



## 2004-05 TEAM INFORMATION

## PROVIDENCE COLLEGE QUICK FACTS

**LOCATION:** Providence, Rhode Island 02918  
**FOUNDED:** 1917  
**ENROLLMENT:** 3,700  
**PRESIDENT:** Philip A. Smith, O.P.  
**DENOMINATION:** Catholic (Dominican)  
**ATHLETIC DIRECTOR:** Robert G. Driscoll, Jr.  
**SENIOR ASSOCIATE ATHLETIC DIRECTOR:** Mark Devine  
**ASSOCIATE ATHLETIC DIRECTOR:** Joseph D'Antonio  
**ASSOCIATE ATHLETIC DIRECTOR:** Dan McCabe  
**ASSOCIATE ATHLETIC DIRECTOR/SWA:** Jill La Point  
**ASSOCIATE ATHLETIC DIR./DIR. OF FRIAR ATH. FUND:** Chip McPhee  
**ASST. ATHLETIC DIR./FACILITIES, GAME MGMT.:** Carl LaBranche  
**ASST. ATHLETIC DIR./MEDIA RELATIONS:** Arthur Parks  
**ASST. ATHLETIC DIR./SPORTS MEDICINE:** John Rock  
**CONFERENCE:** BIG EAST  
**NICKNAME:** Friars  
**COLORS:** Black, White & Silver (PMS 877)  
**DIRECTOR OF TRACK/CROSS COUNTRY OPERATIONS:**  
 Ray Treacy (Providence '82) - 21st year  
**HEAD MEN'S TRACK AND FIELD COACH:** Nick Jackson  
**CROSS COUNTRY/TRACK OFFICE PHONE:** (401) 865-2427  
**CC/TRACK ATHLETIC TRAINER:** Jennifer Brodeur  
**CROSS COUNTRY/INDOOR TRACK CONTACT:** Jorge Rocha  
**PHONE/EMAIL:** (401) 865-2201/jrocha@providence.edu  
**OUTDOOR TRACK CONTACT:** Arthur Parks  
**PHONE/EMAIL:** (401) 865-2759/aparks@providence.edu  
**CROSS COUNTRY CAPTAINS:** Dylan Wykes, Pat Moulton  
 Mary Cullen, Kim Smith  
**INDOOR TRACK CAPTAINS:** Liam Reale, Patrick Guidera  
 Katie Twarog, Deirdre Byrne  
**OUTDOOR TRACK CAPTAINS:** Ben Pollock, Tom Geer  
 Roisin Quinn, Lisa Cappello

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**On the front cover:** Seniors Mary Cullen, Dylan Wykes, Pat Moulton, Kim Smith and the 2003 women's cross country team that finished third at the NCAA's. Front row from (L to R): Lisa Cappello, Mary Cullen and Fiona Crombie. Back row (L to R): Kim Smith, Katie Twarog, Ashley Jensen, Deirdre Byrne and Head Coach Ray Treacy.

## MEN'S ROSTER

NAME	CLASS	HOMETOWN
Ranjit Banwait	Junior	Carteret, N.J.
Darren Brown	Sophomore	Spring, Texas
Douglas Coffed	Freshman	Norcross, Ga.
Joseph Dionne	Junior	Oshawa, Ontario
Martin Fagan	Junior	Mullingar, Ireland
Tom Geer	Senior	Glastonbury, Conn.
Patrick Guidera	Senior	Clonmel, Ireland
Ahmed Haji	Freshman	West Hartford, Conn.
Richard Jones	Junior	Wellington, New Zealand
Edward Kennedy	Sophomore	Bolton, Conn.
Matthew Kinback	Sophomore	Shrewsbury, Mass.
Matthew Licari	Freshman	Amityville, N.Y.
James Lourenco	Freshman	West Warwick, R.I.
James Maloney	Sophomore	Barrington, R.I.
Chris McDermott	Freshman	West Haven, Conn.
Patrick Moulton	Senior	Pelham, N.H.
Ben Pollock	Senior	Westford, Mass.
Liam Reale	Senior	Hospital, Ireland
Dan Robb	Junior	Newton, Mass.
Alex Romano	Sophomore	Greenville, R.I.
Max Smith	Freshman	Dunedin, New Zealand
Nicholas Weidman	Sophomore	Sudbury, Mass.
Dylan Wykes	Senior	Kingston, Ontario

## WOMEN'S ROSTER

NAME	CLASS	HOMETOWN
Kathleen Batchler	Junior	Brookfield, Conn.
Bridget Black	Junior	Westford, Mass.
Katherine Breaux	Freshman	South Windsor, Conn.
Bernadette Boyle	Sophomore	Fairfield, Conn.
Katie Boyle	Junior	Providence, R.I.
Deirdre Byrne	Senior	Wicklow, Ireland
Lisa Cappello	Graduate	Lockport, N.Y.
Michelle Childs	Freshman	Cameron, Ontario
Allison Cleary	Sophomore	Pembroke, Mass.
Annicc Correia	Sophomore	Mattapoisett, Mass.
Fiona Crombie	Junior	Christchurch, New Zealand
Mary Cullen	Senior	Sligo, Ireland
Megan Fanning	Freshman	South Windsor, Conn.
Emma Foster	Senior	Schuylerville, N.Y.
Alexis Glenn	Freshman	Downington, Pa.
Ashley Hughes	Freshman	Phoenix, N.Y.
Jennifer Jarvis	Sophomore	Hopedale, Mass.
Ashley Jensen	Junior	Lincoln, R.I.
Christina Karpinski	Sophomore	Shelton, Conn.
Anne Kirwan	Freshman	Huntington, N.Y.
Laura McCarthy	Sophomore	Edina, Minn.
Jane Nalder	Junior	Wellington, New Zealand
Roisin Quinn	Senior	Waterford, Ireland
Mary Nelle Trefz	Freshman	Iowa City, Iowa
Kim Smith	Senior	Auckland, New Zealand
Katie Twarog	Senior	Albany, N.Y.

**CREDITS:** The 2004-05 Providence College Cross Country/Track & Field Media Guide is published by the Providence College Athletics Department and all rights are reserved. All the information contained in this guide is property of Providence College. The guide was written and edited by Jorge Rocha and Jody Pontbriand. **EDITORIAL ASSISTANCE:** Arthur Parks, Jen Rynearson, and Leah Paley. **COVER DESIGN:** Jennifer Zevon, Emily Byrum and Pang Xiong. **PHOTOGRAPHY:** Tom Maguire, S.R. Smith, C.W. Pack, Tim O'Dowd - IrishRunner.com, John Quackenbos, Jim Benson, Village Photo of Fairport, Steve Grieco, John Schiefer, Derrick Peynado, Jen Rynearson. Special thanks to Tim O'Dowd. **BACK COVER:** Richard Benjamin. **PRINTING:** Colonial Lithograph, Inc.

## 2004-05 SCHEDULES

### 2004 Men's/Women's Cross Country

#### SEPTEMBER

3	Fri.		Providence College Invitational (Goddard Park - Warwick, R.I.)	3:00 p.m.
11	Sat.	at	Fordham Invitational (Van Cortlandt Park - New York, N.Y.)	11:00 a.m.
25	Sat.	at	Roy Griak Invitational (University of Minnesota - Minneapolis, Minn.)	Noon

#### OCTOBER

8	Fri.	at	New England Championship - <b>Men</b> (Franklin Park - Boston, Mass.)	1:30 p.m.
16	Sat.	at	Penn State Meet - <b>Women</b> (University Park, Pa.) (Franklin Park - Boston, Mass.)	10:00 a.m.
29	Fri.	at	BIG EAST Championships (Franklin Park - Boston, Mass.)	11:00 a.m.

#### NOVEMBER

13	Sat.	at	NCAA Northeast Regional (Van Cortlandt Park - New York, N.Y.)	11:00 a.m.
22	Mon.	at	NCAA Championships (Indiana State University - Terre Haute, Ind.)	11:00 a.m.

### ATHLETIC DEPARTMENT MISSION

*The mission of the Providence College Intercollegiate Athletics program is to foster the personal development and education of young men and women through their participation in NCAA Division I athletics.*

*Athletic contests provide an opportunity for the campus and the community at large to demonstrate their support of the College, its athletics program, and the student-athletes.*

*The Athletic Department strives to fulfill student-athlete needs and goals in an environment steeped in the Dominican tradition in which honesty, integrity, mutual respect, effort and constant improvement are cherished and cultivated.*



Kim Smith finished second at the 2003 NCAA Cross Country Championship.

#### TELEPHONE DIRECTORY

Friar Sportsline: (401) 865-INFO  
 Fax Machine: (401) 865-2583  
 CC/Track Office: (401) 865-2427  
 PC Home Page: [www.friars.com](http://www.friars.com)  
 BIG EAST Office: (401) 272-9108  
 BIG EAST Fax Machine: (401) 751-8540  
 BIG EAST Home Page: [www.bigeast.org](http://www.bigeast.org)

### 2004-05 Men's/Women's Indoor Track

#### DECEMBER

4	Sat.	at	Boston University Quad Meet - Women *
		at	Alden Invitational - Men #
11	Sat.	at	Harvard Invitational %

#### JANUARY

15	Sat.	at	Yale Invitational - Men
16	Sun.	at	New England Challenge Cup -Women #
21	Fri.	at	Rhode Island Invitational - Women ^
22	Sat.	at	Terrier Cup- Men *
28-29	Fri-Sat.	at	Terrier Classic *

#### FEBRUARY

5	Sat.	at	Boston University Quad - Men *
8	Tue.	at	Boston University Quad - Women *
11-12	Fri-Sat.	at	Valentine Invitational *
19-20	Sat-Sun.	at	BIG EAST Indoor Championships &
25-26	Fri-Sat.	at	New England Championships

#### MARCH

5-6	Sat-Sun.	at	ECAC Championships - Women &
5-6	Sat-Sun.	at	IC4A Championships - Men *
11-12	Fri-Sat.	at	NCAA Indoor Championships

\* at Boston University (Boston, Mass.)  
 # at Brown University (Providence, R.I.)  
 % at Harvard University (Cambridge, Mass.)  
 ^ at University of Rhode Island (Kingston, R.I.)  
 & at Carrier Dome (Syracuse, N.Y.)  
 \$ at University of Arkansas - Fayetteville, Ark.

### 2005 Men's/Women's Outdoor Track

#### APRIL

2	Sat.	at	Southern Connecticut State Invitational (Southern Connecticut - New Haven, Conn.)
7	Thur.	at	Iona Invitational (Iona College - New Rochelle, N.Y.)
9	Sat.	at	UConn Invitational (University of Connecticut - Storrs, Conn.)
15/16	Fri.-Sat.	at	Mount Sac Relays (Walnut, Calif.)
16	Sat.	at	Brown Invitational (Brown University - Providence, R.I.)

#### MAY

1	Sun.	at	Brown Invitational (Brown University - Providence, R.I.)
7-8	Sat-Sun.	at	BIG EAST Championship (Rutgers University - Piscataway, N.J.)
13-15	Fri-Sun.	at	IC4A/ECAC Championship (Princeton University - Princeton, N.J.)
28-29	Sat-Sun.	at	NCAA Regionals (TBA)

#### JUNE

8-11	Wed-Sat.	at	NCAA Championship (Sacramento State - Sacramento, Calif.)
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## HEAD COACH RAY TREACY



## Ray Treacy

Director of  
Cross Country/Track Operations

21st Season

Ray Treacy, who is regarded as one of the top coaches in the country, begins his 21st season as head coach of the highly successful Providence College track and cross country programs. In his 20 years at Providence, Treacy has coached 109 All-Americans, nine NCAA individual champions, 116 BIG EAST individual champions and 10 Olympians. In addition, his teams have captured one NCAA Cross Country Championship, seven NCAA Northeast Regional Championships, 13 BIG EAST Cross Country titles and 19 New England Championships.

The success of the Friars under Ray Treacy is no accident. Success and Ray Treacy have been synonymous since his days as a student at Providence College. Besides his long lists of BIG EAST, ECAC, IC4A and New England Champions, Treacy was instrumental in putting together the 4 X 1,500 meter relay team that set the world record at the Penn Relays in 1991. For his achievements, he was named Rhode Island Words Unlimited Coach of the Year for 1991.

A 1982 graduate of Providence College, Treacy is very committed to the success of PC's cross country and track programs. His knowledge of conditioning and training has moved the Friars' cross country and track programs into national prominence since he took over as head coach in 1984.

In 1995, Treacy's women's cross country squad completed its incredible season by capturing its first NCAA title. Prior to winning the NCAA title, the women's squad also won its first BIG EAST and ECAC championships. In recognition of his efforts, Treacy was named NCAA Division I Women's National Coach of the Year, BIG EAST Men's and Women's Coach of the Year, Rhode Island Words Unlimited Women's Coach of the Year and NCAA District I Women's Cross Country Coach of the Year.

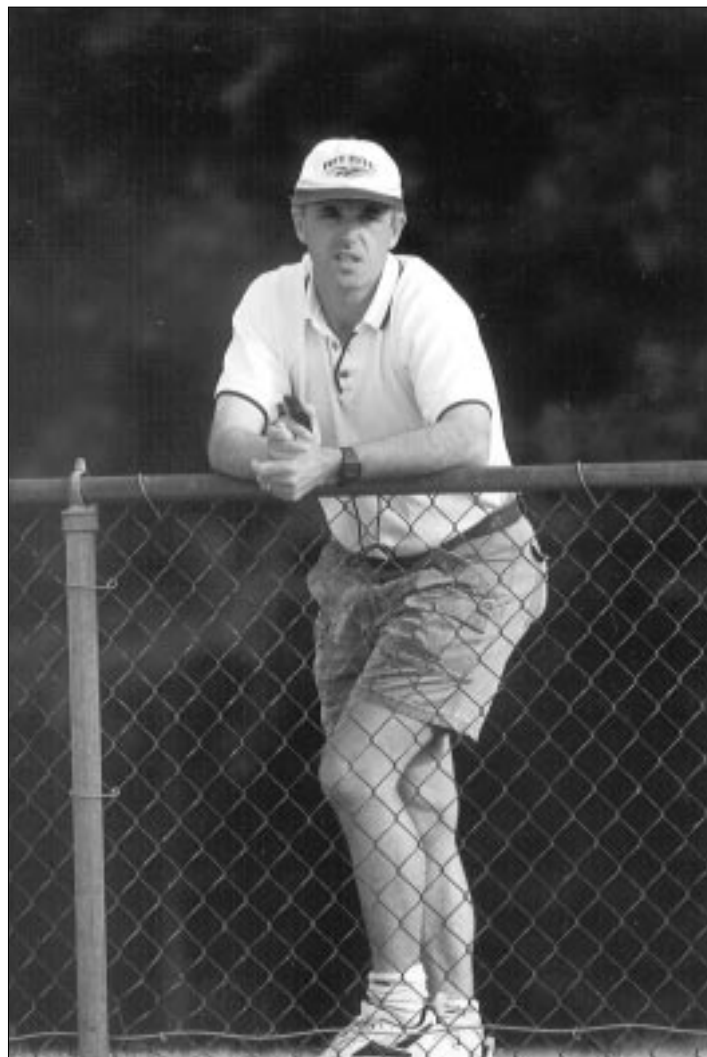
Accolades continued to pour in for Treacy's teams in 2003-04. The women's cross country team finished third at the NCAA Championships with juniors Kim Smith and Mary Cullen leading the way. Smith finished

second overall, while Cullen took fifth-place to earn All-America honors. Providence was the only team to have two runners finish in the top five. The women's team also won their third Northeast Regional title as Treacy was named Northeast Regional Coach of the Year for the seventh time since 1990.

### Coaches Through The Years

Harry Coates	1950-61
Ray Hanlon	1961-69
Bob Amato	1969-84
<b>Ray Treacy</b>	<b>1984-Present</b>

The men's cross country team made its ninth consecutive appearance in the NCAA's and finished 24th. The Friars finished second overall at the NCAA Northeast Regional Championship to earn a trip to the NCAA's.



During the indoor season, Smith continued to shine as she became the first Providence female athlete to capture two NCAA titles in the same meet. She won the 3,000 and 5,000 meters in NCAA record time. Smith helped the Friars to a ninth-place finish at the NCAA's, the team's best performance since 1992 when the Friars placed fourth. Smith's time of 15:14.18 in the 5,000 meters shattered the previous NCAA record of 15:17.28, which was set in 1991. In the 3,000 meters, Smith also set an NCAA record, finishing the race in 8:49.18 and eclipsing the old record of 8:53.54, which was set in 1983. On the men's side, Adam Sutton earned All-America honors by placing eighth in the 5,000 meters at the NCAA Championships. During the outdoor track season, Smith also won the 5,000 meters to claim her third NCAA individual title. In all, Smith set three NCAA records and four Providence College records.

In 1996, three athletes, who trained under Treacy's guidance at Providence, became PC's first female track stars to compete in the Olympics. Sinead Delahunty (1,500 meters), Marie McMahon (5,000 meters) and Amy Rudolph (5,000 meters) all competed in Atlanta, Ga. Treacy had three former athletes compete in the 2000 Olympics in Sydney. Delahunty (1,500 meters), Rudolph (5,000 meters) and Mark Carroll (5,000 meters) all ran in the 2000 Games. Kim Smith, Marie McMahon, Maria McCambridge and Mark Carroll competed in the 2004 Games in Athens,

## HEAD COACH RAY TREACY

Greece.

The brother of 1984 Olympic silver medalist, John Treacy, Ray collected All-America honors three times during his college career. He was also the New England cross country champion twice and won the indoor 5,000 meters at the BIG EAST Championships three times. The talented distance runner was also the IC4A Champion in the 10,000 and 5,000 meters during the 1981 and 1982 seasons, respectively.

Treacy was the Friars' team captain as a junior and senior. The former Irish national junior champion and a past member of the Irish National Cross Country Team, Treacy currently resides in Warwick, Rhode Island with his wife, Lisa, and their two sons, Michael (17) and Liam (14).

### Ray Treacy's Profile

#### As a runner at Providence (1978-82)

- Three-time All-American
- Two-time New England Cross Country Champion
- Three-time BIG EAST Indoor 5,000 meter Champion
- IC4A Champion in 10,000 meters and 5,000 meters
- Two-year Captain

#### Coaching (1984-Present)

**NCAA Women's Cross Country Coach of the Year:** (1)  
**NCAA District 1 Women's Cross Country Coach of the Year:** (11)  
**NCAA District 1 Men's Cross Country Coach of the Year:** (7)  
**BIG EAST Cross Country Women's Coach of the Year:** (3)  
**BIG EAST Cross Country Men's Coach of the Year:** (10)  
**NCAA Championships (1):** Women's Cross Country (1995)  
**NCAA Northeast Regional Championships:** (7)  
**Men's and Women's BIG EAST Cross Country Championships:** (13)  
**New England Men's and Women's Cross Country Championships:** (19)  
**All-Americans:** 109  
**NCAA Individual Champions (9):**  
Mark Carroll, 1995 Indoor 5,000 meters  
Geraldine Hendricken, 1992 Indoor 3,000 meters  
Andy Keith, 1992 Indoor Mile  
Keith Kelly, 2000 Cross Country  
Marie McMahon, 1996 Indoor 5,000 meters  
Amy Rudolph, 1994 Indoor Mile & Outdoor 1,500 meters  
Kim Smith, 2004 Indoor 3,000 meters & 5,000 meters;  
Outdoor 5,000 meters  
**BIG EAST Individual Champions:** 116  
**Olympians:** 10



*Athletics Director Bob Driscoll and Head Coach Ray Treacy pose with Kim Smith (above) and Dylan Wykes (below) following the All Sports Banquet in May 2004. Smith and Wykes were each named Providence College Female and Male Athlete of the Year for an individual sport, respectively.*



*Ray Treacy was a three-time cross country All-American during his running career at Providence College.*





## ASSISTANT COACH NICK JACKSON



## Nick Jackson

### Men's Track and Field Events Coach

Nick Jackson enters his fifth season as Head Men's Track and Field Coach and the primary field events coach with Providence College's successful cross country and track and field programs.

A 1995 graduate of the College, Jackson guided Brooke Freeburg to the school's first-ever female BIG EAST Championship in a field event and All-America honors in the javelin during the 2001 outdoor season. Freeburg earned her All-America honors with a 14th-place finish at the NCAA Championship, held in Eugene, Ore. In 2002, Freeburg finished second at the BIG EAST Championship and finished 19th at the NCAA Championship in Baton Rouge, La. During the 2003 season, Freeburg captured her second BIG EAST title in the javelin and qualified for the NCAA's for the third consecutive season. Last season, Freeburg earned another trip to the NCAA's in Austin, Texas. She finished second at the BIG EAST Championship and captured the New England title.

Jackson also assisted Program Director Ray Treacy during the cross country season, helping the women's cross country team to a third-place finish and the men's team to a 24th-place finish at the NCAA's.

Before he returned to Providence, Jackson served as the Head Boy's and Girl's Indoor and Outdoor Track Coach at Bishop Stang High School during the 1999 and 2000 seasons.

Prior to coaching at Bishop Stang, Jackson worked in the Office of Admissions at PC for three years. His work in the Providence Admissions Office helped prepare him for a major portion of his position, recruiting student-athletes to the PC cross country/track and field program.

While a student at Providence from 1992 through 1995, Jackson competed for the Friar track and cross-country program, earning All-BIG EAST, All-New England and All-IC4A honors. He finished second at the New England Cross Country Championships to earn All-New England honors, was second in the indoor 3,000 meters to earn All-IC4A honors and he was second in the outdoor 5,000 at BIG EAST Championship to earn All-BIG EAST honors. He also won the 1,500 meters at the 1990 New Zealand Junior Championships.

Jackson was a member of the 1992 BIG EAST Conference Cross Country Championship team and was a member of the squad that finished third at the NCAA's. Jackson also was a member of two relay teams which established school records: the 4 x 1,500 which was set at the Penn Relays in 1993 and the Mile Relay which was set at a meet at UMass.

Jackson earned a master's degree in counseling from Providence College in May of 2002. He and his wife, Robyn, reside in Glocester with their 19-month-old son, Quinn.



*Nick Jackson earned All-BIG EAST, All-New England and All-IC4A honors during his cross country and track career at Providence College.*

## 2004-05 MEN'S OUTLOOK

### Cross Country

Under the direction of longtime Head Coach Ray Treacy, the men's cross country team will look to draw on the experience and leadership of a talented senior class for its 2004 campaign. Graduating only two student-athletes, the Friars will return the majority of last year's squad, which finished 24th overall at the NCAA Championship.

Prior to this trip to the NCAA's, which marked Providence's ninth consecutive appearance at the Championship and 26th in school history, the Friars ran to a second-place finish at the NCAA Northeast Regional Championship and finished fourth at the BIG EAST Championship.

Seniors Dylan Wykes (Kingston, Ontario), Patrick Moulton (Pelham, N.H.), and Patrick Guidera (Clonmel, Ireland) will lead the Friars in 2004. This trio combined for 11 top-10 performances in the 2003 season, and had top-three finishers in all but two meets.

Wykes, who earned All-New England and All-BIG EAST honors, was the Friars' top finisher in five of seven meets. Among these were second, third, and fourth place finishes at the New England Championships, NCAA Northeast Regional Championships, and the BIG EAST Championships, respectively. His 37th-place finish at the NCAA Championships marked his best performance at the NCAA's.

Moulton also had a strong junior year. He won the Boston College Select Meet and placed second at the Providence College Invitational. With an 86th-place finish at the NCAA Championship and four top-ten performances throughout the season, Moulton earned both All-New England and All-BIG EAST accolades.

Guidera, who spent last winter and spring seasons recovering from an injury he suffered at the 2003 NCAA Championship, will return to action in September. With a junior year highlighted by fourth-place finishes at the Providence College Invitational and the Boston College Select Meet, Coach Treacy will look for Guidera to return to one of Providence's top three spots in 2004.

Junior Joe Dionne (Oshawa, Ontario) had a strong sophomore season in which he was the fourth Friar finisher at the NCAA Championships. Dionne, who has competed in consecutive NCAA's, also was a 25th-place finisher at the NCAA Northeast Regional Championship and a 28th-place finisher at the BIG EAST Championships.

Senior Liam Reale (Hospital, Ireland) and junior Martin Fagan (Mullingar, Ireland) are expected to contribute to the team this season. Reale competed in the BIG EAST Championships last season, while Fagan was a 2002 participant in the NCAA Championships.

Ben Pollock (Westford, Mass.) will look to make the most out of his senior season. In 2003, Pollock was a 47th-place finisher at the BIG EAST Championships. He also recorded a 14th-place finish at the Providence College Invitational.

Sophomore Darren Brown (Spring, Texas) also will be one to watch, as his impressive debut left much anticipation for a successful 2004 season. His 13th-place finish at the Providence College Invitational helped the Friars to win their season-opening meet. Brown concluded his freshman

campaign by competing at the NCAA Championships.

Freshmen Ahmed Haji (West Hartford, Conn.) and Max Smith (Dunedin, New Zealand) are expected to make an immediate impact on the team. Haji holds the Connecticut state record in the two-mile run. Smith is a standout athlete who is among the top junior runners in New Zealand. He holds the New Zealand junior record in the mile (4:01.15).

The 2004 cross country team will have strong veteran leadership and a solid freshman class, which will translate into another successful campaign.

