

Wheaton

## ▶ Women's Outdoor Track

2002 NCAA Champions  
2001 NCAA Champions

Lyons Capture Second Straight Outdoor National Championship

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**Recent Meets**

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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".

Last updated on 9/27/02.

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



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- Olson captures high jump title at prestigious Penn Relays; Teamey places third overall in the pole vault ([more](#))
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- Wheaton track & field teams combine to record nine wins at Central Connecticut State Invitational ([more](#))
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- 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](#))
- Wheaton women crowned national outdoor track champs ([more](#))
- Wheaton's women tied for first after second day of national track championship meet, men in sixth ([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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## James wins Honda Award for track and field

June 10, 2002

NORTON, MA- Wheaton College sophomore standout Amber James (Woodbury, MN/Woodbury) is the Division III track and field recipient of the Honda Award, which recognizes the top woman collegiate athlete in each of 12 sports. The Honda Awards Program also announced James as a finalist for the Honda-Broderick Cup, which is given to the Division III Collegiate Woman Athlete of the Year.

James will be honored at the 26th annual Collegiate Woman Athlete of the Year banquet on Monday, June 17 at the National Association of Collegiate Directors of Athletics (NACDA) Convention held at the Wyndham Anatole Hotel in Dallas, Texas. In addition to the award, the American Honda Motor Co., Inc. will donate \$1,000 to the Wheaton women's athletic fund.

Leading the Lyons to yet another indoor and outdoor NCAA Division III National Championship this season, bringing Wheaton's total to four indoor titles and a pair of outdoor championships, James posted an impressive five NCAA individual event national titles. Crowned as the outdoor champion in the 200-meter dash while defending her title in the 400-meter dash, James also anchored Wheaton's winning 4x400-meter relay team.

James broke Macalester Stadium records in both the 200M and 400M events and was a mere hundredth of a second short of the Division III all-time meet record in the 200-meter dash with a time of 23.73 seconds. At the conclusion of the indoor meet, James again successfully defended her championships in the 400-meter dash and 4x400-meter relay, thus garnering the National Indoor Track and Field Athlete of the Year award.

Earning the top performer at the national outdoor meet, James also captured individual titles in the 200M, 400M and 4x400M relay at the All-New England (all divisions) Championships. In addition to her national honors, James earned New England Women's and Men's Athletic Conference (NEWMAC) accolades in the 200-meter dash, 400-meter dash and 4x100-meter relay in lifting the Lyons to their fourth straight conference championship.

Last updated on 6/17/02.

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## Lyons capture second consecutive 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 6/14/02.

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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.

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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## 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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Donoghue, Teamey carry  
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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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Wheaton women in position to defend national championship; Donoghue, Teamey carry Lyons while Greenridge leads men ([more](#))

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## James earns ECAC Track Athlete of the Week

May 8, 2002

NORTON, MA- Wheaton College women's indoor track and field standout, Amber James (Woodbury, MN/Woodbury) earned the Eastern College Athletic Conference (ECAC) Track Athlete of the Week for the week ending on Sunday, May 5.

James posted a pair of individual event championships and contributed to another, including two record-breaking performances, leading Wheaton to a second-place finish at Saturday's NCAA Division III New England Championship held at Blake Track on the campus of Springfield College. She captured the 100 and 200-meter dash titles in addition the 4x400-meter relay championship.

Finishing the 100M event in a blazing speed of 12.16 seconds, which was a mark good enough to earn James the meet record and NCAA Division III national meet provisional qualifying time, James also met a provisional finish in the 200M race with a time of 24.83 seconds. Serving as the anchor on the relay team, James and the Wheaton foursome shattered the meet record and in the process earned an automatic qualifying time of 3:50.74.

James and the defending outdoor national champion Lyons will next travel to Northeastern University for the All-New England Championship meet, set to begin on Friday.

Last updated on 5/9/02.

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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/594e458ccef10b78525639c0054abe7/cdbf30a16d78e1fc85256bae006daf3f/\\$FILE/Print1.htm](http://www.spfldcol.edu/homepage.nsf/594e458ccef10b78525639c0054abe7/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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## Women reach six national qualifying standards 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 complete results, go to <http://pennathletics.fansonly.com/sports/w-track/recaps/040602aaa.html>.



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Wheaton women in position to defend national championship; Donoghue, Teamey carry Lyons while Greenridge leads men ([more](#))

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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/wtrack/2002/springopen.htm>.

