue also competed in the 200-meter dash, finishing fifth in her heat with a time of 25.26.

Despite the early success, the Lyons also had to endure some pain and suffering literally, as Wheaton's 4x100-meter relay team did not advance to the finals portion of the meet. In addition to fumbling the final baton exchange between freshman Jessica Allegra (East Hampton, CT) and James, Wheaton's foursome paid a serious price as senior Shimera Daniels (Brentwood, NY) pulled up with a hamstring injury. Daniels and the relay squad entered the meet as the seventh seed, but for obvious reasons did not finish. Daniels also is scheduled to compete in the 100-meter dash, long jump and triple jump this weekend. She currently holds the longest triple jump at the Division III level this year with a distance of 40' 1 1/4".

Other Wheaton athletes that competed but did not advance past the preliminaries included junior Noreen Kordzeil (Chittenango, NY) and Spence in the 400-meter hurdles, senior Kate Getz (Cumberland, ME) in the high jump, first-year Erin O'Brien (North Easton, MA) in the 1,500-meter run and senior Ray Smith (Providence, RI) in the long jump. Kordzeil and Spence just missed qualifying for the finals with times of 1:03.64 and 1:04.56, respectively. Getz did not reach her designated height of entry, while O'Brien and Smith each placed eighth in their respective heats and flights. O'Brien finished the event in 4:51.63, while Smith posted a leap of 21' 2 1/2".

The Wheaton women had 13 athletes qualify for the national competition, which marks an all-time high for the Lyons. On the men's side, Wheaton sent four athletes to Macalester. On Friday, competition begins at 10:30 a.m. with the women's pole vault.

Last updated on 6/14/02.

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## Wheaton tracksters among best at ECAC Division III Championships; Women capture team title and men place third overall

May 17, 2002

SPRINGFIELD, MA- The Wheaton College women's track and field team continued its winning ways Friday afternoon by capturing the team crown at the Eastern College Athletic Conference (ECAC) Division III Championships held at Springfield College's Blake Track.

The Lyons defended their team championship from a year ago with 109 points, which was 42 points better than the second place competitor. The men also turned in an outstanding performance, as Wheaton placed third overall with 57 points. Host Springfield claimed the team title with 82 points and Williams finished second with 77 points.

Scoring four first-place finishes for the women was senior Shimera Daniels (Brentwood, NY) in the long jump, sophomore Amber James (Woodbury, MN) in the 200-meter dash and a pair of first-year athletes in Tessa Donoghue (Springfield, MA) and Kirsten Larsen (Hampden, MA) in the triple jump and javelin, respectively. In the process, James and Larsen each broke school marks while posting NCAA Division III national meet automatic qualifying standards. James finished the 200M event in a blazing time of 24.02 seconds, while Larsen shattered her own record with a heave of 135' 5".

Donoghue also recorded an automatic qualifying mark in the triple jump at 39' 8 1/2", while Daniels qualified provisionally in the long jump at 18' 8 1/2". In other events, James and Daniels placed third and fourth, respectively in the 100-meter dash in a provisional time of 12.11 seconds, while Donoghue placed fourth in the 200M event with a provisional finish of 24.86 seconds. Other provisional qualifiers were senior Niara Woods (Philadelphia, PA) with a second place mark in the 800-meter run, juniors Noreen Kordzeil (Chittenango, NY) and Kristen Cullen (Stoneham, MA) in the 100-meter high hurdles and Kordzeil in the 400-meter low hurdles, freshman Katherine Wallace (Glenmoore, PA) in the high jump and the 4x400-meter relay team. Kordzeil finished second overall in both events.

On the men's side, the Lyons captured three individual championships, including senior Rahiem Greenridge (Wyandanch, NY) in the triple jump, sophomore Erik Benson (Southbury, CT) in the 400-meter dash and freshman Dan Olson (Voorheesville, NY) in the high jump. Greenridge and Olson each met NCAA Division III national meet automatic qualifying marks in their respective events. Greenridge outdistanced his next closest competitor by more than four feet in the triple jump, as he posted an impressive mark of 50' 2 1/2". Olson cleared 6' 11 3/4" in the high jump, while Greenridge finished second at 6' 10 3/4". Benson met a provisional qualifying time of 48.52 seconds in the 400M.

Other strong performances came from a trio of sophomores in Tyrone McClain (New Haven, CT), Stan Pyle (South Portland, ME) and Peter Cahalane (North Andover, MA). McClain placed second in the 100-meter dash in 10.99 seconds and sixth in the long jump, while Pyle finished fourth in the 5,000-meter run and Cahalane sixth overall in the 1,500-meter run.