### Track & Field

The men's track and field squad will be one of the deepest in program history. There is plenty of optimism for the upcoming season as the Friars return most of their top runners and welcome some newcomers who will make an immediate impact.

After qualifying two runners for the NCAA's in 2004, this season's Providence College men's track and field team is looking to build on last season's success.

Graduate student Adam Sutton (Preston, England) and senior Dylan Wykes (Kingston, Ontario) advanced to the NCAA Indoor Championship in the 5,000 and 3,000 meters, respectively. Sutton finished eighth to earn All-America honors, while Wykes placed 15th.

The Friars return all the major contributors from last season's team in Wykes, sophomore Martin Fagan (Mullingar, Ireland), senior Liam Reale (Hospital, Ireland), senior Pat Moulton (Pelham, N.H.), junior Joe Dionne (Oshawa, Ontario), senior Pat Guidera (Clonmel, Ireland), senior Ben Pollock (Westfield, Mass.) and junior Richard Jones (Wellington, New Zealand).

In addition to Wykes' participation at the NCAA Indoor Track and Field Championship, he was a BIG EAST Indoor 3,000-meter indoor champion and advanced to the NCAA East Regional Outdoor Championship in the 5,000 meters.

Fagan also is coming off a strong season. He was PC's highest finisher at the NCAA Outdoor East Regionals in the 5,000 meters as he placed eighth and also ran to a third-place finish at the BIG EAST Outdoor Championship. During the indoor season, Fagan captured the mile at the New England Championship and finished second behind Wykes at the BIG EAST Championship.

Reale will be a key middle distance runner for the Friars in 2004-05. He was one of four runners to qualify for the NCAA Outdoor East Regionals as he ran the 1,500 meters. He also was a fourth-place finisher in the 1,500 meters at the BIG EAST Outdoor Championship. Reale also ran the 800 meters and the 1,000 meters.

Moulton enjoyed his most successful track season as he advanced to the NCAA East Regional Outdoor Championship in the 5,000 meters. He also was a fifth-place finisher at the IC4A Outdoor Championship in the 5,000 meters and took sixth-place at the BIG EAST Outdoor Championship.

Last season, Dionne was a New England 3,000-meter champion during the indoor track season. Dionne also competed in the BIG EAST Indoor

and Outdoor Championships.

After missing the indoor season because of injury, Guidera performed well during the outdoor season and will be a key part on the Friar squad in 2004-05. Guidera recorded a fourth-place finish at the BIG EAST Championship in the 10,000 meters and finished first in the 5,000 meters at the Brown Invitational.

Jones primarily ran the 800 meters last season and finished fourth at the BIG EAST Indoor Championship and the New England Championship. Jones along with Fagan, Reale and Wykes set a Providence College record in the distance medley relay at the Indoor IC4A's as the quartet record a time of 9:40.80.

Darren Brown (Spring, Texas) enjoyed a strong freshman season with the Friars. During the outdoor season, Brown ran the 3,000-meter steeplechase and qualified for the IC4A's, where he finished ninth. He also was an Indoor New England 1,000-meter champion.

Freshmen Max Smith (Dunedin, New Zealand) and Ahmed Haji (West Hartford, Conn.) are expected to make a strong impact. Smith is one of the top junior runners in New Zealand as he holds the junior record in the mile (4:01.15). Haji is one of the top runners in Connecticut and holds the state record in three events, including the two-mile run (8:58).

Additionally, freshmen James Lourenco (West Warwick, R.I.) and Matt Licari (Amityville, N.Y.) also are expected to make an impact at Providence. Lourenco is a 400-meter hurdle Rhode Island Champion, while Licari is a 1,500 and 800-meter runner.

The teams' depth should lead to strong showings at the BIG EAST and New England Championships.



Senior Dylan Wykes



## MEET THE ATHLETES



## Patrick Guidera

Senior • Clonmel, Ireland

**2003-04: Cross Country...** Placed 24th (31:03) at the NCAA Northeast Regional on 11/15...Finished 18th at the BIG EAST Championship (25:18) on 10/31...placed fourth at the Boston College Select Meet in 24:29 on 9/12...**Outdoor Track...** Placed fourth in the 10,000 meters at the BIG EAST Championship (31:04.84)...won the 5,000 meters (14:40.25) at the Brown Spring Invitational on 4/25...finished fourth in the 1,500 meters (4:01.20) at the UConn Invitational on 4/3.

**2002-03: Cross Country...** Finished 158th (31:40) as a member of the scoring team that finished 13th at the NCAA Cross Country Championship on 11/25...placed 20th (31:33) at the NCAA Regional Championship as the team finished second...ran a season-best time of 24:34 at the BIG EAST Championship, helping the team to a second place finish...best finish was at the University of New Hampshire Invitational (9/6) as he placed fourth (25:16)...**Indoor Track...** Finished 27th (8:37.23) in the 3,000 meters at the IC4A Championships on 3/9...placed third with a personal season-best time of 14:49.49 in the 5,000 meters at the New England Championship on 3/1...placed 16th in the mile (4:14.01) at the Fastrack Invitational on 2/15...finished sixth in a personal-best time of 8:26.05 in the 3,000 meters at a meet featuring Boston University and Boston College on 2/8...at the Terrier Classic on 1/25, he placed 15th (14:57.27) in the 5,000 meters...placed second (8:30.98) in the 3,000 meters at the Brown University Alden Invitational on 12/7... **Outdoor Track...** Was a qualifier in the 3,000 meter steeplechase at the NCAA East Regional Championship on 5/30...placed 20th (9:18.02) in the 3,000 meter steeplechase at the IC4A Championship on 5/17...finished 11th in both the 3,000 meter steeplechase (9:23.55) and 5,000 meters (14:45.08) at the BIG EAST Championship on 5/3-5/4...placed second at the Brown Invitational in the 1,500 meters in a time of 3:53.23 on 4/27...finished in 11th place (14:44.94) in the college division of the 5,000 meters at the Penn Relays on 4/24...ran season-best 3,000 meter steeplechase at the Brown Invitational in an NCAA Regional-qualifying time of 9:07.85, which was good for second place in the event.

**2001-02: Cross Country...** Finished 128th (31:15) as a member of the scoring team that finished 10th at the NCAA Cross Country Championship on 11/19...placed 22nd (30:51) and was a scoring member of the team that won the NCAA Northeast Regional...finished 29th (25:35) at the New England Championships on 10/12...placed 81st (25:13) at the Roy Griak Invitational on 9/29...finished the Boston College Invitational in a time of 25:23 for 10th place on 9/18...placed 15th (8:38.33) in the 3,000 meters at the BIG EAST Championship...**Indoor Track...** Ran a personal best time of 8:28.04 (14th) in the 3,000 meters at the St. Valentine Invitational on 2/9...placed third (8:39.4) in the 3,000 meters at the Boston University Open on 12/1...**Outdoor Track...** Completed the 3,000 meter steeplechase in a



time of 9:10.67 at the IC4A Championship on 5/19...finished eighth (9:12.24) in the 3,000 meter steeplechase at the BIG EAST Outdoor Track and Field Championship on 5/5...ran a personal best time of 9:06.67 (seventh) at the Penn Relays on 4/27...ran a personal best time of 14:38.57 (third) in the 5,000 meters at the Brown Invitational on 4/13...won the 3,000 meter steeplechase (9:25.49) at the UConn Invitational...member of the 4 x 1,500 meter relay team that finished second (15:44.05) at the Raleigh Relays on 3/31.

### Personal Records

3,000 meters -	8:26.05
5,000 meters -	14:38.57
Steeplechase -	9:06.67

## MEET THE ATHLETES



# Patrick Moulton

Senior • Pelham, N.H.

**2003-04: Cross Country...** Earned All-New England and All-BIG EAST honors... Finished 86th (30:58) at the NCAA Championship on 11/24...placed third (24:03) at the New England Championships on 10/10...finished 31st at the Roy Griak Invitational (24:52) on 9/27...captured the Boston College Select Meet (24:19) on 9/12...finished second (24:53) at the Providence College Invitational on 9/5... **Indoor Track...** finished fifth in the 5,000 meters (14:45.96) at the BIG EAST Championship on 2/22...placed second in the 5,000 meters at the 2/28 New England Championship (14:25.44)...finished fifth in the 3,000 meters (8:21.97) at the Terrier Cup on 1/17... **Outdoor Track...** Placed 11th in the 5,000 meters at the NCAA East Regional Championship on 5/29 in a time of 14:37.17...finished sixth (14:48.98) at the BIG EAST Championship on 5/2...Qualified for the regionals with a seventh-place finish (14:14.57) in the 5,000 meters at IC4A's on 5/16...finished second (29:31.25) in the 10,000 meters at the Mount Sac Relays...took first-place in the 5,000 meters at the 4/10 Brown Invitational (14:18.87).

**2002-03: Cross Country...** Finished 154th (31:36) as the team finished 13th at the NCAA Championship on 11/25...finished 12th (31:15) at the NCAA Regional Championships and ninth in a season-best time of 24:06 at the BIG EAST Championships...placed fourth at the New England Championships in a time of 24:10 on 10/11...finished 38th in a time of 25:01 at the Roy Griak Invitational on 9/28...placed third (25:06) at the University of New Hampshire Invitational... **Indoor Track...** Finished second in the 5,000 meters in a time of 14:47.12 at the New England Championship on 3/1...finished ninth in a personal-best time of 14:26.00 in the 5,000 meters at the Terrier Classic on 1/25...won the 3,000 meters at the Yale Invitational on 1/11 in a time of 8:37.17...**Outdoor Track...** finished 10th (14:44.56) in the 5,000 meters at the IC4A Championship...placed fourth at the BIG EAST Championship in the 10,000 meters in a time of 30:48.91...finished 25th in a personal-best time of 14:21.00 in the championship division of the 5,000 meters at the Penn Relays on 4/24...placed second (14:31.18) in the 5,000 meters at the Brown Invitational...finished fourth (30:28.97) in the 10,000 meters at the Raleigh Relays.

**2001-02: Cross Country...** Placed 179th (31:50) at the NCAA Championship on 11/19...finished 12th (30:27) and was a scoring member of the squad that earned the NCAA Northeast Regional Championship title on 11/10...finished 12th (25:07) at the BIG EAST Championship on 10/26, and helped the Friars to a third-place team finish...placed fifth (24:47) at the New England Championships, helping the Friars to a first-place team finish on 10/12...placed 141st (25:40) at the Roy Griak Invitational on 9/29...finished fourth at the Boston College Invitational on 9/18 in a time of 24:52...finished 10th (25:46) at the University of New Hampshire Invitational on 9/7... **Indoor Track...** finished 13th (14:41.86) in the 5,000 meters at the IC4A Championship on 3/3...placed 12th (14:46.07) in the 5,000 meters at the BIG EAST Championship on 2/17...finished 17th (14:37.17)

### Personal Records

3,000 meters -	8:21.97
5,000 meters -	14:14.57
10,000 meters -	29:31.25



in the 5,000 meters at the Terrier Classic on 1/26...ran a personal best time of 8:26.05 and took a third-place finish in the 3,000 meters at the Challenge Cup on 1/18...placed second (8:35.52) in the 3,000 meters at the Yale University Track Classic on 1/12...**Outdoor Track...** finished 11th (31:30.67) in the 10,000 meters at the IC4A Championship on 5/19...ran a personal best time of 31:03.57 (seventh) in the 10,000 meters at the BIG EAST Championship on 5/5...ran a time of 14:33.30 (eighth) in the 5,000 meters at the Penn Relays on 4/27...finished second (14:34.71) in the 5,000 meters at the Brown Invitational on 4/13...ran the 5,000 meters at the UConn Invitational and finished third (14:43.13) on 4/6...placed 22nd (14:51.21) in the 5,000 meters at the Raleigh Relays on 3/31.



## MEET THE ATHLETES



# Liam Reale

Senior • Hospital, Ireland

### Personal Records

800 meters -	1:48.40
1,000 meters -	2:26.58
1,500 meters -	3:42.33

**2003-04: Indoor Track...** Earned All-BIG EAST honors (1,000 meters) and All-IC4A honors (DMR)... placed third in the 800 meters (1:49.81) at the New England Championship on 2/28...captured the mile at the 2/14 FasTrack Invitational in a time of 4:04.44...won the 800 meters at the Terrier Cup on 1/17 (1:50.39)... **Outdoor Track...** Finished fourth in the 1,500 meters at the BIG EAST Championship in a time of 3:50.32...captured the 800 meters at the 4/10 Brown Invitational in a time of 1:50.43...member of the 4 x 1,500 meters team that placed first (15:26.67) at the Raleigh Relays on 3/27.

**2002-03: Indoor Track...** Placed third in the 800 meters (1:52.73) at the BIG EAST Championship on 2/23...finished second (4:04.92) in the mile at the Fastrack Invitational on 2/15...placed first in the 800 meters in a meet versus Boston College and Boston University (1:51.88) on 2/8...member of the sixth place-finishing (9:52.96) distance medley relay team at the Adidas Invitational on 2/1...won the mile at the Terrier Classic (4:04.96) on 1/25, the 800 meters at the Yale Invitational (1:54.56) on 1/11 and the 1,000 meters at the Brown University Alden Invitational (2:28.30) on 12/7... **Outdoor Track...** Qualified for the NCAA East Regional Championship in the 1,500 meters...placed third (3:46.77) in the 1,500 meters at the Princeton Invitational on 5/10...finished second (3:50.39) in the 1,500 meters at the BIG EAST Championship and was a member of the seventh place-finishing (7:35.65) 4 X 800 meter relay team...member of the fifth place-finishing (9:51.74) distance medley team at the Penn Relays on 4/25...placed first in a personal-best time of 1:49.89 in the 800 meters at the Brown Invitational.

**2001-02: Cross Country...** Placed 18th (25:12) at the New England Championships on 10/12, helping the Friars to a first-place team finish ... finished 194th (25:57) at the Roy Griak Invitational on 9/29 in a field of 311 runners... **Indoor Track...** Finished seventh (4:12.44) in the mile at the BIG EAST Championship on 2/17...ran a personal best time of 2:26.58 to win the 1,000 meters at the St. Valentine Invitational on 2/9...ran a time of 4:11.7 to win the mile at the Boston University Open on 12/1... **Outdoor Track...** Finished fourth (3:48.78) in the 1,500 meters at the IC4A Championship on 5/19...finished eighth (3:48.59) in the 1,500 meters at the BIG EAST Championship on 5/5...member of the 4 X mile relay team that finished tenth (16:46.19) at the Penn Relays on 4/27...ran a time of 3:47.62 and finished seventh in the 1,500 meters at the Mt. Sac Relays on 4/20...ran a time of 1:53.15 to win the 800 meters at the Brown Invitational on 4/13...member of the 4 X 1,500 meter relay team that finished second (15:44.05) at the Raleigh Relays on 3/31.



## MEET THE ATHLETES



# Dylan Wykes

Senior • Kingston, Ontario

### Personal Records

Mile -	4:01.15
1,500 meters -	3:47.35
3,000 meters -	7:58.70
5,000 meters -	14:00.14

**2003-04: Cross Country...** Earned All-New England and All-BIG EAST Honors...was the top Friar finisher at the NCAA Championship, finishing 37th in a time of 30:22...placed third (30:00) at the NCAA Northeast Regional Championship on 11/15...finished fourth (24.44) at the BIG EAST Championship on 10/31...ran a personal best, 24:00, and placed second at the New England Championship on 10/10... **Indoor Track...** Earned All-BIG EAST honors...BIG EAST Champion in the 3,000 meters (8:15.17)...captured the mile (4:01.15) at the Boston University Five-Way Meet on 2/7...won the 3,000 meters at the Terrier Classic on 1/31 in a time of 7:58.70... **Outdoor Track...** Earned All-BIG EAST honors (1,500 meters)...finished third in the 1,500 meters (3:50.24) at the BIG EAST Championship...member of the 4 x 1,500 team that placed fifth at the Penn Relays on 4/24...ran a personal best time of 14:00.14 in the 5,000 meters at the Mount Sac Relays on 4/16...captured the 1,500 meters (3:49.00) at the Brown Invitational on 4/10...member of the 4 x 1,500 quartet that placed first in the Raleigh Relays on 3/27.

**2002-03: Cross Country...** Placed 109th (31:11) at the NCAA Cross Country Championship on 11/25, helping the Friars to a 13th-place finish...finished 15th (31:21) at the NCAA Regional Championship on 11/16...placed sixth (24:01) at the BIG EAST Championship on 11/1...finished 17th (24:48) at the New England Championship on 10/11...placed ninth (25:35) at the Dartmouth Invitational on 9/14... **Indoor Track...** Finished sixth in the 3,000 meters at the IC4A Championship (8:15.23) on 3/9...placed third in the mile in a personal best time of 4:08.89 at the New England Championship on 3/1...led the Friars, finishing fifth (8:23.53) in the 3,000 meters at the BIG EAST Championship, while also being a member of the fifth place-finishing (10:07.22) distance medley relay team on 2/23...member of the sixth place-finishing (9:52.96) distance medley relay team at the Adidas Invitational on 2/1...placed fifth in the 3,000 meters in a personal-best time of 8:07.80 at the Terrier Classic on 1/25... **Outdoor Track...** Member of the 4 X 800 meter team who finished seventh (7:35.65) at the BIG EAST Championship on 5/4.

**2001-02: Cross Country...** Placed 219th (32:38) at the NCAA Championship in Greenville, S.C. on 11/19...placed 17th (30:37) at the NCAA Northeast Regional Championship on 11/10...finished 13th (25:13) at the BIG EAST Championship on 10/26...placed sixth (24:52) at the New England Championships on 10/12, and helped the Friars earn a first-place team finish...placed 143rd (25:41) at the Roy Griak Invitational on 9/29 in a field of 311 runners... **Indoor Track...** Ran a time of 8:15.91 and finished fourth in the 3,000 meters at the IC4A Championship on 3/3...finished 7th (8:17.58) in the 3,000 meters and was a member of the distance medley relay team that finished third (10:03.10) at the BIG EAST Championship on 2/17...ran a time of 4:09.83 and finished fifth in the mile at the St. Valentine Invitational on 2/9...finished sixth (8:17.69) in the 3,000 meters at the Terrier Classic on 1/26...finished second (4:12.83) in the mile and was a member of the distance medley relay team that finished first (10:07.00) at the Challenge Cup on 1/18...won the 3,000 meters in a time of 8:27.68 at



the Yale University Track Classic on 1/12...ran a personal best time of 3:47.35 in the 1,500 meters and finished fifth at the BIG EAST Championship on 5/5...a member of the 4 x mile relay team that finished 10th (16:46.19) at the Penn Relays on 4/27...completed the 5,000 meters at the Mt. Sac Relays in a personal best time of 14:41.85...won the 1,500 meters in a time of 3:48.68 at the Brown Invitational on 4/13... **Outdoor Track...** Completed the 3,000 meter steeplechase in a time of 9:10.67 at the IC4A Championship on 5/19...finished eighth (9:12.24) in the 3,000 meter steeplechase at the BIG EAST Outdoor Track and Field Championship on 5/5...ran a personal best time of 9:06.67 (seventh) at the Penn Relays on 4/27...ran a personal best time of 14:38.57 (third) in the 5,000 meters at the Brown Invitational on 4/13...won the 3,000 meter steeplechase (9:25.49) at the UConn Invitational...member of the 4 x 1,500 meter relay team that finished second (15:44.05) at the Raleigh Relays on 3/31.



## MEET THE ATHLETES



## Ben Pollock

Senior • Westford, Mass.

**2003-04: Cross Country...**Placed 47th (26:39) at the BIG EAST Championships on 10/31...placed 14th (26:29) at the Providence College Invitational on 9/5...**Indoor Track...**first place finisher (8:43.49) in the 3,000 meters at the Yale Invitational on 1/10...finished seventh (8:24.88) in the 3,000 meters at the New England Championships on 2/28...**Outdoor Track...**Seventh-place finisher in the 10,000 meters (31:43.04) at the BIG EAST Championship.

**2002-03: Cross Country...**Finished 64th (26:09) at the BIG EAST Championship on 11/1...**Indoor Track...**Ran the 3,000 meters at the Brown University Alden Invitational on 12/7 and finished fourth...placed 12th at the New England Championships in the 3,000 meters on 3/1...**Outdoor Track...**ran the 5,000 meters at the Raleigh Relays on 3/29.

**2001-02: Cross Country...**Competed at the University of New Hampshire Invitational and New England Championships...**Indoor Track...**ran the mile, 1,000 meters, and 3,000 meters...**Outdoor Track...**competed in the 1,500 meters and 800 meters.

Personal Records	
3,000 meters -	8:24.88
5,000 meters -	14:49.00
5,000 meters -	31:13.78



## Joe Dionne

Junior • Oshawa, Ontario

**2003-04: Cross Country...** Finished 158th (31:41) at the NCAA Championship on 11/24... placed 25th at the NCAA Northeast Regional on 11/15, helping PC to a second place finish...ran to a 28th-place finish (25:57) at the BIG EAST Championships on 10/31...placed 16th (25.01) at the New England Championships on 10/10... finished sixth in a time of 24:45 at the Boston College Select Meet on 9/12... **Indoor Track...** Captured the New England Indoor 3,000-meter championship (8:14.29) on 2/28...placed fourth in the 3,000 meters in a time of 8:20.61 at the Terrier Cup on 1/17... **Outdoor Track...** Finished sixth in the 10,000 meters (31:41.38) at the BIG EAST Championship on 5/2...placed second in the 5,000 meters (14:44.55) at the the Brown Spring Invitational on 4/25...captured the 5,000 meters at the UConn Invitational on 4/3.

**2002-03: Cross Country...** Placed 236th (33:13) at the NCAA Championship on 11/25, helping the Friars to a 13th place finish...finished 60th (32:34) at the NCAA Regional Championship on 11/16...placed 31st (25:11) at the BIG EAST Championship...finished 25th (24:55) at the New England Championship on 10/11...placed 100th (25:35) at the Roy Griak Invitational on 9/28...finished seventh (25:36) at the University of New Hampshire Invitational on 9/6... **Outdoor Track...** Placed seventh (15:00.82) in the 5,000 meters at the Brown Invitational on 4/12...won the 5,000 meters (15:13.06) at the Brown Invitational on 4/27.

Personal Records	
3,000 meters -	8:14.29
5,000 meters -	14:35.34



## MEET THE ATHLETES



# Martin Fagan

Junior • Mullingar, Ireland

**2003-04: Indoor Track...** Earned All-BIG EAST honors (3,000 meters) and All-IC4A honors (DMR)... Member of the first place-finishing distance medley relay team at the IC4A Championship on 3/7...captured the mile (4:07.02) at the New England Championship on 2/28...placed second in the 3,000 meters (8:18.07) at the BIG EAST Championship...finished second in the mile (4:06.21) at the Boston University Five-Way Meet on 2/7...ran to a first place finish in the mile (4:08.61) at the Terrier Cup on 1/17...member of the distance medley relay team that finished first at the Yale Invitational on 1/10... **Outdoor Track...** Earned All-NCAA East Region and All-BIG EAST (5,000 meters) honors...placed eighth in the 5,000 meters (14:27.28) at the NCAA East Regional Championship on 5/29...finished third in the 5,000 meters (14:24.15) at the BIG EAST Championship on 5/2...member of the fifth place-finishing 4 x mile relay team at the Penn Relays on 4/24...ran a personal best time of 14:09.35 in the 5,000 meters at the Mt. Sac Relays on 4/17...placed second in the 1,500 meters (3:50.49) at the Brown Invitational on 4/10...member of the 4 x 1,500 meters team that finished first at the Raleigh Relays on 3/27.

**2002-03: Cross Country...** Placed 241st (33:26) at the NCAA Cross Country Championship on 11/25...placed 30th (25:08) at the BIG EAST Championship...finished first in the junior varsity division (25:21) at the New England Championship on 10/11...placed 15th (25:55) at the Dartmouth Invitational on 9/14... **Indoor Track...** Finished fifth (8:27.30) in the 3,000 meters at the New England Championship on 3/1...placed eighth (8:28.24) in the 3,000 meters and was a member of the fifth place-finishing (10:07.22) distance medley team at the BIG EAST Championship...won the 3,000 meters in a time of 8:20.70 at Brown University on 2/8...finished 21st (8:36.56) in the 3,000 meters at the Terrier Classic on 1/25...placed sixth (4:23.37) in the mile at the Brown University Alden Invitational...member of the 4X800 meter team at the BIG EAST Championship that finished seventh (7:35.46) on 5/4...won the 1,500 meters at the Brown Invitational on 4/27 in a time of 3:52.42...member of the fifth place-finishing (9:51.74) distance medley team at the Penn Relays on 4/25...placed sixth (14:59.02) in the 5,000 meters at the Brown Invitational on 4/12.

### Personal Records

1,500 meters -	3:50.49
3,000 meters -	8:11.67
5,000 meters -	14:09.35





## MEET THE ATHLETES



## Richard Jones

Junior • Wellington, New Zealand

**2003-04: Indoor Track...** Member of the relay team that captured the distance medley (9:45.57) at the IC4A Championship on 3/7...placed fourth in the 800 meters (1:49.82) at the New England Championship on 2/28...member of the 4 x 800 meter relay team that finished seventh (7:45.59) at the BIG EAST Championship...placed second in the 800 meters (1:52.75) at the Boston University Five-Way Meet on 2/7...finished third in the 500 meters (1:06.18) at the Terrier Cup on 1/17... **Outdoor Track...** placed third in the 800 meters (1:52.15) at the Brown Invitational on 4/10...ran to a second place finish in the 400 meters (49.91) at the UConn Invitational on 4/3.

