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## 1999-2000 SEASON NEWS

[Wheaton's track-and-field teams produce three national champions; women place third and men take eighth](#)  
May 27, 2000

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[Women win second consecutive national track and field championship; men place sixth](#)  
March 11, 2000

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[Wheaton women take third place in 2000 ECAC Indoor Track and Field Championship](#)  
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[ECAC names jumper Shimera Daniels athlete of the week.](#)  
February 24, 2000

Track standout Shimera Daniels was named the field athlete of the week by the Eastern Colleges Athletic Conference for an outstanding performance last weekend.

[Track stand-outs Zhanu Bowden and Angela Mullins named ECAC track athletes of the week.](#)  
February 17, 2000

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[Men's and women's track teams successful at Wheaton Invitational; Women earn first place honors while men finish second](#)  
February 5, 2000

In winning five track events alone, the Wheaton women were victorious in the 55 meter high hurdles, 55 meter dash, 200 meter dash, 400 meter dash and 4x200 relay events.



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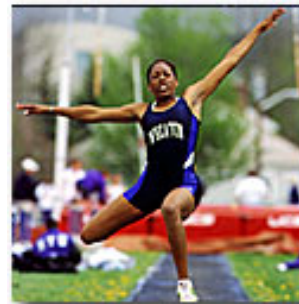
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## WHEATON'S TRACK-AND-FIELD TEAMS PRODUCE THREE NATIONAL CHAMPIONS; WOMEN PLACE THIRD AND MEN TAKE EIGHTH

May 27, 2000

The Wheaton College women's and men's track-and-field teams produced three national champions, 19 All-Americans and shattered one National Collegiate Athletic Association (NCAA) meet record at the NCAA Division III outdoor national championship held today at North Central College in Naperville, Ill. Wheaton's women placed third overall in the national championship, and the men took eighth.



Senior Beth Castagno (Glendora, N.J./Haddonfield H.S.), junior Rob Tyson (Northfield, MA/Northfield Mount Hermon H.S.) and sophomore Raheim Greenridge (Wyandanch, NY/Wyandanch H.S.) all took first in the country in their events, solidifying the college's reputation as a national power in women's track and field. The team's success is particularly noteworthy given the program's relative youth: Wheaton established men's and women's track and field in 1996. Castagno jumped to 5-9 3/4 in the high jump, Tyson jumped to 25-5 1/2 in the long jump and Greenridge soared to 7-2 1/2 in the high jump, setting a new NCAA Division III meet record. Greenridge also earned Field Athlete of the Meet honors, voted by the United States Track Coaches Association (USTCA). Both Tyson and Greenridge narrowly missed qualifying for the 2000 Olympic Trials --by a 1/2 inch in both cases.

"I'm incredibly proud of this team," said Head Coach Paul Souza. "The men scored 8th in the nation with only three men competing. They really put it all together and outscored teams with many more athletes competing. The Olympic Trials are certainly not out of the question for Rob (Tyson) and Raheim (Greenridge)."

The women Lyons finished the meet with 48.5 points to the 65 gathered by Lincoln University (Penn.). Williams College (Mass.) finished seventh with 34 points, Middlebury College (Vt.) finished tenth with 22 points, while Christopher Newport (Va.) took second with 50 points. "The women fought and scraped and dug, and in the end did a great job," said Souza. "It was one of those up and down days, and we take our hats off to (first place finisher) Lincoln. When you are competing on such a high level, you can't afford to slip up for a second. The Wheaton women are more than capable of a first place finish, but it just wasn't in the cards for us today."

In addition to the three national champions, a strong cadre of athletes led the teams to their top ten finishes. Senior All-American Deshawnda Williams (Philadelphia, Penn./Simon Gratz H.S.), participated in five events, including a third place finish in the 200m (24:67), a fourth place finish in the 100m (12.29), and anchoring the 4X400M relay to a second place finish and 4X100M relay to third.

