

2008-09 WOMEN'S TRACK AND CROSS COUNTRY



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QUICK FACTS

The University

Location Philadelphia, Pa. 19131
 Founded 1851
 Enrollment 4,450
 Denomination Roman Catholic (Jesuit)
 Nickname Hawks
 Colors Crimson and Gray
 Athletic Affiliation NCAA Division I
 Conference Atlantic 10
 Home Track Finneseey Field

The Team

Head Coach Kevin Quinn (Saint Joseph's '62)
 Cross Country/Track Office 610-660-1731
 Cross Country Letterwinners Returning/Lost 9/3
 Track Letterwinners Returning/Lost 26/7
 2007 Atlantic 10 Cross Country Finish 8th
 2008 Atlantic 10 Indoor Track Finish 8th
 2008 Atlantic 10 Outdoor Track Finish 8th

The Captains

Cross Country Andrea Florida, Amy Rhein, Juli Stensland
 Track & Field Natalie Miller, Skylar Rea, Lauren Slack

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CREDITS

The 2008-09 Saint Joseph's University Women's Track and Cross Country Media Guide was designed by Jeremy S. Fallis and Jack Jumper. It was written and edited by Jeremy S. Fallis. Editorial assistance was provided by Jack Jumper, Joe Greenwich, and Marie Wozniak. Photography by Greg Carroccio of Sideline Photos, LLC, Dr. Samuel Getty and the Charlotte Sports Information staff.



2008 CROSS COUNTRY PREVIEW

The 2008 women's cross country team at Saint Joseph's provides potential to be one of the most successful in the last few years. Under the tutelage of 42-year coach **Kevin Quinn**, who enters his 24th season with the women's squad, the Hawks return all their top runners from the previous season.

Joining Quinn's staff is former Penn athlete **Claire Duncan**, who will help infuse the squad with excellent advice and experience. Duncan was a three-time Academic All-American at Penn and will assist Quinn with track as well.

Leading the way is senior tri-captain **Andrea Florida**, a three-time All-Conference performer. Her success in cross country also translated into a couple of Academic All-Conference awards in cross country and indoor track. Florida has proved her ability time and again with her consistency over the past three years, and she looks to make it a fourth.

Joining Florida at the front will be senior tri-captain **Amy Rhein** and sophomore **Aimee Chegwiddden**.

Rhein should be buoyed by her accomplishments in the 2008 outdoor track season where she ran personal bests in the 3K and 5K, which earned her A-10 Academic All-Conference honors, after a lackluster 2007 cross country campaign.

Chegwidden was an A-10 Rookie of the Week and has shown flashes of greatness early in her career.

There is plenty of depth to Quinn's crew as senior tri-captain **Juli Stensland**, senior **Katie Pencek**, junior **Caitlin Reusche** and a trio of sophomores—**Jessica Di Cicco**, **Laura Faller** and **Christina Morelli** will help bolster the lineup.

Stensland, Morelli and

Di Cicco look to make the biggest impacts as true distance runners rounding out the top seven. Pencek, Reusche and Faller, natural middle distance athletes, will do their best to move up the ladder and possibly sneak into the coveted varsity seven positions.

Highly-touted freshmen **Kelsey Rose** and **Kathleen Casey**, and **Beth Lambright** lead a large and talented freshman class. Eight harriers in all are featured on the Hawks' squad, including **Katie Barrett**, **Carolyn Haggerty**, **Samantha Peters**, **Jacqueline Stuppiello**, and **Elizabeth Welsh**.

The road to the A-10s begins in August and September with meets at the Haverford Time Trials, Fordham Fiasco Meet and the Bojangles Invitational, site of the 2008 A-10 Championships at Charlotte.

Following a trip to the Colonial Inter-Regional Challenge in Virginia, the Hawks travel north to their last A-10 tune-ups, the Paul Short Invitational at Lehigh and the Princeton Invitational, site of the NCAA Mid-Atlantic Regionals in November.

The A-10 Championship takes place on the campus of Charlotte on November 1, with the regional meet kicking off November 15 in Princeton. Lastly, SJU wraps up its season at Van Courtlandt Park at the ECAC Championships November 22.

Overall, the 2008 squad has the makings of a team that's better than last year's eighth-place finish at the Atlantic 10 Championship, a spot the SJU squad is more accustomed to. With proven veteran leadership and quality corps of newcomers the Hawks should soar to the challenge and beat expectations.



Sophomores Aimee Chegwiddden (left) and Christina Morelli will be vital to SJU's success this fall.

The Hawk Will Never Die!

2008-09 TRACK & FIELD PREVIEW



The 2008-09 women's track season presents a slate of unknown answers to head coach **Kevin Quinn**. Quinn and first-year assistant coach **Claire Duncan** will have to find an answer for the question, "where to start?"

The 45 Hawks, which comprise the largest team in program history, include 18 freshmen, the largest incoming class in program history, to accompany the 26 veterans returning to the team.

Led by senior tri-captains **Natalie Miller**, **Skylar Rea** and **Lauren Slack**, Saint Joseph's has three capable leaders with great experience and skill.

Miller plies her trade in the jumps, specifically the high jump, the event in which she qualified for the ECAC Indoor Championship last March.

Rae has found a niche in the hurdles, improving incrementally every year, setting new personal records in 2008, while Slack looks to return to her old form which as a sophomore saw her lead the team in most of the jumping disciplines.

When it comes to the middle and long distance events, A-10 Academic All-Conference honorees **Andrea Florida** and **Amy Rhein** lead the way. Florida earned the award during the 2007-08 indoor season, while Rhein did so in the 2008 outdoor season. Rounding out the senior ranks are **Juli Stensland** in distance events with **Katie Pencek** and **Lauren Walsh** in middle distance, and **Dara Hackett** in throws.

A solid and diverse junior corps is sparked by **Nicole McMullen**, SJU's record-holder in the 300m indoor dash. McMullen is a well-rounded athlete participating in everything from the 55m dash to the 400m dash as well as the long jump. Along with McMullen is **Kristen Pierce**, a 2008 Outdoor Track All-Atlantic 10 Second Team member in the hurdles.

Cara Quinn, **Caitlin McGrath**, **Kierstin Quinn**, and **Morgan Matecki** comprise the junior sprint crew. **Beth Getty** and **Erin Vanderhoof** hold down the jumping pit, while **Tracyann Calabrese** returns to throw the javelin. **Caitlin Reusche** will shore up the veteran stock in middle distance events.

The talented and varied sophomore class is led by **Kristin Andrews** in long sprints and hurdles and **Nohjay Nimpson** in the jumps and javelin. **Aimee Chegwiddden**, **Christina Morelli** and **Jessica Di Cicco** are SJU's long distance threats, while

Laura Faller will hold her own in the middle distance variety.

Jessica Chen returns to the Hawks with the sprinting division. **Carolyn Bieganousky** looks to make a difference since returning from injury her freshman campaign.

As for Quinn's 18 newcomers, all will be vital to the Hawks' success, as the large class gives Quinn an answer in almost every running and jumping event.

Tremendous depth will be seen at the jumps and hurdles as **Emily Coldren** and **Ashley Williams** will participate in sprints and jumps, **Mary Kate Mahany** and **Allison Smith** are both jumpers, while **Amy Volz** and **Stefani Zabilowicz** are both hurdlers.

Complimenting the jumping crew are sprinters **Karly Cahill**, **Adriana Lanuto** and **Lauren Wentzel**. **Anna Casey**, **Samantha Peters**, and **Kelsey Rose** supply the middle distance events with **Katie Barrett**, **Kathleen Casey**, **Carolyn Haggerty**, **Beth Lambright**, **Jacqueline Stuppiello** and **Elizabeth Welsh** giving the distance events plenty of options.

For the indoor portion of the schedule SJU opens with four one-day meets at Lafayette (Dec. 6), Penn State (Jan. 10), The Armory (Jan. 16) and Ursinus (Jan. 23).

The Penn State National Invitational (Jan. 30-31), the Giegengack Invitational at Yale (Feb. 6-7) and another trip to The Armory for the Lafayette-Rider meet (Feb. 6) provide ample opportunities for the athletes leading into the A-10 Championships.

The two-day Atlantic 10 meet takes place again at Rhode Island on Feb. 20-21, followed by the NYU Fastrack meet on Feb. 27 and ECACs on Mar. 7-8.

The Hawks head outdoors to the season-opening Leopard Invitational at Lafayette Mar. 28 before traveling south to Williamsburg, Virginia and the

Colonial Relays April 3-4.

Virginia's Nesty Invitational (Apr. 11), Princeton's Larry Ellis Invitational (Apr. 17-18) and the prestigious Penn Relays (Apr. 23-25) lead up to the A-10 Outdoor Championships at Charlotte (May 2-3).

Saint Joseph's will participate in the Swarthmore Last Chance meet on May 11 before the ECAC Championships May 15-17 at Princeton.

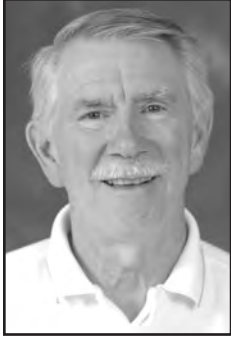
There will be few shortcomings for the track seasons as SJU's largest women's team looks to be Saint Joseph's most successful team come 2009.



Senior tri-captain **Natalie Miller** looks to surpass her 2007 accomplishments and lead the Hawks in the Atlantic 10.



DIRECTOR OF TRACK & FIELD/ WOMEN'S HEAD COACH



Kevin Quinn
Director of Track & Field – 43rd Year
Women's Head Coach – 24th Year
Saint Joseph's '62

Kevin Quinn enters his 43rd year directing the Saint Joseph's track and cross country programs, including the last 23 years as the head coach of the women's programs. A 1962 graduate of Saint Joseph's, Quinn joined the Hawk athletic staff as the head coach of the men's cross country and track squads in the fall of 1966, a position he held for 23 years.

In 1985, he added the title of women's cross country and track head coach to his résumé, and is now entering his 23rd season in that capacity. In July of 1989, Quinn was appointed to the position of assistant athletic director for facilities. In 2001 he was promoted to associate athletic director for facilities, a position from which he recently retired.

An outstanding educator, teacher, and motivator, Quinn has led the Hawk track program to great heights during his tenure. His men's cross country squads won two Big 5 titles, while the 1984 men's track team turned in a seventh-place finish at the IC4A Championships. In 1993 the women's cross country team won the Atlantic 10 championship, becoming the first women's sport at Saint Joseph's to accomplish that feat. Under Quinn's tutelage, the 1997 track team set 10 new school records and notched SJU's first-ever women's Penn Relays victory, earning first place in the 4x800m relay. In 2000, Quinn again coached the Hawks to the Atlantic 10 cross country title, earning conference Coach of the Year honors. Over the past five seasons, Quinn's charges have broken school records in track and field on 27 different occasions, including seven in 2005-06.

An outstanding athlete in his own right, Quinn once held SJU records in the mile and two-mile runs. A charter member of the Saint Joseph's Track Hall of Fame, he placed third in the 1961 IC4A Cross Country Championships. Quinn also served as one of the team's

tri-captains in his senior season. For his dedication and achievements, he was inducted into the Saint Joseph's Athletics Hall of Fame in 2001.

Quinn, 66, currently resides in Havertown, Pa., with his wife Marie. They are the parents of six children: Kevin, Marie, Sean, Kathleen, Colleen, and Brendan.

QUINN'S RÉSUMÉ

Head Coach	Years
Women's Cross Country/Track	1985-present
Saint Joseph's	
Men's Cross Country/Track	
Saint Joseph's	1966-1988
Roman Catholic HS	1962-1966
Student-Athlete	Years
Saint Joseph's	1959-62

QUINN'S YEAR-BY-YEAR RECORD

Men's Cross Country				Women's Cross Country			
Year	W	L	T	Year	W	L	T
1966	4	5	0	1985	9	2	0
1967	2	8	0	1986	4	1	0
1968	8	4	0	1987	1	4	0
1969	8	3	0	1988	1	0	0
1970	5	3	1	1989	3	2	1
1971	4	6	0	1990	4	0	0
1972	3	6	0	1991	4	4	0
1973	3	8	0	1992	6	1	0
1974	4	6	0	1993	8	1	0
1975	3	9	0	1994	3	3	0
1976	6	6	0	1995	7	0	0
1977	7	5	0	1996	3	0	0
1978*	9	5	0	1997*	0	0	0
1979*	9	7	0	1998	0	1	0
1980	7	3	1	1999*	0	0	0
1981	10	2	0	2000	6	0	0
1982	0	2	0	2001*	0	0	0
1983	7	2	0	2002	6	0	0
1984*	7	2	0	2003*	0	0	0
1985*	2	3	0	2004	2	3	0
1986	3	1	0	2005*	0	0	0
1987	2	1	0	2006*	0	0	0
1988	1	1	0	2007*	0	0	0
Totals	114	98	2	Totals	67	22	1
	23 years				23 years		

* invitational only



The Hawk Will Never Die!

ALL-TIME SJU WOMEN'S CROSS COUNTRY COACHING RECORDS

COACH	YRS.	SEASONS	W	L	T	PCT.
Nick Robak	4	1981-84	21	11	1	.651
Kevin Quinn	23	1985-present	67	22	1	.750
TOTAL	27	1981-2007	88	33	2	.724

ASSISTANT COACH



Claire Duncan Assistant Coach – 1st Year Pennsylvania '05

Claire Duncan joins the Saint Joseph's women's cross country and track teams for her first year in 2008-09.

A 2005 graduate of Penn, Duncan was a three-time Academic All-American, while being a four-year letterwinner.

She completed her degree in political science and environmental studies in addition to captaining the cross country and track squads at Penn.

Duncan will add invaluable experience to the program as she has three years of head coaching experience at the high school level prior to Saint Joseph's. She spent two years as head girls' indoor and outdoor track coach at Germantown Friends Academy (2006-08), while also serving as assistant cross country coach.

Prior to Germantown, Duncan was the head girls' cross country coach as well as the head boys' and girls' indoor and outdoor track coach at Friends Central School in 2005-06.

Duncan resides in Philadelphia and is engaged to be married to former Hawk harrier, Rob Hewitt '04.

FINNESEY FIELD



Finnesey Field has been home to 10 different varsity squads at Saint Joseph's University as it enters its 80th year. Opened in 1929 as home to the SJU football squad, the field has undergone numerous changes over the years and has been home to over a thousand SJU varsity games, matches and track meets.

The most recent upgrade happened this past summer as the AstroTurf, laid down in 2001, was replaced with new, state-of-the-art TigerTurf. Additionally, the track will receive a new coat of rubber material in 2009 to better suit the athletes who use it for all seasons.

Home to the men's and women's track and field squads, the field has seen other modifications done to it since its inception in 1929. The prospect of a 70,000-seat bowled stadium for football was dashed when the sport was discontinued following the 1939 season.