**2002-03: Indoor Track...** Member of the fifth place-finishing (10:07.22) distance medley team at the BIG EAST Championship on 2/23...led the Friars, placing third (1:06.74) in the 500 meters at Boston University on 2/8... **Outdoor Track...** qualified for the IC4A Championship in Princeton, N.J....placed second in the 800 meters in a personal-best time of 1:50.45 at the Princeton Invitational on 5/10...member of the 4 x 800 relay team that finished seventh (7:35.65) at the BIG EAST Championship on 5/4...finished second (1:52.55) in the 800 meters at the Brown Invitational on 4/27...member of the fifth-place (9:51.74) distance medley relay team at the Penn Relays on 4/25...placed third (1:53.98) in the 80 meters at the Brown Invitational on 4/12.

Personal Records	
800 meters -	1:49.82

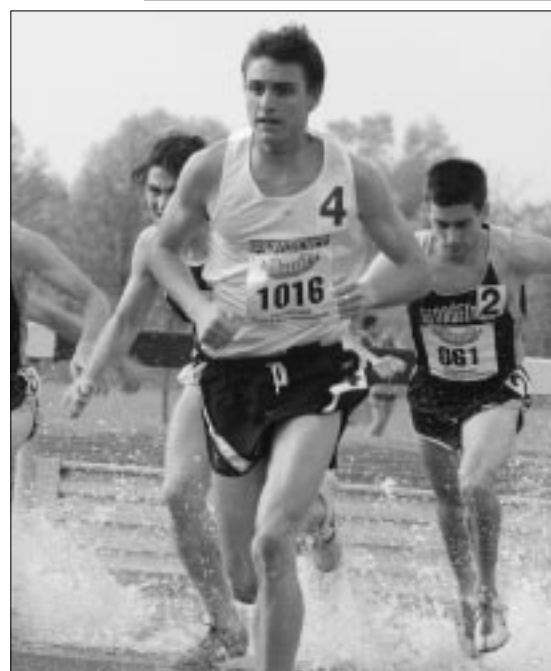


## Darren Brown

Sophomore • Spring, Texas

**2003-04: Cross Country...** Placed 203rd (33:02) at the NCAA Championship on 11/24...finished 36th (26:24) at the BIG EAST Championship on 10/31...ran a season-best time of 25:36 at the Boston College Select Meet on 9/12... placed 13th at the Providence College Invitational on 9/5... **Indoor Track...** Placed third in the mile (4:12.52) at the IC4A Championship on 3/7...captured the 1,000 meters (2:26.89) at the New England Championship on 2/28...placed sixth in the mile (4:10.97) at the BIG EAST Championship...ran to a second place finish in the 1,000 meters (2:28.82) at the Terrier Cup on 1/17...finished first in the mile (4:20.08) at the Yale Invitational on 1/10... **Outdoor Track...** Placed ninth in the 3,000 steeple (9:09.39) at the IC4A Championship on 5/16...finished third in the 3,000 steeple (9:13.99) at the BIG EAST Championship on 5/2...member of the 4 x mile team that placed fifth (16:30.19) at the Penn Relays on 4/24...captured the 3,000 steeple (9:32.44) at the UConn Invitational on 4/3...member of the 4 x 1,500 meters team that ran to a first place finish (15:26.67) at the Raleigh Relays on 3/27.

Personal Records	
1,000 meters -	2:26.89
1,500 meters -	3:54.16
Steeplechase -	9:09.39



## MEET THE ATHLETES



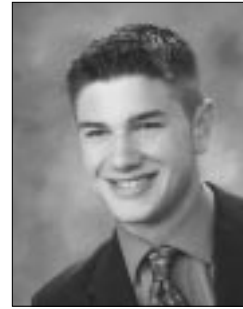
# Ahmed Haji

Freshman • West Hartford, Conn.

Ran and lettered in cross country, indoor and outdoor track at Conard High School in West Hartford, Conn...set Connecticut state record in the 2-mile run (8:58.21) and 5K (14:34.17)...recognized with All-State, All-New England, and All-Conference honors...was a New England Cross Country champion...captained cross country and track teams.

### Personal Records

2 mile	8:58.21
5,000 meters	14:34.17



# James Lourenco

Freshman • West Warwick, R.I.

Ran cross country and track at Bishop Hendricken High School in Warwick, Rhode Island...captained the indoor and outdoor track teams in 2003-04 season to their 10th and fourth consecutive state championships, respectively...named First Team All-State in the 300m intermediate hurdles as a senior...part of the state record-setting First Team All-State 4x400m relay team as a senior...finished second in the 600m, fourth in the 300m intermediate hurdles, and 12th in the 400m events at the New England Championships...received the "Outstanding Senior in Track and Field" Award.

### Personal Records

400 meters	48.63
600 meters	1:23.24
300 meter hurdles	39.15

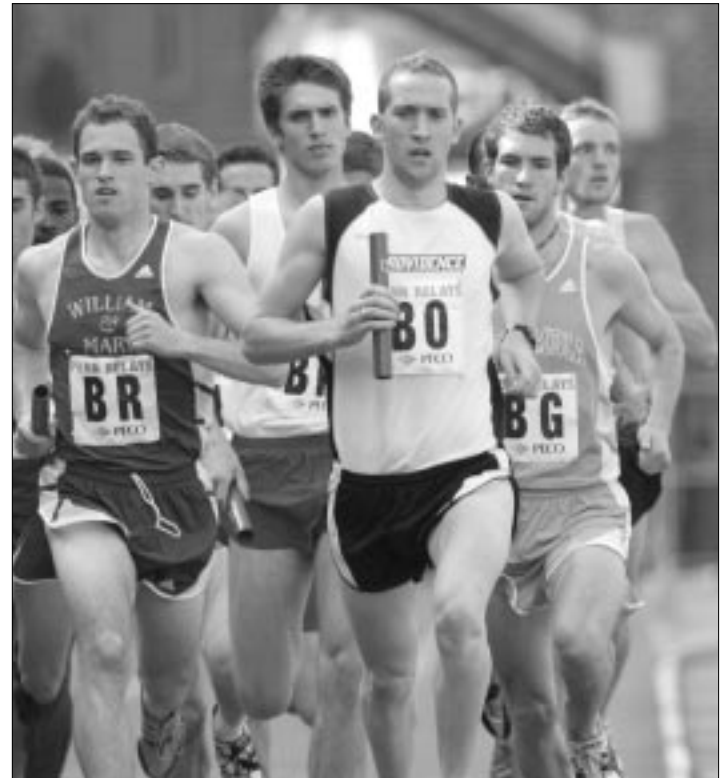
# Max Smith

Freshman • Dunedin, New Zealand

Expected to make an immediate impact for the Friars...regarded as one of the top junior runners in New Zealand...holds one of the top junior miles in the world (4:01.15)...his 4:01.15 mile is the fastest ever run by a junior in New Zealand...has won numerous titles in New Zealand.

### Personal Records

1,500 meters -	3:44.27
Mile -	4:01.15



Senior Liam Reale



## 2004-05 WOMEN'S OUTLOOK

## Cross Country

The Providence College team entered the 2003 NCAA Championships ranked eighth in the nation, but surprised many when the Friars finished third. Last season's success has brought excitement this season as Providence will be aiming for its second national title.

Senior All-American Kim Smith (Auckland, New Zealand) finished second overall at the NCAA's last season, but is poised to capture the individual title in 2004. The 2003 NCAA Cross Country Championship was the only NCAA race she did not capture as she won three NCAA Track titles. Smith won five of the seven events last season and recorded two second-place finishes. Among her five victories, included the Roy Griak Invitational, the BIG EAST Championship and the Northeast Regional Championship. She is one of the top runners ever to compete at PC.

Classmate Mary Cullen (Sligo, Ireland) also had a stellar season in 2003. She placed fifth overall to earn All-America honors for the second consecutive season. The Friars were the only team to have two runners finish in the top five at the NCAA's. Cullen captured the Boston College Select Meet and had four second-place finishes. Cullen was injured at the end of the indoor season and is expected to be fully recovered for the cross country season.

Deirdre Byrne (Wicklow, Ireland), also a senior, enjoyed her best season at Providence in 2003. She competed in her third consecutive NCAA Championship and finished in a personal-best 41st-place.



Senior All-Americans Kim Smith and Mary Cullen.

Junior Fiona Crombie (Christchurch, New Zealand) competed in her first cross country season and she was impressive. She was a 53rd-place finisher at the NCAA Championships, an eighth-place finisher at the NCAA Northeast Regional Championships and finished 21st at the BIG EAST Championships.

Classmate Jane Nalder (Wellington, New Zealand) will be running in her first cross country season at Providence. She joined the Friar squad in January and earned All-BIG EAST honors as she finished second in the 3,000-meter steeplechase during the outdoor track season.

Senior Katie Twarog (Albany, N.Y.) made a strong impact on the team last season. She competed at the NCAA's for the first time in her career and is expected to continue to improve. She finished 47th at the NCAA Northeast Regional and 54th at the BIG EAST Championships.

Senior Roisin Quinn (Waterford, Ireland) and junior Ashley Jensen (Lincoln, R.I.) will add depth to the team. Quinn brings experience to the team as she competed at the 2002 NCAA's. Last season, she competed in five events, including the BIG EAST Championship and the Roy Griak Invitational. Jensen competed in all seven meets last season, including her first NCAA Championship.

Michelle Childs (Cameron, Ontario), Mary Nelle Trefz (Iowa City, Iowa), Katherine Breaux (South Windsor, Conn.), Alexis Glenn (Downington, Pa.) and Ashley Hughes (Phoenix, N.Y.) also are expected to make an immediate impact for the Friars.

Head Coach Ray Treacy's squad will be strong and if the team stays healthy, it will be a strong national title contender.

## Track & Field

The Providence College track and field team is coming off one of the most successful seasons in school history in 2003-04. Much of the success is attributed to the stellar running of Kim Smith (Auckland, New Zealand). However, with Smith's eligibility ending after the cross country season and senior Mary Cullen's planned red shirt of the indoor track season, the young squad will look to Fiona Crombie (Christchurch, New Zealand) and senior Deirdre Byrne (Wicklow, New Zealand) to lead the way.

During the 2003-04 indoor season, Smith led the Friars to a ninth-place finish at the NCAA's as she won the 5,000 and 3,000 meters in NCAA record time. Smith also was an NCAA champion in the 5,000 meters during the outdoor season as she led PC to a 22nd-place finish at the NCAA's.

During the 2004 outdoor season, Byrne and

Crombie qualified for the NCAA East Regional in the 1,500 meters. Byrne, who ran with the distance medley relay team at the 2003 Indoor NCAA's, also was a second-place finisher in the 800 meters at the 2004 ECAC Indoor Championship.

Crombie has competed in the NCAA's for two consecutive seasons. In 2003, she ran the first leg of the distance medley at the NCAA Indoor Championship. She also competed in the mile at the 2004 Indoor NCAA's.

Jane Nalder, a junior from Wellington, New Zealand, is expected to continue her strong running after a solid track season in 2004. She joined the Friars in January 2004 and made an immediate impact. During the indoor season, she finished fifth in the mile at the BIG EAST Championships. The 3,000-meter steeplechase was Nalder's main event during the outdoor season. She finished second at the BIG EAST Championship, fourth at the ECAC Championships and was one of six PC athletes to qualify for the NCAA East Regionals, where she placed 10th.

Senior Katie Twarog (Albany, N.Y.) is a long distance runner, who ran the 3,000 meters at the BIG EAST Championships and the ECAC Championships during the indoor season. In the outdoor season, Twarog finished fourth in the 10,000 meters at the BIG EAST Championship. She also ran the 3,000 meters at the Penn Relays and the 5,000 meters at the ECAC's.

Cullen will look to guide the Friars to the NCAA's during the 2005 outdoor season. Cullen was enjoying another strong indoor season in 2004 as she qualified for the NCAA's in the mile and the 3,000 meters, but she did not compete at the NCAA's because of an injury. Cullen also rested during the outdoor season and is expected to be in good form for the upcoming outdoor season. Prior to sustaining her injury, Cullen ranked eighth in 3,000 meters (9:14.58) and seventh in the mile (4:38.17) on the U.S. Collegiate Indoor list.

Rounding the list of veterans is senior Roisin Quinn (Waterford, Ireland) and graduate Lisa Cappello. Quinn ran primarily short distance races last season and will be looked for continued improvement for the upcoming season. Cappello will run during the outdoor season. In 2004, she qualified for the NCAA East Regionals in the 5,000 meters.

Freshmen Michelle Childs (Cameron, Ontario) and Mary Nelle Trefz (Iowa City, Iowa) will make an immediate impact at the BIG EAST and ECAC level. Childs was an Ontario 3,000-meter indoor champion and a Provincial 3,000-meter outdoor champion in 2003. Nelle Trefz is a five-time track Iowa state champion.

## MEET THE ATHLETES



# Deirdre Byrne

Senior • Wicklow, Ireland

### Personal Records

800 meters -	2:06.00
1,000 meters -	2:54.55
1,500 meters -	4:16.21
3,000 meters -	9:50.04

**2003-04: Cross Country...** Placed 41st (20:55) at the NCAA Championship on 11/24...finished 15th (21:43) at the NCAA Northeast Regional Championship on 11/15...placed 25th (22:00) at the BIG EAST Championship on 10/31...ran to a 19th place finish (21:25) at the Penn State Invitational on 10/18...placed sixth (17:49) at the Boston College Select Meet on 9/12...finished the Providence College Invitational in a time of 17:25, good for third place... **Indoor Track...** Earned All BIG EAST (4 x 800 meters) honors and All-ECAC (800 meters) honors...placed second in the 800 meters (2:09.31) at the ECAC Championship...finished third in the 800 meters (2:12.45) and was a member of the 4 x 800 meters relay team that ran to a first place finish (8:53.95) at the BIG EAST Championship on 2/22...captured the 800 meters (2:10.46) at the Boston University Three-Way Meet on 2/10...placed first in the 1,000 meters (2:59.82) at the URI Invitational on 1/9... **Outdoor Track...** Earned All NCAA East Region honors...placed sixth in the 1,500 meters (4:22.56) at the NCAA East Regional Championship on 5/29...member of the 4 x 800 meters team that ran to a fifth place finish (8:58.20) at the BIG EAST Championship...member of the 4 x 1,500 meters team that placed second (17:34.06) at the Penn Relays on 4/22...finished second in the 800 meters (2:11.27) at the Brown Invitational on 4/10...placed fifth in the 800 meters (2:10.81) at the Raleigh Relays on 3/27...

**2002-03: Cross Country...** Finished 71st (21:01) at the NCAA Cross Country Championship on 11/25, helping the Friars to a sixth place overall finish...placed 23rd (21:49) at the NCAA Regional Championship on 11/16...finished 33rd (22:04) at the BIG EAST Championship on 11/1...helped the Friars to a first place finish at the Penn State National Meet on 10/12 by finishing 15th (21:58)...placed 31st (21:59) at the Roy Griak Invitational on 9/28...finished 11th (19:54) at the Dartmouth Invitational on 9/14...placed seventh (20:24) at the University of New Hampshire Invitational on 9/6... **Indoor Track...** Member of the distance medley relay team that finished 13th (11:39.44) at the NCAA Championship on 3/15...member of the distance medley relay team that won the ECAC Championship in a time of 11:13.92 on 3/9...placed fifth (2:13.22) in the 800 meters and was a member of the third place-finishing (8:55.69) 4 x 800 meter relay team at the BIG EAST Championship...ran a personal-best time of 2:06.00 in the 800 meters at Boston University, good for second place...finished third (4:40.47) in the mile at the Terrier Classic on 1/25...member of the distance medley relay team that won the Yale Invitational in a time of 11:46.14 on 1/11...placed second (5:03.97) in the mile and was a member of the first place-finishing (3:56.88) 4 x 400 meter relay team at the Boston University Open on 12/6.

**2001-02: Cross Country...** Placed 114th (22:16) at the NCAA Championship on 11/19...finished 27th (21:36) at the NCAA Northeast Regional on 11/10...finished 19th (21:27) at BIG EAST Championship on 10/26...placed 35th (21:52.2) at Roy Griak Invitational on 9/29...finished 11th



(18:11.4) in her first collegiate meet at the Boston College Invitational on 9/18... **Indoor Track...** Member of the distance medley relay team that finished fourth (11:29.60) at the ECAC Championship on 3/3...member of the distance medley relay team that finished second (11:32.90) at the BIG EAST Championship on 2/17...ran a time of 2:14.41 and finished second in the 800 meters at Boston University on 2/5...ran a personal best time of 2:54.55 to win the 1,000 meters at the Terrier Classic on 1/26...placed second (2:17.73) in the 800 meters at the Women's Challenge Cup on 1/19...finished first (2:15.33) in the 800 meters at the University of Rhode Island on 1/12...won the 1,000 meters at the Boston University Open on 12/1 in a time of 2:54.60.



## MEET THE ATHLETES



# Mary Cullen

Senior • Sligo, Ireland

### Personal Records

Mile -	4:38.17
1,500 meters -	4:25.91
3,000 meters -	9:09.13
5,000 meters -	15:56.96

All-American • Cross Country - 2002, 2003  
 All-American • 5,000 meters (Outdoor) - 2003  
 NCAA 3,000 Meter Qualifier (Indoor) - 2003  
 NCAA 5,000 Meter Qualifier (Outdoor) - 2003  
 NCAA Mile Qualifier (Indoor) - 2004  
 NCAA 3,000 Meter Qualifier (Indoor) - 2004

**2003-04: Cross Country...** Earned All-America and All-BIG EAST honors... placed fifth at the NCAA Championship (19:53)... had four second-place finishes and one first-place finish...captured the Boston College Select Meet on 9/12 in a time of 17:01...finished second at the NCAA Northeast Regional Championship (20:31), the BIG EAST Championship (20:37), the Penn State Invitational (20:24) on 10/18, and the Providence College Invitational on 9/5 (17:06)... **Indoor Track...** Ran to a second place finish in the mile (4:38.17) at the Boston University Three-Way Meet on 2/10...placed third in the 3,000 meters (9:14.58) at the Terrier Classic on 1/31... captured the mile (4:48.81) at the Women's Challenge Cup on 1/17...ran to a first place finish in the mile (4:49.18) and was a member of the first place finishing distance medley relay team at the URI Invitational on 1/9.

**2002-03: Cross Country...** Finished 28th (20:26) at the NCAA Cross Country Championship on 11/25, leading the Friars to a sixth place overall finish and earning All-America honors...placed fourth (20:57) at the NCAA Regional Championship on 11/16...finished sixth (20:40) at the BIG EAST Championship on 11/1...led the Friars to a first place finish at the Penn State National Meet on 10/12 by finishing third (21:00)...placed seventh (21:21) at the Roy Griak Invitational...finished fourth (19:23) at the Dartmouth Invitational...placed second (19:39) at the University of New Hampshire Invitational on 9/6... **Indoor Track...** Finished 11th (9:26.16) at the NCAA Championship on 3/15, helping the Friars to a 32nd place finish...member of the distance medley relay team that won the ECAC Championship in a time of 11:13.92 on 3/9...placed third (9:30.64) in the 3,000 meters and was a member of the fourth place-finishing (11:33.40) distance medley relay team at the BIG EAST Championship on 2/23...finished second (9:19.74) in the 3,000 meters at Boston University...placed fifth (16:34.22) in the 5,000 meters at the Terrier Classic on 1/25...member of the first place-finishing (11:46.14) distance medley relay team at the Yale Invitational on 1/11... **Outdoor Track...** Placed fifth in the 5,000 meters in a time of 15:58.47 at the NCAA Championship, earning her All-America honors as well as helping the Friars to a 27th place finish...ran a personal-best time of 15:56.96 in the 5,000 meters at the NCAA East Regional Championship on 5/31, good for fourth place...placed second in a personal-best time of 9:09.13 in the 3,000 meters at the ECAC Championship on 5/18...finished second (16:05.83) in the 5,000 meters at the BIG EAST Championship on 5/4...placed second (16:09.49) in the championship division of the 5,000 meters and was a member of the third place-finishing (17:47.06) 4 x 1,500 meter relay team at the Penn Relays on 4/25...won the 1,500 meters at the Brown Invitational in a personal-best time of 4:25.91 on 4/12...placed second (16:23.32) in the 5,000 meters at the Raleigh Relays on 3/29.

**2001-02: Cross Country...** Finished 214th (23:15) at the NCAA Championship on 11/19...placed 42nd (21:58.3) at the Roy Griak Invitational on 9/29...finished seventh (17:55.50) at the Boston College Invitational on 9/18... **Indoor Track...** Placed 10th (9:48.48) in the 3,000 meters at the ECAC Championship on 3/3...finished seventh (9:45.15) in the 3,000 meters at the BIG EAST Championship on 2/17...ran a personal best time of 4:59.66 (fourth) in the mile at Boston University on 2/5...finished 11th (9:52.32) in the 3,000 meters at the Terrier Classic on 1/26...ran a personal



best time of 2:59.23 and placed third in the 1,000 meters at the Women's Challenge Cup on 1/19...finished third (5:02.7) in the mile at the Boston University Open on 12/1... **Outdoor Track...** Placed third in the 3,000 meters at the ECAC Championships in a personal best time of 9:33.38 on 5/19...ran a personal best time of 16:44.73 (fifth) in the 5,000 meters at the BIG EAST Championship on 5/4...earned the 3,000 meter title at the Penn Relays in a time of 9:39.75 on 4/27...won the 5,000 meters at the UConn Invitational in a time of 16:46.81 on 4/5...member of the 4 x 800 meter relay team that finished 10th (9:12.79) at the Raleigh Relays on 3/30...member of the 4 x 1,500 meter relay team that finished second (18:14.33) at the Raleigh Relays on 3/30.

## MEET THE ATHLETES



# Roisin Quinn

Senior • Waterford, Ireland

### Personal Records

500 meters -	1:16.10
800 meters -	2:08.90
1,500 meters -	4:34.30

**2003-04: Cross Country...** Placed 84th at the BIG EAST Championships (24:28) on 11/31...also competed in prestigious meets such as the Roy Griak Invitational and the Penn State Meet...**Outdoor Track...** Finished second in the 600 meters (1:38.81) at the Iona Invitational on 4/8... seventh-place finisher in the 800 meters (2:22.57) at the UConn Invitational on 4/3...won the Brown Invitational in the 800 meters (2:18.35) on 4/25.

**2002-03: Cross Country...** Finished 249th (23:23) at the NCAA Cross Country Championship on 11/25...finished 51st (22:42) at the BIG EAST Championship on 11/1...placed 50th (18:44) at the New England Championship on 10/11...placed 11th (20:51) at the University of New Hampshire Invitational on 11/6... **Indoor Track...** Member of the distance medley relay team that won the ECAC Championship in a time of 11:13.92 on 3/9...member of the fourth place-finishing (11:33.40) distance medley relay team and the third place-finishing (8:55.69) 4x800 meter relay teams at the BIG EAST Championship on 2/23...member of the distance medley relay team that finished first at the St. Valentine Invitational on 2/15 in a time of 11:17.14...placed 10th (2:16.55) in the 800 meters at the Terrier Classic on 1/25...won the 500 meters at the Women's Challenge Cup on 1/18 in a time of 1:19.16...member of the distance relay team that finished first (11:46.14) at the Yale Invitational on 1/11...placed fourth (1:00.43) in the 400 meters and a member of the 4x400 meter relay team that finished first at the Boston University Open (3:56.88) on 12/6.

**2001-02: Cross Country...** Finished 38th (21:36) at BIG EAST Championship on 10/26...finished 26th (18:46) at the New England Championship on 10/12...placed 164th (22:59.2) at Roy Griak Invitational on 9/29...finished 20th (18:56.8) at the Boston College Invitational on 9/18... **Indoor Track...** Member of the distance medley relay team that finished first (11:55.85) at the Yale University Track Classic on 1/12...won the 500 meters in a personal best time of 1:16.1 at the Boston College Open on 12/1... **Outdoor Track...** Member of the 4 x 800 meter relay team that finished sixth (8:54.92) at the BIG EAST Championship on 5/4...member of the 4x800 meter relay team that finished 20th (9:13.28) at the Penn Relays on 4/27...ran a personal best time of 59.67 (third) in the 400 meters at the Brown Invitational on 4/13...finished fifth (1:00.56) in the 400 meters at the UConn Invitational on 4/5...completed the 400 meters in a time of 1:00.54 at the Raleigh Relays on 3/30.