For complete individual results of the ECAC Division III Championships at Springfield, go to [http://www.spfldcol.edu/homepage.nsf/47c355ae56a0e3d2852564f20051f42b/15772c9b37819f3a85256bbb004f178f/\\$FILE/Results.htm](http://www.spfldcol.edu/homepage.nsf/47c355ae56a0e3d2852564f20051f42b/15772c9b37819f3a85256bbb004f178f/$FILE/Results.htm).

Last updated on 5/22/02.

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## James leads Lyons to best finish at All-New England Championship; Women take the bronze while Wheaton men place 12th overall

May 11, 2002

DEDHAM, MA- The Wheaton College women's track and field team was firing on all cylinders Saturday, as the Lyons posted their best finish ever at the All-New England Championship competition held at Northeastern University's Solomon Track. Wheaton compiled 80 points for a third-place standing behind Division I powers University of Connecticut (134) and Northeastern (95.5). The men finished in a tie for 12th place with Keene State College. Northeastern was the team champion with 107.5 points.

Sophomore Amber James (Woodbury, MN) led the pack for the Lyons with an amazing three first-place triumphs in the 200 and 400-meter dash events and 4x400-meter relay. Meeting the NCAA Division III national meet automatic qualifying standards in each event, James bested the field with a finals time of 24.64 seconds in the 200-meter dash and 54.84 seconds in the 400M event. In the preliminaries of the 200M dash, James fell four-hundredths of a second off the school mark. She then went onto anchor the relay team that finished in a blazing time of 3:47.92, nearly two seconds better than the foursome from Northeastern. Joining James was senior Niara Woods (Philadelphia, PA), sophomore Kim Spence (Dover, NH) and freshman Tessa Donoghue (Springfield, MA).

The Lyons also shattered a pair of school records, led by Woods in the 800-meter run in a time of 2:14.03, a finish good enough for third place overall. First-year Erin O'Brien (North Easton, MA) was the other Wheaton athlete to break her own mark, this time coming in the 1,500-meter run with a time of 4:39.77. Both Woods and O'Brien met provisional qualifying times in their respective events. In addition to Woods and O'Brien posting strong performances, Donoghue registered a trio of top-five marks in the 400-meter dash and long and triple jumps. Donoghue placed third in the long with a provisional distance of 18' 11 3/4", fourth in the triple jump with an automatic qualifying mark of 39' 5 1/4" and fifth in the 400M event in a provisional time of 57.95. Finishing fourth in the triple, Donoghue was a mere half inch short of teammate Shimera Daniels (Brentwood, NY).

Rounding out the list of provisional qualifying performances was junior Kerry Teamey (Klamath Falls, OR) with a third-place vault of 11' 6 1/4", junior Kristen Cullen (Stoneham, MA) in the 100-meter high hurdles, junior Noreen Kordzeil (Chittenango, NY) with a third-place time of 1:04.39 in the 400-meter low hurdles, Spence also in the 400M hurdles, junior Jana Bromell (Spencer, MA) in the shot put and freshman Kirsten Larsen (Hampden, MA) in the javelin.

Leading the way for the men was freshman Dan Olson (Voorheesville, NY) and senior Rahiem Greenridge (Wyandanch, NY), as the tandem combined for a one-two finish in the high jump. Each cleared NCAA Division III national meet automatic qualifying heights of 7' 1", respectively. Also attributing to Wheaton's team total was sophomore Erik Benson (Southbury, CT) with a provisional qualifying time of 48.62 in the 400-meter dash. He finished higher than any other Division III athlete with a seventh-place mark overall. Sophomore Stan Pyle (S. Portland, ME) took care of Wheaton's distance running, as he posted a sixth-place standing in the 5,000-meter run in 15:01.46. Senior Ray Smith (Providence, RI) rounded out Wheaton's scoring with a seventh-place finish in the long jump.

For complete results, go to  
<http://www.gonu.com/wtrack/2002/neoutdoor.htm>.



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## Eight event winners and four meet record-setting performances lead Lyons to second place finish at NCAA Division III New England Championship; Benson and Olson pace Wheaton men with fifth place showing

May 4, 2002

NORTON, MA- The Wheaton College women's track and field team posted eight event wins and four meet record-setting performances en route to a second-place finish at Saturday's NCAA Division III New England Championship held at Blake Track on the campus of Springfield College. The Lyons finished with 133.5 points, falling short of team champion Williams. On the men's side, Wheaton placed fifth overall with 43 points at the Plansky Track in Williamstown. Rounding out the top four teams was Williams, MIT, Bowdoin and Springfield, respectively.