Baseball re-occupied the space in 1947, calling Finnesey home until 1959. In 1960, the original grandstand as well as the hillside seating near Overbrook Avenue were eliminated as Villiger (now Post) Hall and the Bluett Theatre were built. In the process of the 1960 construction, the field's elevation was raised five feet to its current location.

In 1990, artificial turf replaced the grass, making Finnesey a truly multi-purpose facility. In 1994 the installation of lights furthered the use of the grounds, while new bleachers in 2003 on the hill next to Mandeville Hall were another touch of renovation to a historic stadium.

Saint Joseph's men's soccer was started in 1958 and played every season but one (1960) at Finnesey. Additionally, men's and women's lacrosse began in 1993 and have called Finnesey home since their inception.

The location has also been home to women's soccer since 1996 and the field hockey team wrapped up its last season on Finnesey in 2007. Field hockey will open on a new playing surface on the Maguire Campus in 2009.

Overall, the site has seen 1,053 games entering the 2008-09 academic year, and SJU teams put together a total record of 493-518-42 in 79 years.

THE HAWK



The Saint Joseph's Hawk mascot has been flapping its wings for over half a century, having celebrated its golden anniversary in 2005-06.

One of the most famous mascots in college sports, the Hawk is best known for staying in constant motion by flapping its wings throughout every basketball game and representing the Saint Joseph's motto, "The Hawk Will Never Die."

Saint Joseph's athletic teams have been recognized with the nickname "Hawks" since 1929. At that time, the school's yearbook editor initiated a contest among the student body for a symbol. More than 100 submissions were narrowed, with "Hawks" winning out over "Grenadiers" by a slim margin. The

name was appropriate because it typified "the fighting spirit of our crimson and gray athletes and it is suggestive of the aerial attack which has made our football team famous." Football, ironically, was discontinued at SJU following the 1939 season.

The Hawk has won numerous accolades and was a nominee for induction to the Mascot Hall of Fame in 2008.



2008-09 ROSTER

Name	Yr.	Event	Ht.	DOB	Hometown	High School / Last College
* Kristin Andrews	So.	Long Sprints/Hurdles	5-5	1/26/89	Manalapan, N.J.	Manalapan
Katie Barrett	Fr.	XC/Distance	5-6	7/7/90	Jenkintown, Pa.	Saint Basil Academy
* Carolyn Bieganousky	So.	Sprints/Hurdles	5-5	5/9/89	Sparta, N.J.	Pope John XXIII
Karly Cahill	Fr.	Sprints	5-6	8/14/90	Wilmington, Del.	Padua Academy
* Tracyann Calabrese	Jr.	Throws	5-3	2/11/88	Dumont, N.J.	Dumont / Roanoke
Anna Casey	Fr.	Middle Distance	5-6	3/28/90	Wayne, Pa.	Radnor
Kathleen Casey	Fr.	XC/Distance	5-2	3/13/90	Dickson City, Pa.	Holy Cross
* Aimee Chegwiddden	So.	XC/Distance	5-5	12/6/88	Hamburg, N.J.	Walkill Valley Regional
* Jessica Chen	So.	Sprints	5-2	6/22/89	Haverford, Pa.	Haverford
Emily Coldren	Fr.	Sprints/Jumps	5-7	3/7/90	Liverpool, N.Y.	Liverpool
* Jessica Di Cicco	So.	XC/Distance	5-3	12/24/88	Clementon, N.J.	Highland Regional
* Laura Faller	So.	XC/Middle Distance	5-6	2/15/89	Lancaster, Pa.	Manheim Township
*** Andrea Florida	Sr.	XC/Distance	5-6	12/21/86	Reading, Pa.	Muhlenberg
** Beth Getty	Jr.	Jumps	5-4	8/10/88	Camp Hill, Pa.	Cedar Cliff
Dara Hackett	Sr.	Throws	5-9	2/17/88	Philadelphia, Pa.	Mount St. Joseph Academy
Carolyn Haggerty	Fr.	XC/Distance	5-4	2/20/90	Westfield, Pa.	Mount Saint Mary Academy
Beth Lambright	Fr.	XC/Distance	5-6	8/6/90	Blooming Glen, Pa.	Christopher Dock Mennonite
Adriana Lanuto	Fr.	Long Sprints	5-7	3/6/90	Ramsey, N.J.	Ramsey
** Morgan Matecki	Jr.	Long Sprints/Hurdles	5-5	5/27/88	Chester Springs, Pa.	Villa Maria Academy
** Caitlin McGrath	Jr.	Sprints	5-6	10/23/87	Manheim, Pa.	Manheim Central
** Nicole McMullen	Jr.	Long Sprints/Jumps	5-6	3/4/88	Lawrence, N.J.	Lawrence
*** Natalie Miller	Sr.	Jumps	5-8	11/10/86	Boyertown, Pa.	Boyertown
* Christina Morelli	So.	XC/Distance	5-6	11/23/88	Philadelphia, Pa.	Saint Basil Academy
* Nohjay Nimpson	So.	Jumps/Throws	5-10	11/3/89	Philadelphia, Pa.	Archbishop Ryan
*** Katie Pencek	Sr.	XC/Middle Distance	5-4	4/5/87	Glenwood, Md.	Glennelg
Samantha Peters	Fr.	XC/Middle Distance	5-7	2/5/90	Colonia, N.J.	Union Catholic Regional
** Kristen Pierce	Jr.	Sprints/Hurdles	5-6	1/13/88	West Long Branch, N.J.	Shore Regional
** Cara Quinn	Jr.	Sprints	5-7	5/18/88	Ardmore, Pa.	Merion Mercy Academy
** Kierstin Quinn	Jr.	Middle Distance	5-7	2/19/88	Berwyn, Pa.	Conestoga
*** Skylar Rea	Sr.	Sprints/Hurdles	5-2	7/16/87	Ft. Washington, Md.	Friendly
** Caitlin Reusche	Jr.	XC/Middle Distance	5-4	6/7/87	West Chester, Pa.	Villa Maria Academy
*** Amy Rhein	Sr.	XC/Distance	5-3	2/22/87	Kendall Park, N.J.	South Brunswick
Kelsey Rose	Fr.	XC/Middle Distance	5-5	7/21/90	Maple Glen, Pa.	Upper Dublin
*** Lauren Slack	Sr.	Sprints/Jumps	5-4	5/13/87	Royersford, Pa.	Spring-Ford
Allison Smith	Fr.	Jumps	5-10	5/29/90	Washington, N.J.	Warren Hills
*** Juli Stensland	Sr.	XC/Distance	5-7	1/7/87	Glen Gardner, N.J.	Voorhees
Jackie Stuppiello	Fr.	XC/Distance	5-4	7/15/90	Stroudsburg, Pa.	Notre Dame (Pa.)
** Erin Vanderhoof	Jr.	Jumps	5-6	4/10/88	Mercerville, N.J.	Notre Dame (N.J.)
Amy Volz	Fr.	Hurdles	5-6	8/31/89	Scranton, Pa.	Holy Cross
*** Lauren Walsh	Sr.	Middle Distance	5-8	3/27/87	Mt. Laurel, N.J.	Lenape
Liz Welsh	Fr.	XC/Distance	5-4	1/22/90	Lafayette Hill, Pa.	Mount St. Joseph Academy
Lauren Wenzel	Fr.	Long Sprints	5-5	9/18/89	Nesquehoning, Pa.	Tamaqua Regional
Ashley Williams	Fr.	Sprints/Jumps	5-3	2/9/90	Nazareth, Pa.	Nazareth Area
Stefani Zabilowicz	Fr.	Hurdles	5-10	8/4/90	Lanoka Harbor, N.J.	Lacey Township

Head Coach: Kevin Quinn (Saint Joseph's '62) – 24th season (SJU Women)/42nd overall **Assistant Coach:** Claire Duncan (Penn '05) – 1st season

Cross Country Captains: Andrea Florida, Amy Rhein, Juli Stensland **Track Captains:** Natalie Miller, Skylar Rea, Lauren Slack

* - Denotes letter won prior to the 2008-09 season

TEAM BREAKDOWN

BY CLASS	BY STATE	PRONUNCIATION GUIDE
Seniors (9): Florida, Hackett, Miller, Pencek, Rea, Rhein, Slack, Stensland, Walsh	Delaware (1): Cahill	(Carolyn) Bieganousky: BEE-gan-oos-kee
Juniors (10): Calabrese, Getty, Matecki, McGrath, McMullen, Pierce, C. Quinn, Ki. Quinn, Reusche, Vanderhoof	Maryland (2): Pencek, Rea	(Jessica) Di Cicco: Da-CHEE-ko
Sophomores (8): Andrews, Bieganousky, Chegwiddden, Chen, Di Cicco, Faller, Morelli, Nimpson	New Jersey (15): Andrews, Bieganousky, Calabrese, Chegwiddden, Haggerty, Lanuto, McMullen, Pierce, Peters, Rhein, Smith, Stensland, Vanderhoof, Walsh, Zabilowicz	(Andrea) Florida: Flor-EE-da
Freshmen (18): Barrett, Cahill, A. Casey, K. Casey, Chen, Di Cicco, Faller, Florida, Getty, Hackett, Lambright, Matecki, McGrath, Miller, Morelli, Nimpson, C. Quinn, Ki. Quinn, Reusche, Rose, Slack, Stuppiello, Volz, Welsh, Wenzel, Williams	New York (1): Coldren	Nohjay (Nimpson): Nah-JAY
	Pennsylvania (25): Barrett, A. Casey, K. Casey, Chen, Di Cicco, Faller, Florida, Getty, Hackett, Lambright, Matecki, McGrath, Miller, Morelli, Nimpson, C. Quinn, Ki. Quinn, Reusche, Rose, Slack, Stuppiello, Volz, Welsh, Wenzel, Williams	(Katie) Pencek: PEN-sick
		(Skylar) Rea: RAY
		(Caitlin) Reusche: ROOSH-ee
		(Stefani) Zabilowicz: Za-BILL-oh-wiss

The Hawk Will Never Die!

SENIORS



Andrea Florida
Senior • 5-6 • XC/Distance
Reading, Pa. • Muhlenberg

Cross Country 2007: Led the team in every race run...Earned All-Conference honors with 12th-place finish at A-10s...Best finish was sixth at Leopard Invitational...Named to Atlantic 10 Academic All-Conference squad...**2006:** First SJU runner in four of six races run...Placed eighth at Lafayette 6K (21:07)...Earned All-Conference honors with 13th place finish at A-10s (18:32)...Ran ECACs in a time of 18:38.2 finishing 22nd...**2005:** Competed in seven meets and was the Hawks' top finisher in the final two meets of the season...Placed third at Haverford in her first collegiate meet...**Indoor Track 2007-08:** Ran team and personal bests in the Mile (5:08.35 at Giegengack) and 3,000m (10:07.74 at A-10s)...Named to Atlantic 10 Academic All-Conference squad...**2006-07:** Ran indoor personal best 10:27.21 at Lehig finishing first...Ran 2:26.13 in the 800m at Ursinus...Ran 5:13.41 at Fordham in the mile...**2005-06:** Recorded a team-best 5:12.75 in the mile at Penn State's National Invitational...Ran the 3,000m in 10:34.44 at the Penn State Relays...**Outdoor Track 2008:** Did not compete due to illness and injury...**2007:** Ran two personal bests in 1,500m at Onesty (4:51.31) and 3,000m at Larry Ellis (10:19.76)...**2006:** Placed second in the 3,000m at Rider-Lafayette (10:39.36)...Placed third in the 1,500m at Princeton (4:58.33)...Turned in a 4:52.80 in the 1,500m at the A-10 Championships...**High School/Personal:** Named to the All-Division cross country team sophomore year...All-County cross country and track her junior year...Helped team to win cross country County Championships senior year...Named All-County and All-State...Ran for the Pa. State team at Mid-East Championships...Born December 21, 1986...Majoring in food marketing.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	5:08.35	Giegengack	2008	1500	4:51.31	Onesty	2007
3000	10:07.74	Atlantic 10	2008	3000	10:19.76	Larry Ellis	2007



Natalie Miller
Senior • 5-8 • Jumps
Boyertown, Pa. • Boyertown

Indoor Track 2007-08: Jumped season and team-best 5' 5" at NYU Fastrack, qualifying for ECACs in the high jump...**2006-07:** Placed second at Lafayette in high jump with a 5'3" mark...Equaled the 5'3" jump three more times, last doing so at A-10s...Jumped 35'1 1/4" at Giegengack in the triple jump...**2005-06:** Placed second in the high jump at Lafayette with a 5'5," a team-best height she later matched at the A-10 Championships...Placed first in the high jump at Ursinus (5'3 3/4")...Placed third in the triple jump at Ursinus (33'3 1/4")...**Outdoor Track 2008:** Jumped season best 5'3 1/4" in high jump at Penn Relays...**2007:** Leapt an outdoor personal best 35'1 1/4" in the triple jump at Lafayette...Had season-best jump of 5'2" at Monmouth in high jump...**2006:** Jumped a team-best 5'5" in the high jump at Virginia...Took first place at Princeton (5'3")...Tied for eighth place at the A-10 Championships with a jump of 5'3"...**High School/Personal:** First place in high jump at Pa. State Championship sophomore year...Born November 10, 1986...Psychology major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Hi. Jump	5'5"	Laf. & NYU	2005, 2008	Hi. Jump	5'5"	Onesty	2006
Tr. Jump	35'1 1/4"	Giegengack	2007	Tr. Jump	35'1 1/4"	Lafayette	2007



Katie Pencek
Senior • 5-4 • XC/Middle Distance
Glenwood, Md. • Glenelg

Cross Country 2007: Competed in five races finishing 27th at Haverford...**2006:** Competed in five meets, best finish was 29th at Haverford...**2005:** Competed in three meets...**Indoor Track 2007-08:** Ran season best 800m in a time of 2:25.42 at Princeton...Ran second leg on team-best 4x800m at Penn State Relays...**2006-07:** Ran personal best in the 800m at NYU (2:25.33)...Ran 2:28.6 leg of 4x800 at Rider-Lafayette...Turned in 3:07.48 1,000m race at Giegengack...**2005-06:** Placed eighth in the 800m at Ursinus (2:35.03)...Placed sixth after turning in a 2:25.96 in the 800m at NYU...**Outdoor Track 2008:** Ran season best time of 2:24.51 in 800m at Onesty Invitational...**2007:** Ran leg of 4x400 relay at Lafayette (62.29)...Finished the 800m at Lafayette in 2:26.00...**2006:** Part of the 4x800 relay team that turned in a team-best 9:26.92 at the A-10 Championships...Turned in a 2:24.01 in the 800m at Virginia...**High School/Personal:** Named All-County for all three seasons as freshman...Named All-Metro for outdoor sophomore year...All-County for indoor and outdoor junior and senior years...Born April 5, 1987...Education major.