## MEET THE ATHLETES



# Kim Smith

**Senior • Auckland, New Zealand**

### Personal Records

1,500 meters -	4:11.25
3,000 meters -	8:49.18
5,000 meters -	15:09.72

- \* NCAA 3,000 Meter Champion (Indoor) - 2004
- \* NCAA 5,000 Meter Champion (Indoor) - 2004
- NCAA 5,000 Meter Champion (Outdoor) - 2004
- NCAA 5,000 Meter Record Holder (Outdoor) - 2004
- All-American • Cross Country - 2003
- All-American • 3,000 meters; 5,000 meters (Indoor) - 2004
- All-American • 5,000 meters (Outdoor) - 2004
- \* **NCAA Record**

**2003-04:** Member of the 2004 New Zealand Olympic Team...**Cross Country...** Led the Friars throughout the season, winning five of seven events and placing second in the remaining two...second place finishes included the NCAA Championship (19:42) on 11/24...captured the NCAA Northeast Regional (20:23) on 11/15...finished first and set a new course record at the BIG EAST Championship (20:01)...also won the Penn State Invitational (20:14) on 10/18, the Roy Griak Invitational (20:17) on 9/27 and the PC Invitational (17:06) on 9/5... on 9/12... **Indoor Track...** Became the first Friar to receive the prestigious the Honda Broderick Award for Track and Field...earned All-America (3,000 and 5,000 meters) and All-BIG EAST (3,000 meters and 4x800 relay) accolades...was named "BIG EAST Most Outstanding Track Performer", "U.S. Track & Field Coaches Association Northeast Region Athlete of the Year", and "U.S. Track & Field Coaches Association Athlete of the Year"...won each of the six events she competed throughout the season...set NCAA records with first place finishes in the 5,000 meters (15:14.18) and the 3,000 meters (8:49.18) at the NCAA Championships...captured the 3,000 meters (8:55.88) and was a member of the 4x800 relay team that placed first (8:53.95) at the BIG EAST Championship on 2/22...finished first in the 5,000 meters (15:18.54) at the Terrier Classic on 1/31...ran to a first place finish in the 3,000 meters (9:04.90) at the Women's Challenge Cup on 1/17... **Outdoor Track...** NCAA Champion in the 5,000 meters (15:48.86)...NCAA East Region Champion in the 5,000 meters (15:51.03)...BIG EAST Champion in the 10,000 meters (33:45.81)...member of the 4x1,500 meters team that finished second (17:34.06) at the Penn Relays on 4/24...set the NCAA 5,000-meter outdoor record with a second place (15:09.72) finish at the Mt. Sac Relays on 4/17...member of the 4x1,500 meters team that placed second (17:51.08) at the Raleigh Relays on 3/27...earned All-BIG EAST (10,000 meters), All-NCAA East Region, and All-America (5,000 meters) honors.

**2002-03:** Competed at the 2002 (Dublin, Ireland) and 2003 (Lausanne, Switzerland) World Cross Country Championships while representing New Zealand...captured the Olympic Development 5,000 meters at the 2003 Penn Relays.



## MEET THE ATHLETES



# Katie Twarog

Senior • Albany, N.Y.

**2003-04: Cross Country...**competed in her first NCAA Championships and placed 162nd (22:02)...placed 47th (22:33) at the NCAA Northeast Regional Championship on 11/15...finished 54th (23:28) at the BIG EAST Championship on 10/31...recorded a 51st-place finish (22:19) at the Penn State Invitational on 10/18...finished 17th (18:39) at the Boston College Select Meet on 9/12...placed 12th (18:47) at the Providence College Invitational on 9/5...**Indoor Track...** finished 19th (10:04.96) in the 3,000 meters at the ECAC Championship on 3/7...Ran the 3,000 meters in 9:49.88 at the New England Championships on 2/27...finished 11th (9:59.74) in the 3,000 meters at the BIG EAST Championship on 2/22...captured the 3,000 meters (10:03.02) at the Boston University Three-Way Meet on 2/10...**Outdoor Track...**finished fourth (36:52.10) in the 10,000 meters at the BIG EAST Championships on 5/2...ran the 5,000 meters in 17:10.47 at the ECAC Championships on 5/16...placed fourth (4:48.99) in the 1,500 meters at the UConn Invitational on 4/3...ran a time of 9:48.62 in the 3,000 meters to place eighth at the Penn Relays on 4/24.

Personal Records	
3,000 meters -	9:48.62
5,000 meters -	17:10.47
10,000 meters -	36:52.10



# Ashley Jensen

Junior • Lincoln, R.I.

**2003-04: Cross Country...**Finished 203rd (22:49) at the NCAA Championships on 11/24...placed 51st (22:40) at the NCAA Northeast Regional Championships on 11/15...finished 65th (23:47) at the BIG EAST Championships on 10/31...placed 37th (19:18) at the Boston College Select Meet on 9/12...finished 14th (18:52) at the Providence College Invitational on 9/5...**Indoor Track...**finished fourth in the 3,000 meters at the Boston University Three Way Meet in 10:32.77 on 2/10...**Outdoor Track...**Captured the 5,000 meters (17:51.94) at the Brown Spring Invitational on 4/25...

**2002-03: Cross Country...** Finished 76th at the BIG EAST Cross Country Championships (23:42) on 11/1...took 88th-place at the Penn State National Meet (23:59) on 10/12...recorded a 28th-place finish at the Dartmouth Invitational on 9/14 and a 16th-place finish at the New Hampshire Invitational (21:13) on 9/6.

Personal Records	
5,000 meters -	17:51.94





## MEET THE ATHLETES



# Fiona Crombie

**Junior • Christchurch,  
New Zealand**

### Personal Records

800 meters -	2:09.61
1,500 meters -	4:20.66
3,000 meters -	9:31.01

NCAA Mile Qualifier (Indoor) - 2004



**2003-04: Cross Country...** Placed 53rd (21:04) in the NCAA Championship on 11/24...finished eighth (21:22) at the NCAA Northeast Regional Championship on 11/15...ran to a 21st place finish (21:55) at the BIG EAST Championship on 10/31...placed ninth (21:10) at the Penn State Invitational on 10/18...finished fifth (17:48) at the Boston College Select Meet on 9/12...placed sixth (17:27) at the 9/5 Providence College Invitational... **Indoor Track...** NCAA Qualifier in the mile...finished fourth in the 1,000 meters at the ECAC Championship on 3/7...ran to a third place finish (2:50.51) in the 1,000 meters and was a member of relay team that captured the 4x800 meters (8:53.95) at the BIG EAST Championship on 2/22...finished third in the mile (4:41.71) at the Boston University Three-Way Meet on 2/10...placed second in the mile (4:50.44) at the Terrier Classic on 1/31...captured the 1,000 meters at the Women's Challenge Cup on 1/17... **Outdoor Track...** Earned All-NCAA East Region honors...placed 8th in the 1,500 meters (4:23.67) at the NCAA East Regional Championship on 5/29...finished fourth in the 1,500 meters (4:25.96) at the ECAC Championship 5/16...placed fourth in the 1,500 meters (4:25.33) at the BIG EAST Championship on 5/2...member of the relay team that ran to a second place finish in the 4x1,500 meters (17:34.06) at the Penn Relays on 4/24...captured the 800 meters (2:10.49) at the Brown Inviataional on 4/10...member of the 4x1,500 team that placed second at the Raleigh Relays on 5/27.

**2002-03: Indoor Track...** Member of the indoor distance medley relay team that finished 13th (11:39.44) at the NCAA Championship on 3/15, helping the Friars to a 32nd place finish...won the mile in a time of 4:47.79 at the ECAC Championship on 3/9...placed second (4:52.01) in the mile and was a member of the distance medley relay team that finished fourth (11:33.40) at the BIG EAST Championship on 2/23...member of the distance medley relay team that won the St. Valentine Invitational in a time of 11:17.14 on 2/15...finished third (4:48.10) in the mile at Boston University on 2/7...placed ninth (9:44.53) in the 3,000 meters at the Terrier Classic on 1/25... **Outdoor Track...** Qualified in the 1,500 meters of the NCAA East Regional Championship on 5/30...placed sixth (4:29.38) in the 1,500 meters at the ECAC Championship on 5/17...finished 10th (4:36.70) in the 1,500 meters and sixth (8:58.55) as a member of the 4 x 800 meter relay team at the BIG EAST Championship on 5/4...won the 1,500 meters at the Brown Invitational in a time of 4:35.76 on 4/27...member of 4 x 1,500 meter relay team that finished third (17:47.06) at the Penn Relays...placed first (2:14.80) in the 800 meters at the Brown Invitational on 4/12...finished 11th (4:33.25) in the 1,500 meters and first (18:15.43) as a member of the 4 x 1,500 meter relay team at the Raleigh Relays on 3/29.

MEET THE ATHLETES



# Jane Nalder

Junior • Wellington, New Zealand

**2003-04: Indoor Track...**Joined the Providence team in January 2004...finished ninth (5:03.10) in the mile at the ECAC Championships on 3/7...placed fifth (5:00.90) in the BIG EAST in the mile on 2/22...won the 1,000 meters (2:53.62) at the Boston University Three-Way Meet on 2/10...**Outdoor Track...**Won the steeplechase (10:48.58) at the Brown Invitational on 4/25...finished 10th (10:38.85) in the 3,000 meter steeplechase at the NCAA East Regional Championship on 5/29...Placed fourth (10:29.79) in the steeplechase at the ECAC's...took second-place (10:47.90) in the steeplechase at the BIG EAST Championships on 5/2...

Personal Records	
Steeplechase -	10:29.79



# Michelle Childs

Freshman • Cameron, Ontario

Expected to make an immediate impact on the squad...placed 43rd at the World Junior Cross Country Championship in Belgium...was 2003 Ontario 3,000-meter indoor champion...also was an Ontario Provincial 3,000-meter outdoor champion...captained the cross country/track and field teams at St. Thomas Aquinas.

Personal Records	
3,000 meters	10:05.11

# Ashley Hughes

Freshman • Phoenix, N.Y.

Will run cross country and track at Providence...named to New York All-State First Team (cross country/track)while competing at John C. Birdlebough High School in Phoenix, N.Y...advanced to the New York State Meet all four seasons of cross country and track...captain of both the cross country and track teams...was named the team's best runner all four seasons.

Personal Records	
1,500 meters	4:46.11
3,000 meters	10:20.21



MEET THE ATHLETES/GEOGRAPHIC BREAKDOWN



**Mary Nelle**  
**Trefz**

Freshman • Iowa City, Iowa

Will make an immediate impact for the Friars...four-year member of cross country and track teams at City High School in Iowa City, Iowa...ran the 800, 1,500, and 3000 meters during track season...three-time Elite All-State honors in cross country...five-time state champion and four-time Drake Relays champion in track...member of the state record-setting distance medley team of 2001...captain of cross country and track teams her senior season...was 2004 class valedictorian at City High.

Personal Records	
800 meters -	2:12.2
1,500 meters -	4:40.00
3,000 meters -	10:04.87

**FRIARS AT MAJOR INTERNATIONAL CHAMPIONSHIPS IN 2004**

**World Indoor Championships**  
Budapest, Hungary • March 2004  
Maria McCambridge

**World Cross Country Championships**  
Brussels, Belgium • March 2004  
Fiona Crombie

**Olympics**  
Athens, Greece • August 2004  
Mark Carroll  
Maria McCambridge  
Marie McMahan  
Kim Smith

**Men's & Women's Cross And Track & Field Geographic Breakdown**



## 2003 CROSS COUNTRY RESULTS

### MEN'S RESULTS

#### September 5

Providence College Invitational (Goddard Park, Warwick, R.I.) 1st of 4

PC 25, UNH 46, UConn 55, URI 116

2.	Patrick Moulton	PC	24:53
3.	Dylan Wykes	PC	25:00
4.	Patrick Guidera	PC	25:10
5.	Jamie Carmichael	PC	25:24
11.	Joe Dionne	PC	26:07
13.	Darren Brown	PC	26:27
14.	Ben Pollock	PC	26:29
15.	Ranjit Banwait	PC	26:35
36.	Mark McDermott	PC	29:07

#### September 12

Boston College Select Meet (Franklin Park, Boston, Mass.) 1st of 9

PC 29, Brown 74, BC 106, UNH 122, Iona 123, Albany 153, Harvard 153, Bentley 179, Central Connecticut 238

1.	Patrick Moulton	PC	24:19
2.	Dylan Wykes	PC	24:20
4.	Patrick Guidera	PC	24:29
6.	Joe Dionne	PC	24:45
16.	Tim Curran	PC	25:13
21.	Jamie Carmichael	PC	25:17
30.	Darren Brown	PC	25:36
37.	Ben Pollock	PC	25:44
38.	Ranjit Banwait	PC	25:46
64.	Nicholas Weidman	PC	26:41

#### September 27

Roy Griak Invitational (Minneapolis, Minn.) 7th of 31

Team Scores (Top 10 of 31): Wisconsin 89, BYU 131, Colorado State 152, Oregon 161, Arizona State 188, Arizona 258, PC 260, Portland 261, Washington State 269, Miami (Ohio) 282

18.	Dylan Wykes	PC	24:40
31.	Patrick Moulton	PC	24:52
64.	Joe Dionne	PC	25:25
71.	Patrick Guidera	PC	25:28
76.	Jamie Carmichael	PC	25:33
89.	Tim Curran	PC	25:40
161.	Darren Brown	PC	26:15

#### October 10

New England Championship (Franklin Park, Boston, Mass.) 1st of 47

Team Scores (Top 10 of 47): PC 40, Brown 59, Boston College 127, Stonehill 202, UMass Lowell 216, Boston University 221, Quinnipiac 237, Dartmouth 253, Tufts 256, Connecticut 260

2.	Dylan Wykes	PC	24:00
3.	Patrick Moulton	PC	24:03
8.	Jamie Carmichael	PC	24:40
11.	Tim Curran	PC	24:47
16.	Joe Dionne	PC	25:01
49.	Darren Brown	PC	25:47

#### Junior Varsity

8.	Ben Pollock	PC	25:55
13.	Ranjit Banwait	PC	26:09
22.	Nick Weidman	PC	26:29

#### October 31

BIG EAST Championship (Van Cortlandt Park, Bronx, N.Y.) 4th of 14

Team scores (Top 10 of 14): Georgetown 29, Notre Dame 66, Villanova 67, PC 75, Connecticut, Boston College 191, Syracuse 213, Pittsburgh 247, Virginia Tech 250, Miami 268

4.	Dylan Wykes	PC	24:44
11.	Patrick Moulton	PC	24:57
18.	Patrick Guidera	PC	25:18
19.	Tim Curran	PC	25:20
23.	Jamie Carmichael	PC	25:38
28.	Joe Dionne	PC	25:57
36.	Darren Brown	PC	26:24
47.	Ben Pollock	PC	26:39
98.	Liam Reale	PC	29:41

#### November 15

NCAA Northeast Regional Championship (Franklin Park, Boston, Mass.)

2nd of 33

Team Scores (Top 10 of 33): Iona 58, PC 73, Brown 94, Yale 111, Columbia 173, Dartmouth 182, New Hampshire 220, Harvard 260, Boston College 267, Quinnipiac 286

3.	Dylan Wykes	PC	30:00
8.	Patrick Moulton	PC	30:26
13.	Tim Curran	PC	30:43
24.	Patrick Guidera	PC	31:03
25.	Joe Dionne	PC	31:04
47.	Darren Brown	PC	31:44

#### November 24

NCAA Championship (Waterloo, Iowa) 24th of 31

Team Scores (Top 10 of 31): Stanford 24, Wisconsin 174, Northern Arizona 190, Iona 191, Arkansas 215, Colorado 261, Georgetown 283, Air Force 330, Michigan 335, North Carolina State 346; 24th - PC 553

37.	Dylan Wykes	PC	30:22
86.	Patrick Moulton	PC	30:58
109.	Tim Curran	PC	31:08
158.	Joe Dionne	PC	31:41
163.	Jamie Carmichael	PC	31:47
203.	Darren Brown	PC	33:02

### WOMEN'S RESULTS

#### September 5

Providence College Invitational (Goddard Park, Warwick, R.I.) 1st of 3

PC 21, URI 53, UNH 55

1.	Kimberly Smith	PC	17:06
2.	Mary Cullen	PC	17:06
3.	Deirdre Byrne	PC	17:25
6.	Fiona Crombie	PC	17:27
9.	Lisa Cappello	PC	18:06
12.	Katie Twarog	PC	18:47
14.	Ashley Jensen	PC	18:52
22.	Carol Geddes	PC	19:23
26.	Roisin Quinn	PC	19:36
29.	Laura McCarthy	PC	20:00
35.	Allison Cleary	PC	24:58

#### September 12

Boston College Select Meet (Franklin Park, Boston, Mass.) 1st of 10

PC 31, BC 63, Brown 71, UConn 77, Harvard 116, Albany 162, UNH 203, Iona 226, Central Connecticut 272, Bentley 287

1.	Mary Cullen	PC	17:01
2.	Kim Smith	PC	17:02
5.	Fiona Crombie	PC	17:48
6.	Deirdre Byrne	PC	17:49
17.	Katie Twarog	PC	18:39
25.	Roisin Quinn	PC	19:04
29.	Laura McCarthy	PC	19:09
37.	Ashley Jensen	PC	19:18
43.	Carol Geddes	PC	19:26

#### September 27

Roy Griak Invitational (Minneapolis, Minn.) 4th of 26

Team Scores (Top 10 of 26): Arizona State 103, Michigan State 122, Columbia 125, PC 144, Baylor 198, Penn State 215, Colorado State 221, Wake Forest 222, Missouri 232, Michigan 245

1.	Kim Smith	PC	20:17
8.	Mary Cullen	PC	21:00
12.	Fiona Crombie	PC	21:13
26.	Deirdre Byrne	PC	21:36
97.	Katie Twarog	PC	22:32
110.	Lisa Cappello	PC	22:43
152.	Ashley Jensen	PC	23:26
222.	Roisin Quinn	PC	24:13

#### October 18

Penn State Invitational (University Park, Pa.) 1st of 19

Team Scores (Top 10 of 19): PC 49, Columbia 58, Penn State 84, Colorado State 89, Tennessee 111, Pennsylvania 232, Cornell 233, South Florida 257, Central Michigan 281, Indiana 311

1.	Kim Smith	PC	20:14
2.	Mary Cullen	PC	20:24
9.	Fiona Crombie	PC	21:10
18.	Lisa Cappello	PC	21:24
19.	Deirdre Byrne	PC	21:25
51.	Katie Twarog	PC	22:19
78.	Ashley Jensen	PC	22:54
127.	Roisin Quinn	PC	23:44
131.	Laura McCarthy	PC	23:54
168.	Carol Geddes	PC	25:05

#### October 31

BIG EAST Championship (Van Cortlandt Park, Bronx, N.Y.) 2nd of 14

Team Scores (Top 10 of 14): Notre Dame 59, PC 80, Georgetown 84, Villanova 91, Boston College 120, Virginia Tech 144, West Virginia 152, Connecticut 193, Pittsburgh 257, Rutgers 275

1.	Kim Smith	PC	20:01
2.	Mary Cullen	PC	20:37
21.	Fiona Crombie	PC	21:55
25.	Deirdre Byrne	PC	22:00
31.	Lisa Cappello	PC	22:20
54.	Katie Twarog	PC	23:28
65.	Ashley Jensen	PC	23:47
84.	Roisin Quinn	PC	24:28
87.	Laura McCarthy	PC	24:37

#### November 15

NCAA Northeast Regional Championship (Franklin Park, Boston, Mass.) 1st of 36

Team Scores (Top 10 of 36): PC 49, Columbia 62, Dartmouth 103, Yale 135, Boston College 139, Cornell 213, Brown 297, New Hampshire 319, Stony Brook 373, Iona 377

1.	Kim Smith	PC	20:23
2.	Mary Cullen	PC	20:31
8.	Fiona Crombie	PC	21:22
15.	Deirdre Byrne	PC	21:43
23.	Lisa Cappello	PC	22:00
47.	Katie Twarog	PC	22:33
51.	Ashley Jensen	PC	22:40

#### November 24

NCAA Championship (Waterloo, Iowa) 3rd of 31

Team Scores (Top 10 of 31): Stanford 120, Brigham Young 128, PC 222, Michigan 232, Colorado 269, North Carolina State 290, UCLA 293, North Carolina 294, Princeton 348, Notre Dame 352

2.	Kim Smith (All-America)	PC	19:42
5.	Mary Cullen (All-America)	PC	19:53
41.	Deirdre Byrne	PC	20:55
53.	Fiona Crombie	PC	21:04
121.	Lisa Cappello	PC	21:34
162.	Katie Twarog	PC	22:02
203.	Ashley Jensen	PC	22:49



## 2003-04 MEN'S INDOOR RESULTS

**January 10**

at Yale Invitational (New Haven, Conn.)

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	8th	Dan Robb	2:05.38	
Mile	1st	Darren Brown	4:20.08	
	6th	Nick Weidman	4:29.51	
	7th	Joe Dionne	4:30.47	
3,000 meters	1st	Ben Pollock	8:43.49	
	4th	Matt Kinback	9:08.08	
Distance Medley	1st	Wykes, Reale, Kennedy, Fagan	10:05.80	IC4A, BIG EAST
Shot Put	9th	James Maloney	12:98 meters	

**January 17**

at Terrier Cup (Boston, Mass.)

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
500 meters	3rd	Richard Jones	1:06.18	
	9th	Dan Robb	1:08.28	
800 meters	1st	Liam Reale	1:50.39	IC4A, BIG EAST
1,000 meters	2nd	Darren Brown	2:28.82	IC4A, BIG EAST
	5th	Nick Weidman	2:33.86	
	7th	Ranjit Banwait	2:35.57	
Mile	1st	Martin Fagan	4:08.61	IC4A, BIG EAST
	2nd	Dylan Wykes	4:09.55	IC4A, BIG EAST
	8th	Ben Pollock	4:24.90	
	15th	Matt Kinback	4:36.71	
3,000 meters	2nd	Adam Sutton	8:17.54	IC4A, BIG EAST
	4th	Joe Dionne	8:20.61	IC4A, BIG EAST
	5th	Pat Moulton	8:21.97	IC4A, BIG EAST
	6th	Tim Curran	8:25.60	IC4A, BIG EAST
Shot Put	6th	James Maloney	13.71 meters	
	15th	Alex Romano	11:06 meters	

**January 31**

at Terrier Classic (Boston, Mass.)

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	5th	Liam Reale	1:49.91	NCAA Provisional
	12th	Richard Jones	1:52.22	IC4A
Mile	10th	Darren Brown	4:10.97	IC4A
3,000 meters	1st	Dylan Wykes	7:58.70	NCAA Provisional
	9th	Martin Fagan	8:14.15	IC4A
5,000 meters	3rd	Adam Sutton	14:16.46	
	14th	Patrick Moulton	14:43.88	
Shot Put	11th	James Maloney	12.72 meters	
Mile Run Develop	15th	Nick Weidman	4:22.62	
	16th	Ranjit Banwait	4:22.82	
3,000 meters Develop	6th	Ben Pollock	8:36.35	
	25th	Matt Kinback	9:06.45	
5,000 meters Develop	3rd	Joe Dionne	14:35.34	

**February 7**

at Boston University Five-Way Meet (Boston, Mass.) 5th of 5

**Team scores:** PC 33, BC 96; PC 36, Northeastern 103; PC 36, BU 82

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
500 meters	9th	Mike Lofrumento	1:10.36	
800 meters	2nd	Richard Jones	1:52.75	BIG EAST
	7th	Dan Robb	1:57.60	
1,000 meters	4th	Ranjit Banwait	2:33.52	
	7th	Nick Weidman	2:36.09	
Mile	1st	Dylan Wykes	4:01.15	NCAA
	2nd	Martin Fagan	4:06.21	IC4A, BIG EAST
3,000 meters	6th	Ben Pollock	8:36.91	
	8th	Jamie Carmichael	8:54.60	
	9th	Matt Kinback	9:02.24	
Shot Put	3rd	James Maloney	13.90 meters	
	9th	Alex Romano	10.70 meters	

**February 13-14**

at FasTrack Invitational (Boston, Mass.)

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
500 meters	19th	Dan Robb	1:07.42	
1,000 meters	8th	Richard Jones	2:28.43	BIG EAST
Mile	1st	Liam Reale	4:04.44	NCAA Provisional
	14th	Joe Dionne	4:16.30	BIG EAST
	42nd	Jamie Carmichael	4:25.23	
	51st	Nick Weidman	4:27.18	
	53rd	Ranjit Banwait	4:27.60	
	61st	Matt Kinback	4:30.14	
3,000 meters	13th	Pat Moulton	8:24.36	BIG EAST
	25th	Ben Pollock	8:34.48	
		Darren Brown	DNF	

5,000 meters	5th	Adam Sutton	14:01.57	NCAA Provisional
Shot put	25th	James Maloney	12.83 meters	

**February 21-22**

at BIG EAST Championship (Syracuse, N.Y.)