Last updated on 4/2/02.

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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## 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 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.

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## Wheaton women crowned national outdoor track champs

May 26, 2001

DECATUR, IL - The Wheaton College women's track team raced to a new record today, capturing their first NCAA Division III Outdoor Track and Field Championship at Milliken University to accompany their three consecutive indoor titles.

Perfecting the clean sweep for the year with a team total of 83.5 points, the Lyons have been crowned with top honors in four of the past six national championship events. The last team to win both the indoor and outdoor events was Christopher Newport University. Following Wheaton's impressive showing was Calvin College with 49 points, defending national champion Lincoln University with 47 points and McMurry University with 42 points. Representing New England was Williams, who finished in fifth place with 38 points.

"To have 20 All-Americans on the women's side and eight on the men is simply amazing," said head coach Paul Souza. "The women had outstanding performances from day one and I can't say how proud I am of their efforts. It's certainly a tribute to the type of kids we have at Wheaton. Despite facing adversity coupled with the disadvantage of not having an outdoor track, for the women to come out and dominate from the opening event, is unbelievable."

Despite two weather delays that merely postponed the inevitable, the nine-member squad wrapped up their title early, thanks to a pair of first-place finishes from freshman Amber James (Woodbury, MN/Woodbury H.S.) in the 400 meter dash and the women's 4x100 meter relay, consisting of James, first-year athlete Kim Jones (Glen Arden, MD/Eleanor Roosevelt H.S.), senior Tenille Johnson (Baltimore, MD/Southwestern H.S.) and junior Shimera Daniels (Long Island, NY/Brentwood H.S.). James, who posted a school record-setting time of 54.20, anchored the relay team to a blistering 46.60 result. James also placed fourth in the 200 meter dash in 25.36.

"Our freshmen entered the national championship and performed incredibly," added Souza. "For Amber to dethrone the three-time national champion in Megan Pierce of Calvin as a freshman certainly bodes well for the future and the career she is going to have. She simply ran a very smart race and did what she needed to do. She looked as if she was a seasoned veteran."

Jones, Johnson and Daniels all turned in outstanding performances in multiple events, led by a pair of second place finishes from Jones in the 100 meter dash and long jump. Her distance of 19' 10 1/4" in the long shattered the school mark by more than six inches. Johnson and Daniels combined to post five top five finishes between the two of them, as Johnson broke her own record in the 400 hurdles in a time of 61.14, while Daniels shattered her personal best in the triple jump with a leap of 41' 1 3/4".

Other strong outings came from the women's 4x400 meter relay team, as James, Johnson and juniors Niara Woods (Philadelphia, PA/Simon Gratz H.S.) and Jacqui Martinelli (Holliston, MA/Holliston H.S.) delivered a second place finish in 3:45.65. Additionally, sophomore Jana Bromell (Spencer, MA) captured sixth place honors in the shot put, while junior Kate Getz (Cumberland, ME) tied for seventh in the high jump.

On the men's side, the Lyons were well represented with six athletes, which included triple jump national champion Rahiem Greenridge (Wyandanch, NY/Wyandanch H.S.). Greenridge collected the gold with an



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outstanding jump of 51' 7 1/2", while also posting an eighth-place mark in the high jump. Recording a team-best eight All-Americans, Wheaton completed the three-day event with 24 points overall as the Lyons tied Williams for a seventh place standing. The top three point-getters were the University of Wisconsin-LaCrosse with 80 points, defending national champion Lincoln with 60 points and a tie between the University of Wisconsin-Stevens Point and Frostburg with 34 points.

In the long jump event, defending national champion Rob Tyson (New Haven, CT/Northfield Mount Herman H.S.) landed a third place finish, while teammate Ray Smith (Providence, RI/E. Providence H.S.) bettered last year's standing with a fourth place jump. Sending their first relay team to the national competition, comprised of Greenridge, Tyson and freshmen Lance Wagner (Beverly, MA) and Dante Deliso (Worcester, MA), the Blue & White advanced to the finals while scampering to a seventh place standing.