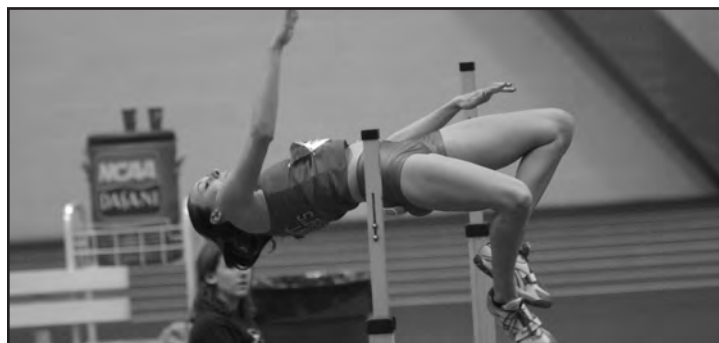
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:25.33	NYU	2007	800	2:24.01	Onesty	2006
1000	3:07.48	Giegengack	2007				



Skylar Rea
Senior • 5-2 • Sprints/Hurdles
Fort Washington, Md. • Friendly

Indoor Track 2007-08: Ran personal bests in the 400m (1:02.83) and 500m (1:21.52) at Bucknell and Giegengack, respectively...Ran 400m leg on team-best DMR squad at A-10s...**2006-07:** Ran 1:24.15 in 500m at A-10s...Ran 11.65 in 60m hurdles at Princeton...Ran 63.87 leg of 4x400 at Fordham...**2005-06:** Ran a 29.06 in the 200m at Yale...Turned in a 10.94 in the 60m hurdles at the Rider-Lafayette meet...**Outdoor Track 2008:** Ran personal best in 400m hurdles at Atlantic 10 in a time of 1:06.19...**2007:** Ran season best 1:08.68 in 400m hurdles at A-10s...**2006:** Turned in a time of 18.95 in the 100m hurdles at the Rider-Lafayette meet...Ran a 1:13.78 in the 400m hurdles at the A-10 Championships...**High School/Personal:** Inducted into Cross Country and Track Hall of Fame senior year...Born July 16, 1987...Majoring in business.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
60y	7.55	Lafayette	2005	100H	18.95	Rider-Laf.	2006
60H	10.94	Rider-Laf.	2006	200	28.47	Monmouth	2008
400	1:02.83	Bucknell	2008	400H	1:06.19	Atlantic 10	2008
500	1:21.52	Giegengack	2008				



Natalie Miller



SENIORS



Amy Rhein
Senior • 5-3 • XC/Distance
Kendall Park, N.J. • South Brunswick

Cross Country 2007: Competed in every meet as either the No. 3 or No. 4 runner...Best finish was at the Ram Invitational (11th)...**2006:** Competed in six meets, best finish was 39th at Lafayette 6K (22:19)...Finished 43rd at A-10s...**2005:** Competed in five meets, placing 15th at Haverford...**Indoor Track 2007-08:** Ran team and personal best indoors in the 5K, finishing in a time of 18:21.48 at NYU Fastrack...Ran personal best 3,000m at Giegengack (10:18.80)...**2006-07:** Ran indoor personal-best 18:40.34 in the 5,000m at A-10s...Placed second at Lehigh in the 5,000m...Turned in indoor personal best in 3,000m at NYU (10:31.59)...Ran the mile at Ursinus (5:22.99)...**2005-06:** Placed first in the 5,000m at Ursinus (19:10.51)...Finished third in the 5,000m at Fordham...**Outdoor Track 2008:** Ran a personal and team-best 4:48.08 in the 1,500m at A-10s...Named to Atlantic 10 Academic All-Conference squad...**2007:** Ran personal best 10:28.62 at Onesty in the 3,000m...Her time of 18:07.92 in 5,000m race at Larry Ellis was a personal best...**2006:** Recorded a team-best 13:03.88 in the 3,000m steeplechase at the Rider-Lafayette meet...Ran a 4:59.31 in the 1,500m at Monmouth...Placed fourth in the 3,000m at Princeton (11:02.7)...Ran a 19:13.41 in the 5,000m at the A-10 Championships...**High School/Personal:** Named cross country team MVP all four years...Junior year, was named All-Conference and All-Division in all three seasons...Team captain junior and senior years...Born February 22, 1987... Special education major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:25.17	Keogh	2008	1500	4:48.08	Atlantic 10	2008
3000	10:18.80	Giegengack	2008	3000	10:28.62	Onesty	2007
5000	18:21.48	NYU Fastrack	2008	5000	18:07.92	Larry Ellis	2007



Lauren Slack
Senior • 5-4 • Sprints/Jumps
Royersford, Pa. • Spring-Ford

Indoor Track 2007-08: Leapt season-best long jump (16'11 1/4") at Lafayette...**2006-07:** Jumped 5'3" in two meets (Lafayette-Rider and A-10s)...Leapt 17'1 1/4" at Ursinus in the long jump...Best triple jump came at Lafayette-Rider with a 35'3 3/4"...Ran the 55m hurdles in 9.36...**2005-06:** Placed first in the long jump at Ursinus (16'9 1/2")...Tied for second in the high jump at Ursinus (5'1 3/4")...Placed third at Ursinus in the 200m (27.69)...**Outdoor Track 2008:** Jumped 17'3 1/2" at A-10s in long jump...**2007:** Leapt to season-best 17'4 1/4" in the long jump at Larry Ellis...Season best triple jump came at Monmouth (34'8 1/4")...Ran 100m hurdles at A-10s (15.65)...Tied personal best in high jump with a mark of 5'3" at Duke...**2006:** Recorded team bests in the long (18'0 1/2") and triple (36'2") jumps...Tied for eighth in the high jump at the A-10 Championships (5'3")...Placed fourth in the 100m hurdles at Princeton (15.43)...Ran a 15.40 in the 100m hurdles at Virginia...Named the team's Rookie of the Year...**High School/Personal:** Senior year set the school long jump record with 18'2" and was the team captain...Also was All-American cheerleader...Born May 13, 1987...Marketing major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55H	9.36	PSU Relays	2007	100H	15.40	Onesty	2006
Hi. Jump	5'3"	Laf.-Rid., A-10	2007	Hi. Jump	5'3"	A-10s, Duke	2006, 07
Lo. Jump	17'1 1/4"	Ursinus	2007	Lo. Jump	18'0 1/2"	Onesty	2006
Tr. Jump	35'3 3/4"	Laf.-Rider	2007	Tr. Jump	36'2"	Larry Ellis	2006



Juli Stensland
Senior • 5-7 • XC/Distance
Glen Gardner, N.J. • Voorhees

Cross Country 2007: Ran consistently as team's fourth runner...Ran strongest race at the Leopard Invite 6K (22:15), finishing 33rd...**2006:** Competed in every meet for the Hawks...Ran team-best finish at Haverford (seventh)...Scored at A-10s (68th) and NCAA Regionals (137th)...**2005:** Competed in four meets...**Indoor Track 2007-08:** Turned in best performance in Mile (5:12.23) at Atlantic 10 Championships...Turned in personal best time of 10:28.31 in the 3,000m at the Princeton Relays...**2006-07:** Competed in the Mile at Ursinus...**2005-06:** Placed sixth in the 3000m at Fordham (11:07.81)...Placed fourth in the mile at Ursinus (5:28.89)...**Outdoor Track 2008:** Ran second best 1,500m on team at Onesty with a time of 4:51.81...**2007:** Ran the 1,500m at Onesty in a time of 5:14.42...Completed the 3,000m at Larry Ellis in a time of 11:26.16...**2006:** Did not compete...**High School/Personal:** Earned MVP award junior year...Won county championship senior year in the 1,600m...Also lettered in tennis freshman and sophomore years...Born January 7, 1987...Majoring in psychology.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:22.96	Giegengack	2008	1500	4:51.81	Onesty	2008
Mile	5:12.23	Atlantic 10	2008	3000	11:26.16	Larry Ellis	2007
3000	10:28.31	Princeton	2008				



Lauren Slack



Juli Stensland



Lauren Walsh
Senior • 5-8 • Middle Distance
Mt. Laurel, N.J. • Lenape

Indoor Track 2007-08: Ran personal best time of 1:22.55 in 500m run at Giegengack...**2006-07:** Ran time of 1:26.76 in the 500m at Giegengack...Turned in a 64.15 400m time at Lafayette-Rider...**2005-06:** Placed fifth in the 500m at Lafayette (1:27.10)...Ran a 2:30.13 in the 800m at Fordham...**Outdoor Track 2008:** Did not compete...**2007:** Recorded a 64.46 in the 400m at Onesty...Ran 800m at Monmouth...**2006:** Ran the 800m in 2:35.79 at the Rider-Lafayette meet...Recorded a time of 1:03.24 in the 400m at the A-10 Championships...**High School/Personal:** MVP sophomore and junior years...Received Most Courageous Athlete Award junior year...All-County junior year and All-Conference junior and senior years...Spring team captain junior and senior years...Set school records in 4x400, 4x800, DMR and SMR...Born March 27, 1987...Food marketing major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
500	1:22.76	Giegengack	2008	400	1:03.24	A-10s	2006
800	2:26.35	Yale	2006	800	2:35.79	Rider-Laf.	2006

The Hawk Will Never Die!

JUNIORS



Tracyann Calabrese
Junior • 5-5 • Throws
Dumont, N.J. • Dumont (Roanoke Coll.)

Indoor Track 2007-08: Did not compete...**Outdoor Track 2008:** Threw personal best 110' 2" in the javelin at Onesty Invitational...**2007:** Season best throw came at Larry Ellis with a throw of 92' 8" ...**High School/Personal:** Transferred from Roanoke College.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
		Did Not Compete		Javelin	110' 2"	Onesty	2008



Beth Getty
Junior • 5-4 • Jumps
Camp Hill, Pa. • Cedar Cliff

Indoor Track 2007-08: Recorded personal-best long jump at Princeton measuring 16'10 3/4"...**2006-07:** Personal-best triple jump was recorded at NYU (34'7 3/4")...Leapt season-best long jump of 16'9 1/4" at Lafayette-Rider...**Outdoor Track 2008:** Logged personal-best triple jump at A-10s (34'4 3/4")...**2007:** Recorded season best long jump at Larry Ellis (16'0 1/4")...Season-best triple jump came at Duke (33'10")...**High School/Personal:** Team captain junior and senior years...Part of District Champion 4x100 relay squad final two years...Holds school records in the long and triple jumps...Born August 10, 1988...Elementary education major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Lo. Jump	16'10 3/4"	Princeton	2008	Lo. Jump	16'0 1/4"	Larry Ellis	2007
Tr. Jump	34'7 3/4"	NYU Fastrack	2007	Tr. Jump	34'4 3/4"	Atlantic 10	2008



Junior Nicole McMullen



Morgan Matecki
Junior • 5-5 • Long Sprints/Hurdles
Chester Springs, Pa. • Villa Maria Acad.

Indoor Track 2007-08: Logged season-best time of 1:03.10 in 400m at Ursinus...**2006-07:** Ran personal best in the 55m Hurdles (9.03) at Penn State ...At Princeton recorded a time of 44.29 in the 300m...Completed the 500m at A-10s in 1:21.86...**Outdoor Track 2008:** Ran season-best time of 27.63 in 200m at Larry Ellis...**2007:** Season-best times in the 100 hurdles (15.89) and 400 hurdles (1:06.76) came at Lafayette...**High School/Personal:** Named to the All-Main Line First Team all four years...Served as team captain senior season...Born May 27, 1988...Business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55H	9.03	PSU Relays	2007	100H	15.89	Lafayette	2007
300	44.29	Princeton	2006	400H	1:06.76	Lafayette	2007



Caitlin McGrath
Junior • 5-6 • Sprints
Manheim, Pa. • Manheim Central

Indoor Track 2007-08: Ran best 55m (7.68) at Keogh Invitational...Notched 60.31 in the 400m at NYU Fastrack...**2006-07:** Ran 1:21.30 in the 500m at Princeton...**Outdoor Track 2008:** Turned in a 26.65 in the 200m at Colonial Relays...Ran 400m leg of winning SMR squad at Monmouth...**2007:** Ran 400m at A-10s in 57.30...Ran season-best leg in 4x400 (58.58) at Larry Ellis...**High School/Personal:** Named MVP three times...Earned three varsity letters in swimming...Born October 23, 1987...Interdisciplinary health services major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55	7.68	Keogh Invite	2008	200	26.65	Colonial Relays	2008
400	1:00.31	NYU Fastrack	2008	400	57.30	Atlantic 10	2007
500	1:21.30	Princeton	2006				



Nicole McMullen
Junior • 5-6 • Long Sprints/Jumps
Lawrence, N.J. • Lawrence

Indoor Track 2007-08: Recorded a 7.41 in the 60-yard dash at Lafayette...Ran personal best time of 25.45 at Princeton in the 200m...Best 400m came at Giegengack (58.52)...**2006-07:** Set school record in the 300m at Princeton (41.47)...Took first at NYU in the long jump (18'9"), qualifying for ECACs...Ran 1:18.38 in the 500 at Lafayette for first place...Ran on 4x400m relay squad at ECACs...**Outdoor Track 2008:** Won long jump at Swarthmore (18' 1 1/2")...Qualified for ECACs in 200m, running best time at ECACs (24.77)...Sprinted to personal best 100m (12.31) at Onesty Invitational...Ran 200m leg of winning SMR at Monmouth... **2007:** Season-best time of 26.05 in the 200m recorded at Lafayette...Double winner at Lafayette in long jump (18'1") and 4x400 relay...Best long jump came at Larry Ellis (18'10 1/2")...**High School/Personal:** Central Jersey Group IV and Mercer County champion in the long jump senior year...Holds seven school records...Born March 4, 1988...Fine arts major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
200	25.45	NYU Fastrack	2008	100	12.31	Onesty	2008
400	58.52	Giegengack	2008	200	24.77	ECACs	2008
Lo. Jump	18'9"	NYU Fastrack	2007	Lo. Jump	18'10 1/2"	Larry Ellis	2007



JUNIORS



Kristen Pierce



Kierstin Quinn
Junior • 5-7 • Middle Distance
Berwyn, Pa. • Conestoga

Indoor Track 2007-08: Ran personal bests in 400m (1:00.4 at Keogh) and 500m (1:18.59 at NYU Fastrack)...**2006-07:** Ran leg of 4x400 relay at ECACs (58.74)...Best 400m time came at Lafayette-Rider (1:00.75)...Season-best 800m recorded at Giegengack (2:23.39)...**Outdoor Track 2008:** Member of school record-setting 4x400m Relay squad...Turned in personal best of 58.05 in 400m at A-10s...**2007:** Ran personal best 400m at A-10s (1:00.04)...Ran leg of 4x400 at Monmouth (59.72)...Recorded time of 2:26.71 at Onesty in the 800m...**High School/Personal:** Team captain sophomore and senior years...Medaled in 4x400m and 4x800m at states senior year...4x800m relay squad took third place at 2006 Nike Outdoor Nationals...Born February 19, 1988...Marketing major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
400	1:00.40	Keogh Invite	2008	400	58.05	Atlantic 10	2008
500	1:18.59	NYU Fastrack	2008	800	2:26.71	Onesty	2007
800	2:23.39	Giegengack	2007				



Caitlin Reusche
Junior • 5-4 • XC/Middle Distance
West Chester, Pa. • Villa Maria Academy

Indoor Track 2007-08: Recorded personal best in 800m (2:23.64) at Giegengack...**2006-07:** Took third in the mile at Lafayette-Rider (5:18.20)...Ran season-best 800m at Lehigh (2:26.62)...**Outdoor Track 2008:** Ran season-best 800m at Larry Ellis (2:21.52)...**2007:** Placed fourth in the 1,500m run at Lafayette (4:52.52)...Recorded season-best 800m time of 2:20.88 at Larry Ellis...**High School/Personal:** Captain of the cross country and track teams senior year...Named to the All-Main Line team junior and senior years...Medaled in the 4x800m Relay at PIAA Championships...Born June 7, 1987...Majoring in political science.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:23.64	Giegengack	2008	800	2:20.88	Larry Ellis	2007
Mile	5:18.20	Laf.-Rider	2007	1500	4:52.52	Lafayette	2007



Erin Vanderhoof
Junior • 5-6 • Jumps
Mercerville, N.J. • Notre Dame (N.J.)