**Team scores (7th of 12):** Connecticut 160, Notre Dame 153, Georgetown 82, Rutgers 79, Virginia Tech 57, Villanova 56, **Providence 50**, Miami 43, Seton Hall 38, Pittsburgh 36, Syracuse 23, Boston College 2

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	4th	Richard Jones	1:52.89	IC4A
1,000 meters	2nd	Liam Reale	2:24.41	IC4A
Mile	6th	Darren Brown	4:10.97	IC4A
3,000 meters	1st	Dylan Wykes	8:15.17	IC4A
	2nd	Martin Fagan	8:18.07	IC4A
5000 meters	1st	Adam Sutton	14:19.40	IC4A
	5th	Pat Moulton	14:45.96	IC4A
	9th	Joe Dionne	15:25.12	
4X800 meter relay	7th	Jones, Reale, Brown, Robb	7:45.59	IC4A

**February 27-28**

at New England Championship (Boston, Mass.) 4th of 40

**Team scores (Top 10 of 40):** UConn 162, Rhode Island 86, Boston University 68, **Providence 51**, UMass Lowell 48, UMass 45, Southern Connecticut State 38, Northeastern 38, Maine 29.5, New Hampshire 25

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	3rd	Liam Reale	1:49.81	NCAA Provisional
	4th	Richard Jones	1:49.82	NCAA Provisional
1,000 meters	1st	Darren Brown	2:26.89	IC4A
Mile	1st	Martin Fagan	4:07.02	IC4A
3,000 meters	1st	Joe Dionne	8:14.29	IC4A
	7th	Ben Pollock	8:24.88	
	2nd	Pat Moulton	14:25.44	IC4A
5,000 meters	2nd	Pat Moulton	14:25.44	IC4A
4X800 meter relay	11th	Lofrumento, Weidman, Kinback, Robb	8:15.70	
Distance medley relay	9th	Carmichael, Lofrumento, Weidman, Roos	10:37.58	

**March 6-7**

at IC4A Championship (Boston, Mass.) 11th of 52

**Team scores (Top 11 of 52):** Manhattan 60, UConn 55, Seton Hall 47, Penn State 42, Army 34, VMI 30, Rutgers 30, St. Joseph's 29, George Mason 29, Cornell 28, **Providence 26**

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
Mile	3rd	Darren Brown	4:12.52	
3,000 meters	25th	Ben Pollock	8:38.69	
5,000 meters	1st	Adam Sutton	13:56.83	NCAA
	11th	Pat Moulton	14:44.94	
	12th	Joe Dionne	14:48.46	
Distance Medley	1st	Reale, Robb, Jones, Fagan	9:45.57	

**March 12-13**

at NCAA Championship (Fayetteville, Arkansas) Tied 66th

**Team scores (Top 10 of 68):** LSU 44.5, Arkansas 38, Florida 38, Texas 31, Michigan 28, Baylor 25, Purdue 25, Texas Christian 22, Ohio State 20, Wisconsin 19; **66th, Providence 1**

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
5,000 meters	8th	Adam Sutton	14:03.47	All-America
3,000 meters	15th	Dylan Wykes	8:26.80	



*Dylan Wykes '05 won the BIG EAST 3,000 meter indoor title in 2004.*

## 2003-04 WOMEN'S INDOOR RESULTS

### January 9

at URI Invitational (Kingston, Rhode Island)

**Team Scores:** PC 42, Stony Brook 50; PC 42, UNH 107; PC 32, URI 122

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	5th	Katie Boyle	2:30.32	
1,000 meters	1st	Deirdre Byrne	2:59.82	
	4th	Bridget Black	3:13.07	
Mile	1st	Mary Cullen	4:49.18	ECAC, BIG EAST
	2nd	Lisa Cappello	5:00.39	BIG EAST
	4th	Katie Twarog	5:10.81	
3,000 meters	3rd	Ashley Jensen	10:41.59	
	5th	Carol Geddes	10:54.16	
Distance Medley	1st	Cullen, Boyle, Byrne, Cappello	11:54.37	ECAC, BIG EAST
Shot Put	4th	Emma Foster	10.05 meters	

### January 17

at Women's Challenge Cup (Providence, R.I.) 5th of 5

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
500 meters	11th	Katie Boyle	1:23.96	
800 meters	7th	Bridget Black	2:29.86	
	9th	Jennifer Jarvis	2:37.99	
1,000 meters	1st	Fiona Crombie	2:58.32	ECAC, BIG EAST
Mile	1st	Mary Cullen	4:48.81	NCAA Provisional
	2nd	Lisa Cappello	5:00.38	
	10th	Ashley Jensen	5:25.02	
3,000 meters	1st	Kim Smith	9:04.90	NCAA
	3rd	Katie Twarog	10:22.60	
Shot Put	8th	Emma Foster	9.90 meters	
Weight throw	10th	Emma Foster	11.51 meters	

### January 30-31

at Terrier Classic (Boston, Mass.)

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
1,000 meters	19th	Jennifer Jarvis	3:22.54	
Mile	2nd	Fiona Crombie	4:50.44	ECAC
	14th	Jane Nalder	5:05.38	BIG EAST
	25th	Katie Twarog	5:16.24	
	34th	Bridget Black	5:25.98	
3,000 meters	3rd	Mary Cullen	9:14.58	NCAA
	9th	Lisa Cappello	9:34.82	NCAA Provisional
	38th	Carol Geddes	10:32.02	
	43rd	Ashley Jensen	10:43.53	
	45th	Laura McCarthy	10:46.52	
5,000 meters	1st	Kim Smith	15:18.54	NCAA
Shot Put	20th	Emma Foster	9.38 meters	
	24th	Bridget Batchler	8.78 meters	

### February 10

at Boston University Three-Way Meet (Boston, Mass.)

**Team Scores:** PC 35, BC 103; PC 36, BU 90

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	1st	Deirdre Byrne	2:10.46	ECAC
	8th	Jennifer Jarvis	2:33.05	
	9th	Allison Cleary	2:37.76	
1,000 meters	1st	Jane Nalder	2:53.62	
	5th	Laura McCarthy	3:14.87	
Mile	1st	Kim Smith	4:30.61	NCAA
	2nd	Mary Cullen	4:38.17	NCAA
	3rd	Fiona Crombie	4:41.71	NCAA Provisional
	5th	Lisa Cappello	4:51.73	ECAC
	12th	Carol Geddes	5:30.95	
3,000 meters	1st	Katie Twarog	10:03.02	BIG EAST
	4th	Ashley Jensen	10:32.77	
Shot Put	2nd	Emma Foster	10.68 meters	
	6th	Kathleen Batchler	8.88 meters	

### February 21-22

at BIG EAST Championship (Syracuse, N.Y.) 8th of 14

**Team scores (top 10 of 14):** Miami 170, Notre Dame 111, Pittsburgh 102, Georgetown 83, Villanova 55, West Virginia 51, Syracuse 38, **Providence 37**, Rutgers 28, Connecticut 27, Boston College 25.5, Virginia Tech 22, Seton Hall 19.5, St. John's 11.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	3rd	Deirdre Byrne	2:12.45	ECAC
1,000 meters	3rd	Fiona Crombie	2:50.51	ECAC
Mile	5th	Jane Nalder	5:00.90	ECAC
3,000 meters	1st	Kim Smith	8:55.88	NCAA

	11th	Katie Twarog	9:59.74	
5,000 meters	8th	Lisa Cappello	17:25.40	ECAC
4X800 meter relay	1st	Byrne, Crombie, Nalder, Smith	8:53.95	ECAC

### February 27-28

at New England Championship (Boston, Mass.) 25th of 30

**Team scores (Top 10 of 30):** UConn 112, Boston College 92, Maine 66, Rhode Island 61.5, UMass Lowell 40, Boston University 46, Northeastern 43, Williams College 32, Vermont 30, Wheaton 29; **25th Providence 5**

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
3,000 meters	4th	Katie Twarog	9:49.88	ECAC
5,000 meters	14th	Carol Geddes	18:22.69	

### March 6-7

at ECAC Championship (Boston, Mass.) 20th of 44

**Team scores (Top 10 of 44):** Pittsburgh 62, West Virginia 51, Georgetown 48, Penn State 47, Northeastern 46, Cornell 42, Connecticut 42, George Mason 39, Duke 31, Buffalo 20; **20th Providence 13**

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	2nd	Deirdre Byrne	2:09.31	
1,000 meters	4th	Fiona Crombie	2:50.70	
Mile	9th	Jane Nalder	5:03.10	
3,000 meters	11th	Lisa Cappello	9:42.96	
	19th	Katie Twarog	10:04.96	

### March 12-13

at NCAA Championship (Fayetteville, Ark.) 9th of 55

**Team scores (Top 10 of 55):** LSU 52, Florida 51, Nebraska 45.5, Tennessee 43, UCLA 40, Georgia 36, Stanford 30, Texas 30, **Providence 20**, Miami 19

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
5,000 meters	1st	Kim Smith	15:14.18 *	All-America
3,000 meters	1st	Kim Smith	8:49.18 *	All-America
Mile	7th	Fiona Crombie	4:45.26 (Prelims)	

\* NCAA Record



*Last season, Deirdre Byrne '05 (left) was a second-place finisher in the 800 meters at the ECAC Indoor Championship, while Fiona Crombie '06 qualified for the NCAA Indoor Track Championship for the second consecutive season.*



2004 MEN'S OUTDOOR RESULTS

**March 26-27**

at Raleigh Relays, Raleigh, N.C.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
400 meters	--	Dan Robb	52.53	
800 meters	4th	Liam Reale	1:51.33	IC4A
	--	Richard Jones	1:56.19	
1,500 meters	9th	Martin Fagan	3:53.02	Big East
	--	Darren Brown	3:54.16	Big East
	--	Ranjit Banwait	4:07.97	
	--	Nick Weidman	4:08.30	
5,000 meters	5th	Pat Moulton	14:19.95	IC4A
	--	Joe Dionne	14:57.35	
	--	Jamie Carmichael	15:08.77	
	--	Pat Guidera	15:16.26	
10,000 meters	--	Ben Pollock	31:13.78	Big East
4 x 1,500 meters	1st	Brown, Reale, Fagan, Wykes	15:26.67	
shot put	--	James Maloney	NM	

**April 3**

at UConn Invitational, Storrs, Conn.

Meet Scores: UConn 156, CCSU 85, Dartmouth 84, PC 28, Quinnipiac 17

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
400 meters	2nd	Richard Jones	49.91	
800 meters	5th	Nick Weidman	1:59.24	
	6th	Dan Robb	1:59.54	
	7th	Tom Geer	2:02.06	
	9th	Ed Roos	2:05.25	
1,500 meters	4th	Pat Guidera	4:01.20	
5,000 meters	1st	Joe Dionne	14:57.77	
	6th	Matthew Kinback	15:54.66	
3,000 steeple	1st	Darren Brown	9:32.44	
discus	6th	James Maloney	37.4 m	
shot put	6th	James Maloney	12.32 m	
	9th	Alex Romano	10.10 m	

**April 8**

at Iona Invitational, New Rochelle, N.Y.

Dual Meet Scores: PC 46, Hartford 25; Iona 62, PC 19; PC 36, Manhattan 27; PC 36, Quinnipiac 33; Stonybrook 46, PC 32

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
200 meters	9th	Ted Kennedy	25.37	
600 meters	4th	Dan Robb	1:22.71	
mile	9th	Joe Dionne	4:23.73	
	10th	Ben Pollock	4:25.60	
	11th	Nick Weidman	4:29.49	
3,000 meters	7th	Jamie Carmichael	8:38.86	
	14th	Matt Kinback	8:58.20	
4 x 800 meters	4th	Banwait, Geer, Roos, Lofrumento	8:19.16	
sprint medley rel.	3rd	Kennedy, Geer, Weidman, Lofrumento	3:43.69	
shot put	1st	James Moloney	13.10 m	
	3rd	Alex Romano	11.15 m	
discus	4th	James Maloney	39.53 m	

**April 10**

at Brown Invitational, Providence, R.I.

Meet Scores: Dartmouth 139, Brown 123.5, Yale 87.5, Northeastern 75, Southern Connecticut 65, Rhode Island 62, Providence 61, Birmingham 44, Harvard 43, UMass 26, Boston University 4

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
400 meters	--	Ted Kennedy	53.81	
800 meters	1st	Liam Reale	1:50.43	IC4A
	3rd	Richard Jones	1:52.15	IC4A
	--	Dan Robb	1:58.13	
	--	Tom Geer	2:00.04	
1,500 meters	1st	Dylan Wykes	3:49.00	IC4A
	2nd	Martin Fagan	3:50.49	IC4A
	--	Nick Weidman	4:05.25	
	--	Matt Kinback	4:15.82	
5,000 meters	1st	Pat Moulton	14:18.87	IC4A
	3rd	Pat Guidera	14:38.76	Big East
	9th	Ben Pollock	15:14.27	
steeplechase	3rd	Darren Brown	9:18.78	Big East
	4th	Jamie Carmichael	9:22.32	Big East
shot put	--	Alex Romano	10.55 m	
discus	--	James Maloney	36.70 m	
javelin	--	James Maloney	49.38 m	

**April 16-17**

at Mt. Sac Relays, Walnut, Calif.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
1,500 m univ div	--	Liam Reale	3:44.89	NCAA Reg
5,000 m univ div.	11th	Dylan Wykes	14:00.14	NCAA Reg
	28th	Martin Fagan	14:09.35	NCAA Reg

10,000 m inv div.	20th	Adam Sutton	29:32.50	NCAA Prov.
10,000 m univ div	2nd	Pat Moulton	29:31.25	NCAA Prov.

**April 22-24**

at Penn Relays, Philadelphia, Pa.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
4 x mile relay	5th	Wykes, Reale, Fagan, Brown	16:30.19	

**April 25**

at Brown Spring Invitational, Providence, R.I.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
200 meters	--	Ted Kennedy	24.84	
400 meters	--	Richard Jones	51.02	
800 meters	--	Tom Geer	1:59.88	
	--	Dan Robb	2:01.17	
1,500 meters	10th	Nick Weidman	4:05.88	
	--	Matt Vercollone	4:24.30	
5,000 meters	1st	Pat Guidera	14:40.25	Big East
	2nd	Joe Dionne	14:44.55	Big East
	3rd	Ben Pollock	14:49.00	Big East
shot put	7th	Alex Romano	11.01 m	
javelin	12th	James Maloney	46.34 m	

**May 1-2**

at BIG EAST Championship, Piscataway, N.J.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
8th of 12				
800 meters	--	Richard Jones	1:55.75	
1,500 meters	3rd	Dylan Wykes	3:50.24	IC4A
	4th	Liam Reale	3:50.32	IC4A
3,000 steeple	3rd	Darren Brown	9:13.99	IC4A
	7th	Jamie Carmichael	9:21.79	IC4A
5,000 meters	3rd	Martin Fagan	14:24.15	IC4A
	4th	Adam Sutton	14:27.94	IC4A
	6th	Pat Moulton	14:48.98	
10,000 meters	4th	Pat Guidera	31:04.84	IC4A
	6th	Joe Dionne	31:41.38	
	7th	Ben Pollock	31:43.04	

**May 14-16**

at IC4A Championship, New Haven, Conn.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	-	Richard Jones	1:54.54	
1,500 meters	-	Martin Fagan	3:51.15	
	-	Dylan Wykes	3:52.74	
3,000 steeple	9th	Darren Brown	9:09.39	
5,000 meters	7th	Pat Moulton	14:14.57	NCAA Reg.

**May 28-29**

at NCAA East Regional Championship, Gainesville, Fla

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
1,500 meters	--	Liam Reale	3:49.93	
5,000 meters	8th	Martin Fagan	14:27.28	
	11th	Pat Moulton	14:37.17	
	--	Dylan Wykes	DNF	



*Pat Moulton '05 was an NCAA East Regional qualifier in the 5,000 meters in 2004.*

## 2004 WOMEN'S OUTDOOR RESULTS

### March 26-27

at Raleigh Relays, Raleigh, N.C.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
400 meters	--	Roisin Quinn	1:01.34	
	--	Katie Boyle	1:03.84	
800 meters	5th	Deirdre Byrne	2:10.81	ECAC
1,500 meters	--	Jane Nalder	4:37.80	Big East
	--	Laura McCarthy	5:07.30	
5,000 meters	--	Bridget Black	5:19.35	
	--	Lisa Cappello	16:52.06	NCAA Reg.
	--	Katie Twarog	17:23.32	ECAC
	--	Ashley Jensen	18:11.84	
4 x 1,500 meters	--	Carol Geddes	18:28.66	
	2nd	Byrne, Smith, Crombie, Nalder	17:51.08	
discus	--	Emma Foster	NM	
javelin	2nd	Brooke Freeburg	48.28 m.	NCAA Reg.

### April 3

at UConn Invitational, Storrs, Conn.

Meet Results: UConn 282, Dartmouth 118, Vermont 70, CCSU 50, PC 23, Quinnipiac 7

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	3rd	Jane Nalder	2:19.19	
	7th	Roisin Quinn	2:22.57	
1,500 meters	17th	Jen Jarvis	2:35.25	
	18th	Allison Cleary	2:36.10	
	4th	Katie Twarog	4:48.99	
	11th	Laura McCarthy	5:06.23	
5,000 meters	12th	Ashley Jensen	5:07.56	
	16th	Bridget Black	5:16.12	
shot put	21st	Bernadette Boyle	5:32.67	
	6th	Carol Geddes	18:44.53	
	7th	Emma Foster	9.19 m	
	9th	Kathleen Batchler	8.94 m	
discus	10th	Annice Correia	8.44 m	
	5th	Emma Foster	37.16 m	
javelin	1st	Brooke Freeburg	45.15 m	NCAA Reg.

### April 8

at Iona Invitational, New Rochelle, N.Y.

Dual Meet Scores: PC 49, Harford 41: Iona 45, PC 29: PC 40, Manhattan 36: PC 45,

Quinnipiac 24: Stonybrook 43, PC 43.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
600 meters	2nd	Roisin Quinn	1:38.81	
	6th	Bridget Black	1:48.70	
mile	5th	Katie Twarog	5:11.14	
	8th	Ashley Jensen	5:30.59	
3,000 meters	6th	Laura McCarthy	10:36.02	
	7th	Carol Geddes	10:39.74	
4 x 800 meters	12th	Bernadette Boyle	11:38.53	
	3rd	Cleary, Jarvis, Quinn, Karpinski	10:17.23	
sprint medley rel.	4th	Jarvis, Black	4:43.23	
	2nd	Twarog, Jensen	10.51 m	
shot put	4th	Emma Foster	9.60 m	
	7th	Kathleen Batchler	9.60 m	
discus	13th	Annice Correia	8.74 m	
	1st	Katie Boyle	6.33 m	
	1st	Emma Foster	36.40 m	
	8th	Kathleen Batchler	18.25 m	

### April 10

at Brown Invitational, Providence, R.I.

Meet Results: Brown 179, Dartmouth 105, Rhode Island 96, Harvard 82, UMass 80,

Northeastern 72.5, Providence 47, Birmingham 47, Southern Connecticut 22.5

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
400 meters	14th	Roisin Quinn	1:01.74	
	1st	Fiona Crombie	2:10.49	ECAC
800 meters	2nd	Deirdre Byrne	2:11.27	ECAC
	--	Allison Cleary	2:35.62	
1,500 meters	--	Jen Jarvis	2:37.02	
	1st	Lisa Cappello	4:30.95	ECAC
	9th	Jane Nalder	4:44.48	
	--	Laura McCarthy	5:00.61	
5,000 meters	--	Bridget Black	5:06.72	
	--	Bernadette Boyle	5:28.03	
	4th	Katie Twarog	17:44.36	Big East
	7th	Ashley Jensen	18:25.61	
shot put	--	Annice Correia	9.00 m	
	--	Kathleen Batchler	8.85 m	
discus	7th	Emma Foster	35.82 m	

javelin	12th	Annice Correia	28.14 m	
	1st	Brooke Freeburg	46.32 m	NCAA Reg.

### April 16-17

at Mt. Sac Relays, Walnut, Calif.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
1,500 m univ div.	12th	Fiona Crombie	4:23.79	NCAA Reg.
	18th	Deirdre Byrne	4:25.26	NCAA Reg.
5,000 m inv div.	2nd	Kim Smith	15:09.72	NCAA Reg.
5,000 m univ div.	14th	Lisa Cappello	16:30.05	NCAA Reg.

### April 22-24

at Penn Relays, Philadelphia, Pa.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
3,000 college div.	8th	Katie Twarog	9:48.62	
4 x 1500 m relay	2nd	Smith, Byrne, Crombie, Cappello	17:34.06	
javelin college div.	1st	Brooke Freeburg	48.45 m	NCAA Reg.

### April 25

at Brown Spring Invitational, Providence, R.I.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	1st	Roisin Quinn	2:18.35	
	--	Jen Jarvis	2:31.98	
	--	Allison Cleary	2:33.12	
	--	Christina Karpinski	2:48.26	
1,500 meters	--	Laura McCarthy	4:58.31	
	--	Bridget Black	5:10.93	
3,000 steeple	--	Bernadette Boyle	5:17.79	
	1st	Jane Nalder	10:48.58	NCAA Reg.
5,000 meters	1st	Ashley Jensen	17:51.94	BIG EAST
	3rd	Carol Geddes	18:16.09	
shot put	6th	Kathleen Batchler	9.6 m	
discus	6th	Emma Foster	35.48 m	
	10th	Annice Correia	29.14 m	
javelin	1st	Brooke Freeburg	44.38 m	NCAA Reg.

### May 1-2

at BIG EAST Championship, Piscataway, N.J.

10th of 14

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
800 meters	--	Deirdre Byrne	2:12.52	
1,500 meters	4th	Fiona Crombie	4:25.33	ECAC
3,000 steeple	2nd	Jane Nalder	10:47.90	NCAA Reg.
5,000 meters	7th	Lisa Cappello	17:04.88	ECAC
10,000 meters	1st	Kim Smith	33:45.81	ECAC
	4th	Katie Twarog	36:52.10	ECAC
4 x 800 meters	5th	Byrne, Crombie, Nalder, Smith	8:58.20	ECAC
javelin	2nd	Brooke Freeburg	46.46	NCAA Reg.

### May 8

at New England Championship, Boston, Mass.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
javelin	1st	Brooke Freeburg	47.74 m	NCAA Reg.

### May 14-16

at ECAC Championship, New Haven, Conn.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
1,500 meters	4th	Fiona Crombie	4:25.96	NCAA Reg.
	5th	Deirdre Byrne	4:27.24	NCAA Reg.
3,000 steeple	4th	Jane Nalder	10:29.79	NCAA Reg.
5,000 meters	-	Katie Twarog	17:10.47	
javelin	3rd	Brooke Freeburg	46.49 m	NCAA Reg.

### May 28-29

at NCAA East Regional Championship, Gainesville, Fla.