Setting new meet records for the women included junior Kerry Teamey (Klamath Falls, OR) in the pole vault, sophomore Amber James (Woodbury, MN) in the 100-meter dash, first-year Tessa Donoghue (Springfield, MA) in the long jump and Wheaton 4x400-meter relay team. James, who also captured the 200-meter dash in an NCAA Division III national meet provisional qualifying time of 24.83, posting a blazing speed of 12.16 in the 100M event, a time also good enough for a provisional qualifier.

Nearly sweeping two of the three jumping events, Donoghue won the long jump with a distance of 18' 8 1/2" and then placed second overall in the triple jump with a mark of 38' 2", as she hit provisional qualifying standards in both. For the first time this season, Teamey set a national meet automatic qualifying vault of 12' even, defeating her next closet competitor by almost an entire foot. Teamey placed third overall at the Penn Relays just over a week ago. Wheaton's 4x400-meter relay team, comprised of senior Niara Woods (Philadelphia, PA), James, Donoghue and freshman Jessica Allegra (East Hampton, CT), also automatically qualified in 3:50.74.

Other than James, junior Noreen Kordzeil (Chittenango, NY) was the only other double-event winner for the Lyons, as she led the pack with provisional qualifying times in both the 100-meter high hurdle and 400-meter low hurdle events. Rounding out Wheaton's event champions was senior Kate Getz (Cumberland, ME) in the high jump, clearing 5' 3". First-year Katherine Wallace (Glenmoore, PA) was the runner-up to Getz, as she also posted an identical height in the high jump. Other top five placements came from sophomore Kim Spence (Dover, NH) with a third-place finish in the 400-meter hurdles and freshman Kirsten Larsen (Hampden, MA) with a fifth-place mark in the javelin.

Sophomore Erik Benson (Southbury, CT) and freshman Dan Olson (Voorheesville, NY) paced the Wheaton men with a pair of championships in the 200-meter dash and high jump, respectively. Provisionally qualifying for the national meet, Benson finished in a time of 21.83 seconds. Yet to lose an event all spring, Olson once again set an automatic qualifying mark with the top jump of 6' 11 3/4". The Lyons' 4x400-meter relay team was also strong, as Benson along with senior Ray Smith (Providence, RI), sophomore Tyrone McClain (New Haven, CT) and freshman Adam Walker (Westfield, NJ) placed second with an impressive time of 3:18.68.

For complete women's results of the NCAA Division III New England Championship, go to [http://www.spfldcol.edu/homepage.nsf/594e458ccefef10b78525639c0054abe7/cdbf30a16d78e1fc85256bae006daf3f/\\$FILE/Print1.htm](http://www.spfldcol.edu/homepage.nsf/594e458ccefef10b78525639c0054abe7/cdbf30a16d78e1fc85256bae006daf3f/$FILE/Print1.htm). For complete results of the Wheaton College men, visit [http://wso.williams.edu/orgs/track/results/outdoor\\_ne3\\_men\\_2002/results.txt](http://wso.williams.edu/orgs/track/results/outdoor_ne3_men_2002/results.txt).

Last updated on 5/5/02.

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## Wheaton women capture fourth straight NEWMAC title with 12 event championships; Men place fourth overall

April 27, 2002

CAMBRIDGE, MA- The Wheaton College women's track and field team cruised to its fourth consecutive New England Women's and Men's Athletic Conference (NEWMAC) Championship Saturday afternoon at MIT's Henry Steinbrenner Stadium, as the Lyons dominated the eight-team field with an astounding 248.5 points. Springfield took second with just over half as many points at 127.5. On the men's side, Wheaton placed fourth overall with 109 total points, just missing Coast Guard's 111.5 points. MIT was the team champion with an impressive 293-point showing.

Of the 20 events completed, the women registered an incredible 12 event championships on the day, including shattering six meet records. Senior Shimera Daniels (Brentwood, NY) and sophomore Amber James (Woodbury, MN) were double-event winners on the day, as Daniels captured both the long and triple jump events while James bested the field in the 200 and 400-meter dash races. In addition to breaking the meet mark in the triple jump, Daniels posted a pair of NCAA Division III national meet provisional qualifying performances in both events. James recorded an NCAA automatic qualifying time of 54.75 in the 400-meter dash, a mark also good enough for a meet record, and met a provisional standard in the 200M event.

Other record-setting performances came from senior Niara Woods (Philadelphia, PA) with a provisional qualifying time of 2:16.45 in the 800-meter run, junior Kerry Teamey (Klamath Falls, OR) with a provisional vault of 11' 6", first-year Kirsten Larsen (Hampden, MA) with a provisional mark of 130' 8" in the javelin and the 4x400-meter relay team. Comprised of junior Noreen Kordzeil (Chittenango, NY), sophomore Kim Spence (Dover, NH) and freshmen Tessa Donoghue (Springfield, MA) and Jessica Allegra (East Hampton, CT), the foursome posted a provisional time of 3:58.87.