Indoor Track 2007-08: Personal indoor bests came at Princeton in the high jump (5'2 1/4") and long jump (17'4 1/4")...**2006-07:** Best triple jump came at Lafayette-Rider (35'11 1/2")...Season-best high jump recorded at A-10s (5'1")...Jumped 16'1 3/4" at Lafayette-Rider...**Outdoor Track 2008:** Matched personal best in high jump at Onesty (5'1")...**2007:** Leapt personal best long jump of 17'8 3/4" at Larry Ellis...Season-best triple jump also came at Larry Ellis (33'10")...Season-best high jump came at A-10s (5'1")...**High School/Personal:** Named team MVP all four years...Served as team captain senior year... Group A long jump champion junior and senior years...Born April 10, 1988...Elementary education major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Hi. Jump	5'2 1/4"	Princeton	2008	Hi. Jump	5'1"	A-10/Onesty	2007/2008
Lo. Jump	17'4 1/4"	Princeton	2008	Lo. Jump	17'8 3/4"	Larry Ellis	2007
Tr. Jump	35'11 1/2"	Laf. Rider	2007	Tr. Jump	33'10"	Larry Ellis	2007



Kristen Pierce
Junior • 5-6 • Sprints/Hurdles
West Long Branch, N.J. • Shore Regional

Indoor Track 2007-08: Ran personal bests in the 55m Hurdles (8.47) and 400m (1:00.78) at Keogh Invitational...**2006-07:** Ran season-best time of 8.57 in the 55m Hurdles at Penn State...Sprinted 27.26 in the 200m at Lafayette-Rider...Recorded season-best 500m at Lafayette-Rider (1:20.70)...**Outdoor Track 2008:** Notched personal best in 100m Hurdles (14.87) at Onesty Invitational...Ran personal best 400m Hurdles at A-10s in a time of 1:04.05...**2007:** Placed second in 400m Hurdles at Lafayette...Season-best time of 15.45 and third place finish in 100m hurdles at Lafayette...Season-best time in 400m Hurdles came at A-10s (1:05.89)...Ran leg of 4x400m at Lafayette (60.85)...**High School/Personal:** Two-time All-Monmouth County hurdler...Team captain senior year...Team earned Central Jersey Group II championship in outdoor track in 2004...Holds 10 individual school records...Born January 13, 1988...Social sciences major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55H	8.47	Keogh Invite	2008	100H	14.87	Onesty	2008
200	27.26	Laf.-Rider	2007	400H	1:04.05	Atlantic 10	2008
400	1:00.78	Keogh Invite	2008				
500	1:20.70	Laf.-Rider	2007				



Cara Quinn
Junior • 5-7 • Sprints
Ardmore, Pa. • Merion Mercy Academy

Indoor Track 2007-08: Ran season-best 46.55 in the 300m at Penn State Relays...**2006-07:** Recorded season-best time of 7.47 in the 55m hurdles at Penn State...Ran 27.50 in the 200m at Giegengack...Ran leg of 4x200 relay (26.6) at PSU Relays...Ran 60yd hurdles at Lafayette in a time of 7.69...**Outdoor Track 2008:** Did not compete...**2007:** Ran season-best time of 27.91 at Monmouth in the 200m...**High School/Personal:** Won team MVP award junior year...Bicentennial Athletic League 100m Champion junior and senior year...Won the 200m league championship her junior year as well...Born May 18, 1988...Majoring in political science.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55	7.47	PSU Relays	2007	200	27.91	Monmouth	2007
200	27.50	Giegengack	2007				
300	46.55	PSU Relays	2008				

The Hawk Will Never Die!

SOPHOMORES



Kristin Andrews
Sophomore • 5-5 • Long Sprints/Hurdles
Manalapan, N.J. • Manalapan

Indoor Track 2007-08: Turned in personal bests in the 500m (1:18.32) and 800m (2:18.17) at PSU Relays and A-10s, respectively...**Outdoor Track 2008:** Recorded personal best 1:04.23 in 400m Hurdles at Onesty...Best 800m run turned in at Colonial Relays (2:23.99)...**High School/Personal:** 400m hurdle Monmouth City Champion...Captained indoor and outdoor track teams senior year...Related to baseball legend Bobby Thomson... Born January 26, 1989...Majoring in biology.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
200	27.42	Keogh	2008	400H	1:04.23	Onesty	2008
500	1:18.32	PSU Relays	2008	800	2:23.99	Colonial	2008
800	2:18.17	Atlantic 10	2008				



Carolyn Bieganousky
Sophomore • 5-5 • Hurdles/Sprints
Sparta, N.J. • Pope John XXIII

Indoor Track 2007-08/Outdoor Track 2008: Sat out both seasons due to injury...**High School/Personal:** All-League high hurdles, 400 hurdles...Ran leg of 4x400 Parochial A State Champions...Born May 9, 1989...Majoring in elementary and special education.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
		Did Not Compete				Did Not Compete	



Aimee Chegwidan
Sophomore • 5-5 • XC/Distance
Hamburg, N.J. • Walkill Valley Regional

Cross Country 2007: Earned A-10 Rookie of the Week for performance at Leopard Invitational 6K (17th/21:48)... Top Hawk runner at Ram Invitational finishing 9th (19:40)...Ran as SJU's second runner in four of five races...**Indoor Track 2007-08/Outdoor Track 2008:** Sat out both seasons due to injury...**High School/Personal:** Finished top 25 in New Jersey Cross Country Meet of Champions senior year...Sectional 3,200m champion...All-League First Team and All-Area First Team sophomore, junior, and senior years...Set four school records...Born December 6, 1988...Majoring in art education.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
		Did Not Compete				Did Not Compete	



Jessica Chen
Sophomore • 5-2 • Sprints
Haverford, Pa. • Haverford

Indoor Track 2007-08: Season best in 55m (7.78) and 55m hurdles (8.86) came at Keogh and Bucknell, respectively...**Outdoor Track 2008:** Ran season-best 100m (13.62) and 100 hurdles (15.84) at Larry Ellis and Swarthmore, respectively...**High School/Personal:** First team All-Main Line senior and junior year for indoor track hurdles...Holds school records in 60m hurdles and 100m hurdles...Born June 22, 1989...Food marketing major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55	7.78	Keogh	2008	100	13.62	Larry Ellis	2008
55H	8.86	Bucknell	2008	100H	15.84	Swarthmore	2008



Jessica Di Cicco
Sophomore • 5-3 • XC/Distance
Clementon, N.J. • Highland Regional

Cross Country 2007: Competed in six races...**Indoor Track 2007-08:** Turned in a time of 19:14.19 in 5K at Ursinus...Personal best 3K came at Giegengack (10:43.65)...**Outdoor Track 2008:** Personal best 5K run at A-10s (18:52.28)...Notched a time of 4:58.09 in 1,500m at Larry Ellis...**High School/Personal:** First Team All-Group III and First Team All-Conference for cross country junior and senior years...First Team All-South Jersey junior year in cross country...All-Group III in indoor track...Born December 24, 1988...Business major.

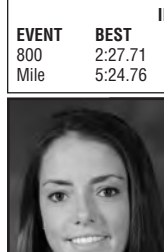
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
1500	5:26.19	Princeton	2008	1500	4:58.09	Larry Ellis	2008
3000	10:43.65	Giegengack	2008	3000	10:55.64	Onesty	2008
5000	19:14.19	Ursinus	2008	5000	18:52.28	Atlantic 10	2008



Laura Fallor
Sophomore • 5-6 • XC/Distance
Lancaster, Pa. • Manheim Township

Cross Country 2007: Competed in all seven races...**Indoor Track 2007-08:** Ran season-bests at Giegengack in 800m (2:27.71) and Mile (5:24.76)...**Outdoor Track 2008:** Turned in times of 2:27.52 (800m) and 5:00.21 (1,500) at Onesty and Colonial, respectively...**High School/Personal:** First team Lebanon-Lancaster League All-Star senior year in cross country...Second Team All-Star junior year in cross country...Born February 15, 1989...Majoring in elementary education.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:27.71	Giegengack	2008	800	2:27.52	Onesty	2008
Mile	5:24.76	Giegengack	2008	1500	5:00.21	Colonial	2008



Christina Morelli
Sophomore • 5-6 • XC/Distance
Philadelphia, Pa. • Saint Basil Academy

Cross Country 2007: Competed in all seven races...Best finish came at Ram Invitational (16th)...**Indoor Track 2007-08:** Ran season-best 3:12.44 at Penn State...Turned in a time of 5:25.81 at Princeton...**Outdoor Track 2008:** Did not compete...**High School/Personal:** Member of All-Academy League Champions, PIAA District I Team Champions and PIAA Cross Country State Champions junior year...All-Academy League and All-Bicentennial Athletic League First Team junior year...Bicentennial Athletic League Team Champions junior year...Her sister, Lynn runs at William & Mary...Born November 23, 1988...Business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
1000	3:12.44	PSU Relays	2008			Did Not Compete	
Mile	5:25.81	Princeton	2008				



Nohjay Nimpson
Sophomore • 5-10 • Jumps/Throws
Philadelphia, Pa. • Archbishop Ryan

Indoor Track 2007-08: Recorded season best triple jump at A-10s (35' 10")...**Outdoor Track 2008:** Threw season-best javelin (123' 4") at Colonial...**High School/Personal:** PIAA indoor triple jump champion...Philadelphia Catholic League triple jump champion...Set PCL indoor triple jump record...Captained both track teams senior year...All-Catholic League in javelin junior year...Born November 3, 1989...Biology major...Nickname is Naja.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Lo. Jump	14' 7 1/4"	PSU Relays	2008	Javelin	123' 4"	Colonial	2008
Tr. Jump	35' 10"	Atlantic 10	2008	Tr. Jump	36' 11"	Swarthmore	2008



NEWCOMERS



Katie Barrett
Freshman
5-6
XC/Distance
Jenkintown, Pa.
Saint Basil Academy

High School/Personal: PIAA AA/AAA Championship qualifier in the 800m and 1,600m....Born July 7, 1990 ...Social science major.



Karly Cahill
Freshman
5-4
Sprints
Wilmington, Del.
Padua Academy

High School/Personal: Three-time DIAA All-State First Team athlete for outdoor track...Earned DIAA All-State First Team for indoor track...Team won DIAA indoor and outdoor track meets senior year as well as outdoor junior year...Captain senior year...Born August 14, 1990...Majoring in psychology.



Anna Casey
Freshman
5-6
Middle Distance
Wayne, Pa.
Radnor

High School/Personal: Set new high school record for outdoor 800m, finishing third in conference...Member of second place DMR squad at indoor PIAA Championships...Four-year letter winner in outdoor track...Two-year letterwinner in soccer and indoor track, respectively...Born March 28, 1990...Marketing major.



Kathleen Casey
Freshman
5-2
XC/Distance
Dickson City, Pa.
Holy Cross

High School/Personal: From athletically-inclined family; Parents John and Susan ran track & field, Jonathan (brother) was a three-sport athlete, while sister Eileen was a track athlete as well...Fellow newcomer, Amy Volz, was a teammate at Holy Cross...Born March 13, 1990 ...Majoring in psychology.



Emily Coldren
Freshman
5-7
Sprints/Jumps
Liverpool, N.Y.
Liverpool

High School/Personal: Apart of school record-setting 4x100m and 4x200m relays all four years....Earned MVP award junior year...Three-year letterwinner in volleyball...Named MVP and All-League First Team junior an senior years in volleyball...Janet Adams, her aunt, was a track and field athlete at Iowa....Born March 7, 1990...Social science major.



Dara Hackett
Senior
5-9
Throws
Philadelphia, Pa.
Mt. St. Joseph Academy

High School/Personal: Qualified for PIAA District Championships senior year in discus...Served as throwing captain senior year...Born February 17, 1988...Majoring in international relations.



Carolyn Haggerty
Freshman
5-4
XC/Distance
Westfield, N.J.
Mt. St. Mary Academy

High School/Personal: Executive Board member of National Honor Society for two years...Competed with former SJU teammate Annie Cushing at Mount Saint Mary...Born February 20, 1990...Biology major.



Beth Lambright
Freshman
5-6
XC/Distance
Blooming Glen, Pa.
Christopher Dock

High School/Personal: Four-time PIAA Championships cross country qualifier...District champion and was fourth at PIAAs sophomore year...Two-time captain...Two-time league champion and four time All-League First Team honoree...Twice won team MVP and twice won team's Prefontaine Award...Born August 6, 1990...Member of two-time League winners...Food marketing major.



Adriana Lanuto
Freshman
5-7
Long Sprints
Ramsey, N.J.
Ramsey

High School/Personal: Member of All-Bergan County 4x400m Relay squad...N.J. Meet of Champions qualifier in the 400m...Born March 6, 1990...Majoring in interdisciplinary health services.

The Hawk Will Never Die!

NEWCOMERS



Samantha Peters
Freshman
5-7
XC/Middle Distance
Colonia, N.J.
Union Catholic

High School/Personal: School record holder in six different events...All-State First Team cross country sophomore year...All-Non Public Second Team member cross country senior year...Four-time All-Conference and All-County honoree ...Four-time N.J. Meet of Champions qualifier...Two-time letterwinner in basketball and volleyball...Born February 5, 1990... Social science major.



Kelsey Rose
Freshman
5-5
XC/Middle Distance
Maple Glen, Pa.
Upper Dublin

High School/Personal: PIAA cross country championship participant...Born July 21, 1990...Food marketing major.



Allison Smith
Freshman
5-10
Jumps
Washington, N.J.
Warren Hills

High School/Personal: Earned All-Conference First Team and All-Area First Team honors for high jump junior and senior years...Sectional champion in high jump...Member of school record-setting 200 freestyle team in swimming...Two-time All-Conference swimmer...*Star-Ledger* Athlete of the Year finalist senior year...Born May 29, 1990...Majoring in interdisciplinary health services.