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
1,500 meters	6th	Deirdre Byrne	4:22.56	
	8th	Fiona Crombie	4:23.67	
3,000 steeple	10th	Jane Nalder	10:38.85	
5,000 meters	1st	Kim Smith	15:51.03	NCAA
	--	Lisa Cappello	DNF	
javelin	5th	Brooke Freeburg	45.39 m	NCAA

### June 9-12

at NCAA Championship, Austin, Texas

22nd

EVENT	PLACE	ATHLETE	TIME	QUALIFIED
5,000 meters	1st	Kim Smith	15:48.86	All-America
javelin	--	Brooke Freeburg	45.11	



## MEN'S NCAA/NORTHEAST REGIONAL/BIG EAST/ RESULTS

## MEN'S CROSS COUNTRY AT THE NCAA CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2003	24th	1986	22nd
2002	13th	1985	-
2001	10th	1984	6th
2000	3rd	1983	7th
1999	19th	1982	2nd
1998	10th	1981	2nd
1997	16th	1980	16th
1996	22nd	1979	12th
1995	8th (tied)	1978	12th
1994	-	1977	4th
1993	-	1976	9th
1992	3rd	1975	3rd
1991	13th	1974	5th
1990	-	1973	-
1989	-	1972	-
1988	13th	1971	27th
1987	20th	1970	-

## MEN'S INDOOR TRACK AT THE NCAA CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2004	66th (tied)	1991	-
2003	-	1990	-
2002	-	1989	-
2001	38th	1988	44th
2000	-	1987	-
1999	-	1986	-
1998	-	1985	-
1997	43rd	1984	-
1996	57th	1983	-
1995	21st (tied)	1982	36th (tied)
1994	13th (tied)	1981	-
1993	24th (tied)	1980	-
1992	13th		

## MEN'S INDOOR TRACK AT THE NCAA CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2004	-	1992	-
2003	-	1991	-
2002	-	1990	20th (tied)
2001	64th	1989	-
2000	-	1988	-
1999	-	1987	-
1998	-	1986	-
1997	-	1985	-
1996	-	1984	-
1995	28th (tied)	1983	85th (tied)
1994	-	1982	-
1993	18th (tied)		

MEN'S CROSS COUNTRY AT THE NCAA  
NORTHEAST REGIONAL CHAMPIONSHIP

YEAR	FINISH
2003	2nd
2002	2nd
2001	1st
2000	1st
1999	2nd
1998	1st
1997	1st

## MEN'S CROSS COUNTRY AT THE BIG EAST CHAMPIONSHIP

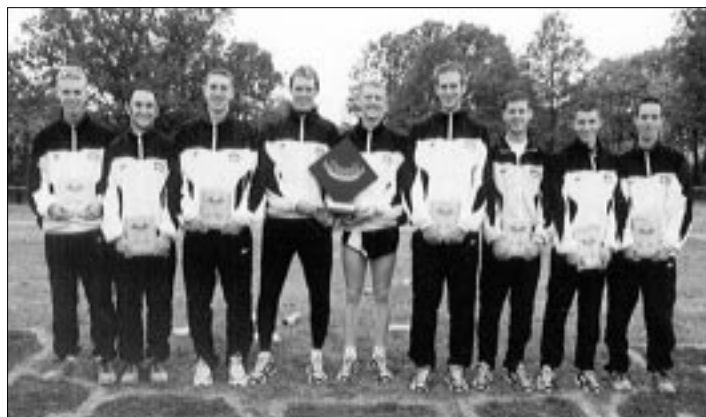
YEAR	FINISH	YEAR	FINISH
2003	4th	1990	1st
2002	2nd	1989	2nd
2001	3rd	1988	1st
2000	1st	1987	2nd
1999	4th	1986	2nd
1998	1st	1985	1st
1997	2nd	1984	1st
1996	1st	1983	3rd
1995	1st	1982	1st
1994	7th	1981	1st
1993	6th	1980	1st
1992	1st	1979	1st
1991	1st		

## MEN'S INDOOR TRACK AT THE BIG EAST CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2004	8th	1991	8th
2003	10th	1990	7th
2002	13th	1989	6th
2001	11th	1988	7th
2000	7th	1987	9th
1999	11th	1986	9th
1998	13th	1985	9th
1997	13th	1984	7th
1996	12th	1983	7th
1995	10th	1982	5th
1994	8th	1981	8th
1993	7th	1980	7th
1992	5th		

## MEN'S OUTDOOR TRACK AT THE BIG EAST CHAMPIONSHIP

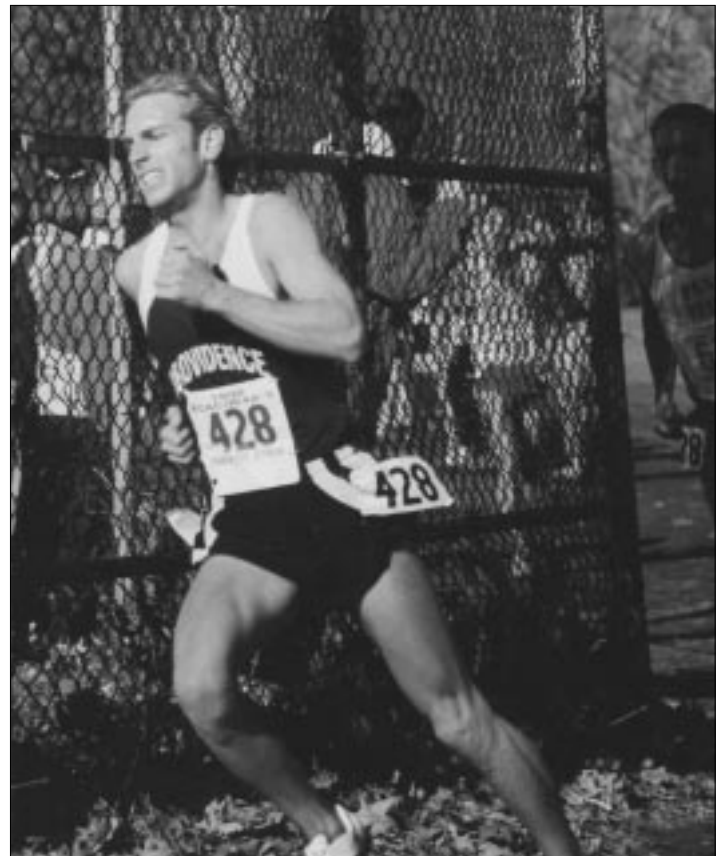
YEAR	FINISH	YEAR	FINISH
2004	8th	1991	9th
2003	12th	1990	8th
2002	11th	1989	5th
2001	11th	1988	9th
2000	12th	1987	7th
1999	13th	1986	9th
1998	13th	1985	8th
1997	13th	1984	8th
1996	13th	1983	6th
1995	9th	1982	7th
1994	9th	1981	7th
1993	10th	1980	7th
1992	9th		



*The 2000 men's cross country team captured the school's 14th BIG EAST Championship and went on to finish third at the NCAA's.*

## MEN'S TRACK RECORDS

EVENT	NAME	TIME	MEET	YEAR					
<b>200 Meters</b> (Outdoors)	Robert Dugas	21.8		1951	<b>4 x 800 Meter Relay</b> (Outdoors)	John Duggan Frank Conway Sean Keohane John Evans	7:29.12	Villanova	5/88
<b>400 Meters</b> (Outdoors)	Robert Dugas Vincent Iacano Stephan Hernandez	49.5 49.5 49.5		1951 1962 1965	<b>Distance Medley</b> (Indoors)	Martin Fagan Richard Jones Liam Reale Dylan Wykes	9:40.80	IC4A's	3/04
<b>600 Yards</b> (Indoors)	John Evans	1:11.51	Greater Boston Inv.	1/88	(Outdoors)	Bill Mullaney Kevin Connors John Evans Frank Conway	9:41.70	Colonial Relays	4/90
<b>800 Meters</b> (Indoors) (Outdoors)	Andy Keith Andy Keith	1:48.66 1:47.56	New England Champ. IC4A'S	2/88 5/92	<b>4 X 1,500 Meters</b> (Outdoors)	Nick Jackson Mark Carroll Mark Burdis Andy Keith	15:02.63	Penn Relays	4/93
<b>880 Yards</b> (Indoors)	John Evans	1:51.0	Boston	1/86	<b>4 Mile Relay</b> (Outdoors)	Michael Byrne John Savoie Peter Croke Mick O'Shea	16:20.90	Des Moines, Iowa	4/77
<b>1,000 Yards</b> (Indoors)	John Evans	2:09.60	Boston	1/86	<b>High Jump</b>	Don Fernandez	6' - 9"	Yale University	1/92
<b>1,000 Meters</b> (Indoors)	Andy Keith	2:20.05	Terrier Classic	1/94					
<b>1,500 Meters</b> (Indoors)	Andy Keith	3:40.02	New England Champ.- N.E. College Record	3/92					
(Outdoors)	Mark Carroll	3:36.52	Hectel, Belgium	6/95					
<b>Mile Run</b> (Indoors) (Outdoors)	Andy Keith Mark Carroll	3:56.29 3:58.50	Commonwealth Inv. Cork City	1/94 7/95					
<b>3,000 Meters</b> (Indoors) (Outdoors)	Andy Keith John Treacy	7:49.83 7:48.60	Mobil One Grand Prix Los Angeles	2/94 5/78					
<b>3,000 Meter Steeplechase</b> (Outdoors)	Brendan Quinn	8:28.95	Dublin, Ireland	6/83					
<b>Two Mile Run</b> (Indoors)	John Treacy	8:30.60	Boston	2/78					
<b>5,000 Meters</b> (Indoors) (Outdoors)	Geoff Smith Mark Carroll	13:23.60 13:13.94	New York Lille, France	2/81 6/95					
<b>10,000 Meters</b> (Outdoors)	John Treacy	27:55.40	Philadelphia	4/78					
<b>RELAYS</b>									
<b>Mile Relay</b> (Outdoors)	Jason Martin Nick Jackson Jose Libano Andy Keith	3:26.20	Amherst, Mass.	4/94					



*Mike Donnelly '97, a two-time All-American at Providence, finished fourth at the 2004 U.S. Olympic Trials in the 10,000 meters.*



## MEN'S HONOR ROLL

## BIG EAST CHAMPIONS

YEAR	NAME	SEASON	EVENT
1980	Brendan Quinn	Cross Country	
	Ray Treacy	Indoor Track	5,000 Meters
	Dan Dillon	Indoor Track	3,000 Meters
1981	Ray Treacy	Indoor Track	5,000 Meters
	Brendan Quinn	Outdoor Track	3,000 Meter Steeplech.
1982	Geoff Smith	Outdoor Track	5,000 Meters
	Brendan Quinn	Cross Country	
	Steve Binns	Indoor Track	3,000 Meters
1983	Ray Treacy	Indoor Track	5,000 Meters
	Brendan Quinn	Outdoor Track	3,000 Meter Steeplech.
	Jimmy Fallon	Indoor Track	3,000 Meters
1984	Brendan Quinn	Outdoor Track	3,000 Meter Steeplech.
	Steve Binns	Outdoor Track	5,000 Meters
	Geoff Smith	Outdoor Track	10,000 Meters
1985	Richard O'Flynn	Cross Country	
	Richard O'Flynn	Indoor Track	3,000 Meters
	Andy Ronan	Indoor Track	5,000 Meters
1986	Richard Mulligan	Outdoor Track	10,000 Meters
	Richard O'Flynn	Indoor Track	3,000 Meters
	Andy Ronan	Outdoor Track	10,000 Meters
1987	John Evans	Indoor Track	800 Meters
	Andy Ronan	Indoor Track	5,000 Meters
	Andy Ronan	Outdoor Track	10,000 Meters
1988	Mark Keller	Outdoor Track	10,000 Meters
	John Evans	Indoor Track	1,000 Meters
	Frank Conway	Indoor Track	3,000 Meters
1989	Frank Conway	Outdoor Track	3,000 Meter Steeplech.
	Mark Keller	Outdoor Track	10,000 Meters
	Frank Conway	Indoor Track	1,000 Meters
1990	Mike Scanlon	Indoor Track	3,000 Meters
	Frank Conway	Outdoor Track	1,500 Meters
	John Duggan	Outdoor Track	5,000 Meters
1991	John Evans	Indoor Track	1,000 Meters
	Andy Keith	Indoor Track	1,000 Meters
	Chris Teague	Indoor Track	3,000 Meters
1992	Andy Keith	Indoor Track	4 X 800 Meters
	Chris Teague	Indoor Track	4 X 800 Meters
	Mark Carroll	Indoor Track	4 X 800 Meters
1993	Jack Davidson	Indoor Track	4 X 800 Meters
	Paul Logan	Outdoor Track	10,000 Meters
	Mark Carroll	Cross Country	
1994	Andy Keith	Indoor Track	1,000 Meters
	Mark Burdis	Indoor Track	5,000 Meters
	Mark Burdis	Indoor Track	3,000 Meters
1995	Mark Burdis	Outdoor Track	3,000 Meter Steeplech.
	Andy Keith	Indoor Track	1,000 Meters
	Mark Carroll	Indoor Track	3,000 Meters
1996	David Healy	Indoor Track	Distance Medley
	Jason Martin	Indoor Track	Distance Medley
	Andy Keith	Outdoor Track	Distance Medley
1997	Mark Carroll	Indoor Track	Distance Medley
	Andy Keith	Outdoor Track	1,500 Meters
	Mark Carroll	Indoor Track	3,000 Meters
1998	Mark Carroll	Outdoor Track	1,500 Meters
	David Healy	Outdoor Track	5,000 Meters
	Mark Carroll	Cross Country	
1999	David Healy	Indoor Track	3,000 Meters
	Ben Noad	Cross Country	
	Keith Kelly	Outdoor Track	10,000 Meters
2000	Keith Kelly	Indoor Track	3,000 Meters
	Keith Kelly	Indoor Track	5,000 Meters
	Larry Morrissey	Indoor Track	Distance Medley
2001	Chris Livesey	Indoor Track	Distance Medley
	Kevin Cashman	Indoor Track	Distance Medley
	Paul Reilly	Indoor Track	Distance Medley

2001	Keith Kelly	Cross Country	
	Keith Kelly	Indoor Track	3,000 Meters
	Keith Kelly	Outdoor Track	5,000 Meters
	Hamish Thorpe	Indoor Track	Distance Medley
	Kevin Cashman	Indoor Track	Distance Medley
2002	Larry Morrissey	Indoor Track	Distance Medley
	Keith Kelly	Indoor Track	Distance Medley
2002	Adam Sutton	Cross Country	
2004	Adam Sutton	Indoor Track	5,000 meters
	Dylan Wykes	Indoor Track	3,000 meters

## IC4A CHAMPIONS

YEAR	NAME	SEASON	EVENT
1976	Michael O'Shea	Outdoor Track	5,000 Meters
1977	John Treacy	Indoor Track	3 Mile Run
1981	Steve Binns	Cross Country	
	Ray Treacy	Outdoor Track	10,000 Meters
1982	Brendan Quinn	Cross Country	
	Ray Treacy	Indoor Track	5,000 Meters
1983	Richard O'Flynn	Cross Country	
	Brendan Quinn	Outdoor Track	3,000 Meter Steeplech.
1984	Richard O'Flynn	Cross Country	
1985	Richard O'Flynn	Indoor Track	5,000 Meters
1986	John Evans	Indoor Track	800 Meters
1988	John Evans	Outdoor Track	800 Meters
1989	Frank Conway	Outdoor Track	1,500 Meters
1990	John Evans	Outdoor Track	800 Meters
	Bill Mullaney	Outdoor Track	1,500 Meters
1993	Andy Keith	Indoor Track	1,000 Meters ***MEET RECORD***
1995	Mark Carroll	Cross Country	
1997	Steve Myers	Indoor Track	Mile
1998	Keith Kelly	Outdoor Track	10,000 Meters
1999	Keith Kelly	Outdoor Track	10,000 Meters
2000	Keith Kelly	Indoor Track	5,000 Meters
2001	Paul Reilly	Indoor Track	3,000 Meters
	Dermot Galvin	Outdoor Track	10,000 Meters
2002	Hamish Thorpe	Indoor Track	Mile
	Adam Sutton	Outdoor Track	5,000 Meters
2004	Adam Sutton	Indoor Track	5,000 Meters
2004	Liam Reale	Indoor Track	Distance Medley
	Dan Robb	Indoor Track	Distance Medley
	Richard Jones	Indoor Track	Distance Medley
	Martin Fagan	Indoor Track	Distance Medley



*Adam Sutton '03 was a BIG EAST and IC4A 5,000 meter champion in 2004 during the Indoor Track season.*

## MEN'S HONOR ROLL

### ALL-AMERICANS

YEAR	NAME	SEASON	EVENT
1965	Barry Brown	Cross Country	
1974	Michael O'Shea	Cross Country	
1976	Michael O'Shea John Treacy Stetson Arnold	Cross Country Cross Country Cross Country	
1977	John Treacy	Cross Country	
1978	John Treacy Gerry Deegan Danny Dillon John Treacy Gerry Deegan John Treacy Gerry Deegan	Cross Country Cross Country Cross Country Indoor Track Indoor Track Outdoor Track Outdoor Track	3 Mile Run 2 Mile Run
1979	Ray Treacy Danny Dillon	Cross Country Cross Country	
1981	Ray Treacy	Cross Country	
1982	Ray Treacy Steve Binns Brendan Quinn Geoff Smith Steve Binns	Cross Country Cross Country Cross Country Indoor Track Indoor Track	
1983	Brendan Quinn Richard O'Flynn Steve Binns	Cross Country Cross Country Cross Country	
1984	Richard O'Flynn Andy Ronan	Cross Country Cross Country	
1985	Richard O'Flynn	Cross Country	
1986	Andy Ronan	Cross Country	
1988	Frank Conway	Indoor Track	Mile Run
1989	Frank Conway	Indoor Track	Mile Run
1990	John Evans Bill Mullaney	Outdoor Track Outdoor Track	1,500 Meters 1,500 Meters
1992	Paul Logan Chris Teague Andy Keith	Cross Country Indoor Track Indoor Track	3,000 Meters Mile Run
1993	Mark Carroll Chris Teague Mark Carroll Andy Keith Andy Keith	Cross Country Cross Country Outdoor Track Indoor Track Outdoor Track	1,500 Meters Mile Run 1,500 Meters
1994	Andy Keith Mark Carroll Andy Keith	Cross Country Indoor Track Indoor Track	3,000 Meters Mile Run
1995	Mark Carroll Mark Carroll	Indoor Track Outdoor Track	5,000 Meters 5,000 Meters

1996	Mark Carroll David Healy	Cross Country Indoor Track	3,000 Meters
1997	Mike Donnelly Mike Donnelly	Indoor Track Outdoor Track	5,000 Meters 10,000 Meters
1998	Ben Noad	Cross Country	
1999	Ben Noad Keith Kelly	Cross Country Cross Country	
2000	Keith Kelly	Cross Country	
2001	Dermot Galvin Hamish Thorpe Keith Kelly Keith Kelly Keith Kelly	Cross Country Cross Country Cross Country Indoor Track Outdoor Track	5,000 Meters 10,000 Meters
2002	Adam Sutton Hamish Thorpe	Cross Country Cross Country	
2003	Adam Sutton	Cross Country	
2004	Adam Sutton	Indoor Track	5,000 meters

### NCAA CHAMPIONS

YEAR	NAME	SEASON	EVENT
1978	John Treacy Gerry Deegan	Indoor Track Indoor Track	3 Mile Run 2 Mile Run
1992	Andy Keith	Indoor Track	Mile Run
1995	Mark Carroll	Indoor Track	5,000 Meters
2000	Keith Kelly	Cross Country	

### PROVIDENCE COLLEGE OLYMPIANS

YEAR	NAME	SEASON	EVENT
1980	John Treacy Geoff Smith Michael O'Shea	Moscow Olympics Moscow Olympics Moscow Olympics	5,000/10,000 Meters 10,000 Meters 5,000 Meters
1984	John Treacy ***SILVER MEDALIST IN THE MARATHON*** Geoff Smith	Los Angeles Olym. Los Angeles Olym.	10,000 M./Marathon Marathon
1988	John Treacy Steve Binns Brendan Quinn John Doherty	Seoul Olympics Seoul Olympics Seoul Olympics Seoul Olympics	Marathon 10,000 Meters 3,000 Meter Steeplech. 5,000 Meters
1992	John Treacy Andy Ronan John Doherty	Barcelona Olym. Barcelona Olym. Barcelona Olym.	Marathon Marathon 5,000 Meters
2000	Mark Carroll	Sydney Olympics	5,000 Meters
2004	Mark Carroll	Athens Olympics	5,000 Meters



## WOMEN'S NCAA/NORTHEAST REGIONAL/BIG EAST/ RESULTS

## WOMEN'S CROSS COUNTRY AT THE NCAA CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2003	3rd	1991	9th
2002	6th	1990	2nd
2001	10th	1989	10th
2000	9th	1988	-
1999	10th	1987	-
1998	14th	1986	-
1997	6th	1985	-
1996	7th	1984	-
1995	1st	1983	-
1994	5th	1982	-
1993	5th	1981	-
1992	5th		

## WOMEN'S INDOOR TRACK AT THE NCAA CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2004	9th	1993	-
2003	32nd (tied)	1992	4th (tied)
2002	37th (tied)	1991	-
2001	-	1990	12th (tied)
2000	-	1989	33rd (tied)
1999	38th	1988	-
1998	14th	1987	-
1997	-	1986	-
1996	18th	1985	-
1995	25th (tied)	1984	-
1994	12th (tied)	1983	-

## WOMEN'S OUTDOOR TRACK AT THE NCAA CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2004	22nd	1993	36th (tied)
2003	27th	1992	4th (tied)
2002	64th (tied)	1991	15th (tied)
2001	-	1990	56th (tied)
2000	-	1989	-
1999	67th	1988	-
1998	-	1987	-
1997	52nd (tied)	1986	-
1996	31st (tied)	1985	-
1995	12th (tied)	1984	-
1994	19th	1983	-

WOMEN'S CROSS COUNTRY AT THE NCAA  
NORTHEAST REGIONAL CHAMPIONSHIP

YEAR	FINISH
2003	1st
2002	2nd
2001	2nd
2000	4th
1999	1st
1998	1st
1997	2nd



The 2003 women's cross country team recorded the school's third-best finish at the NCAA's when they placed third.

## WOMEN'S CROSS COUNTRY AT THE BIG EAST CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2003	2nd	1991	2nd
2002	4th	1990	2nd
2001	3rd	1989	3rd
2000	2nd	1988	2nd
1999	2nd	1987	2nd
1998	3rd	1986	4th
1997	1st	1985	4th
1996	1st	1984	7th
1995	1st	1983	6th
1994	2nd	1982	7th
1993	3rd		
1992	3rd		

## WOMEN'S INDOOR TRACK AT THE BIG EAST CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2004	8th	1993	9th
2003	9th	1992	5th
2002	10th	1991	8th
2001	13th	1990	6th
2000	13th	1989	7th
1999	11th	1988	6th
1998	8th	1987	4th
1997	12th	1986	8th
1996	7th	1985	9th
1995	7th	1984	8th
1994	7th	1983	8th

## WOMEN'S OUTDOOR TRACK AT THE BIG EAST CHAMPIONSHIP

YEAR	FINISH	YEAR	FINISH
2004	10th	1993	7th
2003	12th	1992	9th
2002	11th	1991	8th
2001	13th	1990	5th
2000	13th	1989	7th
1999	12th	1988	8th
1998	10th	1987	4th
1997	11th	1986	8th
1996	11th	1985	9th
1995	9th	1984	7th
1994	10th	1983	7th



In 1995, the Friars captured the NCAA Cross Country Championship.

## WOMEN'S TRACK RECORDS

EVENT	NAME	TIME	MEET	YEAR	EVENT	NAME	TIME	MEET	YEAR
<b>100 Meters</b> (Outdoors)	Helen Jessie	12.53	BIG EAST Champ.	5/87	<b>4 X 400 Meters</b> (Indoors)	Kara Corridon Jacqui Stokes Dionne Wilson Geraldine Hendricken	3:53.20	New England Champ.	5/90
<b>200 Meters</b> (Indoors)	Jacqui Stokes	25.06	Boston Univ.	1/87	(Outdoors)	Kara Corridon Jacqui Stokes Dionne Wilson Geraldine Hendricken	3:47.80	BIG EAST Champ.	5/90
(Outdoors)	Dionne Wilson	24.79	West Point Inv.	4/90	<b>4 X 800 Meters</b> (Indoors)	Geraldine Hendricken Sinead Delahunty Siobhan Gallagher Geraldine Nolan	8:38.10	BIG EAST Champ.	2/90
<b>400 Meters</b> (Indoors)	Jacqui Stokes	56.02	Boston Univ.	2/88	(Outdoors)	Anita Philpott Geraldine Nolan Sinead Delahunty Siobhan Gallagher	8:50.19	BIG EAST Champ.	5/90
(Outdoors)	Dionne Wilson	54.20	BIG EAST Champ.	5/91	<b>Distance Medley</b> (Indoors)	Geraldine Nolan Jacqui Stokes Siobhan Gallagher Geraldine Hendricken	11:04.45	ECAC Champ. ***NCAA RECORD***	3/90
<b>500 Meters</b> (Indoors)	Dionne Wilson	1:13.42	ECAC Champ.	3/90	(Outdoors)	Sinead Delahunty Dionne Wilson Geraldine Nolan Geraldine Hendricken	11:00.67	Penn Relays	4/92
<b>600 Yards</b> (Indoors)	Kara Corridon	1:23.86	New England Champ.	3/89	<b>4 X 1,500 Meters</b> (Outdoors)	Anita Philpott Geraldine Nolan Natalie Davey Geraldine Hendricken	17:22.30	Penn Relays ***WORLD RECORD***	4/91
<b>800 Meters</b> (Indoors)	Roisin McGettigan	2:05.91	Boston Univ.	2/03	<b>Two-Mile Relay</b> (Indoors)	Geraldine Nolan Siobhan Gallagher Sinead Delahunty Geraldine Hendricken	8:47.20	Millrose Games	2/90
(Outdoors)	Geraldine Nolan	2:06.98	Athens, Greece	6/90	<b>NCAA CHAMPIONS</b>				
<b>1,000 Meters</b> (Indoors)	Sinead Delahunty	2:47.37	Terrier Classic	1/90	<b>YEAR</b>	<b>NAME</b>	<b>SEASON</b>	<b>EVENT</b>	
<b>1,500 Meters</b> (Outdoors)	Amy Rudolph	4:11.18	U.S.T.F. Champ.	6/95	1992	Geraldine Hendricken	Indoor Track	3,000 Meters	
<b>Mile</b> (Indoors)	Kim Smith	4:30.61	Boston Univ.	2/04	1994	Amy Rudolph	Indoor Track	Mile Run	
(Outdoors)	Sinead Delahunty	4:34.38	Cork, Ireland	7/91		Amy Rudolph	Outdoor Track	1,500 Meters	
<b>3,000 Meters</b> (Indoors)	Kim Smith	8:49.18	NCAA Champ. ***NCAA RECORD***	3/04	1995	Cross Country Team			
(Outdoors)	Geraldine Hendricken	9:02.33	NCAA Champ.	6/91	1996	Marie McMahan	Indoor Track	5,000 Meters	
<b>3,000 Meter Steeplechase</b> (Outdoors)	Roisin McGettigan	9:50.12	NCAA Champ.	6/03	2004	Kim Smith	Indoor Track	5,000 Meters	
<b>5,000 Meters</b> (Indoors)	Kim Smith	15:14.18	NCAA Champ. ***NCAA RECORD***	3/04	2004	Kim Smith	Indoor Track	3,000 Meters	
(Outdoors)	Kim Smith	15:09.72	Mount Sac Relays ***NCAA RECORD***	4/04	2004	Kim Smith	Outdoor Track	5,000 Meters	
<b>10,000 Meters</b> Outdoors	Kim Smith	33:45.81	BIG EAST Champ.	5/04	<b>PROVIDENCE COLLEGE OLYMPIANS</b>				
<b>Long Jump</b> (Indoors)	Jacqui Stokes	19'2"	Greater Boston Inv.	1/87	<b>YEAR</b>	<b>NAME</b>	<b>SEASON</b>	<b>EVENT</b>	
(Outdoor)	Jacqui Stokes	19'0"	Villanova	5/88	1996	Sinead Delahunty	Atlanta Olympics	1,500 Meters	
<b>High Jump</b> (Indoors)	Jacqui Stokes	5'6"	Syracuse	2/89	1996	Marie McMahan	Atlanta Olympics	5,000 Meters	
(Outdoors)	Jacqui Stokes	5'6"	BIG EAST Champ.	5/88	1996	Amy Rudolph	Atlanta Olympics	5,000 Meters	
<b>Javelin</b> Brooke Freeburg		50.02	Penn Relays	4/27	2000	Sinead Delahunty	Sydney Olympics	1,500 Meters	
<b>4 X 100 Meters</b> (Outdoors)	Carolanne Byrne Crystal Jones Helen Jessie Jacqui Stokes	48.06	BIG EAST Chmp.	5/87	2000	Amy Rudolph	Sydney Olympics	5,000 Meters	