Rounding out the event winners was Kordzeil and Spence with provisional times in the 100-meter high hurdle and 400-meter low hurdle events, respectively, first-year Katherine Wallace (Glenmoore, PA) in the high jump and Wheaton's 4x100-meter relay team. Consisting of junior Kristen Cullen (Stoneham, MA), James, Donoghue and Allegra, the squad blazed to a provisional qualifying time of 48.60. Daniels finished her outstanding day by registering a provisional qualifying mark of 12.38 seconds in the preliminaries of the 100-meter dash, while Donoghue's impressive day also consisted of a trio of provisional qualifying standards in the 400-meter dash, long jump and triple jump. Kordzeil also met a provisional time in the 100-meter high hurdle event.

For the men, after winning the high jump event at the prestigious Penn Relays at the end of the week, freshman Dan Olson (Voorheesville, NY) came back on Saturday to shatter the championship meet record with a leap of 7' 1", which met an NCAA Division III national meet automatic qualifying standard. In six outdoor meets thus far, Olson has posted an amazing six high jump championships. Also breaking a meet record on the field was senior Rahiem Greenridge (Wyandanch, NY), who posted an automatic qualifying mark in the triple jump with a distance of 49' 7 1/4". Breaking a meet mark and recording a provisional qualifying time, sophomore Erik Benson (Southbury, CT) was Wheaton's third event winner, this time in the 400-meter dash in a time of 48.63. Greenridge was also impressive in the high jump, finishing second with an automatic qualifying height of 6' 11". All event winners are automatically named to the NEWMAC All-Conference team.

For results, go to



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[http://www.coolrunning.com/results/02/ma/Apr27\\_NEWMAC\\_set1.shtml](http://www.coolrunning.com/results/02/ma/Apr27_NEWMAC_set1.shtml).

Last updated on 4/29/02.

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## Olson captures high jump title at prestigious Penn Relays; Teamey places third overall in the pole vault

April 26, 2002

PHILADELPHIA, PA- First-year standout Dan Olson (Voorheesville, NY) continued to shine at the 108th annual Penn Relays Carnival Friday morning, as he captured the high jump championship with a season-best clearance of 7' 1 3/4". He bested the Division-I dominated field as the lone Division III athlete at the University of Pennsylvania's Franklin Field, leading the Wheaton College men's track and field team with an NCAA Division III national meet automatic qualifying jump.

Junior Kerry Teamey (Klamath Falls, OR) also fared very well at the prestigious meet on Thursday morning, as she finished third overall in the pole vault with a season-best 11' 8", falling just short of two athletes from Princeton University and North Carolina State University, respectively. She also met an NCAA Division III national meet automatic qualifying standard.

Wheaton's relay teams turned in solid performances at the meet, including the men's 4x100-meter foursome and both the men's and women's 4x400-meter relay squads. The women's 4x400-meter relay recorded a provisional qualifying time of 3:54.05 and seventh-place finish in their respective heat, while the men nearly missed a provisional mark in their race with a time of 3:18.91, a finish good enough for sixth place overall. The men's 4x100M relay team placed ninth in 43.39 seconds.

For complete results of the 108th annual Penn Relays Carnival at Franklin Field, go to <http://pennathletics.fansonly.com/sports/c-track/penn-c-track-body.html>.

Last updated on 5/1/02.

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## Women capture five individual titles at Solomon Husky Invitational; Olson and Pyle lead Men

April 20, 2002

DEDHAM, MA- The Wheaton College men's and women's track & field teams turned in several strong performances at the Solomon Husky Invitational Saturday at Northeastern University. The Lyons combined to post six individual championships while shattering three school records.

Senior Niara Woods (Philadelphia, PA) and freshman Erin O'Brien (North Easton, MA) each broke their own Wheaton records in the 800 and 1,500-meter run events. Woods placed third overall with an NCAA Division III national meet provisional qualifying time of 2:14.54 in the 800M, while O'Brien finished seventh in the 1,500M in 4:46.76. The Lyons swept the hurdle events, led by junior Noreen Kordzeil (Chittenango, NY) and sophomore Kim Spence (Dover, NH). Kordzeil along with junior Kristen Cullen (Stoneham, MA) finished first and second respectively in the 100-meter high hurdles with a pair of provisional qualifying times. Kordzeil won the event in 14.99, while Cullen placed second with a time of 15.13. Spence was victorious in the 400-meter event in 1:04.97, with Kordzeil finishing second in 1:05.57.