Williams and her teammates All-American Angela Mullins (Montclair, N.J./Montclair H.S.), All-American Tenille Johnson (Baltimore, MD/Southwestern H.S.) and All-American Niara Woods (Philadelphia, Penn.) posted a blistering 3:49.45 in the 4X400m relay to place second.

Other Wheaton athletes scoring points in individual competition at the championship meet are:

- \* Sophomore All-American Raheim Greenridge captured third place in the triple jump (49-2 1/4).
- \* Junior All-American Tenille Johnson (Baltimore, MD/Southwestern H.S.) finished third in the 100m high hurdles (14.49) and seventh in the 400m hurdles (62.54)
- \* Sophomore All-American Ray Smith (East Providence, Rhode Is.) jumped to fifth in the long jump (23-6 3/4).

\* Sophomore All-American Shimera Daniels (Brentwood, N.Y./Brentwood H.S.) jumped to seventh place in the long jump at 18-5 3/4.

\* Sophomore All-American Kerry Teamey (Klamath Falls, Ore./Henley H.S.) finished fifth in the pole vault with a jump of 10-11 3/4.

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## WOMEN WIN SECOND CONSECUTIVE NATIONAL TRACK AND FIELD CHAMPIONSHIP; MEN PLACE SIXTH

March 11, 2000

The Wheaton College women's track-and-field team won its second consecutive indoor national championship today at the NCAA Division III tourney held at the Shirk Center of Illinois Wesleyan University in Bloomington, Ind. Wheaton's men took fifth in the national championship.

The victory, which was decided by Wheaton's record-setting, first-place finish in the final event of the tournament, the 4X400M relay, solidifies the college's reputation as a national power in women's track and field. The team's success is particularly noteworthy given the program's relative youth: Wheaton established men's and women's track and field in 1996.



"I'm really proud of this team," said Head Coach Paul Souza. "Everyone came through. Everybody scored that needed to, right down the line. We made this our goal at the beginning of the year and everybody worked hard. It was a great thing to see."

Souza noted that Sports Illustrated had predicted that Christopher Newport University would take the title this year, opining that Wheaton had only won last year due to a flu virus that afflicted the Virginia school's athletes. "We wanted to let everyone know that the blue virus was back, no question," said Souza, in a reference to Wheaton's blue-and-white team colors. "I'm thrilled."

The women Lyons finished the meet with 47 points to the 41 gathered by Lincoln University (Penn.). Williams College (Mass.) finished with 34 points while 1998 indoor champion Christopher Newport had 29.

Leading the Lyons was senior All-American Deshawnda Williams (Philadelphia, Penn./Simon Gratz H.S.), who ran the anchor leg of the team's decisive 4X400M relay. Williams and her teammates Angela Mullins (Montclair, N.J./Montclair H.S.), Tenille Johnson (Baltimore, MD/Southwestern H.S.) and Niara Woods (Philadelphia, Penn.) posted a blistering 3:50.63 in the relay to win the race. In the process, they also recorded the fastest relay time in the nation this year by more than three seconds and set a new record for the Shirk Center.

Voted the Athlete of the Meet, Williams also won points for Wheaton in two other events, finishing first in the 400M dash (56.23) and fifth in the 55M dash (7.26). Other Wheaton athletes scoring points in individual competition at the championship meet are:

\* Senior All-American Angela Mullins, who took fifth place in 400M dash (59.58).

\* Sophomore Shimera Daniels (Brentwood, N.Y./Brentwood H.S.) leapt to third in the triple jump (40-2).

\* Senior Beth Castagno (Glendora, N.J./Haddonfield H.S.) took second place in the high jump, clearing 5-8 3/4.

\* Junior Tenille Johnson (Baltimore, MD/Southwestern H.S.) finished second in the 55M high hurdles second (8.10).

\* Sophomore Kerry Teamey (Klamath Falls, Ore./Henley H.S.) finished fifth in the pole vault with a jump of 10-6 3/4.