## WOMEN'S HONOR ROLL

## BIG EAST CHAMPIONS

YEAR	NAME	SEASON	EVENT
1983	Julie McCorie	Outdoor Track	10,000 Meters
1987	Tina Moloney	Indoor Track	5,000 Meters
1988	Tina Moloney	Cross Country	
	Tina Moloney	Indoor Track	5,000 Meters
	Anita Philpott	Indoor Track	Distance Med.
	Jacqui Stokes	Indoor Track	Distance Med.
	Tina Moloney	Indoor Track	Distance Med.
	Siobhan Gallagher	Indoor Track	Distance Med.
1989	Geraldine Hendricken	Indoor Track	1,000 Meters
	Tina Moloney	Indoor Track	5,000 Meters
	Tina Moloney	Indoor Track	Distance Med.
	Kara Corridon	Indoor Track	Distance Med.
	Christine Crowley	Indoor Track	Distance Med.
	Patricia Logan	Indoor Track	Distance Med.
	Tina Moloney	Outdoor Track	5,000 Meters
1990	Siobhan Gallagher	Indoor Track	Mile Run
	Anita Philpott	Outdoor Track	4 X 800 Meters
	Geraldine Nolan	Outdoor Track	4 X 800 Meters
	Sinead Delahunty	Outdoor Track	4 X 800 Meters
	Siobhan Gallagher	Outdoor Track	4 X 800 Meters
1992	Geraldine Hendricken	Indoor Track	1,000 Meters
	Geraldine Hendricken	Indoor Track	3,000 Meters
	Geraldine Nolan	Outdoor Track	1,500 Meters
	Leanne Burke	Outdoor Track	4 X 800 Meters
	Dionne Wilson	Outdoor Track	4 X 800 Meters
	Jeanne Hughes	Outdoor Track	4 X 800 Meters
	Geraldine Nolan	Outdoor Track	4 X 800 Meters
1993	Amy Rudolph	Outdoor Track	3,000 Meters
1994	Amy Rudolph	Cross Country	
	Amy Rudolph	Indoor Track	Mile Run
	Amy Rudolph	Outdoor Track	3,000 Meters
1995	Amy Rudolph	Indoor Track	3,000 Meters
	Marie McMahon	Outdoor Track	10,000 Meters
1996	Marie McMahon	Cross Country	
1997	Marie McMahon	Cross Country	
	Marie McMahon	Outdoor Track	5,000 Meters
1998	Marie McMahon	Indoor Track	3,000 Meters
	Marie McMahon	Indoor Track	5,000 Meters
	Marie McMahon	Outdoor Track	3,000 Meters
	Marie McMahon	Outdoor Track	5,000 Meters
1999	Sarah Dupre	Cross Country	
	Sarah Dupre	Indoor Track	3,000 Meters
2001	Brooke Freeburg	Outdoor Track	Javelin
	Roisin McGettigan	Outdoor Track	3,000m Steeple
2002	Roisin McGettigan	Indoor Track	Mile
	Roisin McGettigan	Outdoor Track	3,000m Steeple
2003	Roisin McGettigan	Indoor Track	1,000 Meters
	Roisin McGettigan	Outdoor Track	3,000 m Steeple
	Brooke Freeburg	Outdoor Track	Javelin
2003	Kim Smith	Cross Country	
2004	Kim Smith	Indoor Track	3,000 Meters
	Kim Smith	Indoor Track	4 X 800 Meters
	Deirdre Byrne	Indoor Track	4 X 800 Meters
	Fiona Crombie	Indoor Track	4 X 800 Meters
	Jane Nalder	Indoor Track	4 X 800 Meters
	Kim Smith	Outdoor Track	10,000 meters

## ECAC CHAMPIONS

YEAR	NAME	SEASON	EVENT
1989	Tina Moloney	Outdoor Track	5,000 Meters
1990	Jacqui Stokes	Indoor Track	Distance Med.
	Geraldine Nolan	Indoor Track	Distance Med.
	Geraldine Hendricken	Indoor Track	Distance Med.
	Siobhan Gallagher	Indoor Track	Distance Med.
1991	Dionne Wilson	Indoor Track	500 Meters
1992	Dionne Wilson	Indoor Track	4 X 800 Meters
	Leanne Burke	Indoor Track	4 X 800 Meters
	Amy Rudolph	Indoor Track	4 X 800 Meters
	Geraldine Nolan	Indoor Track	4 X 800 Meters
1993	Amy Rudolph	Outdoor Track	1,500 Meters
1994	Amy Rudolph	Outdoor Track	1,500 Meters
1996	Maria McCambridge	Outdoor Track	3,000 Meters
1997	Sarah Dupre	Indoor Track	5,000 Meters
	Marie McMahon	Outdoor Track	3,000 Meters
1998	Marie McMahon	Outdoor Track	3,000 Meters
	Sarah Dupre	Outdoor Track	5,000 Meters
	Gladys Ganiel	Outdoor Track	10,000 Meters
1999	Sarah Dupre	Outdoor Track	5,000 Meters
	Gladys Ganiel	Outdoor Track	10,000 Meters
2003	Fiona Crombie	Indoor Track	Mile

Roisin McGettigan	Indoor Track	Distance Med.
Roisin Quinn	Indoor Track	Distance Med.
Deirdre Byrne	Indoor Track	Distance Med.
Mary Cullen	Indoor Track	Distance Med.

## ALL-AMERICANS

YEAR	NAME	SEASON	EVENT
1989	Tina Moloney	Cross Country	
	Geraldine Hendricken	Indoor Track	Mile Run
1990	Geraldine Hendricken	Cross Country	
	Geraldine Hendricken	Indoor Track	Mile Run
	Siobhan Gallagher	Indoor Track	Mile Run
	Siobhan Gallagher	Outdoor Track	1,500 Meters
1991	Geraldine Hendricken	Cross Country	
	Sinead Delahunty	Cross Country	
	Anita Philpott	Cross Country	
	Geraldine Hendricken	Outdoor Track	3,000 Meters
	Anita Philpott	Outdoor Track	3,000 Meters
	Natalie Davey	Outdoor Track	1,500 Meters
1992	Geraldine Hendricken	Cross Country	
	Sinead Delahunty	Cross Country	
	Geraldine Hendricken	Indoor Track	3,000 Meters
	Amy Rudolph	Indoor Track	4 X 800 Meters
	Leanne Burke	Indoor Track	4 X 800 Meters
	Geraldine Nolan	Indoor Track	4 X 800 Meters
	Dionne Wilson	Indoor Track	4 X 800 Meters
	Sinead Delahunty	Outdoor Track	1,500 Meters
1993	Sinead Delahunty	Cross Country	
	Jean Hughes	Cross Country	
	Amy Rudolph	Cross Country	
	Amy Rudolph	Outdoor Track	1,500 Meters
1994	Amy Rudolph	Cross Country	
	Natalie Davey	Cross Country	
	Krissy Haacke	Indoor Track	Distance Med.
	Marie McMahon	Indoor Track	Distance Med.
	Susan Murnane	Indoor Track	Distance Med.
	Amy Rudolph	Indoor Track	Distance Med.
	Amy Rudolph	Indoor Track	Mile Run
	Amy Rudolph	Outdoor Track	1,500 Meters
	Natalie Davey	Outdoor Track	3,000 Meters
1995	Marie McMahon	Cross Country	
	Amy Rudolph	Cross Country	
	Amy Rudolph	Indoor Track	Mile Run
	Marie McMahon	Indoor Track	5,000 Meters
	Natalie Davey	Outdoor Track	3,000 Meters
	Marie McMahon	Outdoor Track	5,000 Meters
	Amy Rudolph	Outdoor Track	1,500 Meters
1996	Marie McMahon	Cross Country	
	Maira Harrington	Cross Country	
	Maria McCambridge	Cross Country	
	Susan Murnane	Cross Country	
	Marie McMahon	Indoor Track	5,000 Meters
	Marie McMahon	Indoor Track	Distance Med.
	Maira Harrington	Indoor Track	3,000 Meters
	Maira Harrington	Indoor Track	Distance Med.
	Erin Murphy	Indoor Track	Distance Med.
	Maria McCambridge	Indoor Track	Distance Med.
	Maria McCambridge	Outdoor Track	3,000 Meters
	Maria McCambridge	Outdoor Track	5,000 Meters
1997	Maira Harrington	Outdoor Track	5,000 Meters
	Marie McMahon	Cross Country	
	Marie McMahon	Cross Country	
	Marie McMahon	Outdoor Track	5,000 Meters
1998	Sarah Dupre	Cross Country	
	Sarah Dupre	Indoor Track	5,000 Meters
	Marie McMahon	Indoor Track	5,000 Meters
1999	Rachel Hixson	Cross Country	
	Sarah Dupre	Indoor Track	5,000 Meters
	Sarah Dupre	Outdoor Track	3,000 Meters
2000	Heather Cappello	Cross Country	
2001	Brooke Freeburg	Outdoor Track	Javelin
2002	Claire Shearman	Cross Country	
	Roisin McGettigan	Indoor Track	Mile
	Roisin McGettigan	Outdoor Track	3,000m Steeple
2003	Mary Cullen	Cross Country	
	Roisin McGettigan	Indoor Track	Mile
	Mary Cullen	Outdoor Track	5,000 Meters
	Roisin McGettigan	Outdoor Track	3,000 m Steeple
2004	Mary Cullen	Cross Country	
	Kim Smith	Cross Country	
	Kim Smith	Indoor Track	5,000 Meters
	Kim Smith	Indoor Track	3,000 Meters
	Kim Smith	Outdoor Track	5,000 Meters

## SUCCESS AT PROVIDENCE

### 1995 NCAA CHAMPS



The 1995 Women's Cross-Country Team won the school's first NCAA Championship under the direction of Ray Treacy.

### MARK CARROLL



Mark Carroll '95 was an NCAA 5,000-meter champion and a six-time All-American. He competed in the 2,000 Sydney Olympics and the 2004 Athens Olympic Games.

### MARIE McMAHON



Marie McMahon '98 finished her career as one of the most prolific runners in Friar history. She was a 10-time All-American, led the 1995 Friar Cross Country team to its first national championship and became one of 12 Providence runners to compete in the Olympics. As a senior, she was the BIG EAST Indoor and Outdoor 3,000 and 5,000 meter champion and finished second overall in the NCAA Indoor 5,000 meter race.

### KEITH KELLY



Keith Kelly, a five-time All-American, captured the 2000 NCAA Cross Country Championship.

### 2003-04 CROSS COUNTRY/TRACK BREAKDOWN

- 3 NCAA Individual Champions
- 4 NCAA Tournament Teams
- 3 All-Americans
- 6 BIG EAST Individual Champions
- 11 All-BIG EAST Athletes
- 1 All-ECAC
- 5 All-IC4A
- 4 New England Individual Champions
- 1 New England Championship Team
- 7 All-New England
- 18 BIG EAST Academic All-Stars

### KIM SMITH



Kim Smith '05 won three NCAA titles in 2004 and set three NCAA records. She captured the Indoor NCAA 5,000 meters (15:14.18) and the 3,000 meters (8:49.18) in record time. She also won the NCAA outdoor 5,000 meters. Smith, a four-time All-American, holds five Providence College records and competed for New Zealand in the 2004 Athens Olympic Games.

### AMY RUDOLPH



A 10-time All-American, Amy Rudolph '95 won two NCAA titles in 1994 (indoor mile, outdoor 1,500 meters). She captured five BIG EAST titles (cross country, 3,000 meters, mile and 10,000 meters) in her four years as a Friar. Rudolph has competed in multiple Olympic Games. In 1996, she established the American record in the 5,000 meters (14:56).

### GLADYS GANIEL



Gladys Ganiel '99 a six-time GTE Academic All-America selection earned the 1999 NCAA Walter Byers Scholarship.

### 14 BIG EAST TITLES



The Providence College Cross Country Team has won a league leading 14 BIG EAST Titles.



IMPORTANT NAMES/EVENTS IN FRIAR HISTORY

The following is a list of some of the greatest names and teams in the history of Providence College men's and women's cross country/track and field.



**1981 Men's Cross Country Team** – Led by three runners in the top-25, the Friar harriers completed one of their greatest seasons ever by finishing second behind UTEP at the NCAA Championship at Wichita, Kan. It still stands as one of the highest finishes ever for a men's team at Providence College at any NCAA Championship. Ray Treacy (11<sup>th</sup>), Steve Binns (15<sup>th</sup>) and Brendan Quinn (22<sup>nd</sup>) all earned All-America honors. Richard Mulligan (48<sup>th</sup>) and Richard O'Flynn (55<sup>th</sup>) also scored for the Friars. PC posted an 8-0 record for the season in dual

meets. The Friars also captured the BIG EAST, IC4A and New England titles.



**Bob Amato '63** was one of the most successful coaches in the history of Providence College. A former Friar runner, Amato coached the PC cross country and track programs for 15 years (1969-85). He is credited with starting the flow of world-class runners from Ireland and England to Smith Hill. Beginning with Michael O'Shea in 1973, Amato brought in other greats such as John Treacy, Geoff Smith, Steve Binns, Ray Treacy and Brendan Quinn. He established Providence College as one of the most dominant cross country and track programs in the country. During his tenure, the Friars finished second at the NCAA Cross Country Championship in 1981 and 1982 and placed in the top-10 seven times. The Friars captured five of the first six BIG EAST Cross Country titles

under Amato and recorded an unbeaten streak of 118 dual meets under his guidance. A 10-time New England Cross Country Coach of the Year, Amato compiled a career record of 162-14-1 in cross country.



**1982 Men's Cross Country Team** – PC followed up its incredible second-place finish at the 1981 NCAA Championship with another second-place finish in 1982. Three Friars finished in the top-20. Brendan Quinn (11<sup>th</sup>), Steve Binns (15<sup>th</sup>) and Richard O'Flynn (17<sup>th</sup>) all earned All-America accolades. Charlie Breagy (61<sup>st</sup>) and Jimmy Fallon (85<sup>th</sup>) also scored for PC. Providence recorded a 10-0 mark for the season. PC also won its fourth consecutive BIG EAST title, its 13<sup>th</sup> consecutive New England crown and its second consecutive IC4A title.



**Barry Brown '63** earned All-America honors in cross country in 1965. It marked the first All-America accolade at Providence College for a member of the cross country/track team.



**1990 Women's Cross Country Team** - With three runners in the top-20, the Friars placed second at the 1990 NCAA Cross Country Championships in Knoxville, Tenn. Other than the team's 1995 NCAA title, the 1990 squad's second-place finish is one of the top accomplishments for a women's team at Providence College. Sinead Delahunty (10<sup>th</sup>), Geraldine Hendricken (13<sup>th</sup>) and Anita Philpott (19<sup>th</sup>) all earned All-America accolades for PC. Mary Mullane (75<sup>th</sup>) and Bridget Bowers (109<sup>th</sup>), two walk-ons, were the fourth and fifth scorers for the Friars. During the

season, the squad placed second at the BIG EAST Championship, third at the ECAC Championship and won the New Englands.



**Michael O'Shea '77** was the first Irish athlete to compete at Providence College. O'Shea captured PC's first ever IC4A title. He won the 1976 outdoor IC4A 5,000 meter title. O'Shea earned two All-America accolades in cross country in 1974 and 1976 as a Friar. O'Shea was a member of the 4 x mile relay team that established the Providence College record of 16:20.90 in 1977. He is in the Providence College Athletic Hall of Fame. A native of Limerick, Ireland, O'Shea competed for Ireland in the 1980 Olympics in the 5,000 meters.



**1991 4 X 1,500 Relay Team** - Geraldine Hendricken '92, Anita Philpott '91, Head Coach Ray Treacy, Geraldine Nolan '92 and Natalie Davey '94 celebrate after establishing a world record in the 4 X 1,500 meter relay at the 1991 Penn Relays.



**Mick Byrne '78** has achieved success as a student-athlete and a coach. The Dublin, Ireland native ran for the Friars in the 1970s and was one of Bob Amato's early recruits. In April of 1977, he was part of the Friar 4 x mile relay team that established a school record of 16:20.90 that still exists today. Since 1984, Byrne has coached at Iona College. For five years he was assistant at Iona before being named head coach in 1989.



**The 1995 Women's Cross Country Team** captured Providence College's first NCAA team title on November 20, 1995 in Ames, Iowa. Moira Harrington '96, Maria McCambridge '98, Marie McMahon '97 and Susan Murnane '97 earned All-America honors. The team won all seven of its meets that season, including the BIG EAST and ECAC championships.



**Gerry Deegan** is one of five Friars to ever win a NCAA title. In 1978, Deegan captured the NCAA Indoor two-mile run. He earned All-America honors in cross country in 1977 after finishing third at the NCAA Championship. He also received All-America accolades during the 1978 indoor season (2 mile run) and the outdoor season where he placed second in the 5,000 meters at the NCAA Championship.

## IMPORTANT NAMES/EVENTS IN FRIAR HISTORY



**John Treacy '78** is the greatest runner in the history of Providence College. A five-time All-American, Treacy won the 1978 NCAA Indoor 3 mile title. He competed in four Olympic Games, including the 1984 Olympics where he won a silver medal in the marathon. He won the World Cross Country Championships in 1978 and 1979.



**Dan Dillon '80** was one of the top U.S. runners to ever compete for the Friars. A two-time All-American in cross country (1977 and 1978), he participated in four NCAA Cross Country Championships in his career at Providence. In 1997, Dillon was inducted into the Providence College Athletic Hall of Fame. A two-time New England Champion in track (1977 outdoor six-mile run) and cross country (1978 champion), he captured the 1980 BIG EAST indoor title in the 3,000 meters. Dillon competed for the U.S. in two World Cross Country Championships and posted a 13<sup>th</sup>-place finish in 1980 in Paris, France.



**Ray Treacy '82** has been a key ingredient to the highly successful cross country and track programs at PC. One of only four men to ever serve as head coach of the prestigious Friar program, Treacy began his career as a three-time All-American and three-time BIG EAST champion runner for the Friars. Since 1984, Treacy has coached 109 All-Americans at Providence. He has instructed a number of individual NCAA and BIG EAST Champions. He also has led the men's and women's cross country teams to more than 12 BIG EAST cross country titles. In 1995, he guided the women's cross country team to the College's first NCAA team title.



**John Doherty** only competed one year with the Friars (1982-83), but he went on to have a very productive career in track. Doherty competed in two Olympic Games. In 1988, Doherty was a finalist in the 5,000 meters. He also competed in the 5,000 at the 1992 Olympics.



**Brendan Quinn '83** was one of the athletes that helped put PC in the forefront of distance running in the 1980's. He was a five-time BIG EAST Champion. In 1981, he was the New England Cross Country and the IC4A champion in 1982. Quinn earned All-America honors in cross country in 1981 and 1982. He was a member of three BIG EAST cross country championship teams and helped the Friars to four NCAA Cross Country Championship appearances with second-place finishes in 1981 and 1982. In 1988, he represented Ireland in the Olympic Games in the 3,000 meter steeplechase. Quinn, who holds the PC record in the steeplechase (8:28.95), was inducted in the PC Athletic Hall of Fame in 1997.



**Geoff Smith '84** is one of the most widely recognized runners in the history of Providence College. A native of Liverpool, England, he captured two Boston Marathons titles (1984 and 1985) and finished second in the New York City Marathon in 1983 as a student-athlete at Providence. He earned All-America accolades in indoor track in 1982. In 1981, Smith established the Providence indoor 5,000 meter record with a pace of 13:22.1 at the Millrose Games, which was just 1.5 seconds off a world record at the time. The two-time BIG EAST Champion competed in two Olympic Games. In 1980, he ran the 10,000 meters and he also competed in the 1984 Olympic Games (marathon). Smith was inducted into the Providence College Athletic Hall of Fame in 2003.



**Steve Binns '85**, a native of West Yorkshire, England, competed in the 10,000 meters at the 1988 Olympic Games. While at Providence College, Binns earned three All-America honors. He was an All-American in cross country (1981 and 1982) and indoor track (1982). Binns was a member of the cross country team that finished second at the NCAA Championship in 1981 and 1982. He won BIG EAST titles in indoor track (3,000 meters, 1982) and outdoor track (5,000 meters, 1983). Binns also captured the 1981 IC4A Cross Country title.



**Richard O'Flynn '85** was a three-time All-American, a three-time BIG EAST champion and a three-time IC4A champion during his career at Providence. A 1999 inductee into the Providence College Athletic Hall of Fame, O'Flynn earned his three All-America honors in cross country in 1982, 1983 and 1984. He captured his BIG EAST titles in cross country (1984) and in the indoor 3,000 meters (1984 and 1985). O'Flynn was an IC4A champion in cross country (1983 and 1984) and in the indoor 5,000 meters (1985). He helped the 1981 and 1982 cross country teams to consecutive second-place finishes at the NCAA Championship. In 1984, O'Flynn placed second at the NCAA Cross Country Championship.



**Andy Ronan '86** has experienced success at every level. A four-time BIG EAST Champion and two-time cross country All-American (1984 and 1986), Ronan also served as an assistant coach of the Friar cross country and track programs for six years (1994-00). In 1995, he helped guide the women's cross country squad to its first NCAA title. Currently, Ronan is the head coach at Stony Brook. After graduating from Providence in 1986, he began a successful running career, which included a third-place finish in the Boston Marathon (1991) and a fourth-place finish in the Twin Cities Marathon (1989). A native of Wexford, Ireland, Ronan represented his country in the marathon in the 1992 Olympic Games. He was inducted in the PC Athletic Hall of Fame in 1999.



**John Evans '89** holds five records at Providence College. A native of Liverpool, England, Evans established the 600 yard, 880 yard, 1,000 yard, 4 x 800 meter relay and distance medley relay records at Providence. In 1990, he earned All-America accolades in the outdoor 1,500 meters. Evans captured three BIG EAST titles (800 meters and 1,000 meters) and two IC4A crowns (800 meters). After graduation, Evans served as an assistant coach for the Friars for two seasons. Currently, he coaches the New Balance Track Club.



**Tina Moloney '89** earned the first women's All-America honor for the Providence cross country and track squads. In 1988, she placed eighth at the NCAA Cross Country Championship to earn the All-America accolade. Also during her career, she captured six BIG EAST titles and the program's first ECAC title when she won the 1989 outdoor 5,000 meter championship. A native of Waterford, Ireland, Moloney was named Providence College Female Athlete of the Year in 1989.



**Frank Conway '90** was one of the top milers to ever compete at Providence. In 1988, he ran a time of 3:58.32 to become the first New England collegian to run a sub-four minute indoor mile in New England. In his junior year, he improved on his mile time as he ran a 3:56.60 at Harvard University. Conway earned two All-America honors in the indoor mile (1988 and 1989). He was a four-time BIG EAST champion and won one IC4A title as a Friar. He established two school records (outdoor 4 x 800 meter relay and outdoor distance medley relay) at Providence.



## IMPORTANT NAMES/EVENTS IN FRIAR HISTORY



**Siobhan Gallagher '90** holds four school records at Providence College. A native of Donegal, Ireland, Gallagher helped establish the PC record in the indoor and outdoor 4 x 800 meter relay and the two-mile relay. She also was a member of the Friar distance medley team that established a NCAA indoor record of 11:04.45 at the ECAC Championship in 1990. A two-time All-American (mile and 1,500 meters), Gallagher captured three BIG EAST titles and one ECAC crown as a Friar. She was the first female Academic All-American for the cross country/track programs.



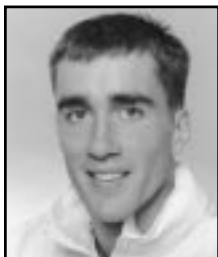
**Geraldine Hendricken '92** won the 1992 NCAA Indoor 3,000 meters. She earned seven All-America honors and won three BIG EAST titles (1,000 meters and 3,000 meters) at Providence College. Hendricken finished second in the 3,000 meters at the NCAA Outdoor Championship in 1991. She anchored the team to a victory at the Penn Relays in the 4 x 1,500 meter relay (1991) and the distance medley relay (1992). She was inducted into the Providence College Athletic Hall of Fame in 2003.



**Sinead Delahunty '93** earned six All-America honors at Providence College. At PC, she established a school record in the indoor 1,000 meters and helped set the indoor and outdoor 4 x 800 meter relay mark and the outdoor distance medley relay record. In her junior year, Delahunty was second in the mile at the NCAA Indoor Championship. She captured one BIG EAST title as a member of the 1990 4 x 800 meter relay team. In 1993, she was named PC Female Athlete of the Year. A native of Kilkenny, Ireland, Delahunty competed in the 1,500 meters at the 1996 and 2000 Olympics.



**Andy Keith '94** won the 1992 NCAA Indoor mile. He captured the 3,000 meters in 7:49.83 at the Mobil Grand Prix in Fairfax, Va., and ran a 3:56.29 mile at the Commonwealth Invitational in 1994. He earned six All-America honors as a Friar and was a six-time BIG EAST champion (1,000 meters, 1,500 meters, distance medley relay and 4 X 800 meters).