Other event winners came from sophomore Amber James (Woodbury, MN) in the 400-meter dash, junior Jana Bromell (Spencer, MA) in the shot put and first-year Kirsten Larsen (Hampden, MA) in the javelin. James blazed to an automatic qualifying time of 55.29 in the 400M event. Bromell bested the field by more than three feet with a heave of 40' 6" in the shot, while Larsen tossed the javelin 127' 7", a mark good enough for a provisional qualifying standard. Her throw was eight and a half feet farther than the next closest competitor.

Freshman Tessa Donoghue (Springfield, MA) rounded out the list of automatic qualifiers with a second-place leap of 38' 10 1/4" in the triple jump. Two additional provisional qualifiers came from senior Shimera Daniels (Brentwood, NY) with a third-place finish in the long jump at 18' 5 3/4" and Kerry Teamey (Klamath Falls, OR) with a second-place standing in the pole vault at 11' 5 3/4". Rounding out other solid performances for the Lyons was Daniels placing second in the 200-meter dash and third in the 100-meter event, freshman Jessica Allegra (East Hampton, CT) finishing third in the 200M dash and senior Kate Getz (Cumberland, ME) and first-year Katherine Wallace (Glenmoore, PA) placing third and fourth, respectively in the high jump.

For the men, freshman Dan Olson (Voorheesville, NY) continued to shine on the field, as he posted yet another NCAA Division III national meet automatic qualifying standard in the high jump, clearing 6' 11 3/4" to capture the top honor. Sophomore Stan Pyle (S. Portland, ME) also excelled in Saturday's meet, as he broke his own school record in the 5,000-meter run with a second-place time of 14:59.63. Senior Ray Smith (Providence, RI) finished second overall in the long jump with a distance of 22' 8 1/2". Sophomore sprinter Lance Wagner (Beverly, MA) registered a pair of fifth-place marks in the 100 and 200-meter dash events, while freshman Adam Walker (Westfield, NJ) placed fourth in the 400-meter dash.

For complete results, go to  
<http://www.gonu.com/mtrack/2002/solomoninvit.htm>.

Last updated on 4/22/02.

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## Wheaton track & field teams combine to record nine wins at Central Connecticut State Invitational

April 13, 2002

NEW BRITAIN, CT- The Wheaton College men's and women's track & field teams both had successful outings on Saturday, as the Lyons combined to record nine individual event championships at the Central Connecticut State University Blue Devil Invitational.

The Wheaton women were led by senior Niara Woods (Philadelphia, PA), who captured the 800-meter title in 2:19.46 in addition to running a leg on the winning 4x400-meter relay squad. The team finished with an NCAA Division III national meet provisional qualifying time of 3:54.62. Woods was joined by sophomore Amber James (Woodbury, MN) and freshmen Tessa Donoghue (Springfield, MA) and April Butler (Clinton, MD). Donoghue was also victorious in the long jump at 17' 8 3/4". Senior Shimera Daniels (Brentwood, NY) rounded out the event winners in the triple jump, as she posted an automatic qualifying distance of 40' 1 1/4". Donoghue finished third at 37' 7 1/4", a mark good enough for a provisional standard.

First-year Erin O'Brien (North Easton, MA) and Woods paced the Lyons in middle distance running, as O'Brien shattered the school record in the 1,500-meter with a time of 4:47.58. Following O'Brien's fifth-place finish was Woods, who placed seventh overall in 4:55.09. Rounding out the list of provisional qualifiers were juniors Kerry Teamey (Klamath Falls, OR) and Jana Bromell (Spencer, MA). Teamey placed third in the pole vault with a 10' 6" clearance, while Bromell also finished third in the shot put with a heave of 43' 8". Bromell placed sixth in the hammer throw.

Rounding out other strong performances was Daniels in the 100-meter dash, James in the 100 and 200M events, Jessica Allegra (East Hampton, CT) in the 200-meter dash, Noreen Kordzeil (Chittenango, NY) and Kim Spence (Dover, NH) in the 100 and 400-meter hurdles, Kate Getz (Cumberland, ME) in the 100-meter hurdles, high and long jump, Jen Sutyak (Scarborough, ME) in the pole vault and first-year Kirsten Larsen (Hampden, MA) in the javelin.

Leading the charge for the men was a pair of field athletes in senior Rahiem Greenridge (Wyandanch, NY) and first-year Dan Olson (Voorheesville, NY). Greenridge and Olson registered NCAA national meet automatic qualifying marks in the triple and high jumps, respectively. Greenridge outdistanced all collegiate competitors with a mark of 48' 10 1/4" in the triple, while Olson posted his third straight high jump win with a height of 6' 11 1/2". Rounding out Wheaton's dominance in the jumps was senior Ray Smith (Providence, RI), who bested the field in the long jump at 22' 3 3/4".