Following is a complete list of individual and relay events:

#### WOMEN

Name Event Result Finish

Jana Bromell Shot Put 43' 6" 6th

Colleen Burch 100 Meter Dash 12.64

Shimera Daniels Long Jump 18' 8 3/4" 5th

Triple Jump 41' 1 3/4" 2nd

100 Meter Dash 12.39 4th

Kate Getz High Jump 5' 5 3/4" T-7th

Amber James 200 Meter Dash 25.36 4th

400 Meter Dash 54.20 1st

Tenille Johnson 100 Meter Hurdles 15.18 5th

400 Meter Hurdles 61.14 2nd

Kim Jones Long Jump 19' 10 1/4" 2nd

100 Meter Dash 12.21 2nd

200 Meter Dash 25.55 T-7th

Niara Woods 800 Meter Run 2:14.86

Daniels, James, 4x100 Meter Relay 46.60 1st

Johnson, Jones

James, Johnson, 4x400 Meter Relay 3:45.65 2nd

Jacqui Martinelli,

Woods

#### MEN

Name Event Result Finish

Erik Benson 400 Meter Dash 48.44

Rahiem Greenridge High Jump 6' 9" 8th

Long Jump 21' 7 1/2"

Triple Jump 51' 7 1/2" 1st

Ray Smith Long Jump 23' 7 1/2" 4th

Rob Tyson Long Jump 24' 1" 3rd

Lance Wagner 100 Meter Dash 11.13

Dante Deliso, 4x100 Meter Relay 41.54 7th

Greenridge, Tyson, Wagner

Last updated on 6/14/01.

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## Wheaton's women tied for first after second day of national track championship meet, men in sixth

May 25, 2001

Wheaton's track teams continued to compete strongly through the second day of competition at the 2001 NCAA national championship in track and field. The women's team is tied for first place with 20 points, sharing the lead with Calvin College. The men are in three-way tie for sixth place with 12 points.

Shimera Daniels (Brentwood, N.Y.) turned in an outstanding performance in the triple jump, leaping to a second-place finish with a jump of 41 feet, 1.75 inches. The jump, Daniel's last for the event, set a new college record, and improved her personal best by 8 inches.

Daniels and Kim Jones (Glen Arden, Md.) also qualified today for the 100-meter finals to be held tomorrow. Tenille Johnson (Baltimore, Md.) won her way into tomorrow's 100-meter high hurdles. Amber James (Woodbury, Minn.) also performed well in her preliminary heat for the 400-meter and will run in the finals.

For the men, defending national long jump champion Rob Tyson (New Haven, Conn.) won a third-place finish this year with a jump of 24 feet and 1 inch while Ray Smith (East Providence, R.I.) captured third with a 23-foot, 1.5-inch jump. In the high jump, defending national champion Rahiem Greenridge four place, 12 points

Nine Wheaton women and six Wheaton men have qualified to compete in the national meet. Wheaton's women have won three consecutive national titles for indoor track and field. The NCAA Division III national championship in track and field, held at Milliken University's Lindsay Stadium in Decatur, Illinois, runs through Saturday, May 26.

For complete meet results, visit <http://www.millikin.edu/athletics/track/NCAA2001/NCAA2001.htm>

Last updated on 5/25/01.

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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 Shimer 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.

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Event	Athlete(s)	Result	Date
100 Meter	Kim Jones	11.84	2001
100 High Hurdles	Tenille Johnson	14.19	1999
200 Meter	Amber James	23.73	2002
400 Meter	Amber James	53.81	2002
400 Hurdles	Tenille Johnson	61.14	2001
800 Meter	Niara Woods	2:13.38	2002
1500 Meter	Erin O'Brien	4:39.77	2002
3000 Meter	Kendra Bullock	10:47.41	1999
5000 Meter	Erin O'Brien	17:58.00	2002
10,000 Meter	Monica Wright	41:54.88	1997
4 X 100 Meter Relay	Tenille Johnson, Shimera Daniels, Amber James, Kim Jones	46.16	2001
4 X 400 Meter Relay	Angela Mullins, Amy Swanson, Colleen Myrie, Deshawnda Williams	3:44.47	1998
4 X 800 Meter Relay	Allison Karpeichik, Danielle Valcourt, Rebecca Chamberlain, Michaela O'Neil	9:43.97	1997
High Jump	Beth Castagno	5' 10"	2000
Long Jump	Kim Jones	19' 10 1/4"	2001
Triple Jump	Shimera Daniels	41' 1 3/4"	2001
Pole Vault	Kerry Teamey	12' 6"	1999
Hammer	Amini Onowho	142' 3"	1999
Javelin	Kirsten Larsen	135' 5"	2002
Shot Put	Jana Bromell	44' 1/2"	2001
Discus	Amini Onowho	130' 8"	1999
Heptathlon	Kerry Teamey	4011	1999

Last updated on 9/27/02.