Jackie Stuppiello
Freshman
5-4
XC/Distance
Stroudsburg, Pa.
Notre Dame (Pa.)

High School/Personal: First state meet qualifier in school history...Ran cross country and track for just one year after being a three-year letterwinner in field hockey and soccer...Born July 15, 1990...Business major.



Amy Volz
Freshman
5-6
Hurdles
Scranton, Pa.
Holy Cross

High School/Personal: PIAA District II and Lackawanna Conference 300m hurdles champion...Lackawanna League All-Star junior and senior years...All-Region hurdler senior year...School record-holder in 100m hurdles, 300m hurdles and 200m dash...Letter winner in basketball for four years and cross country for three years...Born August 31, 1989...Social science major.



Liz Welsh
Freshman
5-4
XC/Distance
Lafayette Hill, Pa.
Mt. St. Joseph Academy

High School/Personal: PIAA cross country championship participant...Born January 22, 1990...Majoring in psychology.



Lauren Wenzel
Freshman
5-5
Long Sprints
Nesquehoning, Pa.
Tamaqua Regional

High School/Personal: Three-time Schuylkill League champion in 400m ...Two-time 400m district champion including record setting time sophomore year...Schuylkill League champion in 300m IH freshman year...Four-year letterwinner in basketball, two years in cross country...Stepfather won state high jump competition...Majoring in business...Born September 18, 1989.



Ashley Williams
Freshman
5-3
Sprints/Jumps
Nazareth, Pa.
Nazareth

High School/Personal: School record holder in 100m and long jump...Born February 9, 1990...Majoring in natural sciences.



Stefani Zabilowicz
Freshman
5-10
Hurdles
Lanoka Harbor, N.J.
Lacey Township

High School/Personal: Two-time All-Shore First Team...Four-time All-County team member...Holds school records in 100m Hurdles, 100m dash and 200m dash...N.J. Group 4 and Ocean County shuttle hurdle champion senior year...Letterwinner in basketball...Born August 4, 1990...Majoring in elementary and special education.



2007 CROSS COUNTRY REVIEW

The Saint Joseph's University women's cross country team fielded a young and energetic crew in 2007, building for the years to come. Along the way, coach Kevin Quinn found impressive performances from the younger ranks and a positive sign for the future from the 2007 campaign.

In the Haverford Time Trials, seven Hawks ran from 11th to 18th places, six (Annie Cushing, Jessica Di Cicco, Laura Faller, Andrea Florida, Christina Morelli and Amy Rhein) of those running together in times of 20:46-20:48. Juli Stensland was 18th in 21:01 while Katie Pencek finished a season best 27th in a time of 22:14.

The next week at Van Courtlandt Park for the Ram Invitational, the Hawks finished third in a race that saw freshman Aimee Chegwiddden (9th/19:40) lead Saint Joseph's in the absence of Florida. Rhein was just two places behind in 11th with a time of 19:47 while Morelli completed another 16th place finish in a time of 19:58 over the five-kilometer course.

Florida, a previous two-time All-Atlantic 10 Cross Country runner, returned to lead the SJU contingent at the Spiked Shoe Invitational at Penn State two weeks later. Her 25th place performance saw her complete the six-kilometer race in 23:23. Following Florida was Chegwiddden (31st/23:43) and Rhein (35th/23:52), which helped lead the Hawks to another third place team finish.

Another two week break saw Saint Joseph's travel to Lafayette for the Leopard Invitational. Although the Hawks finished sixth, Florida was the top Hawk in her best race of the season, placing sixth in a time of 21:23 for six kilometers. Chegwiddden (21:48) was again second for the Hawks as her 17th

place finish earned her A-10 Rookie of the Week honors. Stensland was the third best SJU harrier in 33rd place with a time of 22:15. Cushing was three spots off of Stensland in 36th with a time of 22:20.

Saint Joseph's came home to host the Atlantic 10 Championships at Belmont Plateau in a torrential rain storm. Florida (19:14) again earned Atlantic 10 All-Conference honors for a third straight season with her 12th place finish. Chegwiddden's 30th-place finish saw her complete the five-kilometer course in 20:04. Cushing had her finest race of the season with a 39th-place finish and a time of 20:21, helping guide the Hawks to an eighth-place finish.

Two weeks later Saint Joseph's hit the trails again at Lehigh for the NCAA Mid-Atlantic Regionals. The Hawks would put together a 17th-place showing with Florida leading SJU for the fifth time in the 2007 season with her 47th-place performance in a time of 21:48. Chegwiddden was the only other Hawk harrier to be in the top 100, as she ran the course in a time of 22:34 for 90th place.

For the last race of the season, Saint Joseph's made a trip back to Van Courtlandt Park for the ECAC Championships. After Florida (30th/18:45), Chegwiddden ran the five kilometer course in 19:31 for 56th place. Stensland was the next best Hawk after Chegwiddden in 64th place in a time of 19:43 for her highest team finish in 2007. Rhein (68th) was the only other Hawk to break 20 minutes, as she ran 19:46.

Overall the season was a tough one for the Hawks in a rebuilding year, especially after losing the services of senior captain Adriene Beltz due to injury. Nevertheless, the nucleus of the team was youth, which will serve the team well in years to come.

2007 CROSS COUNTRY AWARDS

TEAM AWARDS

MOST VALUABLE PLAYER	Andrea Florida
SCHOLAR-ATHLETE AWARD	Andrea Florida
VASQUEZ AWARD	Amy Rhein
LEAHY AWARD	Adriene Beltz
ACADEMIC AWARD	Adriene Beltz

OTHER AWARDS

Atlantic 10 All-Conference	Andrea Florida
Atlantic 10 Academic All-Conference	Andrea Florida
Atlantic 10 Rookie of the Week	Aimee Chegwiddden (10/14)

2007 CROSS COUNTRY RESULTS

DATE	EVENT	FINISH
8/31	Haverford Invitational (Haverford, Pa.)	No Team Scoring
9/15	Ram Invitational (Bronx, N.Y.)	3rd of 7
9/29	Spiked Shoe Invitational (State College, Pa.)	3rd of 10
10/13	Leopard Invitational (Easton, Pa.)	6th of 11
10/27	Atlantic 10 Championships (Philadelphia, Pa.)	8th of 14
11/10	NCAA Mid-Atlantic Regionals (Bethlehem, Pa.)	17th of 28
11/18	ECAC Championships (Bronx, N.Y.)	10th of 12



Andrea Florida

The Hawk Will Never Die!

2007-08 TRACK REVIEW



The 2007-08 women's track seasons were highlighted by a record-setting senior leading a youth-laden team as captain Jordan Teuber led the Hawks in both the indoor and outdoor campaigns.

SJU started its trek through the winter track portion of its schedule with a visit to Lafayette College where six Hawks—Teuber, Nicole McMullen, Kristin Andrews, Kristen Pierce, Adriene Beltz, and Caitlin McGrath—took gold in the opening competition.

After a month's layoff, SJU hit the track again at the Penn State Relays to see Andrea Florida capture the mile by nine seconds.

Teuber won the 55m dash at the Ursinus Invitational to set the stage for SJU's second-place finish in the meet. Erin Vanderhoof won the long jump title, while Beth Getty took second in the event. SJU also won the 4x800m relay to give the Hawks a trifecta of gold medals.

The Hawks tackled their next competition with a pair of harriers, Juli Stensland (3,000m) and Christina Morelli (mile), finishing second in their respective races at the Princeton Invitational. Teuber added two third-place finishes to her tally as well.

Season bests came early and often for the Hawks at the Giegengack Invitational. Solid finishes by McMullen, Teuber, Florida, Pierce, and Kierstin Quinn paced Saint Joseph's in the highly competitive meet at Yale University.

The Bucknell Classic was highlighted by Teuber's triple gold with victories in the 55m, 200m and the 4x400m relay team. Joining Teuber on the winning relay were Andrews, McMullen and McGrath.

The annual visit to URI's Mackal Fieldhouse for the Atlantic 10 Indoor Championships proved to be a tough task to handle. An eighth-place showing saw no Hawks earn All-Conference honors for just the third time in program history. A third-place finish by Andrews in the 800m and two fourth-place finishes by the 4x400m relay and Teuber in the 200m were the best the Hawks could muster.

Saint Joseph's needed a bounce back boost to recover from the A-10s and they got it in the form of the Keogh Invitational at Haverford. Nine victories paced the Hawks altogether with wins by Teuber (55m, 200m, triple jump), Quinn (400m), Pierce (55m hurdles), Cushing (800m), Vanderhoof (long jump), Natalie Miller (high jump) and the 4x400m team.

Teuber's first of many record-setting performances came at the NYU Fastrack meet in the 200m. Despite her fifth-place finish, Teuber ran 25.09 to break the school record by .08. Miller jumped an indoor best of 5-5, while the 4x400m relay ran a season-best 3:56.48.

The following week, Teuber would break the 25-second barrier with a 24.99 and another school record at the ECAC Championships to wrap



Jordan Teuber led the Hawks during the 2007-08 track seasons.

up the indoor campaign for the Hawks. Before the season ended, Florida was named to the Atlantic 10 Academic All-Conference team.

A five-way dual meet kicked off the outdoor season at Monmouth with Teuber (100m, 200m), Pierce (100m hurdles), Nohjay Nimpson (triple jump) and the 4x100m relay team all earning second-place finishes. Teuber's 24.85 in the 200m set a new school record by .18.

A week's time gave Teuber an opportunity to build on her record-setting performance, which she did at the Colonial Relays, breaking her 200m school record for the second consecutive week in a time of 24.80. Nimpson had the highest finish with a season-best throw in the javelin of 123-4.

Teuber was again successful in her record-setting efforts in the 200m, running to a time of 24.64 winning the dash at the Onesty Invitational. The 4x100m and 4x400m relays ran ECAC-worthy times, while Amy Rhein ran a season best 10:38.17 in the 3,000m run.

At the Larry Ellis Invitational, Teuber broke the 200m record for the fourth consecutive week thanks to a 24.61 sprint, good for second place. McMullen, too, ran under 25 seconds in the 200m (24.93). Teuber also helped pace the 4x100m to another season-best time, 47.61, with Quinn, Pierce and McMullen. Additionally, McMullen leapt to second place in the long jump with a distance of 18-8 1/2.

The 4x400m relay squad had the best showing at the Penn Relays with a nearly-school record time of 3:49.62—.32 off the record set in 2007. The meet was a final tune-up to the A-10 Championships at Amherst the following week.

Once in Amherst, the Hawks matched the indoor finish of eighth, but saw better and improved results in the two-day meet. The 4x400m team shone through with a record-breaking performance of 3:47.45, earning Second Team All-Conference honors. Kierstin Quinn, Teuber, McGrath and McMullen led the charge on the relay. Teuber was second in the 200m and Pierce the same in the 400m hurdles, good for Second Team All-Conference accolades, too. For her work in the classroom and on the track, Rhein was named to the Atlantic 10 Academic All-Conference team for the outdoor track season.

At the ECAC Championships, Teuber lowered her school record in the 200m dash to 24.23 to finish 10th in the event. McMullen ran a personal best of 24.77 in the 200m as well, while the 4x100m and the 4x400m teams also competed.

The 2007-08 track seasons provided valuable experience for the youngsters while building towards the future. The 2008-09 campaign should be a much improved season with most of head coach Kevin Quinn's athletes returning for another year, while welcoming a sizable cast of freshmen to provide depth to the squad.

2007-08 TRACK AWARDS

TEAM AWARDS

MOST VALUABLE PLAYER	Jordan Teuber
SCHOLAR-ATHLETE AWARD	Nicole McMullen
VASQUEZ AWARD	Lauren Walsh
LEAHY AWARD	Lauren Wallace
ROOKIE OF THE YEAR	Nohjay Nimpson
ACADEMIC AWARD	Adriene Beltz

OTHER AWARDS

INDOOR TRACK

Atlantic 10 Academic All-ConferenceAndrea Florida

OUTDOOR TRACK

All-Atlantic 10—Second TeamJordan Teuber (200m)
 Kristen Pierce (400 Hurdles)
 4x400m Relay (McMullen, Andrews, Pierce, Teuber)
Atlantic 10 Academic-All ConferenceAmy Rhein



2007-08 RESULTS

2007 CROSS COUNTRY

Runner	Haverford 3 miles	Ram Invite 5K	Spiked Shoe 6K	Leopard Inv. 6K	Atlantic 10 5K	Mid-Atl. Reg. 6K	ECAC Championship 5K
Adriene Beltz	Did Not Race	Did Not Race	Did Not Race	Did Not Race	Did Not Race	Did Not Race	Did Not Race
Aimee Chegwiddden	Did Not Race	9th/19:40	31st/23:43	17th/21:48	30th/20:04	90th/22:34	56th/19:31
Annie Cushing	13th/20:47	27th/20:29	44th/24:20	36th/22:20	39th/20:21	110th/22:58	77th/20:01
Jessica Di Cicco	14th/20:47	42nd/21:16	76th/25:52	87th/23:21	105th/21:48	Did Not Race	8th/20:57*
Laura Faller	15th/20:47	38th/21:00	56th/24:45	59th/22:59	77th/21:25	162nd/24:13	85th/20:35
Andrea Florida	11th/20:46	Did Not Race	25th/23:23	6th/21:23	12th/19:14	47th/21:48	30th/18:45
Christina Morelli	16th/20:48	16th/19:58	42nd/24:18	42nd/22:31	72nd/21:05	148th/23:47	86th/20:41
Katie Pencek	27th/22:14	52nd/22:30	96th/26:55	113th/25:01	127th/23:30	Did Not Race	Did Not Race
Caitlin Reusche	Did Not Race	Did Not Race	Did Not Race	102nd/23:54	119th/22:37	Did Not Race	Did Not Race
Amy Rhein	12th/20:46	11th/19:47	35th/23:52	73rd/23:16	60th/20:51	116th/23:08	68th/19:46
Sam Seitter	Did Not Race	Did Not Race	Did Not Race	Did Not Race	Did Not Race	Did Not Race	Did Not Race
Juli Stensland	18th/21:01	26th/20:27	46th/24:20	33rd/22:15	48th/20:31	127th/23:20	64th/19:43

BOLD – Denotes team's top finisher; * – Athlete competed in ECAC Coaches' race

2007-08 INDOOR TRACK

DATE	EVENT	FINISH
12/7	Lafayette Invitational (Easton, Pa.)	No Team Scoring
1/12	Penn State Relays (State College, Pa.)	No Team Scoring
1/18	Ursinus Invitational (Collegeville, Pa.)	2nd of 14
1/25-6	Penn State National (State College, Pa.)	No Team Scoring
1/26	Princeton Relays (Princeton, N.J.)	No Team Scoring
2/1-2	Giegengack Invitational (New Haven, Conn.)	No Team Scoring
2/9	Bucknell Winter Classic (Lewisburg, Pa.)	No Team Scoring
2/16	Atlantic 10 Championships (Kingston, R.I.)	8th of 12
2/22	Keogh Invitational (Haverford, Pa.)	No Team Scoring
2/29	NYU Fastrack Invitational (New York, N.Y.)	No Team Scoring
3/8-9	ECAC Championships (Boston, Mass.)	Did Not Score