On the track, the Lyons performed just as well, as sophomore Erik Benson (Southbury, CT) took the 200-meter dash in 22.71, while classmate Stan Pyle (S. Portland, ME) picked up a first-place triumph in the 5,000-meter run in a time of 15:12.26. Wheaton's 4x100-meter relay team also finished first with a time of 42.73. Other top-five marks came from Lance Wagner (Beverly, MA), Greenridge, Tyrone McClain (New Haven, CT), Smith and Benson in the 100-meter dash, Wagner and Adam Walker (Westfield, NJ) in the 200M dash, Terry Panetta (Hicksville, NY) in the 800-meter run, Noah Hill (Templeton, MA) in the 5,000-meter run, Alex DeJong (Hamilton, MA) in the hurdle events, Brannin Buehner (Lubec, ME) in the 3,000-meter steeplechase, McClain in the long jump, Smith in the triple and Chris Wilbur (Weymouth, MA) in the javelin.

For complete results, go to <http://www.nesportstime.com/results/Ccsu.htm>.



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## Wheaton male tracksters sweep ECAC Athlete-of-the-Week awards

April 10, 2002

NORTON, MA- Wheaton College men's indoor track and field standouts, Erik Benson (Southbury, CT/Pomperaug) and Dan Olson (Voorheesville, NY/Albany Academy) swept the Eastern College Athletic Conference (ECAC) Athlete-of-the-Week awards for the week ending on Sunday, April 7.

A sophomore All-American sprinter with the Lyons, Benson earned a pair of individual titles in the 200-meter dash and 400-meter dash events at the 13-team Penn Invitational at Franklin Field. Benson paced the Division I dominated field and provisionally qualified for the NCAA Division III National Championship in the 400M event with a time of 48.09 seconds. In the 200M dash, he posted a top time of 22.20 seconds.

Olson, who is only a freshman but has already earned All-American honors in the high jump, captured the Penn Invitational top mark in the high jump for the second time in as many meets. He posted an NCAA Division III national meet automatic qualifying height of 7' 1/4", which was over four inches higher than the next closest competitor at Franklin Field.

The tandem will once again look to lead the Lyons this weekend at the Central Connecticut State Invitational, which begins Saturday at 9:00 a.m. in New Britain, Conn.

Last updated on 4/10/02.

Send questions about this page to [Scott Dietz](#) or contact [Wheaton College](#).



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## Benson leads men with two top finishes at Penn Invitational

April 6, 2002

PHILADELPHIA, PA- Sophomore Erik Benson (Southbury, CT) earned a pair of individual titles in the 200 and 400-meter dashes for the Wheaton College men's track & field team, while the women posted six national qualifying standards at the Penn Invitational at Franklin Field on Saturday. There were no team scores kept at the 13-team meet.

Benson paced the field with a time of 22.20 in the 200M dash and then hit an NCAA Division III national meet provisional qualifying finish of 48.09 in the 400M dash. Rounding out the top five in both events were runners from Temple, Penn and Cornell. First-year Adam Walker (Westfield, NJ) placed fifth overall in the 400-meter dash in 49.56.

Freshman Dan Olson (Voorheesville, NY) also captured an individual championship in the high jump at the Invitational, as he posted a height of 7' 1/4" to earn his second high jump title in as many outdoor meets. Other strong performances came from senior Ray Smith (Providence, RI), who placed sixth in the 100-meter dash with a time of 11.19, and the 4x100-meter relay team.

The foursome finished fourth overall in 42.40, just fourth-tenths of a second off the provisional qualifying time. Junior Alex DeJong (Hamilton, MA) registered two top-ten finishes in the hurdles, placing eighth overall in the 110-meter high hurdles event in 15.48 and tenth in the 400-meter high hurdles with a time of 57.39.

For the women, first-year phenom Tessa Donoghue (Springfield, MA) led the way with three top-three finishes in all three jumping events, including a pair of runner-up marks in the long and triple and a third-place result in the high. In the process, Donoghue landed two NCAA Division III national meet provisional qualifying jumps, including a mark of 18' 5" in the long and 37' 4 1/2" in the triple. In the high jump, she cleared 5' 2 1/4".

Also on the field, junior Kerry Teamey (Klamath Falls, OR) tied the top performance in the pole vault at 11' 5 3/4", a mark good enough for a provisional qualifying standard. Rounding out the national meet qualifiers was sophomore Amber James (Woodbury, MN) in the 400-meter dash with a second-place time of 57.33 (fastest among collegiate competitors), first-year Erin O'Brien (North Easton, MA) in the 5,000-meter run with a third-place standing of 17:58, which shattered the old school record by 52, seconds and senior Niara Woods (Philadelphia, PA) in the 800-meter run with a seventh-place time of 2:16.49.