### Wheaton's Men

Junior All-American Rob Tyson (Northfield, MA/Northfield Mount Hermon H.S.) led the way for Wheaton's men, winning the long jump with a 23-10 1/4 effort. Sophomore All-American Raheim

Greenridge (Wyandanch, NY/Wyandanch H.S.) captured second in the high jump clearing the bar at 6-9 3/4.

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## WHEATON WOMEN TAKE THIRD PLACE IN 2000 ECAC INDOOR TRACK AND FIELD CHAMPIONSHIP

March 4, 2000

Against all odds, the Wheaton College women's track team nearly defeated Williams College, but instead finished third in the 2000 Eastern Conference Athletic Conference (ECAC) Championships at Wheaton's Beard Field House. As several of the Lyon women did not compete due mostly in part to next weekend's NCAA Championships, they still managed to capture four first-place victories along with six top-six marks en route to a third place finish behind Lincoln College (PA) and Williams, respectively in the 40 team pool.



Wheaton won two track events in the 55 meter high hurdles and 200 meter dash coupled with a second and third place finish in the 200 meter dash and 55 meter dash, respectively. Senior All-American Deshawnda Williams (Philadelphia, PA/Simon Gratz H.S.) captured the 200 meter dash victory with fellow senior and All-American Angela Mullins (Montclair, NJ/Montclair H.S.) finishing closely behind for a second place standing. Junior All-American Tenille Johnson (Baltimore, MD/Southwestern H.S.) led all hurdlers in the 55 meter high hurdles event, posting a NCAA national automatic qualifying time. The third place finish for the Lyons came from the legs of sophomore sprinter Colleen Burch (Leicester, MA/Leicester H.S.) in the 55 meter dash.

Sophomore jumper Shimera Daniels (Long Island, NY/Brentwood H.S.) paced Wheaton in the field events with the sole victory in the triple jump, recording a NCAA national provisional qualifying standard, while junior Lisa Wallin (Lebanon, NH/Lebanon H.S.) was the overall winner in the pentathlon event.

The Lyons were without the services of senior All-American Beth Castagno (Glendora, NJ/Haddonfield H.S.), who was in Atlanta, GA this weekend competing in the high jump event at the USATF Indoor Track and Field Championships.

Women's Final Team Results:

- 1 Lincoln 72 20 Bates 10
- 2 Williams 64 22 Southern Maine 9
- 3 Wheaton College 62.5 23 RPI 8
- 4 Tufts 35 23 Alfred University 8
- 5 Hamilton 32 23 SUNY - Brockport 8
- 6 MIT 30 26 Wesleyan 6
- 7 Hartwick 28 26 Smith 6
- 8 SUNY - Cortland 27 26 Keene State 6
- 8 Bowdoin 27 29 Muhlenberg 5
- 10 Ithaca 26 30 Dickinson 4
- 11 Springfield 25 30 Oswego State 4
- 12 Colby 23 32 Medgar Evers 3
- 13 Montclair State 16 33 WPI 2
- 14 SUNY - Geneseo 15 33 Frostburg State 2
- 14 Lehman 15 33 Trinity 2
- 14 Amherst 15 33 Connecticut College 2
- 17 College of New Jersey 14 33 Salem State 2
- 18 St. Lawrence 13 38 RIC 1.5
- 19 Plattsburgh State 11 39 Mt. Holyoke 1
- 20 Middlebury 10 39 New Jersey City University 1

Top Finishers in Each Event:

Name School Event Result

Shimera Daniels Wheaton College Long Jump 18' 1"  
Cheryl Smith SUNY - Cortland 5,000 Meter Run 17:21.54\*  
Maggie Hanson Hamilton 1,500 Meter Run 4:36.35\*  
Tenille Johnson Wheaton College 55 Meter High Hurdles :8.05\*  
Sueann Teal Hartwick Pole Vault 11' 1/4"  
Vernick Smith Lincoln 400 Meter Dash :57.44\*  
Caitlin Murphy Tufts 500 Meter Dash 1:15.23  
Rhondale Jones Lincoln 55 Meter Dash :7.12\*  
Tara Crowley Williams 800 Meter Run 2:13.86\*  
Ria Megnin Hartwick High Jump 5' 6"  
Jen Cammarano Hamilton 1,000 Meter Dash 2:59.27  
Erika Bristol Bates Weight Throw 52' 7 1/4"\*  
Deshawnda Williams Wheaton College 200 Meter Dash :24.75  
Bridget McCann SUNY - Geneseo Triple Jump 38' 1 1/4"  
Noel Whitall College of New Jersey 3,000 Meter Run 9:56.76  
Healy Thompson Williams Shot Put 43' 1 3/4"  
--- Plattsburgh State 4 X 200 Meter Relay 1:46.49  
--- Lincoln 4 X 400 Meter Relay 3:53.15\*  
--- Williams 4 X 800 Meter Relay 9:25.80  
--- Amherst Distance Medley Relay 12:13.05  
Lisa Wallin Wheaton College Pentathlon 3,045 points

\* Denotes NCAA women's indoor automatic qualifying standard

**Denotes NCAA women's indoor provisional qualifying standard**

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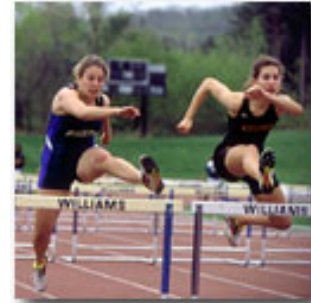
## ECAC NAMES JUMPER SHIMERA DANIELS ATHLETE OF THE WEEK.

February 24, 2000

Wheaton jumper Shimera Daniels was named the field athlete of the week by the Eastern Colleges Athletic Conference for an outstanding performance last weekend. Sophomore hurdler Luke Marsters of Norwood, Mass., won an honorable mention this week.

This continues the outstanding performances turned in by athletes on both the men's and women's indoor track and field teams as the Lyons prepare for the NCAA Division III championships on March 10-11.

Daniels, a sophomore triple jumper from Brentwood, NJ automatically qualified for the NCAA Division III Championship meet with a jump of 39' 8.75" at the New England Division III Championships this past weekend. Daniels' first place jump is the furthest in Division III so far this year.



Other Wheaton track and field athletes who have won ECAC honors so far this season include:

\* Zhanu Bowden, a senior from Medford, Mass., recorded two strong performances at the St. Valentine's Invitational. Bowden placed seventh in the 200 meters with a time of 22.12 and thirteenth in the 400 meters with a time of 49.79. Both times are ECAC Division III qualifying standards.

\* Angela Mullins, a senior from Upper Montclair, N.J., ran the second fastest time in Division III track and field this year for the 400 meters. Her time of 57.44 placed her third at the St. Valentine's Invitational as well as automatically qualifying her for the NCAA Championships.

\* Deshawnda Williams, a senior sprinter from Philadelphia, Penn. She earned ECAC honors after winning a second place finish in the 55 meter dash at the Terrier Classic. Williams completed the event in 7.09 seconds which was an NCAA automatic qualifying time and the fastest time recorded in NCAA Division III history.

\* Raheim Greenridge, a junior high jumper from Wyandanch, NY, has been named field athlete of the week twice. Greenridge won the Greater Boston Track Club Invitational, clearing 7' 1/2" , the highest jump this year in Division III. Earlier in the season, he won the West Point Invitational with 6/10[per thou] jump, a personal best that met the NCAA Division III championship automatic qualifying mark.

\* Beth Castagno, a senior high jumper from Glendora, N.J., won ECAC honors after winning the high jump at the Greater Boston Track Club Invitational. Castagno's leap of 5' 11 1/2" was her best by 3' 1/2", an NCAA Division III automatic qualifying mark, the highest jump in Division III this season, and the second highest in Division III history.

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### TRACK STAND-OUTS ZHANU BOWDEN AND ANGELA MULLINS NAMED ECAC TRACK ATHLETES OF THE WEEK.

February 17, 2000

Wheaton sprinters Zhanu Bowden and Angela Mullins were named the track athletes of the week by the Eastern Colleges Athletic Conference for outstanding performances last weekend.