2007-08 INDOOR SEASON BESTS

EVENT	INDIVIDUAL	RESULT	MEET
55m/60y	Jordan Teuber	7.27	Bucknell
55m/60y Hurdles	Kristen Pierce	8.47	Keogh
200m/220y	Jordan Teuber	24.99	ECAC
300m	Morgan Matecki	45.29	Penn State Relays
400m/440y	Nicole McMullen	58.32	Giegengack
500m	Kristin Andrews	1:18.32	Penn State Relays
800m/880y	Kristin Andrews	2:18.17	Atlantic 10
1000m	Annie Cushing	3:02.11	Atlantic 10
Mile	Andrea Florida	5:08.35	Giegengack
3,000m	Andrea Florida	10:07.74	Atlantic 10
5,000m	Amy Rhein	18:21.48	Giegengack
4x200m	Cara Quinn, Morgan Matecki, Jessica Chen, Lauren Walsh	1:52.19	Penn State Relays
4x400m	Nicole McMullen, Kristen Pierce, Jordan Teuber, Kristin Andrews	3:56.48	NYU Fast Track
4x800m	Caitlin Reusche, Katie Pencek, Kierstin Quinn, Annie Cushing	9:39.69	Penn State Relays
DMR	Juli Stensland, Skylar Rea, Kierstin Quinn, Laura Faller	12:41.10	Atlantic 10
High Jump	Natalie Miller	5-5	NYU Fastrack
Long Jump	Nicole McMullen	18-1 1/2	Penn State Relays
Triple Jump	Jordan Teuber	36-7	Giegengack

Bold denotes school record

2008 OUTDOOR TRACK

DATE	EVENT	FINISH
3/29	Monmouth Opener (West Long Branch, N.J.)	3-2 (Duals)
4/4-5	Colonial Relays (Williamsburg, Va.)	18th of 20
4/12	Onesty Invitational (Charlottesville, Va.)	No Team Scoring
4/18-9	Larry Ellis Invitational (Princeton, N.J.)	No Team Scoring
4/24-6	Penn Relays (Philadelphia, Pa.)	No Team Scoring
5/3-4	Atlantic 10 Championships (Amherst, Mass.)	8th of 12
5/13	Swarthmore Last Chance (Swarthmore, Pa.)	No Team Scoring
5/11	ECAC Championships (Princeton, N.J.)	Did Not Score

2008 OUTDOOR SEASON BESTS

EVENT	INDIVIDUAL	RESULT	MEET
100m	Jordan Teuber	12.22	Atlantic 10
100m Hurdles	Kristen Pierce	14.87	Onesty
200m	Jordan Teuber	24.23	Larry Ellis
400m	Caitlin McGrath	57.61	Atlantic 10
400m Hurdles	Kristen Pierce	1:04.05	Atlantic 10
800m	Annie Cushing	2:21.91	Atlantic 10
1,500m	Amy Rhein	4:48.08	Atlantic 10
3,000m	Amy Rhein	10:38.17	Onesty
5,000m	Jessica Di Cicco	18:52.28	Atlantic 10
4x100m	Jordan Teuber, Kierstin Quinn, Kristen Pierce, Nicole McMullen	47.61	Larry Ellis
4x200m	Caitlin McGrath, Cara Quinn, Jessica Chen, Skylar Rea	1:48.96	Colonial Relays
4x400m	Nicole McMullen, Jordan Teuber, Kristen Pierce, Kristin Andrews	3:47.45	Atlantic 10
4x800m	Kristin Andrews, Caitlin Reusche, Juli Stensland, Annie Cushing	9:31.31	Colonial Relays
4x1,500m	Juli Stensland, Amy Rhein, Laura Faller, Caitlin Reusche	20:11.69	Colonial Relays
SMR	Caitlin McGrath, Nicole McMullen, Kierstin Quinn, Juli Stensland	4:21.47	Monmouth
High Jump	Natalie Miller	5-3 1/4	Penn Relays
Long Jump	Nicole McMullen	18-8 1/2	Larry Ellis
Triple Jump	Nohjay Nimpson	36-11	Larry Ellis
Javelin	Valerie Ramirez	123-4	Colonial Relays

Bold denotes school record

ATLANTIC 10 CONFERENCE



On March 2, 1975, the idea of what is now the Atlantic 10 Conference was conceived. What started as an eight-school, men's basketball-only affiliation has grown into a 14-university, 21-sport league that is universally hailed as one of the best conferences in the country.

That growth and prominence is a direct result of the ideals and commitments of the member institutions of the Atlantic 10—the University of Dayton, Duquesne University, Fordham University, The George Washington University, La Salle University, University of Massachusetts, University of North Carolina at Charlotte, University of Rhode Island, University of Richmond, St. Bonaventure University, Saint Joseph's University, Saint Louis University, Temple University, and Xavier University.

On June 2, 2008, Bernadette V. McGlade was named the fifth full-time commissioner in Conference history, replacing Linda Bruno, who held the position for 13 years. McGlade's experience in collegiate athletics as a student-athlete, coach and administrator spans more than thirty years.

"Bernadette's deep experience with arguably the class-act athletic conference [Atlantic Coast Conference] in the country makes us incredibly excited to be bringing her on board as commissioner of the Atlantic 10 Conference," said Father Michael Graham, Xavier University president and president of the Atlantic 10 Presidents' Council.

The presidents and chancellors of Atlantic 10 institutions have made a strong commitment to making the academic and athletics equation work. Over the years, the league membership has strived to better recognize the academic accomplishments of its student-athletes. The Commissioner's Honor Roll, which cites every

Atlantic 10 student-athlete with a 3.5 grade point average or better, recognized 1,247 student-athletes in the Fall 2007 while 1,106 were named to the Spring 2008 Honor Roll.

The league sponsors Academic All-Conference teams in each of its sports and honors one student-athlete per sport as the A-10 Student-Athlete of the Year. In 2007-08, 192 student-athletes earned Academic All-Conference recognition. Moreover, the Atlantic 10 provides four postgraduate scholarship grants to qualified student-athletes.

The Atlantic 10 Conference had 34 teams among the 712 Division I sports teams honored by the NCAA with public recognition awards for their latest multi-year Academic Progress Rate scores. These teams posted multi-year APR scores in the top 10 percent of all squads in their respective sports. Saint Louis and Xavier led the Atlantic 10 in the number of high-performing squads receiving awards with six teams each. In twenty of the twenty-one sports sponsored by the Atlantic 10, the league's Academic Progress Rates (APR) were at or above the conference average nationally according to the most recent data released by the NCAA.

The Atlantic 10 Conference, with a total population of nearly 74 million people within its geographic footprint of eight states and the District of Columbia, will crown champions in 21 sports this season: baseball, men's and women's basketball, men's and women's cross country, field hockey, men's golf, women's lacrosse, men's and women's indoor and outdoor track & field, women's rowing, men's and women's soccer, softball, men's and women's swimming & diving, men's and women's tennis, and women's volleyball.

Atlantic 10 Conference Staff Directory

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Director of Communications
Steve Haug

Associate Director of Communications
AnnMarie Person

Assistant Director of Championships
Brad Jones

Assistant Director of Compliance
Kelly Webb

Communications Intern
Ben Rhode

Championships Intern
Pat Halloran



Mackal Fieldhouse (above) at the University of Rhode Island will serve as host to the 2009 Atlantic 10 Indoor Track & Field Championships.

The Belk Track & Field Center (left) at Charlotte will see the conclusion of the 2008 Atlantic 10 Cross Country Championships as well as the 2009 Atlantic 10 Outdoor Track & Field Championships.



ATLANTIC 10 RESULTS

ATLANTIC 10 CROSS COUNTRY 2007 FINAL RESULTS (Philadelphia, Pa.)

1.	La Salle	.52
2.	Richmond	.82
3.	Xavier	.119
4.	Charlotte	.123
5.	Duquesne	.132
6.	Massachusetts	.168
7.	Saint Louis	.178
8.	Saint Joseph's	.189
9.	George Washington	.194
10.	Dayton	.266
11.	Fordham	.274
12.	Rhode Island	.317
13.	Temple	.379
14.	St. Bonaventure	.464

HAWK FINISHERS

12.	Andrea Florida	19:14
30.	Aimee Chegwidan	20:04
39.	Annie Cushing	20:21
48.	Juli Stensland	20:31
60.	Amy Rhein	20:51
72.	Christina Morelli	21:05
77.	Laura Faller	21:25
105.	Jessica Di Cicco	21:48
119.	Caitlin Reusche	22:37
127.	Katie Pencek	23:30



Caitlin Reusche

ATLANTIC 10 INDOOR TRACK 2008 FINAL RESULTS (Kingston, R.I.)

1.	Charlotte	.180
2.	Dayton	.91
3.	Rhode Island	.85
4.	Richmond	.77
5.	La Salle	.73
6.	Temple	.65.5
7.	Massachusetts	.55
8.	Saint Joseph's	.29
9.	Fordham	.27.5
10.	Xavier	.22
11.	Duquesne	.20
12.	Saint Louis	.16

HAWK FINISHERS

55m		
NQ.	Jordan Teuber	7.33
NQ.	Cara Quinn	7.83
55m Hurdles		
12.	Kristen Pierce	8.71
16.	Jessica Chen	8.99
22.	Morgan Matecki	9.60
200m		
4.	Jordan Teuber	25.47
18.	Nicole McMullen	26.81
22.	Cara Quinn	28.29
400m		
15.	Caitlin McGrath	1:01.39
500m		
16.	Skylar Rea	1:21.80
19.	Lauren Walsh	1:25.36
NP.	Morgan Matecki	DNF
1,000m		
8.	Annie Cushing	3:02.11
18.	Caitlin Reusche	3:15.88
Mile		
12.	Juli Stensland	5:13.23
3,000m		
6.	Andrea Florida	10:07.74
13.	Amy Rhein	10:35.49
17.	Jessica Di Cicco	10:52.57
Distance Medley Relay		
7.	Stensland, Rea, Ki. Quinn, Faller	12:41.10
4x400m Relay		
4.	McMullen, Teuber, McGrath, Andrews	4:00.86
4x800m Relay		
9.	Pencek, Cushing, Reusche, Morelli	9:46.49
High Jump		
6.	Natalie Miller	5-3
NP.	Lauren Slack	.NH
NP.	Erin Vanderhoof	.NH
Long Jump		
5.	Nicole McMullen	17-6
13.	Erin Vanderhoof	16-5 1/4
14.	Beth Getty	16-3 3/4
Triple Jump		
T-10.	Nohjay Nimpson	35-10
12.	Jordan Teuber	35-8 3/4
16.	Beth Getty	32-11 3/4

ATLANTIC 10 OUTDOOR TRACK 2008 FINAL RESULTS (Amherst, Mass.)

1.	Charlotte	.203
T-2.	Dayton	.110.5
T-2.	Rhode Island	.110.5
4.	Temple	.108
5.	Richmond	.68
6.	Massachusetts	.60
7.	La Salle	.57
8.	Saint Joseph's	.48
9.	Duquesne	.33.5
10.	Saint Louis	.22.5
11.	Fordham	.21
12.	Xavier	.16

HAWK FINISHERS

100m		
6.	Jordan Teuber	12.22
NQ.	Nicole McMullen	12.75
100m Hurdles		
NQ.	Morgan Matecki	16.11
DQ.	Jessica Chen	FS
200m		
2.	Jordan Teuber	24.75
8.	Nicole McMullen	25.55
21.	Morgan Matecki	27.85
400m		
8.	Caitlin McGrath	57.61
11.	Kierstin Quinn	58.05
400m Hurdles		
2.	Kristen Pierce	1:04.05
4.	Kristin Andrews	1:04.44
9.	Skylar Rea	1:06.19
800m		
21.	Annie Cushing	2:21.91
29.	Katie Pencek	2:26.72
30.	Caitlin Reusche	2:30.61
1,500m		
11.	Amy Rhein	4:48.08
24.	Laura Faller	5:02.04
28.	Juli Stensland	5:11.76
5,000m		
18.	Jessica Di Cicco	18:52.28
4x100m Relay		
4.	McMullen, Teuber, Pierce, Matecki	47.61
4x400m Relay		
2.	McGrath, Andrews, McMullen, Teuber	3:47.45
4x800m Relay		
11.	Cushing, Reusche, Pencek, Andrews	9:32.93
High Jump		
6.	Natalie Miller	5-1
NP.	Erin Vanderhoof	.NH
NP.	Lauren Slack	.NH
Long Jump		
4.	Nicole McMullen	17-9 1/2
10.	Erin Vanderhoof	17-3 1/2
11.	Lauren Slack	17-2 1/4
Triple Jump		
8.	Nohjay Nimpson	36-9 3/4
15.	Beth Getty	34-4 3/4
Javelin Throw		
10.	Nohjay Nimpson	107-5
15.	Tracyann Calabrese	97-6
16.	Colleen Cusick	96-2

CROSS COUNTRY RECORD BOOK



HAWKS AT ATLANTIC 10 CHAMPIONSHIPS

YEAR	CHAMPION	SJU	ALL-CONFERENCE	PLACE
2007	La Salle	8th	Andrea Florida	12th
2006	La Salle	7th	Andrea Florida	13th
2005	La Salle	7th	Andrea Florida	14th
2004	La Salle	6th	None	
2003	Richmond	5th	Colleen Flanagan	10th
2002	La Salle	4th	Ann Regan	9th
2001	La Salle	5th	None	
2000	Saint Joseph's	1st	Christine Kane	1st
			Gabby Quezada	9th
1999	Massachusetts	4th	Christine Kane	1st
1998	Massachusetts	5th	Christine Kane	4th
1997	Massachusetts	2nd	Jen Rafferty	2nd
			Liz Sweeney	10th
1996	Massachusetts	2nd	Meghan Busse	4th
			Julie Hotard	9th
			Liz Reeser	10th
1995	Massachusetts	2nd	Sue Yagielski	1st
			Jenn Rafferty	5th
			Patrice Gallagher	7th
1994	West Virginia	2nd	Sue Yagielski	3rd
			Stephanie Hopkins	4th
			Patrice Gallagher	6th
1993	Saint Joseph's	1st	Vicki Boyer	1st
			Stephanie Hopkins	4th
1992	Massachusetts	5th	Vicki Boyer	3rd
			Siobhan Flynn	8th
1991	Massachusetts	5th	Vicki Boyer	2nd
1990	Penn State	4th	Lisa Syvertson	2nd
1989	Penn State	4th	Lisa Syvertson	3rd
			Kelli O'Donnell	8th