Rounding out the top-ten finishes was James in the 200-meter dash in 25.61, Donoghue in the 400-meter dash in 58.53, Teamey in the high jump at 5' 1/4", junior Noreen Kordzeil (Chittenango, NY) in the 100-meter hurdles and 400-meter hurdles, sophomore Kim Spence (Dover, NH) and first-year April Butler (Clinton, MD) in the 400M hurdles, freshman Jen Sutyak (Scarborough, ME) in the pole vault, senior Kate Getz (Cumberland, ME) in the triple jump and first-year Kirsten Larsen (Hampden, MA) in the javelin.

For results, go to <http://pennathletics.fansonly.com/sports/m-track/recaps/040602aaa.html>.

Last updated on 4/8/02.

Send questions about this page to [Scott Dietz](mailto:Scott.Dietz) or contact [Wheaton College](http://Wheaton College).



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## Wheaton throwers compete at Husky Spring Open

March 30, 2002

DEDHAM, MA- The Wheaton College men's and women's track & field teams sent their throwers to the 2002 Husky Spring Open Saturday afternoon at Northeastern University's Solomon Track.

Senior Nash Oven (Framingham, MA) represented the men in the javelin, as he placed 11th overall of the 36 competitors with a throwing distance of 159' 1".

On the women's side, the Lyons had two athletes in the javelin, including senior Megan Flaherty (Mattapoisett, MA) and sophomore Lia Langeveld (Lanesboro, MA). Flaherty finished 14th overall with a distance of 90' 7", while Langeveld placed 25th.

For complete results of the 2002 Husky Spring Open at Northeastern University, go to <http://www.gonu.com/mtrack/2002/springopen.htm>.

Last updated on 4/2/02.

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## Wheaton track & field teams open outdoor seasons at 49ers Classic; Nine Lyons post national qualifying marks

March 16, 2002

CHARLOTTE, NC- The Wheaton College men's and women's track & field teams opened their outdoor seasons this weekend at the University of North Carolina at Charlotte, competing in the 49ers Classic. The Lyons posted nine athletes with NCAA Division III national meet qualifying standards, six for the women and three for the men.

Freshman standout Dan Olson (Voorheesville, NY) had the strongest outing for the men, breaking a meet record in the high jump. He recorded an NCAA Division III national meet automatic qualifying standard, finishing first overall with a jump of 7' 1 3/4". Sophomore Erik Benson (Southbury, CT) also qualified automatically in his first attempt in the 400-meter dash. He placed fourth overall in a time of 47.76. Senior Ray Smith (Providence, RI) also joined the ranks in the national competition, this time as a provisional qualifier in the long jump. He finished seventh with a distance of 23' 4 3/4".

On the women's side, sophomore Amber James (Woodbury, MN) led all sprinters with three national meet qualifying times in the 100, 200 and 400-meter dashes. Her time of 55.47 in the trials of the 400M dash earned James an NCAA Division III national meet automatic qualifying standard. With that race, James is guaranteed a visit back to her home state for the national championship meet, which will be held at Macalester College in St. Paul, Minnesota on May 23-25. James' finals time of 55.82 landed her a fifth place finish overall. She also qualified provisionally in the 100 and 200M events, finishing in 12.40 and 25.14, respectively. Placing seventh in the 200-meter dash, James quickest race came in the trials with a time of 24.88.

Breaking the lone school record for the women was freshman thrower Kirsten Larsen (Hampden, MA) in the javelin. Throwing against several Division I athletes, Larsen placed fourth overall with a provisional distance of 131' 4", shattering the school mark set back in 1994. Other national meet provisional qualifiers were senior Kate Getz (Cumberland, ME) and first-year Tessa Donoghue (Springfield, MA) in the triple jump, sophomore Kim Spence (Dover, NH) in the 400-meter hurdles and junior Kerry Teamey (Klamath Falls, OR) in the pole vault.

For complete results of the 49ers Classic, go to <http://charlotte49ers.fansonly.com/sports/c-track/sched/ncch-c-track-sched.html>.

Last updated on 3/21/02.

Send questions about this page to [Scott Dietz](mailto:Scott.Dietz@wheaton.edu) or contact [Wheaton College](http://www.wheaton.edu).