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Date	Day	Meet	Site	Start Time	Score	Number of Teams	
14-16-March	Thu-Sat	49er Classic	(University of North Carolina-Charlotte) Charlotte, NC	9:00am	No Team Score		
30-March	Sat	Husky Invitational	(Northeastern University) Dedham, MA	10:00am	No Team Score		
6-April	Sat	Penn Invitational	(University of Pennsylvania) Philadelphia, PA	10:00am	No Team Score		
13-April	Sat	Central Connecticut Invitational	(Central Connecticut State University) New Britain, CT	9:00am	No Team Score		
20-April	Sat	Solomon Husky Invitational	(Northeastern University) Dedham, MA	10:00am	No Team Score		
25-27-April	Wed-Sat	Penn Relays	(University of Pennsylvania) Philadelphia, PA	TBA	No Team Score		
27-April	Sat	NEWMAC Championship	(MIT) Cambridge, MA	TBA	1st Place (248.5 Points)	8	Teams
4-May	Sat	New England Division III Championship	(Springfield College) Springfield, MA	12:00pm	2nd Place (133.5 Points)	27	Teams
10-11-May	Fri-Sat	All-New England Championship	(Northeastern University) Dedham, MA	TBA	3rd Place (80 Points)	32	Teams
16-17-May	Thu-Fri	ECAC Division III Championship	(Springfield College) Springfield, MA	10:00am	1st Place (109 Points)	50	Teams
23-25-May	Thu-Sat	NCAA Division III Championship	(Macalester College) St. Paul, MN	TBA	1st Place (67 Points)	78	Teams



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Name	Class	Hometown	Event(s)
Jessica Allegra	05	East Hampton, CT	Sprints
Jana Bromell	03	Spencer, MA	Throws
Diana Burnell	04	North Hampton, NH	Throws
April Butler	05	Clinton, MD	Sprints/Hurdles
Kristin Cullen	03	Stoneham, MA	Hurdles
Stephanie Danella	04	Piscataway, NJ	Sprints/Hurdles
Shimera Daniels*	02	Brentwood, NY	Jumps/Sprints
Linsey Degan	05	Palmer, MA	Distance
Emily Doenges	05	Milford, CT	Distance
Tessa Donoghue	05	Springfield, MA	Jumps/Sprints
Jennifer Fisher	05	Orinda, CA	Vault
Megan Flaherty*	02	Mattapoisett, MA	Throws/Hurdles
Kate Getz	02	Cumberland, ME	Jumps
Amber James*	04	Woodbury, MN	Sprints
Noreen Kordzeil	03	Chittenango, NY	Hurdles
Lia Langeveld	04	Lanesboro, MA	Throws
Kirsten Larsen	05	Hampden, MA	Throws
Jessica Martin	04	Lake Region, ME	Vault
Ashley McPartland	05	Worcester, MA	Sprints
Caitlin Meloski	05	Medway, MA	Throws
Erin O'Brien	05	North Easton, MA	Distance
Morgan Paprocki	03	Candia, NH	Throws
Kim Spence	04	Dover, NH	Sprints/Hurdles
Jennifer Sutyak	03	Scarborough, ME	Vault
Kerry Teamey	03	Klamath Falls, OR	Vault/Jumps
Katherine Wallace	05	Glenmoore, PA	Jumps
Lindsay Whalen	05	Dedham, MA	Distance
Niara Woods*	02	Philadelphia, PA	Sprints
Christina Zerbini	04	Wethersfield, CT	Hurdles

Head Coach: Paul Souza (7th Year)

Assistant Coaches: Richard Curry (3rd Year), Paul Carr (3rd Year), Tasha Downing (3rd Year), Al Bashian (3rd Year)

Athletic Trainers: Greg Steele L.A.T.C., Jennifer McMorran L.A.T.C., Kristin Raffa L.A.T.C.

\* Denotes Captain



### News Headlines

James wins Honda Award for track and field ([more](#))

Lyons capture second consecutive 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](#))

### Recent Meets

23-25-May NCAA Division III Championship - St. Paul, MN - 1st Place (67 Points)

16-17-May ECAC Division III Championship - Springfield, MA - 1st Place (109 Points)

10-11-May All-New England Championship - Dedham, MA - 3rd Place (80 Points)

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## Past Seasons

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

[Spring 2001](#)

[Spring 2000](#)

Last updated on 9/27/02.

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