The honors continues the outstanding performances turned in by athletes on both the men's and women's indoor track and field teams as the Lyons prepare for the NCAA Division III championships on March 10-11.

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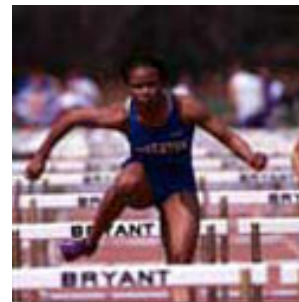
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## MEN'S AND WOMEN'S TRACK TEAMS SUCCESSFUL AT WHEATON INVITATIONAL; WOMEN EARN FIRST PLACE HONORS WHILE MEN FINISH SECOND

February 5, 2000

The Wheaton College men's and women's track teams each had a great showing at the 2000 Wheaton Invitational on Saturday at Beard Field House. The Lyon women captured victories in nine of 19 events en route to winning the invitational by a distant 70 points, while the men capped off their successful day with a second place finish to Amherst College.



In winning five track events alone, the Wheaton women were victorious in the 55 meter high hurdles, 55 meter dash, 200 meter dash, 400 meter dash and 4x200 relay events. Senior All-American **Angela Mullins (Montclair, NJ/Montclair H.S.)** captured the 400 meter dash event, with junior All-American **Tennille Johnson (Baltimore, MD/Southwestern H.S.)** finishing closely behind for a second place standing. Other winners for the Lyons were sophomore sprinters **Colleen Burch (Leicester, MA/Leicester H.S.)** and **Jacqui Martinelli (Holliston, MA/Holliston H.S.)** in the 55 meter dash and 400 meter dash, respectively. Freshman hurdler **Kristin Cullen (Stoneham, MA)** also won the 55 meter high hurdles event.

Sophomore jumper **Shimera Daniels (Long Island, NY/Brentwood H.S.)** landed the second longest triple jump this year at the NCAA Division III level, as she won the triple jump event. Three other invitational wins for the Lyons in the field events was senior All-American **Beth Castagno (Glendora, NJ/Haddonfield H.S.)** in the high jump, and sophomores **Lisa Wallin (Lebanon, NH/Lebanon H.S.)** and **Kerry Teamey (Klamath Falls, OR)** in the shot put and pole vault events, respectively. Teamey finished second to Castagno in the high jump.

For the men's team, Wheaton claimed first-place honors in each of the three jumping events, which included the high jump, long jump and triple jump. Sophomore All-American **Raheim Greenridge (Long Island, NY/Wyandanch H.S.)** captured the high jump event, while junior All-American **Rob Tyson (Northfield, MA/Northfield Mount Herman H.S.)** won the long jump. Sophomore standout **Ray Smith (Providence, RI/East Providence H.S.)** finished in first place in the triple jump and a close second to Tyson in the long jump.

The Lyon men also had top finishes in the 55 meter high hurdles, as three of the top four finalists were from Wheaton. Sophomore hurdler **Luke Marsters (Norwood, MA/Norwood H.S.)** won the event, while freshmen **Alex DeJong (Hamilton, MA/Hamilton-Wenham H.S.)** and **Matt Egan (Warwick, RI/Tollgate H.S.)** finished a close second and fourth place, respectively.

**Men's Results:** (1) Amherst 107; (2) Wheaton College 78; (3) Trinity 61; (4) USMMA - Kings Point 60; (5) Brandeis 55; (6) Bryant 46; (7) Worcester St. 44; (8) Stonehill 29; (9) Bridgewater State 20; (10) Salem State 16; (10) Fitchburg State 16; (12) Keene State 8; (13) Mass-Boston 3.

**Women's Results:** (1) Wheaton College 206.5; (2) Amherst 136; (3) Brandeis 91.5; (4) Trinity 49; (5) Stonehill 48; (6) Bryant 12; (7) Salem State 11; (8) Regis 6; (8) Bridgewater State 6; (8) Wellesley 6; (8) Mass-Boston 6; (12) Worcester St. 4.

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