### News Headlines

Eight Wheaton student-athletes named to 2003 NEWMAC All-Academic team [\(more\)](#)

Lyons striving for third consecutive outdoor national championship and eighth overall; Olson successfully defends high jump title [\(more\)](#)

Olson looks to defend national high jump title at the NCAA Division III Championship [\(more\)](#)

### Recent Results

24-May NCAA Division III Championship - T-30th Place (10 Points) - 71 Teams  
16-May ECAC Division III Championship - 12th Place (22 Points) - 49 Teams  
10-May All-New England Championship - T-11th Place (27 Points) - 38 Teams

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## Women capture NEWMAC first place honors for third straight time; men finish fourth, as teams combine to shatter eight conference records

April 28, 2001

The Wheaton College men's and women's track teams turned in outstanding performances at the 2001 New England Women's and Men's Athletic Conference (NEWMAC) Championships held at WPI's Alumni Field. The Lyon women captured victories in 11 of 20 events while breaking four league marks en route to an overwhelming 115 point win, while the men shattered four conference records with six first-place marks while finishing in fourth place with 124 points.

Wheaton has won all three NEWMAC Women's Track & Field Championships ('99, '00, '01) and has been victorious in five of the last six conference championships, including the 1996 and 1998 NEW-8 titles. The Lyons broke NEWMAC records in the 100 meter dash, 200 meter dash, 100 meter high hurdles and 4x100 meter relay race. Recipients of those holders include freshmen Kim Jones (Glen Arden, MD/Eleanor Roosevelt H.S.) in the 100 (11.84) and Amber James (Woodbury, MN/Woodbury H.S.) in the 200 (24.86) and senior Tenille Johnson (Baltimore, MD/Southwestern H.S.) in the 100 HH (14.65), all of which met NCAA national meet automatic qualifying standards. The Wheaton women also hold the fastest time in the 4x100 meter relay race with an NCAA provisional time of 48.54, which consisted of James, Johnson, Jones and junior All-American Colleen Burch (Leicester, MA/Leicester H.S.).

James, Johnson and Jones each recorded multiple-victories on the day, with James in the 400 meter dash (58.20, provisional), Johnson in the 400 meter low hurdles (1:03.42, automatic) and Jones in the long jump (17' 6 1/4"). Additionally, Burch sided with sophomore Noreen Kordzeil (Chittenango, NY) and freshmen Kim Spence (Dover, NH/Dover H.S.) and Stephanie Danella (Piscataway, NJ) in their 4x400 meter relay race triumph. Other top honors earned were juniors Niara Woods (Philadelphia, PA/Simon Gratz H.S.) in the 800 meter run, Kate Getz (Cumberland, ME) in the high jump and Shimera Daniels (Long Island, NY/Brentwood H.S.) in the triple jump.

The men were equally as impressive individually, as first-year athlete Lance Wagner (Beverly, MA) led the charge with a pair of conference records in the 100 meter dash (10.72) and 200 meter dash (22.06). His time in the 100 M sprint was good enough for a school record and NCAA national provisional qualifying mark. Other record setters for the Wheaton men included freshman Erik Benson (Southbury, CT) in the 400 meter dash (48.88) and the 4x100 meter relay team (43.09), comprised of Wagner, senior Rob Tyson (New Haven, CT/Northfield Mount Herman H.S.), junior Rahiem Greenridge (Wyandanch, NY/Wyandanch H.S.) and first-year athlete Tyrone McClain (New Haven, CT/Hillhouse H.S.). Tyson picked up top honors in the long jump, while junior All-American Ray Smith (Providence, RI/E. Providence H.S.) gained a first-place finish in the triple jump.

Greenridge was second in the 100 meter dash (10.82, provisional), while McClain placed third in the 100 and fourth in the 200. Tyson went third in the 200 M dash and Smith second to Tyson in the long jump. Freshman distance runner Peter Cahalane (N. Andover, MA) broke a Wheaton mark in the 5,000 meter run in a time of 15:21:82, while first-year athlete Ben Vik (Tyngsboro, MA/Tyngsboro H.S.) contributed with a second-place standing in the pole vault (14' 8 3/4") and junior Nash Oven (Framingham, MA/Framingham H.S.) third overall in the javelin.

Men's Results: (1) MIT 237.5; (2) Springfield College 181; (3) Coast Guard



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Academy 146.5; (4) Wheaton College 124; (5) WPI 53; (6) Babson College 23.

Women's Results: (1) Wheaton College 247.5; (2) MIT 132.5; (3) Springfield College 107; (4) Mount Holyoke College 88; (5) WPI 66.5; (6) Coast Guard Academy 62.5; (7) Smith College 51; (8) Babson College 18.

Last updated on 5/11/01.

Send questions about this page to [Scott Dietz](#) or contact [Wheaton College](#).