Bold indicates Atlantic 10 Champion



Kane



Yagielski



Boyer

ACADEMIC ALL-AMERICAN

- 2001Gina Bundy (2nd)
- 1996Sue Yagielski (3rd)
- 1994Vicki Boyer (1st)
- 1993Vicki Boyer (2nd)

ACADEMIC ALL-DISTRICT

- 2003Sarah Conway (2nd)
- 2002Bernadette Speer (2nd)
- 2001Gina Bundy (1st)
- 2001Bernadette Speer (2nd)
- 1996Sue Yagielski (1st)
- 1994Vicki Boyer (1st)
- 1993Vicki Boyer (1st)



Gina Bundy

ACADEMIC ALL-ATLANTIC 10

- 2008**Amy Rhein (OT)
- 2007-08** ..Andrea Florida (XC, IT)
- 2007Erin Kelly (IT, OT)
- 2006Andria Smythe (IT)
- 2005Andria Smythe (OT)
- 2004Mary Crossin (IT, OT)
- 2003Sarah Conway (IT, OT)
- 2002 ..Mary Korfmacher (IT, OT)
- 2002Bernadette Speer (IT, OT)
- 2001Gina Bundy (IT, OT)
- 2001Bernadette Speer (IT, OT)
- 2000-01 .Christine Kane (XC, IT, OT)
- 2001Gabby Quezada (OT)
- 2000Bernadette Speer (IT, OT)
- 2000-01 .Christine Kane (XC, IT, OT)
- 1999Bernadette Speer (IT, OT)
- 1998Meghan Busse (IT, OT)
- 1998Amy Martin (IT, OT)
- 1996-97Sue Yagielski (XC, IT)
- 1995-96Sue Yagielski (XC, IT)
- 1994-95Vicki Boyer (XC, IT)
- 1994-95 ..Siobhan Flynn (XC, IT)
- 1994Stephanie Hopkins (IT)
- 1993-94 ..Siobhan Flynn (XC, IT)
- 1992Vicki Boyer (XC)
- 1991Vicki Boyer (XC)
- 1991Lori Heywood (XC)

ALL-TIME NCAA QUALIFIERS

- 2000Christine Kane (57th overall)
- 1999Christine Kane (76th overall)
- 1998Christine Kane (73rd overall)
- 1995Sue Yagielski (60th overall)
- 1985Elaine McGillian (63rd overall)

ALL-TIME ECAC SCORERS

- 2003Ann Regan (15th overall)
- 2000Christine Kane (3rd overall)
- 1999Christine Kane (3rd overall)
- 1998Christine Kane (18th overall)
- 1995Sue Yagielski (12th overall)



Christine Kane

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TRACK RECORD BOOK

SJU INDOOR TRACK RECORDS

EVENT	RECORD HOLDER(S)	TIME	YEAR
55m	Andria Smythe	7.03	2003
60m	Andria Smythe	7.58	2004
55m Hurdles	Valerie Ramirez	8.60	2006
60m Hurdles	Valerie Ramirez	9.08	2006
200m	Jordan Teuber	24.99	2008
300m	Nicole McMullen	41.47	2006
400m	Julie Lentz	57.11	2006
500m	Thuy Nguyen	1:15.49	2004
800m	Gabby Quezada	2:12.41	2000
1,000m	Christine Kane	2:49.13	2000
1,500m	Elaine McGillian	4:21.31	1986
Mile	Elaine McGillian	4:44.61	1986
3,000m	Elaine McGillian	9:28.44	1986
5,000m	Kelli O'Donnell	16:42.57	1988
4x200m Relay	Teuber, Ramirez, Gold, Smythe	1:43.53	2006
4x400m Relay	Guthridge, Lentz, Victory, Ladden	3:51.17	2004
4x800m Relay	Victory, Crossin, Conway, Nguyen	9:01.36	2003
DMR	Kane, Palmer, Quezada, Resser	11:49.02	1999
High Jump	Bernadette Speer	5'8"	2001
Long Jump	Donna Crumety	19'11 1/4"	1991
Triple Jump	Donna Crumety	42'2"	1991
Shot Put	Gina Bundy	35'9 1/4"	2000

SJU OUTDOOR TRACK RECORDS

EVENT	RECORD HOLDER(S)	TIME	YEAR
100m	Andria Smythe	11.78	2004
100m Hurdles	Valerie Ramirez	14.67	2007
200m	Jordan Teuber	24.23	2008
400m	Donna Crumety	56.35	1990
400m Hurdles	Lauren Fike	1:03.97	2006
800m	Gabby Quezada	2:09.03	2001
1,500m	Elaine McGillian	4:17.34	1986
Mile	Elaine McGillian	4:44.54	1986
3,000m	Christine Kane	9:34.32	2000
5,000m	Vicki Boyer	16:47.30	1993
10,000m	Amy Manwaring	37:14.48	2003
3,000m Steeple	Erin O'Donnell	11:35.07	2005
4x100 Relay	Ramirez, Teuber, Lentz, McMullen	47.33	2007
4x400 Relay	McGrath, Ki. Quinn , Teuber, McMullen	3:47.45	2008
4x800 Relay	Kane, Molyneux, Quezada, Koslosky	8:49.22	1998
4x1500 Relay	Yagielski, Gallagher, Foreman, Rafferty	18:38.1	1995
Sprint Medley	Molyneux, Bamber, Quezada, Koslosky	4:04.83	1998
DMR	Reeser, Palmer, Quezada, Kane	11:36.62	1999
High Jump	Bernadette Speer	5'9 1/2"	2000
Long Jump	Donna Crumety	20'2"	1990
Triple Jump	Donna Crumety	44'8 3/4"	1990
Javelin	Lynn Puzzo	128'6"	2006
Shot Put	Gina Bundy	35'9 1/2"	2000
Heptathlon	Gina Bundy	4,295 pts.	2001

Bold indicates current athletes

ALL-TIME NCAA QUALIFIERS

INDOOR TRACK

YEAR	QUALIFIER	EVENT	PLACE
1986	Elaine McGillian	Mile run (All-American)	.6th
1989	Donna Crumety	Triple jump	—
1991	Donna Crumety	Triple jump (All-American)	.5th
1993	Vicki Boyer	3,000 meters	—
2000	Christine Kane	Mile run	—

OUTDOOR TRACK

YEAR	QUALIFIER	EVENT	PLACE
1986	Elaine McGillian	1,500 meters (All-American)	.11th
1990	Donna Crumety	Triple jump (All-American)	.2nd
1991	Donna Crumety	Triple jump (National Champion)	.1st
2000	Christine Kane	1,500 meters	—

SJU Track Hall of Fame

Member	Inducted
John Kelly	1975
Frank McLaughlin	1975
Kevin Quinn	1975
John Cunningham	1976
Joe McLaughlin	1976
Jim Gavaghan	1976
Joseph Sloan	1977
Jim Tozar	1977
Mike Black	1977
Ed Nichols	1978
Jim O'Donnell	1978
John Lieb	1978
Bob Schuenemann	1979
Vince Papale	1979
Ed Lennex	1979
John Brand	1980
George Bertelsman	1980
Joe Reilly	1981
Fred Maglione	1982
Mike Glavin	1983
Vic Monkiewicz	1984
Ron Manion	1985
Joe Genthner	1986
Lou Kelly	1987
Dave Cuneo	1988
Jim Van Blunk	1989
Euclid Gibson	1990
Elaine McGillian Van Blunk	1991
Jim Norris	1992
Greg Bloom	1997
John Crooke	1997
Mickey Solujich	1997
Steve Ave	1998
Karen Delaney Wheeler	1998
Dave Van Dusen	1999
Charles Kelly	1999
Donna Crumety Stewart	1999
Joe Abrams	2000
Diane Rafferty Norris	2000
Kelli O'Donnell Twomey	2001
Lou Nicastrò	2001
Steve Trombetta	2001
Jim Baldwin	2002
Vicki Boyer	2002
Chris Green	2002
Bob Hagarty	2002
Ed Mather	2002
Jim Morris	2002
Mike Diorka	2003
Sue Yagielski	2003
Bob Jackson	2004
Lisa Syvertson Shanahan	2004
Meghan Busse	2005
Bob Doman	2005
Greg Floyd	2006
Patrice Gallagher	2006
Stephanie Hopkins Muntzer	2006
Tarik Moody	2006
Karl Savage	2007
Christine Kane O'Connell	2007
Bob Farrell	2007



Coach Kevin Quinn (left) and men's track coach Mike Glavin are members of both the SJU Athletics and Track Halls of Fame.

TRACK RECORD BOOK



ECAC INDOOR TRACK SCORERS

YEAR	NAME	EVENT	PLACE
1986	Elanie McGillian	1,500m	1st
	Elaine McGillian	3,000m	4th
	Karen Delaney	1,000m	6th
1987	Cody, Kelly, McManus, Delaney	Distance Medley Relay	6th
1988	Kelli O'Donnell	5,000m	3rd
	Dinae Rafferty	Mile	5th
1989	Donna Crumety	Triple jump	1st
	Donna Crumety	Long jump	4th
1991	Donna Crumety	Triple jump	1st
1992	Flynn, DeRafelo, McLaughlin, Geraghty	Distance Medley Relay	8th
1993	Vicki Boyer	3,000m	2nd
	Davis, Hopkins, Yagielski, Gallagher	4x800m Relay	6th
1994	Yagielski, Gresko, Gallagher, Flynn	Distance Medley Relay	8th
	Sue Yagielski	3,000m	6th
1995	Sue Yagielski	5,000m	2nd
	Henshaw, Koslosky, Foreman, Reeser	4x800m Relay	4th
1998	Christine Kane	1,000m	4th
	Quezada, Reeser, Molyneux, Koslosky	4x800m Relay	6th
1999	Christine Kane	Mile	5th
	Gina Bundy	Triple jump	5th
2000	Gina Bundy	Triple jump	3rd
	Christine Kane	Mile	6th
2003	Bernadette Speer	High jump	7th
	Andria Smythe	60m	3rd
2004	Victory, Crossin, Nguyen, Conway	4x800m Relay	8th
	Andria Smythe	60m	7th

ECAC OUTDOOR TRACK SCORERS

YEAR	NAME	EVENT	PLACE
1985	McGillian, Cody, Fitzgerald, Rafferty	4x800m Relay	6th
1986	Karen Delaney	5,000m	6th
1987	Kelly, Cody, McManus, Rafferty	4x800m Relay	5th
1988	Dinae Rafferty	3,000m	4th
1989	Donna Crumety	Triple jump	4th
1990	Donna Crumety	Triple jump	1st
1991	Donna Crumety	Long jump	3rd
	Donna Crumety	Triple jump	1st
1994	Davis, Henshaw, Hopkins, Gallagher	4x800m Relay	5th
1996	Sue Yagielski	5,000m	7th
1998	Molyneux, Warriner, Quezada, Koslosky	4x800m Relay	7th
1999	Gina Bundy	Triple jump	5th
	Christine Kane	1,500m	7th
2000	Christine Kane	3,000m	6th
	Bernadette Speer	High jump	7th
2001	Christine Kane	1,500m	4th
2002	Bernadette Speer	High jump	7th
	Maisha Tyler	Long Jump	5th
2004	Andria Smythe	100m	4th
	Crossin, Powell Victory, Nguyen	4x800m Relay	8th

ALL-TIME A-10 TRACK FINISHES

INDOOR TRACK

YEAR	CHAMPION	SJU PLACE	SJU CHAMPIONS	EVENT
2008	Charlotte	8th	None	
2007	Charlotte	9th	None	
2006	Charlotte	3rd	Andria Smythe	Long Jump
			Thuy Nguyen	800m
2005	Rhode Island	9th	None	
2004	Rhode Island	3rd	Andria Smythe	.55m
			Thuy Nguyen	800m
2003	Richmond	4th	Thuy Nguyen	500m
			Sarah Conway	800m
2002	Rhode Island	8th	Bernadette Speer	High Jump
			Maisha Tyler	Long Jump
2001	Rhode Island	4th	Christine Kane	.Mile
			Bernadette Speer	High Jump
2000	Rhode Island	7th	Christine Kane	3,000m
			Maisha Tyler	Long Jump
1999	Virginia Tech	4th	Gina Bundy	Triple Jump
			Bernadette Speer	High Jump
1998	Massachusetts	5th	Gabby Quezada	800m
			Saint Joseph's	4x800
1997	Virginia Tech	4th	Gina Bundy	Triple Jump
			Jen Rafferty	5,000m
1996	Massachusetts	5th	Saint Joseph's	4x800
			Nicole Koslosky	1000m
1995	West Virginia	6th	Saint Joseph's	4x800
			Sue Yagielski	5,000m
1994	West Virginia	3rd	Missy Henshaw	1,000m
			Saint Joseph's	4x800
1993	Canceled due to weather			
1993	West Virginia	3rd	Saint Joseph's	4x800
			Donna Crumety	Long Jump
1993	West Virginia	3rd	Donna Crumety	Triple Jump

OUTDOOR TRACK

YEAR	CHAMPION	SJU PLACE	SJU CHAMPIONS	EVENT
2008	Charlotte	8th	None	
2007	Charlotte	8th	None	
2006	Charlotte	10th	None	
2005	Rhode Island	9th	None	
			Andria Smythe	100m
2004	Rhode Island	5th	Thuy Nguyen	800m
			Andria Smythe	Long Jump
2003	Rhode Island	7th	Sarah Click	High Jump
			Saint Joseph's	4x800
2003	Rhode Island	7th	Sarah Conway	800m
			Saint Joseph's	4x800
2002	Rhode Island	8th	Bernadette Speer	High Jump
			Maisha Tyler	Long Jump
2001	Massachusetts	3rd	Christine Kane	3000m
			Gina Bundy	High Jump
2001	Massachusetts	3rd	Maisha Tyler	Long Jump
			Gina Bundy	High Jump
2000	Virginia Tech	5th	Gina Bundy	Heptathlon
			Christine Kane	1500m
2000	Virginia Tech	5th	Christine Kane	3000m
			Saint Joseph's	4x800m
1999	Massachusetts	4th	Bernadette Speer	High Jump
			Christine Kane	1500m
1999	Massachusetts	4th	Christine Kane	3000m
			Meghan Busse	10,000m
1998	Virginia Tech	7th	Saint Joseph's	4x800m
			Bernadette Speer	High Jump
1997	Virginia Tech	7th	Saint Joseph's	4x800m
			Meghan Busse	5,000m



ALL-TIME ROSTER

A

Francesca Alexander2005-06
 Joan Ambrosia1992-93
 Kristin Amey1988-90
Kristin Andrews2007-present
 Diana Anhalt1987-89
 Margaret Ashton1984-85
 Michelle Autry1987-88