**Mark Carroll '95** won the NCAA Indoor 5,000 meter title on March 11, 1995 in Indianapolis, Ind. Carroll, a six-time All-American, has competed in the Olympic Games (2000, 2004). He won seven BIG EAST titles (cross country, 1,000 meters, 1,500 meters, 3,000 meters, distance medley relay and 4 X 800 meters). In 1998, Carroll won the European Indoor 3,000 meter title.



**Amy Rudolph '95** is one of the top runners ever at Providence College. A 10-time All-American, Rudolph won two NCAA titles in 1994 (indoor mile, outdoor 1,500 meters). She captured five BIG EAST titles (cross country, 3,000 meters, mile and 10,000 meters) in her four years as a Friar. Rudolph has competed in multiple Olympic Games. In 1996, she established the American record in the 5,000 meters (14:56).



**Mike Donnelly '97** became the first walk-on to earn All-America accolades for the PC track team. A native of Somerset, Mass., Donnelly earned his first All-America honor after placing fifth in the 5,000 meters at the 1997 NCAA Indoor Championship. He captured his second All-America accolade by placing 10<sup>th</sup> in the 10,000 meters at the 1997 NCAA Outdoor Championships. He helped the cross country team make two appearances in the NCAA Championship, and capture BIG EAST titles in 1995 and 1996. He concluded his senior year as PC's Male Athlete of the Year.



**Marie McMahon '98** finished her career at Providence as one of the most prolific runners in Friar history. She was a 10-time All-American, led the 1995 Friar cross country team to its first national championship and competed in the Olympic Games in 1996 and 2004. During her career, she captured eight BIG EAST titles (cross country, 3,000 meters, 5,000 meters and 10,000 meters) and won the 1996 NCAA 5,000 meter Indoor Championship. McMahon won three Penn Relays titles in the 5,000 meters.



**Maria McCambridge '98** is a four-time All-American. In 1995, she finished sixth overall at the NCAA Cross Country Championships, helping Providence to the national title. She also earned cross country All-America accolades in 1996 and two track honors. In 2004, McCambridge (5,000 meters) was selected to Irish Olympic team to compete in Athens Olympics.



**Sarah Dupre '99** was the first Canadian runner to earn All-America honors at Providence. In her final two years at PC, she received four All-America accolades. Dupre was a three-time ECAC Champion (indoor and outdoor 5,000 meters) and a two-time BIG EAST Champion (cross country and indoor 3,000 meters). Dupre helped the women's cross country team capture the 1995 NCAA title and make four appearances at the NCAA Cross Country Championship. She also was instrumental in leading the squad to three BIG EAST cross country titles (1995, 1996 and 1997). She was named PC Female Athlete of the Year in 1999. Dupre has competed on a number of Canadian National Cross Country Teams. In 2001, she captured the Canadian Cross Country Championship.



**Gladys Ganiel '99** defined student-athlete. She graduated from Providence with a 3.98 cumulative grade point average and a bachelor's degree in political science. The six-time Academic All-American and four-time BIG EAST Scholar Athlete, earned the prestigious NCAA Walter Byers Award her senior year. She also was named 1999 NCAA Rhode Island Woman of the Year and a Rhode Island finalist for a Rhodes Scholarship. Her freshman year, she helped the women's cross country squad capture the 1995 NCAA title. A native of Harrington, Maine, Ganiel also helped the women's cross country team to four consecutive NCAA appearances, three BIG EAST titles (1995, 1996 and 1997) and three New England crowns (1996, 1997 and 1998). The two-time ECAC outdoor 10,000 meter champion, competed in the 10,000 at the 1998 NCAA Outdoor Championship.



**Keith Kelly '01** captured the Friars' first men's NCAA cross country title on November 20, 2000 in Ames, Iowa. Kelly, a five-time All-American, is one of the most decorated PC runners. He also won seven BIG EAST titles (cross country, distance medley relay, 3,000 meters, 5,000 meters and 10,000 meters) and two IC4A titles in the 10,000 meters.

## IMPORTANT NAMES/EVENTS IN FRIAR HISTORY/PROVIDENCE TRACK OLYMPIANS



**Roisin McGettigan '03** earned four All-America honors at Providence College. She also was a five-time BIG EAST Champion (steeplechase, mile, 1,000 meters). McGettigan, a native of Wicklow, Ireland, set two school records including the indoor 800 meters (2:05.91) and the 3,000 meter steeplechase (9:50.12). Her time in the steeplechase (9:50.12) is the fastest ever run by an Irish woman.



**Kim Smith '05** is the only Friar to capture three NCAA titles. She finished second at the 2003 NCAA Cross Country Championship. At the 2004 NCAA Indoor Track Championship, Smith captured the 5,000 meters (15:14.18) and the 3,000 meters (8:49.18) setting NCAA records in both events. She became the first Providence College athlete to ever capture two NCAA titles in the same meet. Smith also captured the 5,000 meters at the 2004 NCAA Outdoor Track Championships. She also set the outdoor 5,000-meter collegiate record at the Mount Sac Relays.

## PROVIDENCE COLLEGE TRACK OLYMPIANS



**Steve Binns**  
1988 Seoul Olympics - 10,000 Meters



**Mark Carroll**  
2000 Sydney Olympics - 5,000 Meters  
2004 Athens Olympics - 5,000 Meters



**Sinead Delahunty**  
1996 Atlanta Olympics - 1,500 Meters  
2000 Sydney Olympics - 1,500 Meters



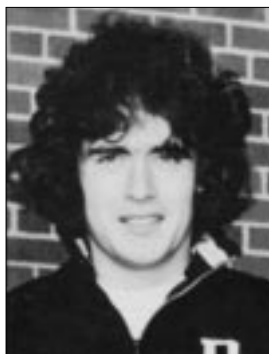
**John Doherty**  
1988 Seoul Olympics - 5,000 Meters  
1992 Barcelona Olympics - 5,000 Meters



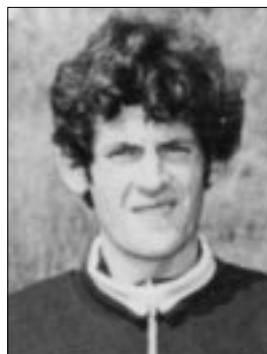
**Maria McCambridge**  
2004 Athens Olympics - 5,000 Meters



**Marie McMahon**  
1996 Atlanta Olympics - 5,000 Meters  
2004 Athens Olympics - 10,000 Meters



**Michael O'Shea**  
1980 Moscow Olympics - 5,000 Meters



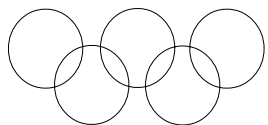
**Brendan Quinn**  
1988 Seoul Olympics -  
3,000 Meter Steeplechase



**Andy Ronan**  
1992 Barcelona Olympics - Marathon



**Amy Rudolph**  
1996 Atlanta Olympics - 5,000 Meters  
2000 Sydney Olympics - 5,000 Meters



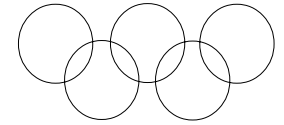
**Geoff Smith**  
1980 Moscow Olympics - Marathon  
1984 Los Angeles Olympics - Marathon



**Kim Smith**  
2004 Athens Olympics - 5,000 Meters



**John Treacy - Silver Medalist 1984**  
1980 Moscow Olympics - 5,000/10,000 Meters  
1984 Los Angeles Olympics  
10,000 Meters/Marathon  
1988 Seoul Olympics - Marathon  
1992 Barcelona Olympics - Marathon





## PROVIDENCE COLLEGE

### THE MISSION OF THE COLLEGE

**P**rovidence College is a primarily undergraduate, liberal arts, Catholic institution of higher education. Committed to fostering academic excellence through the sciences and humanities, the College provides a variety of opportunities for intellectual, social, moral and spiritual growth in a supportive environment.

**T**he College actively cultivates intellectual, spiritual, ethical and aesthetic values within the context of the Judaeo-Christian heritage. These values are nurtured by the unique tradition of the Dominican Order which emphasizes quality teaching and scholarship.

**P**rovidence College recognizes the unity of the human family that proceeds from its one Creator. It therefore encourages the deepest respect for the essential dignity, freedom and equality of every person and welcomes qualified women and men from all religious, racial and ethnic backgrounds. Providence College prepares its students to be responsible and productive citizens to serve in their own society and the greater world community.

Responding to the needs of Rhode Island, the Dominican Order of Preachers made a special commitment to the state in 1917 and founded Providence College — the only institution of higher learning in North America that is conducted by the Order. In 87 years, Providence College has steadily moved to a position of national prominence, while maintaining a personal, community-like atmosphere that fosters growth and development among its student population.

Providence College's rich heritage dates back to 1216, or the origins of the Dominican Order in Spain. Through the ages, the Dominican Friars became known as the "champions of the faith," spreading the gospel message through the centuries into every corner of the globe. Today, Dominican Friars continue to spread the gospel in a

wide range of remote areas of the world, to teach at every level of the United States educational system.

With the Dominican tradition as its foundation, Providence College focuses on developing the entire person through its values-oriented education. The college seeks to complement a student's knowledge with knowledge of his own values — values that will remain the foundation for sound judgement throughout a lifetime.

To that end, Providence College aims to relate its curriculum to the problems of contemporary society, offering diverse programs of study that remain grounded in the liberal arts. Students may choose from some 60 concentrations ranging from computer science to labor relations to theatre arts. In addition, qualified students who wish to struc-

### PROVIDENCE COLLEGE PROFILE

#### Affiliation

Roman Catholic  
Dominican Friars

#### Enrollment

3,700 undergraduates  
13% from Rhode Island  
68% from New England  
16 foreign countries  
42.3% men, 57.7 women

#### Providence, Rhode Island

160,000 residents  
26,000 college students

#### Campus

105 acres

#### Peterson Recreational Center

Basketball Courts  
Indoor Track  
Swimming Pool  
Racquetball Courts  
Nautilus  
Tennis Courts

#### Phillips Memorial Library

354,000 Books and Bound Periodicals

#### Albertus Magnus-Hickey Science Complex

State of the Art Labs  
Computer Work Stations  
Research Facilities

#### Seven Computer Labs

#### 10 Dormitories

#### Five Apartment Buildings

#### Faculty

344 members, 337 teaching faculty  
8.9% Dominican priests or sisters  
13:1 student to faculty ratio  
90.2% Ph.D. or highest degree in field



*St. Dominic Chapel on the campus of Providence College was dedicated on February 2, 2001.*

ture a program not specifically provided under the regular concentrations may develop their own program with the approval of the dean of the college.

As part of the core curriculum, all students take a two-year, team-taught course, Development of Western Civilization (DWC) which integrates the study of literature, philosophy, history and religious studies through the ages into a cohesive interdisciplinary unit.

Situated just on the fringe of downtown Providence, the College's location enables students to have easy access to the many social, cultural, educational and recreational amenities of urban life - the Providence Public Library; entertainment at the Providence Performing Arts Center; the Providence Place Mall, the Fleet Skating Rink, sporting events, entertainment and trade shows at the Dunkin' Donuts Center and the Providence Convention Center and dozens of fine restaurants. With several other major educational institutions located in Providence, the city has become a hub of collegiate activity.

## THIS IS PROVIDENCE COLLEGE



### **Robert G. Driscoll, Jr.** **Athletics Director**

In just three years at Providence College, Robert Driscoll, Jr. has worked diligently to make the Providence College Athletics Department a highly respected Division I program. Since his hiring on November 2, 2001, Driscoll has raised the bar at Providence College, making great strides in a short period of time.

In May of 2004, ground was broken on a new multi-purpose, artificial surface athletic field that will serve as the home for Friar field hockey and lacrosse. This state-of-the-art facility is just one of the many projects that are part of a \$25 million capital campaign that Driscoll has spearheaded. The plan calls for a new student fitness center, which will include a varsity weight room. Construction is scheduled to begin in 2005. The following spring, a new outdoor track and soccer complex is slated to be constructed on Hendricken Field.

He also has renovated many of the existing athletic facilities, reorganized the athletics department and developed new athletic marks in his time at Providence.

Another major initiative of Driscoll's was the creation of the Friars Forever Athletic Fund. This Fund has been instrumental in supporting many of the renovations and upgrades that have taken place over the last three years. With a clearly articulated vision and dynamic communication skills, Driscoll has brought Friar athletic fundraising to new heights. In 2004, he initiated the Friars Forever seating program at the Dunkin' Donuts Center. This program has generated significant revenue in support of his student-athlete centered mission.

Most importantly, Driscoll remains committed to his top priority of student-athlete development. He has improved the student-athlete advisory board, increased the student services programs for the athletes, bolstered the support staff and coaching staff, and has increased the number of athletic scholarships.

All this has led to continued success in the classroom and improvements on the playing field. In 2003-04, the Friars had a banner year. The athletics department finished an impressive third of 86 Division IAAA schools in the NACDA Directors' Cup. Overall, Providence placed 73rd in the Directors' Cup, which represented the third straight year of improvement under Driscoll and PC's highest finish since 1997. The women's cross country team was impressive in 2003-04 as it finished third at the NCAA Championship, while the men's cross country, men's indoor track, women's indoor track, men's basketball, women's outdoor track and men's lacrosse teams also participated in the NAAs. In addition, the men's lacrosse team won the MAAC Tournament title and the women's hockey team captured its

third consecutive league championship when it won the HOCKEY EAST title. Individually, six athletes earned All-America honors, led by junior Kim Smith. Smith won four All-America honors, captured three NCAA titles, set three collegiate records and earned the prestigious Honda Award for track and field.

In recognition of his outstanding leadership and managerial skills, Driscoll was named to the NCAA I Management Council in May of 2004. He is one of 49 athletic administrators, faculty athletics representatives and institutional administrators to whom athletics departments report or who have other significant duties regarding athletics. The Division I Management Council, which reports to the NCAA Division I Board of Directors, is empowered to write and pass legislation that will shape the future of Division I athletics.

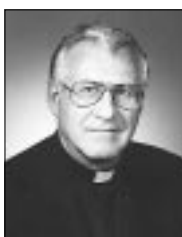
Driscoll joined the Providence community after 14 years in athletic administration at the University of California, Berkeley. At Cal, Driscoll served as the director of athletic administration and was responsible for the overall administration of the revenue-producing sports of football and men's basketball. He also oversaw the men's and women's swimming, men's and women's water polo, rugby, strength training, equipment and sports medicine programs.

Driscoll was hired at Cal as the associate athletic director for student services, a position he held for five years. In that role, he oversaw such areas as recruiting, admissions and financial aid. He then assumed the position of executive associate athletic director, at which point he was responsible for the administration of 27 varsity sports. During his tenure at Cal, he also oversaw 25 club sports, a staff of 250 and a \$36 million budget. Prior to coming to Providence, he served as the acting executive director for intercollegiate athletics and recreational sports. During his tenure, Cal won over 20 national championships, competed in the Citrus, Copper, Alamo and Aloha Bowls, and finished as high as 12th in the NACDA Directors' Cup.

Before arriving at Cal, Driscoll served six years (1981-87) as the athletic director and chair of the Department of Physical Education, Recreation and Intramural Sports at Mills College in Oakland, Calif. Prior to arriving at Mills, Driscoll was assistant athletic director and head baseball and hockey coach at Union College in Schenectady, N.Y. from 1977-81. At Union, he was responsible for 22 men's and women's intercollegiate sports teams, including nationally ranked football and hockey teams.

Driscoll was a standout hockey and baseball player at Ithaca College (N.Y.), where he received a Bachelor of Science degree in physical education in 1974. He earned his Master's of Science in physical education/psychology of sports from Ithaca in 1975.

A native of Concord, Mass., Driscoll was inducted into inaugural class of Concord Carlisle High School's Athletic Hall of Fame in 1993. He is the proud father of three children, Tara, Kelly and Sean and resides in North Kingstown with his wife, Cathy and their son, Sean.



### **Reverend Philip A. Smith, O.P.** **President**

On June 7th, 1994 the Reverend Philip A. Smith, O.P. was elected the 11th president of Providence College. The announcement was made by the Very Reverend Urban Voll, O.P., chairman of the Providence College Corporation and provincial of the Dominican Order's Province of St. Joseph.

The 70-year-old Smith was unanimously confirmed by the Providence

College Corporation the following day and took over as president on July 1st. He succeeded the Reverend John F. Cunningham, O.P. who had served as the school's president since July of 1985.

A 1963 graduate of the College, Father Smith is very familiar with PC's mission statement. His goals are to preserve the identity of Providence College as an undergraduate, liberal arts, Catholic, Dominican institution.

In addition to receiving his bachelor degree, Father Smith has earned a master's degree from St. Stephens College and a doctoral degree in philosophy and religion from Drew University.

A native of Prince Edward Island, Canada, Father Smith returned to PC in 1981 and served as a member of the philosophy department until 1990.



## ATHLETIC ACADEMIC SERVICES

The Office of Academic Services (OAS) provides specialized support to student-athletes in light of the unique time demands, responsibilities, and rules governing participation in intercollegiate athletics. Services are provided in a safe, personal environment where academic growth is a priority, personal development and independence are enhanced, and long-term success is nurtured by a staff which models these same commitments.

Student-athletes who have distinguished themselves in the classroom as well as on the field or court, may be nominated for the BIG EAST Academic All-Star Team, the HOCKEY EAST Academic Honor Roll, NFHCA Division I Academic Team, MAAC All-Academic or CoSIDA's Academic All-American Program. The Providence College Athletic Department also honors student-athletes each semester who have achieved a 3.00 grade point average or higher.

### *The student-athlete support staff includes the following:*

**TBA**, *Academic Coordinator for Student-Athletes*

**Philip DeCarlo**, *Assistant Academic Coordinator and Life Skills Coordinator for Student-Athletes*

**Keith Kelly**, *Graduate Assistant for Athletic Academic Services*

## SERVICES AVAILABLE TO PROVIDENCE COLLEGE STUDENT-ATHLETES THROUGH ATHLETIC ACADEMIC SERVICES

### **Academic Monitoring**

Progress report slips (i.e., requesting information regarding class attendance and performance) are sent to each instructor for all student-athletes at least once per semester. The staff tracks individual progress, schedules meetings with student-athletes as appropriate, and personally contacts instructors as necessary.

### **Counseling/Mentoring**

The staff meets with student-athletes, individually and in-groups, regarding academic, athletic, career, and/or personal issues.

### **Life Skills Program/Special Projects**

Programs and workshops on select life skills (i.e., NCAA/CHAMPS Life Skills Program) are presented, covering the following five component areas: academics, personal development, community service, athletics, and career development. The OAS has collaborative relationships with many units on campus to help provide these services.

### **Pre-Advisement/Registration**

The staff assists student-athletes with planning and course registration. In conjunction with the Office of Academic Records, dates are determined for pre-registration each semester.

### **Study Hall**

Quiet, monitored study time is available, during daytime and evening hours. Student-athletes are required and/or recommended to attend, on a sport-by-sport basis, by their respective head coach.

### **Travel Notifications**

At the beginning of each semester, student-athletes are provided with letters for their instructors, notifying them of travel/competitive schedules.

### **Tutorial Services and The Writing Center**

The Tutorial Center, which is nationally certified by the College Reading & Learning Association, provides peer tutoring in most all subject areas. The Tutorial Center is open until 9:00 pm weeknights. The Writing Center provides more intensive and specialized writing support and also maintains evening hours for student-athletes' convenience.

## UNDERGRADUATE DEGREE REQUIREMENTS

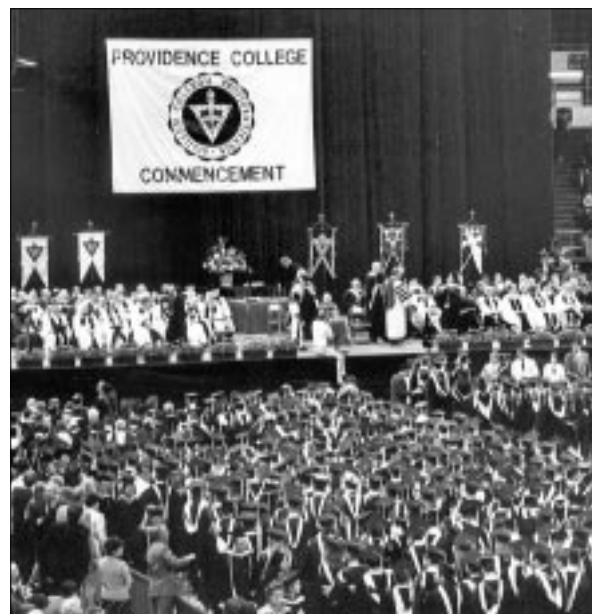
Providence College is primarily a coeducational four-year undergraduate college of liberal arts and sciences. Its main objective is the intellectual development of its students through the disciplines of the sciences and the humanities, equipping them to become productive and responsible citizens of a democratic society.

To be eligible for a degree, a student must accumulate 116 credit hours over an eight semester period with an overall quality point average of 2.0 on a 4.0 scale. In addition, a student must complete a minimum of 24 upper-division credits in the field of their major with an overall 2.0 cumulative average unless stipulated. Included in the total credit hours are the following prerequisites for any degree: Development of Western Civilization (20); Social Sciences (6); Natural Science (6); Philosophy (6); Theology (6); Mathematics (3) and Fine Arts (3). The remaining credit hours are elective with at least nine coming from areas outside one's major. In addition, all students establish English (writing) Proficiency by coursework or standards designated by the English Department.

The five most popular concentrations for the Class of 2004 were Marketing (7%), Elementary/Special Education (7%), Political Science (7%), Biology (6%), English (6%), Management (6%) and Psychology (5%). In all, the college offers a total of 34 majors and 36 minors ranging from theatre arts to computer science.

Although this may seem overwhelming on paper, our staff goes to great lengths to monitor each student's academic progress. The Athletic Department's Academic Advisor counsels all of the school's athletes and assists them in any areas in which they are experiencing difficulties. It's a system that Providence is quite proud of and one which we've worked long and hard to establish.

Any student-athlete who feels the need for tutorial assistance can utilize the college's tutorial center, as well as the athletic department's advisors who can supply them with individuals capable of assisting them in their particular course of study.



## RHODE ISLAND



*Waterplace Park is just one of the many attractions in downtown Providence.*

As soon as you land at the airport or cross the state line, you are in FRIARTOWN. The state of Rhode Island is comprised of hard-working, family-oriented people who are Friar Fanatics.

And make no mistake, you are in the most unique state in the union. Rhode Island has the country's best beaches, a beautiful New England coastline, country charm, big-boy advantages in Providence, the mansions in Newport, American history in every town, and, of course, the Providence College Friars.

Roger Williams came to colonial Rhode Island to escape religious persecution in Massachusetts. It became a bastion of religious freedom and independence. In 1638, the first Baptist Church in America was founded. In 1699, the country's oldest Quaker Meeting House was founded in Newport. Later, the oldest Jewish temple in the United States, Touro Synagogue, was established in Newport in 1763, and the first Roman Catholic mass celebrated in the new country was held in Rhode Island.

Being "first" is a Rhode Island tradition. Rhode Island was the first state to declare independence from the British throne on May 4, 1776. In 1790, Samuel Slater built the first textile mill in Pawtucket, and is recognized as the father of America's Industrial Revolution. In the late 1600's, the country's first woman doctor, Sarah Sands, set up her practice in Rhode Island, while Anne Hutchinson founded Portsmouth, the first town in America founded by a woman.

Rhode Island's native sons also have distinguished themselves in countless endeavors. General Nathaniel Green was second-in-command to General George Washington. Lieutenant Stephen Olney led the charge of Cornwallis' troops in the battle that ended the Revolutionary War. Colonial artist Gilbert Stuart, who painted the most recognized portrait of George Washington, was born in Rhode Island.

There are numerous attractions in Rhode Island, including Hammersmith Farm in Newport where John F. Kennedy and Jacqueline Bouvier were married and vacationed. The International Tennis Hall of Fame is also in Newport as are the mansions which served as America's first vacationland to the rich. The oldest tavern in the United States is in Rhode Island, as is the first enclosed shopping mall. T.F. Greene airport is the first state-owned airport in the country.

The state along with the city of Providence has enjoyed a renaissance of sorts in recent years.

The state capital, Providence, is the home or the workplace of over one-quarter of the state's one million residents. The downtown area has become alive again with various new buildings, including a convention center and hotel next to the Dunkin' Donuts Center and the Waterplace Park. Along with newer historic landmarks like the Biltmore Hotel, the Trinity Square Repertory Theater and the Providence Performing Arts Center.

The state capitol building features a Georgian marble dome which is the fourth largest unsupported dome in the world. The Dunkin' Donuts Center, "the home of the basketball Friars" has played host to the U.S. Figure Skating Championships, the 1995 and 2000 NCAA Hockey Championships, the first and second rounds of the 1996 NCAA Basketball Tournament and the NCAA East Regional Hockey Championship in 2003.

"The Ocean State" features 400 miles of coastline and is the home of the Boston Red Sox AAA Farm Team. There are 12 colleges in Rhode Island and one can reach any location in the state in less than 50 minutes. It is a state of eight cities, 30 towns and 250 villages and hamlets. Make no mistake about it, Rhode Island has something for everyone.



*The State House is a prominent structural figure in downtown Providence that can be viewed from many parts of the city.*