B

Theresa Badolato2003-04
 Lauren Bair1999-00
 Adrinna Bamber1998
 Catherine Bartoli1998
 Amy Bashore1999-00
 Maddie Bell2003-07
 Adriene Beltz2004-08
Carolyn Bieganousky2007-present
 Erin Blaustein2000-04
 Vicki Boyer1991-94
 Jane Bradigan1983-84
 Yvonne Bradley1983-84
 Trish Brady1989-90
 Christina Brenner2006
 Angela Bridy1983-85
 Sara Bright2000-02
 Allison Bringham1999
 Karen Brooks1984-87
 Gina Bundy1997-01
 Stephanie Burgin1993-97
 Anne Marie Burke1986-89
 Margy Burke1986-87
 Megan Burkhardt1994-97
 Meghan Busse1996-99
 Michele Butterworth1988-91

C

Tracyann Calabrese2007-present
 Catherine Calimer1991-94
 Lisa Ceppetelli1987-90
Amy Chegwiddden2007-present
Jessica Chen2007-present
 Philomena Chiorazzi1991-94
 Emily Choromanski2000-02
 Meghan Clancy1997-01
 Bridget Clarke1996-97
 Sarah Click2000-04
 Colleen Cloran1982-83
 Dawn Cody1984-87
 Lea Costanza1982-83
 Katie Connors1999
 Sarah Conway1999-03
 Niki Cooper1992-93
 Yasmin Copeland2000-04
 Stacey Cronin2003-05
 Mary Crossin2001-05
 Donna Crumety1989-93
 Nicole Cusanelli1989-92
Annie Cushing2006-present
 Colleen Cusick2008

D

Lisa Davis1991-94
 Molli Davis1995-98
 Karen Delaney1985-88
 Natalie DeFelice1998-00
 Marcy De Lorenzo2002-06
 Alessandra DeMarco2004-06
 Sue DeRafelo1990-93
Jessica Di Cicco2007-present
 Terri DiMartini1995-1998
 Jessica Dolfi1999

Kristen Donovan1999
 Maureen Dougherty1984-86
 Pam Dougherty1983-86
 Patty Doyle1985-88
 Bridget Dunn1999
 Kelly Ann Durham1989-90

F

Mary Ellen Faehner1987-88
Laura Faller2007-present
 Dotty Farrell1988-89
 Nicole Feller1990-93
 Denise Fergus1998-02
 Lauren Fike2005-06
 Cathy Fitzgerald1983-86
 Colleen Flanagan2001-05
 Kelly Fleming1999-01

Andrea Florida2005-present

Siobhan Flynn1991-94
 Ali Foreman1994-97
 Christine Foster1994-97
 Lori Freebery1990
 Avé French1993-96
 Jen French1992-93

G

Meghan Gallagher2001-05
 Patrice Gallagher1993-96
 Patty Gallagher1987-88
 Janice Geary1995
 Meredith George1990-92
 Carmel Geraghty1991-94

Beth Getty2006-present

Melissa Gilbert1995-97
 Brooke Gilliford1998-02
 Gina Giordano2002-05
 Kristen Gold2005-06
 Jane Gresko1986-88
 Trish Gresko1991-94
 Amanda Guthridge2003-07

H

Meri Hall1993-94
 Dawn Harris1992-95
 Chris Hellenbrand1985-86
 Missy Henshaw1993-96
 Christina Hertzler1993-95
 Lori Heywood1990-93
 Katie Hoban2002-05
 Stephanie Hopkins1990-95
 Emily Horton2000-02
 Julie Hotard1997-98
 Jen Hughes1989-92

I

Margarita Ireland1984-86

J

Jenna James1997-00
 Jill Jarosz1990-91
 Regina Johnson1993-95

K

Christine Kane1997-01
 Jen Keefe1990-93
 Carolyn Kelly1984-87
 Deirdre Kelly1985-89
 Erin Kelly2003-07
 Margaret Kelly1987-90
 Amanda Kimmel1992-93
 Mary Korfmacher1998-02
 Nicole Koslosky1995-98

L

Erica Lacovara-Switzer2001-02
 Colleen Ladden2001-05

Titi Lakeru1987-88
 Mary Pat Law1983-85
 Lisa LaMela2002-05
 Julie Lentz2003-07
 Katie Limbach2001-02
 Sarah Limbach2003-05
 Marianne Longacre1985-86

M

Katelyn MacCready2005-06
 Anne Marshall2002-04
 Lauren Manfredi2003-04
 Keyne Mansfield1992-93
 Amy Manwaring2000-04
 Julie Manzella1998
 Amy Martin1995-97

Morgan Matecki2006-present

Katherine McBeth1982-83
 Kelly McCarthy1999
 Julie McClatchy1997-98
 Elaine McGillian1983-86
 Taryn McGouldrick1997-00
 Kristen McGrail1999

Caitlin McGrath2006-present

Suzie McHenry2003-07
 Kimberly McIntyre1998-99
 Kim McKeon2002-05
 Rachel McLaughlin1991-93
 Cammy McManus1983-85
 Danielle McManus1987-90

Nicole McMullen2006-present

Stephanie McMullen1996-99
 Erin McQuilkin1999
 Janna Merkins1992-95
Natalie Miller2005-present
 Meg Mitchell1988-89
 Lauren Molyneux1995-97
 Maria Montero1997
 Mary Beth Moore1992-93
 Melissa Morley2001-02

Christina Morelli2007-present

Sue Moss1984-87
 Chris Mulhare1987-88
 Kate Mulligan1990-93
 Nicole Muraro1989-91
 Jen Murray1993-96

N

Meryl Nash2003-04
 Thuy Nguyen2002-06

Nohjay Nimpson2007-present

O

Kathy O'Connell1986-89
 Erin O'Donnell2001-05
 Kelli O'Donnell1985-89
 Kim O'Donnell1997-00
 Diane Olejnik1984-85
 Lisa Owens1984-87

P

Maisha Palmer1996-99
 Marian Passaro1984-86
 Judy Peitz1983-84

Katie Pencek2005-present

Meredith Perry1999

Kristen Pierce2006-present

Danielle Plenzo2007
 Rebecca Powell2003-07
 Lynn Puzzo2002-06

Q

Gabby Quezada1997-01
Cara Quinn2006-present

Kierstin Quinn2006-present

R

Dinae Rafferty1985-88
 Jen Rafferty1995-99
 Krista Ramirez2001-02
 Valerie Ramirez2003-07

Skylar Rea2005-present

Ann Regan2002-06
 Liz Reeser1996-99

Caitlin Reusche2006-present

Amy Rhein2005-present

Tammy Roberts1984-85
 Regina Robinson1988-89
 Kim Rose1998-99
 Rachel Royer1990-91
 Bonnie Rymanski1995-96

S

Danielle Salvia1997-00
 Amanda Samok1999
 Mary Scanlon1992-93
 Katherine Schott2006-07
 Samantha Seitter2006-08
 Nicolette Sifontis1993-94
 Theresa Skellan1982-83

Lauren Slack2005-present

Andria Smythe2002-05
 Angela Sorge1995-97
 Renee Spangler2003-07
 Bernadette Speer1997-02
 Meg Stack1988-89

Juli Stensland2005-present

Ann Stewart1989-90
 Samantha Stockman1994-95
 Genevieve Story2002-07
 Liz Sweeney1997-00
 Lisa Syvertson1988-91

T

Jordan Teuber2004-08
 Nikki Thiemann2000-02
 Kate Timothy2001-02
 Tiffany Trenner1989-90
 Jackie Twomey2001-05
 Kelli Twomey1989-90
 Maisha Tyler2000-04

V

Erin Vanderhoof2006-present

Michele Verrekia1990-93
 Kelly Victory2001-05

W

Lauren Wallace2004-08

Lauren Walsh2005-present

Susan Walsh1994-96
 Nadia Warriner1997-00
 Bridget Watts1992-93
 Karen Weber2000-04
 Melissa Wilbeck1997-01
 Sandy Wright1990-91
 Megan Wynne1999-03

Y

Sue Yagielski1993-96

BOLD indicates current athletes

*Roster includes letterwinners who competed prior to the 2008-09 season

ADMINISTRATION



Timothy R. Lannon, S. J.
University President



Dr. Cary Anderson
Vice President for Student Life



Don DiJulia
Associate Vice President
Athletic Director

ATHLETIC DIRECTORY

Associate Vice President/Athletic Director	Don DiJulia
.	610-660-1707
Assistant Vice President/Athletic Business Affairs	Jim Brown
.	610-660-1726
Associate Athletic Director/Facilities	Al Pendleton
.	610-660-3292
Associate Athletic Director/Varsity Programs	Ellen Ryan
.	610-660-1714
Associate AD/Marketing/Corporate Partnerships	Tim Curran
.	610-660-1702
Assistant AD/Recreation & Intramurals	Corey Shannon
.	610-660-3052
Executive Director of Athletic Development	Katie Shields
.	610-660-1231
Director of Compliance	Renie Shields
.	610-660-2584
Director of Academic Services	Janet Greder
.	610-660-1728
Director of Sports Medicine	Lori Rafferty
.	610-660-1699
Equipment Manager	Joe DeLacy
.	610-660-1720
Assistant Athletic Director/Communications	Marie Wozniak
.	610-660-1727
Athletic Comm. Asst. (XC & Track Contact)	Jeremy S. Fallis
.	610-660-2601
Athletic Office Phone	610-660-1707
Athletic Office Fax	610-660-1716

SAINT JOSEPH'S UNIVERSITY ATHLETICS MISSION STATEMENT



The Mission of the Athletics Department at Saint Joseph's University reflects the Mission of the University by using the programs within Athletics as a way to develop the whole person and preparing men and women for others.

- To educate the whole person by complementing the academic experience with athletic and recreational programs and activities outside the classroom.
- To create an environment for personal growth through openness, respect, and a concern for others.
- To communicate the value of community and family through team work and sportsmanship.
- To provide opportunities for students to learn self-discipline, responsibility, decision-making, and attainment of goals.
- To provide opportunities for students to participate and compete in a first-class manner.
- To provide equitable opportunities for all students and staff, including women and minorities.
- To advance the University regionally and nationally through intercollegiate athletics.

DIRECTIONS TO CAMPUS

From the North: NJ Turnpike to Exit 6 (PA Turnpike connector). Follow PA Turnpike to Exit 326 (Rte. 476). Follow 476 South to Rte. 76 East, towards Philadelphia. Follow Rte. 76 East to exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

From the East: Take either the Ben Franklin Bridge (via Rte. 676) or the Walt Whitman Bridge; Follow Rte. 76 West to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

From the South: I-95 North to 476 North. Follow 476 North to Exit 5 (Rte. 1). Follow Rte. 1 North to SJU, approximately 10 miles.

From the West: PA Turnpike to Exit 326 (Valley Forge). Follow Rte. 76 East, toward Philadelphia, to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

From the Airport: I-95 North to Rte. 76 West towards Valley Forge. Follow Rte. 76 West to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.



THE UNIVERSITY

Founded in 1851, Saint Joseph's is an independent, Catholic, Jesuit university teaching disciplined reasoning, effective communication and a love of learning. From Willings Alley in Old City Philadelphia to Stiles Street in North Philadelphia to its current location on City Avenue, Saint Joseph's has continued to grow and change with the times. The University combines the Jesuit tradition of academic excellence, a history of service and an ideal campus location to produce successful students who seek to make a good world even better.

Full-time, undergraduate day enrollment is approximately 4,450. Graduate, evening and executive programs push total enrollment to more than 7,400.

THE JESUIT TRADITION OF ACADEMIC EXCELLENCE

Saint Joseph's nationally recognized academic reputation is confirmed by ongoing acknowledgment in Barron's, U.S. News & World Report and Peterson's. The Jesuit tradition of intellectual inquiry and personal concern manifests itself in small, challenging classes taught by a caring faculty. Graduate assistants do not teach, so undergraduates can be sure they are receiving the very best educational experience. One-on-one interaction between students and faculty is a reality at Saint Joseph's.

A solid liberal arts curriculum provides across-the-board learning for every student. Supporting that curriculum are comprehensive academic majors and learning facilities. The result is a broad education which prepares students not only for employment and graduate school, but for life itself.

In the fall of 1998, SJU opened the \$25 million Owen A. Mandeville Hall, which houses the Erivan K. Haub School of Business, the Center for Food Marketing and the region's first "Teletorium" and "Moot Boardrooms." An 87,000-square-foot international academic center featuring state-of-the-art distance learning technology, it is located near the corner of 54th Street and City Avenue.

A HISTORY OF SERVICE

The students of Saint Joseph's University are dedicated to making today's world even better. A natural spirit of volunteerism has enabled the University's community service programs to become the most popular extracurricular activities on campus. In addition, a Service Learning program allows students to receive academic credit for their work outside the classroom.

SJU offers local, national, and international opportunities for student service. From parts of Philadelphia to New Jersey; from Tijuana, Mexico, to the Appalachian Mountains; and from



Ecuador to Tanzania, Saint Joseph's students embrace the Jesuit mission of serving those in need. The Thanksgiving Dinner Dance for area senior citizens and the Hand-in-Hand Festival for the handicapped are two annual student-run events which draw thousands of special visitors to campus for fun and friendship.

IDEAL CAMPUS LOCATION

SJU's City Avenue location combines the best of dynamic Philadelphia with the suburban, residential setting of the elegant Main Line. Saint Joseph's 65 acres span two counties, allowing students literally to enjoy the best of both worlds. The city of Philadelphia, with its tremendous wealth of historical, cultural, social and athletic attractions, is easily accessible, while the safety, serenity and greenery of a suburban campus are right at hand.

The friendly atmosphere and close-knit campus ensure that students don't get lost in either the literal or the figurative sense at Saint Joseph's. Expanded library, computer and athletic facilities add a big-time "feel" to this growing university.

SUCCESSFUL STUDENTS

Men and women leave Saint Joseph's prepared. The University boasts an excellent record of placing its graduates in first-time jobs, professional schools and other advanced degree programs. Part-time work and internships provide real-world experiences, the kind which delight future employers. And with its many diverse student organizations, SJU offers ample opportunities to assume leadership positions.

An extensive on-campus recruitment program provides graduates with a head start in their employment search. Regular meetings with faculty advisors, along with advisory programs in the health professions and in pre-law, assist students who wish to further their schooling.

PHILADELPHIA

SJU's Philadelphia location gives students access to two worlds. The campus resembles a

park, surrounded by the stately homes of Philadelphia's historic Main Line suburbs. Yet students have access to the cultural, commercial and recreational activities of downtown Philadelphia - only a short ride away.

SJU's Philadelphia location gives students access to two worlds. The campus resembles a park, surrounded by the stately homes of Philadelphia's historic Main Line suburbs. Center City's cultural, commercial, and recreational activities are only a short ride away. SJU students take frequent advantage of the artistic and cultural resources Philadelphia offers - the Philadelphia Museum of Art, the Franklin Institute Science Museum, and the new Kimmel Center, to name a few. In addition to rooting for their beloved Hawks, SJU students can be found cheering on the eight professional sports teams in the city, particularly the Eagles, Flyers, Phillies and 76ers.

